










# Independent Living Calendar

# APRIL 2026

| SUNDAY   | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY  |
|--|--|---|---|--|--|---|
|  | <b>Room Key</b><br>(AN) = Annapolis Room<br>(BB) = Bugeye Bar<br>(BR) = Billiards Room<br>(CA) = Cafe<br>(CC) = Caring Cove<br>(CD) = Chesapeake Dining Room<br>(CG) = Card and Game Room<br>(CQ) = Croquet Court<br>(FH) = Friendship Hall<br>(FT) = Fitness Center<br>(HB) = Heritage Basement<br>(HR) = Heritage Activity Room<br>(HRL) = Heritage 1 <sup>st</sup> Fl Living Room<br>(HR3) = Heritage 3rd Floor | (GZ) = Gazebo<br>(LO) = Lobby<br>(O) = Outside, Campus Green<br>(QA) = Queen Anne Room<br>(PL) = Pool<br>(SD) = Skipjack Dining Room<br>(SN) = Schooner Room<br>(SP) = Skipjack Patio<br>(SR) = South River Room<br>(WG) = Woodland Garden<br>(Z) = Zoom<br>(970) = TV Channel 970<br>(971) = CH 971, TV Live Stream<br>(*) = Sign-up in Mailroom<br>(**) = Sign-up on Uniguest | <b>1</b><br>8:00 Total Body Strength w/ Lisa (FT)<br>9:15 Functional Fitness (FT, 970)<br>10:00 Aqua Aerobics (PL)<br><b>10:00 Chats with Chip**(AN)</b><br>2:00 Dance & Dumbbells (FT)<br><b>6:00 Memory and Movement: Supporting the Walk to End Alzheimer's*** (FH) Event requires an RSVP with Hannah Gourley.</b>  | <b>2</b><br>9:00 Outdoor Croquet (CQ)<br>9:30 Aqua Lite (PL)<br>10:30 Weights for Women (FT)<br>11:00 Cardio Fit (FT)<br><b>11:00 Daffodil Day (WG)</b> <br>1:00 Yoga (FT)<br>1:30 Mah Jong (C&G)<br>2:00 Religious Life (SN)<br>2:00 Tech Bar (BB)<br>2:00 Travel with Paul* -"French Polynesia Cruise" (SR)<br><b>2:00 International Quilt Museum Tour live via Zoom (FH)</b> <br>3:00 Open Cornhole (FT or O)<br>4:30 Happy Hour (BB) | <b>3</b><br>1:30 Total Body Strength w/ Lisa (FT)<br>9:15 Functional Fitness (FT, 970)<br>10:00 Aqua Aerobics (PL)<br>10:15 Canasta (SN)<br>11:00 Office Hours with Jamie (FT)<br>1:00 Seated Exercise & Balance (FT)<br>2:00 Mexican Train (C&G)<br>2:00 Poker Group (SN)<br>2:30 Open Small Court Pickleball (FT)<br>2:30 Sew & Craft Room Open (HB)<br>7:15 Movie Night (SR)  | <b>4</b><br>10:00 Aqua Aerobics (PL)<br><b>10:00 Croquet vs. USNA Match (CQ)</b><br>10:00 Pool School (BR)<br>1:00 Open Billiards (BR)<br>1:00 Canasta (SN)<br>  |
|  | <b>5</b><br>11:00 Church Service (FH)<br>12:00 Sunday Buffet (CD & BB)<br>1:30 Mah Jong (C&G)<br>3:00 Movie Matinee (SR)<br>7:00 Sunday Night Series "The Lincoln Lawyer" (SR)   | <b>Nametag Day 6</b><br>8:00 Total Body Strength w/ Lisa (FT)<br>9:15 Functional Fitness (FT, 970)<br>10:00 Aqua Aerobics (PL)<br>10:00 Tech Bar (BB)<br>10:30 Men's Circuit Training (FT)<br>1:00 Duplicate Bridge (FH)<br>1:00 Seated Exercise & Balance (FT)<br>1:30 Mah Jong (C&G)<br>7:15 Movie Night (SR)   | <b>7</b><br>9:00 Outdoor Croquet (CQ)<br>9:30 Line Dancing (FT)<br>10:00 Men's Fellowship (SN)<br>10:00 Tech Bar (BB)<br>10:00 Women's Bible Study (SR)<br>10:00 