


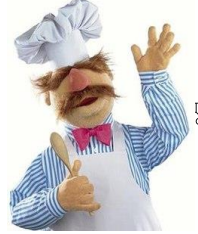








SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Room Key (AN) = Annapolis Room (BB) = Bugeye Bar (BR) = Billiards Room (CA) = Cafe (CC) = Caring Cove (CD) = Chesapeake Dining Room (CG) = Card and Game Room (CQ) = Croquet Court (FH) = Friendship Hall (FT) = Fitness Center	(HB) = Heritage Basement (HR) = Heritage Activity Room (HRL) = Heritage 1 st Fl Living Room (HR3) = Heritage 3rd Floor (GZ) = Gazebo (LO) = Lobby (O) = Outside, Campus Green (QA) = Queen Anne Room (PL) = Pool (SD) = Skipjack Dining Room	(SN) = Schooner Room (SP) = Skipjack Patio (SR) = South River Room (Z) = Zoom (970) = TV Channel 970 (971) = CH 971, TV Live Stream (*) = Sign-up in Mailroom (**) = Sign-up on Uniguest  = On Campus Transportation between the Event and Resident Apartments		1 8:00 Total Body Strength w/ Lisa (FT) 9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics (PL) 10:15 Canasta (SN) 11:00 Office Hours with Jamie (FT) 1:00 Seated Exercise & Balance (FT) 2:00 Mexican Train (C&G) 2:00 Poker Group (SN) 2:30 Open Small Court Pickleball (FT) 2:30 Sew & Craft Room Open (HB) 4:00 Resident Birthday Party featuring D-Squared (FH & 971) 7:15 Movie Night (SR)	2 9:00 Outdoor Croquet (CQ) 10:00 Aqua Aerobics (PL) 10:00 Pool School (BR) 11:00 Beats & Balance Cardio Drumming (FT) 1:00 Open Billiards (BR) 1:00 Canasta (SN) 4:30 Kentucky Derby – BB open for Mint Juleps & Race viewing. Race post time is 6:57pm (BB) 7:30 Musical Performance - Capital Carillon Handbell Ensemble (FH & 971)
	3 11:00 Church Service (FH) 12:00 Sunday Buffet (CD & BB) 1:30 Mah Jong (C&G) 3:00 Movie Matinee (SR) 7:00 Lessons on Aging* (C&G) 7:00 Sunday Night Series "Lincoln Lawyer" (SR)	Nametag Day 4 8:00 Total Body Strength w/ Lisa (FT) 9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics (PL) 10:00 Tech Bar (BB) 10:30 Men's Circuit Training (FT) 1:00 Duplicate Bridge (FH) 1:00 Seated Exercise & Balance (FT) 1:30 Mah Jong (C&G) 7:15 Movie Night (SR)	5 9:00 Outdoor Croquet (CQ) 9:30 Line Dancing (FT) 10:00 Men's Fellowship (SN) 10:00 Tech Bar (BB) 10:00 Women's Bible Study (SR) 10:00 Mexican Train (C&G) 11:00 Cardio Fit (FT) 1:00 Yoga (FT) 1:30 Chorus Rehearsal (FH) 2:00 Chair Yoga (FT, 970) 3:00 Open Sports (FT) 4:30 Happy Hour (BB) 4:45 Cinco de Mayo Buffet (CD) 	6 8:00 Total Body Strength w/ Lisa (FT) 9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics (PL) 10:15 Needlework Group (C&G) 11:00 Dementia Caregiver Support Group (HR3) 12:00 – 2:00 Culinary Food Show and Expo. Visit different "booths", sample foods, and visit with the chefs and representatives. (FH)  1:00 Seated Exercise & Balance (FT) 2:00 Dance & Dumbbells (FT) 3:00 Open Ping Pong (FT)	7 9:00 Outdoor Croquet (CQ) 10:00 Chats with Chip** (C&G) 10:30 Weights for Women (FT) 11:00 Cardio Fit (FT) 11:00 Grief and Growth at Ginger Cove (SN) 1:00 Yoga (FT) 1:30 Mah Jong (C&G) 2:00 Religious Life (SN) 2:00 Tech Bar (BB) 2:00 Travel with Paul* (SR) 3:00 Open Cornhole (FT or O) 4:30 Happy Hour (BB)	8 8:00 Total Body Strength w/ Lisa (FT) 9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics (PL) 10:15 Canasta (SN) 2:00 Lecture by Jim Phillips - "Iran, Islam and Us" (FH & 971) 2:00 Tech@Home Class - "Common Scams and How to Avoid Them" (SR)   2:00 Mexican Train (C&G) 2:00 Poker Group (SN) 