Mexican Train (C&G)<br>11:00 Cardio Fit (FT)<br>11:00 Dementia Caregiver Support Group (HR3)<br><b>11:00 – 3:00 J McLaughlin Trunk Show a Shopping Experience (AN)</b><br>1:00 Yoga (FT)<br>2:00 Chair Yoga (FT, 970)<br>2:00 Chorus Rehearsal (FH)<br>3:00 Open Small Court Pickleball (FT)<br>4:30 Happy Hour (BB)<br> | <b>8</b><br>8:00 Total Body Strength w/ Lisa (FT)<br>9:15 Functional Fitness (FT, 970)<br>10:00 Aqua Aerobics (PL)<br>10:15 Needlework Group (C&G)<br><b>11:00 TELS Workorder Information Session (FH &amp; 971)</b><br>1:00 Seated Exercise & Balance (FT)<br>2:00 Dance & Dumbbells (FT)<br><b>2:00 TELS Workorder Information Session (FH &amp; 971)</b><br>3:00 Open Ping Pong (FT)<br><b>4:30 Piano Bar with Diana (BB)</b><br>7:15 Art Movie – "Close to Vermeer" (SR)<br>  | <b>9</b><br>9:00 Outdoor Croquet (CQ)<br>9:30 Aqua Lite (PL)<br>10:30 Weights for Women (FT)<br>11:00 Cardio Fit (FT)<br>11:00 Grief and Growth at Ginger Cove (SN)<br>1:00 Yoga (FT)<br>1:30 Mah Jong (C&G)<br><b>2:00 AACo Outreach Library Vehicle "OLIVE" (LO)</b><br>2:00 Neighbor to Neighbor Volunteer Meeting (SR)<br>2:00 Tech Bar (BB)<br>3:00 Open Cornhole (FT or O)<br>4:30 Happy Hour (BB)<br>7:00 BINGO! (FH)<br><b>7:00 Pet-a-Pooch (LO)</b> | <b>10</b><br>8:00 Total Body Strength w/ Lisa (FT)<br>9:15 Functional Fitness (FT, 970)<br>10:00 Aqua Aerobics (PL)<br>10:15 Canasta (SN)<br>11:00 Office Hours with Jamie (FT)<br>1:00 Seated Exercise & Balance (FT)<br>2:00 Tech@Home Class - "Simplifying Smart Phones" (SR)<br>2:00 Mexican Train (C&G)<br>2:00 Poker Group (SN)<br>2:30 Open Small Court Pickleball (FT)<br>2:30 Sew & Craft Room Open (HB)<br><b>4:00 Birthday Social – Featuring a GC Boutique Fashion Show (FH)</b><br>7:15 Movie Night (SR) |

| SUNDAY   | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY   |
|--|---|--|--|---|--|--|
| <p><b>12</b></p> <p>11:00 Church Service (FH)<br/>12:00 Sunday Buffet (CD &amp; BB)<br/>1:30 Mah Jong (C&amp;G)<br/>3:00 Movie Matinee (SR)<br/>7:00 Sunday Night Series "The Lincoln Lawyer" (SR)<br/>7:00 Lessons on Aging* (C&amp;G)</p>  | <p><b>Nametag Day 13</b></p> <p>8:00 Total Body Strength w/ Lisa (FT)<br/>9:15 Functional Fitness (FT, 970)<br/>10:00 Aqua Aerobics (PL)<br/><b>10:00 Chats with Chip** (AN)</b><br/>10:00 Tech Bar (BB)<br/>10:30 Men's Circuit Training (FT)<br/>10:30 Readers Group (C&amp;G)<br/>1:00 Duplicate Bridge (FH)<br/>1:00 Seated Exercise &amp; Balance (FT)<br/>1:30 Mah Jong (C&amp;G)<br/>7:15 Movie Night (SR)</p>   | <p><b>14</b></p> <p>9:00 Outdoor Croquet (CQ)<br/>9:30 Line Dancing (FT)<br/>10:00 Men's Fellowship (SN)<br/>10:00 Tech Bar (BB)<br/>10:00 Women's Bible Study (SR)<br/>10:00 Mexican Train (C&amp;G)<br/>11:00 Cardio Fit (FT)<br/>11:00 Catholic Mass (FH &amp; 971)<br/>11:00 Dementia Caregiver Support Group (HR3)<br/>1:00 Yoga (FT)<br/>2:00 Chair Yoga (FT, 970)<br/>2:00 Chorus Rehearsal (FH)<br/>3:00 Open Small Court Pickleball (FT)<br/>4:30 Happy Hour (BB)</p> | <p><b>15</b></p> <p>8:00 Total Body Strength w/ Lisa (FT)<br/>9:15 Functional Fitness (FT, 970)<br/>10:00 Aqua Aerobics (PL)<br/>10:15 Needlework Group (C&amp;G)<br/>1:00 Seated Exercise &amp; Balance (FT)<br/><b>2:00 Residents Club Meeting (FH &amp; 971)</b><br/>3:00 Open Ping Pong (FT)<br/><b>3:00 Sip n' Paint* (SN)</b><br/><b>7:15 National Theater at Home – "Doctor Strangelove" (SR)</b></p> | <p><b>16</b></p> <p>9:00 Outdoor Croquet (CQ)<br/>10:30 Weights for Women (FT)<br/>11:00 Cardio Fit (FT)<br/>1:00 Yoga (FT)<br/>1:30 Mah Jong (C&amp;G)<br/>2:00 Tech Bar (BB)<br/>3:00 Open Cornhole (FT or O)<br/>4:30 Happy Hour (BB)<br/><b>7:30 Musical Performance by Cia Armorial – Brazilian Folk Music (FH &amp; 971)</b></p>   | <p><b>17</b></p> <p>8:00 Total Body Strength w/ Lisa (FT)<br/>9:15 Functional Fitness (FT, 970)<br/>10:00 Aqua Aerobics (PL)<br/>10:15 Canasta (SN)<br/>11:00 Office Hours with Jamie (FT)<br/>12:00 Men's Luncheon* (AN)<br/>1:00 Seated Exercise &amp; Balance (FT)<br/>2:00 Poker Group (SN)<br/>2:30 Open Small Court Pickleball (FT)<br/>2:30 Sew &amp; Craft Room Open (HB)<br/>3:00 Poetry Group (C&amp;G)<br/>7:15 Movie Night (SR)</p>  | <p><b>18</b></p> <p>9:00 Outdoor Croquet (CQ)<br/>10:00 Aqua Aerobics (PL)<br/>10:00 Pool School (BR)<br/>1:00 Open Billiards (BR)<br/>1:00 Canasta (SN)</p> |
| <p><b>19</b></p> <p>11:00 Church Service (FH)<br/>12:00 Sunday Buffet (CD &amp; BB)<br/>1:30 Mah Jong (C&amp;G)<br/><b>3:00 Music Performance by Annapolis Symphony &amp; Academy Students (FH &amp; 971)</b><br/>3:00 Movie Matinee (SR)<br/>7:00 Sunday Night Series "The Lincoln Lawyer" (SR)<br/>7:00 Lessons on Aging* (C&amp;G)</p>  | <p><b>Nametag Day 20</b></p> <p>8:00 Total Body Strength w/ Lisa (FT)<br/>9:15 Functional Fitness (FT, 970)<br/>10:00 Aqua Aerobics (PL)<br/>10:00 Tech Bar (BB)<br/>10:30 Men's Circuit Training (FT)<br/>1:00 Duplicate Bridge (FH)<br/>1:00 Seated Exercise &amp; Balance (FT)<br/>1:30 Mah Jong (C&amp;G)<br/>7:15 Foreign Movie (SR)</p>   | <p><b>21</b></p> <p>9:00 Outdoor Croquet (CQ)<br/>9:30 Line Dancing (FT)<br/>10:00 Men's Fellowship (SN)<br/>10:00 Tech Bar (BB)<br/>10:00 Women's Bible Study (SR)<br/>10:00 Mexican Train (C&amp;G)<br/>11:00 Cardio Fit (FT)<br/>11:00 Dementia Caregiver Support Group (HR3)<br/>1:00 Yoga (FT)<br/>2:00 Chair Yoga (FT, 970)<br/>2:00 Chorus Rehearsal (FH)<br/>3:00 Open Small Court Pickleball (FT)<br/>4:30 Happy Hour (BB)</p>  | <p><b>22</b></p> <p>8:00 Total Body Strength w/ Lisa (FT)<br/>9:15 Functional Fitness (FT, 970)<br/>10:00 Aqua Aerobics (PL)<br/>10:15 Needlework Group (C&amp;G)<br/>1:00 Seated Exercise &amp; Balance (FT)<br/>2:00 Dance &amp; Dumbbells (FT)<br/>2:30 Writers Workshop (C&amp;G)<br/>3:00 Open Ping Pong (FT)<br/>4:30 Trivia w/ Friends (BB)</p>   | <p><b>23</b></p> <p>9:00 Outdoor Croquet (CQ)<br/>9:30 Aqua Lite (PL)<br/>10:30 Weights for Women (FT)<br/>11:00 Cardio Fit (FT)<br/>11:00 Grief and Growth at Ginger Cove (SN)<br/>1:00 Yoga (FT)<br/>1:30 Mah Jong (C&amp;G)<br/><b>2:00 Guest Speaker- Kate Fritz, CEO, Alliance of Chesapeake Bay. (FH &amp; 971)</b><br/>2:00 Tech Bar (BB)<br/>3:00 Open Cornhole (FT or O)<br/>4:30 Happy Hour (BB)<br/>7:00 BINGO! (FH)</p>  | <p><b>24</b></p> <p>8:00 Total Body Strength w/ Lisa (FT)<br/>9:15 Functional Fitness (FT, 970)<br/>10:00 Aqua Aerobics (PL)<br/>10:00 Caregivers' Group (CC)<br/>10:15 Canasta (SN)<br/>11:00 Office Hours with Jamie (FT)<br/>1:00 Seated Exercise &amp; Balance (FT)<br/><b>1:30 Great Decisions (AN)</b><br/>2:00 Resident IT Workshop (SR)<br/>2:00 Mexican Train (C&amp;G)<br/>2:00 Poker Group (SN)<br/>2:30 Open Small Court Pickleball (FT)<br/>2:30 Sew &amp; Craft Room Open (HB)<br/>7:15 Movie Night (SR)</p> | <p><b>25</b></p> <p>9:00 Outdoor Croquet (CQ)<br/>10:00 Aqua Aerobics (PL)<br/>10:00 Pool School (BR)<br/>1:00 Open Billiards (BR)<br/>1:00 Canasta (SN)</p> |
| <p><b>26</b></p> <p>11:00 Church Service (FH)<br/>12:00 Sunday Buffet (CD &amp; BB)<br/>1:30 Mah Jong (C&amp;G)<br/>3:00 Movie Matinee (SR)<br/>7:00 Sunday Night Series "The Lincoln Lawyer" (SR)<br/>7:00 Lessons on Aging* (C&amp;G)</p>  | <p><b>Nametag Day 27</b></p> <p><b>8:00 Car Wash &amp; Auto Detailing* (1000 Parking Lot)</b><br/>8:00 Total Body Strength w/ Lisa (FT)<br/>9:00 Building and Grounds Meeting (C&amp;G)<br/>9:15 Functional Fitness (FT, 970)<br/>10:00 Aqua Aerobics (PL)<br/>10:00 Tech Bar (BB)<br/>10:30 Men's Circuit Training (FT)<br/>1:00 Duplicate Bridge (FH)<br/>1:00 Seated Exercise &amp; Balance (FT)<br/>1:30 Mah Jong (C&amp;G)<br/>7:15 Movie Night (SR)</p> | <p><b>28</b></p> <p>9:00 Outdoor Croquet (CQ)<br/>9:30 Line Dancing (FT)<br/>10:00 Men's Fellowship (SN)<br/>10:00 Tech Bar (BB)<br/>10:00 Women's Bible Study (SR)<br/>10:00 Mexican Train (C&amp;G)<br/>11:00 Cardio Fit (FT)<br/>11:00 Catholic Mass (FH &amp; 971)<br/>11:00 Dementia Caregiver Support Group (HR3)<br/>1:00 Yoga (FT)<br/>2:00 Chair Yoga (FT, 970)<br/>2:00 Chorus Rehearsal (FH)<br/>3:00 Open Small Court Pickleball (FT)<br/>4:30 Happy Hour (BB)</p> | <p><b>29</b></p> <p>8:00 Total Body Strength w/ Lisa (FT)<br/>9:15 Functional Fitness (FT, 970)<br/>10:00 Aqua Aerobics (PL)<br/>10:15 Needlework Group (C&amp;G)<br/>1:00 Seated Exercise &amp; Balance (FT)<br/>2:00 Dance &amp; Dumbbells (FT)<br/>3:00 Open Ping Pong (FT)</p>   | <p><b>30</b></p> <p>9:00 Outdoor Croquet (CQ)<br/><b>10:00 Ginger Cove at Home 101 Resident Information Session* (C&amp;G)</b><br/>10:30 Weights for Women (FT)<br/>11:00 Cardio Fit (FT)<br/>1:00 Yoga (FT)<br/>1:30 Mah Jong (C&amp;G)<br/>2:00 Tech Bar (BB)<br/>3:00 Open Cornhole (FT or O)<br/>4:30 Happy Hour (BB)</p>   |  |  |