2:30 Open Small Court Pickleball (FT) 2:30 Sew & Craft Room Open (HB) 7:15 Movie Night (SR)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Mother's Day 10 11:00 Church Service (FH) 12:00 Sunday Mother's Day Buffet (CD & BB) 1:30 Mah Jong (C&G) 3:00 Movie Matinee (SR) 7:00 Lessons on Aging* (C&G) 7:00 Sunday Night Series "Lincoln Lawyer" (SR) 	Nametag Day 11 8:00 Total Body Strength w/ Lisa (FT) 9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics (PL) 10:00 Tech Bar (BB) 10:00 Meaningful Conversations* (AN) 10:30 Men's Circuit Training (FT) 10:30 Readers Group (C&G) 1:00 Duplicate Bridge (FH) 1:00 Seated Exercise & Balance (FT) 1:30 Mah Jong (C&G) 6:00 Newcomers Dinner (AN) 7:15 Movie Night (SR)	12 9:00 Outdoor Croquet (CQ) 9:30 Line Dancing (FT) 10:00 Men's Fellowship (SN) 10:00 Tech Bar (BB) 10:00 Women's Bible Study (SR) 10:00 Mexican Train (C&G) 11:00 Cardio Fit (FT) 11:00 Catholic Mass (FH & 971) 1:00 Yoga (FT) 1:30 Chorus Rehearsal (FH) 2:00 Chair Yoga (FT, 970) 3:00 Open Sports (FT) 4:30 Happy Hour (BB) 6:00 - BCFA - "Steve Carmel on the US Maritime Action Plan" (SR)	13 8:00 Total Body Strength w/ Lisa (FT) 9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics (PL) 10:00 Newcomer Discussion (AN) 10:15 Needlework Group (C&G) 11:00 Newcomer Bus Tour (LO) 11:00 Dementia Caregiver Support Group (HR3) 1:00 Seated Exercise & Balance (FT) 2:00 Dance & Dumbbells (FT) 3:00 Open Ping Pong (FT) 4:30 Piano Bar with Diana (BB) 7:15 Art Movie - Leonardo da Vinci (SR)	14 9:00 Outdoor Croquet (CQ) 9:30 Aqua Lite (PL) 10:30 Weights for Women (FT) 11:00 Cardio Fit (FT) 1:00 Yoga (FT) 1:30 Mah Jong (C&G) 2:00 AACo Outreach Library Vehicle "OLIVE" (LO) 2:00 Tech Bar (BB) 2:30 Town Hall (FH & 971)  3:00 Open Cornhole (FT or O) 4:30 Happy Hour (BB) 7:00 BINGO! (FH) 7:00 Pet-a-Pooch (LO)	15 8:00 Total Body Strength w/ Lisa (FT) 9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics (PL) 10:15 Canasta (SN) 11:00 Office Hours with Jamie (FT) 12:00 Men's Luncheon* (AN) 1:00 Seated Exercise & Balance (FT) 2:00 Mexican Train (BR) 2:00 Poker Group (SN) 2:30 Open Small Court Pickleball (FT) 2:30 Sew & Craft Room Open (HB) 3:00 Poetry Group (C&G) 7:30 Musical Performance by Good Shot Judy (FH & 971) 	16 9:00 Outdoor Croquet (CQ) 10:00 Aqua Aerobics (PL) 10:00 Pool School (BR) 1:00 Open Billiards (BR) 1:00 Canasta (SN) 1:30 - 4:30 Oklahoma presented by National Theater at Home with Hugh Jackman (SR) 4:30 Preakness Stakes - BB open for Black-eyed Susans & Race viewing. Race post time 7:01 pm (BB)
17 11:00 Church Service (FH) 12:00 Sunday Buffet (CD & BB) 1:30 Mah Jong (C&G) 3:00 Movie Matinee (SR) 7:00 Lessons on Aging* (C&G) 7:00 Sunday Night Series "Lincoln Lawyer" (SR)	Nametag Day 18 8:00 Car Wash & Auto Detailing* (1000 Parking Lot) 8:00 Total Body Strength w/ Lisa (FT) 9:00 Building and Grounds Meeting (SN) 9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics (PL) 10:00 Tech Bar (BB) 10:30 Men's Circuit Training (FT) 1:00 Duplicate Bridge (FH) 1:00 Seated Exercise & Balance (FT) 1:30 Mah Jong (C&G) 7:15 Foreign Movie (SR)	19 9:00 Outdoor Croquet (CQ) 9:30 Line Dancing (FT) 10:00 Men's Fellowship (SN) 10:00 Tech Bar (BB) 10:00 Women's Bible Study (SR) 10:00 Presentation - Medicare 101: Understanding Your Coverage for Confident Living (FH & 971)  10:00 Mexican Train (C&G) 11:00 Cardio Fit (FT) 1:00 Yoga (FT) 1:30 Chorus Rehearsal (FH) 2:00 Chair Yoga (FT, 970) 3:00 Open Sports (FT) 4:30 Happy Hour (BB)	20 8:00 Total Body Strength w/ Lisa (FT) 9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics (PL) 10:15 Needlework Group (C&G) 11:00 Dementia Caregiver Support Group (HR3) 1:00 Seated Exercise & Balance (FT) 2:00 Residents Club Meeting (FH & 971) 3:00 Open Ping Pong (FT) 3:00 Sip n' Paint* (SN) 7:15 National Theater at Home - "As You Like It" (SR)	21 9:00 Outdoor Croquet (CQ) 9:30 Aqua Lite (PL) 10:00 Chats with Chip** (C&G) 10:30 Weights for Women (FT) 11:00 Cardio Fit (FT) 11:00 Grief and Growth at Ginger Cove (SN) 1:00 Yoga (FT) 1:30 Mah Jong (C&G) 2:00 Tech Bar (BB) 3:00 Open Cornhole (FT or O) 4:30 Happy Hour (BB)	22 8:00 Total Body Strength w/ Lisa (FT) 9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics (PL) 10:15 Canasta (SN) 11:00 Office Hours with Jamie (FT) 1:00 Seated Exercise & Balance (FT) 1:30 Great Decisions (AN) 2:00 Resident IT Workshop (SR) 2:00 Mexican Train (C&G) 2:00 Poker Group (SN) 2:30 Open Small Court Pickleball (FT) 2:30 Sew & Craft Room Open (HB) 7:15 Movie Night (SR)	23 9:00 Outdoor Croquet (CQ) 10:00 Aqua Aerobics (PL) 10:00 Pool School (BR) 1:00 Open Billiards (BR) 1:00 Canasta (SN)
24 11:00 Church Service (FH) 12:00 Sunday Buffet (CD & BB) 1:30 Mah Jong (C&G) 3:00 Movie Matinee (SR) 7:00 Sunday Night Series "Lincoln Lawyer" (SR)	Memorial Day 25 <u>All Administrative Offices, Transportation, and Convenience Store are closed</u> 8:00 Total Body Strength w/ Lisa (FT) 10:00 Aqua Aerobics (PL) 12:00 Memorial Day Cookout (SP) 1:00 Duplicate Bridge (FH) 1:30 Mah Jong (C&G) 7:15 Movie Night (SR)	26 9:00 Outdoor Croquet (CQ) 9:30 Line Dancing (FT) 10:00 Men's Fellowship (SN) 10:00 Tech Bar (BB) 10:00 Women's Bible Study (SR) 10:00 Mexican Train (C&G) 11:00 Cardio Fit (FT) 11:00 Catholic Mass (FH & 971) 12:00 Meet with Ryan Helfenbein*(SN) 1:00 Yoga (FT) 1:30 Chorus Rehearsal (FH) 2:00 Chair Yoga (FT, 970) 3:00 Open Sports (FT) 4:30 Happy Hour (BB)	27 8:00 Total Body Strength w/ Lisa (FT) 9:00 - 12:30 National Senior Health and Fitness Day Expo (4000 Building)  9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics (PL) 10:15 Needlework Group (C&G) 11:00 Dementia Caregiver Support Group (HR3) 1:00 Seated Exercise & Balance (FT) 2:00 Dance & Dumbbells (FT) 2:30 Writers Workshop (C&G) 3:00 Open Ping Pong (FT) 4:30 Trivia w/ Friends (BB)	28 9:00 Outdoor Croquet (CQ) 9:30 Aqua Lite (PL) 10:30 Weights for Women (FT) 11:00 Cardio Fit (FT) 1:00 Yoga (FT) 1:30 Mah Jong (C&G) 2:00 Tech Bar (BB) 2:00 Campus & Creek Appreciating Ginger Cove's Campus Presentation (FH & 971)  3:00 Open Cornhole (FT or O) 4:30 Happy Hour (BB) 7:00 BINGO! (FH)	29 8:00 Total Body Strength w/ Lisa (FT) 9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics (PL) 10:00 Caregivers' Group (CC) 10:15 Canasta (SN) 11:00 Office Hours with Jamie (FT) 2:00 Poker Group (SN) 2:30 Open Small Court Pickleball (FT) 2:30 Sew & Craft Room Open (HB) 7:15 Movie Night (SR)	30 9:00 Outdoor Croquet (CQ) 10:00 Aqua Aerobics (PL) 10:00 Pool School (BR) 1:00 Open Billiards (BR) 1:00 Canasta (SN)
31 11:00 Church Service (FH) 12:00 Sunday Buffet (CD & BB) 1:30 Mah Jong (C&G) 3:00 Movie Matinee (SR) 7:00 Sunday Night Series "Lincoln Lawyer" (SR)						