






# Independent Living Calendar

JUNE 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Nametag Day 1</b> 8:00 Total Body Strength w/ Lisa (FT) 9:15 Functional Fitness (FT, 970) 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)	<b>2</b> 9:00 Outdoor Croquet (CQ) 9:30 Tuesday Trekkers (LO) 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)	<b>3</b> 8:00 Total Body Strength w/ Lisa (FT) 9:15 Functional Fitness (FT, 970) 10:15 Needlework Group (C&G) 11:00 Dementia Caregiver Support Group (HR3) <b>12:00 Resident Club Picnic (SP)</b> 1:00 Seated Exercise & Balance (FT) 2:00 Dance & Dumbbells (FT) 3:00 Open Ping Pong (FT)	<b>4</b> <b>9:00 Campus and Creek - Campus Tours South Side of Campus* (3000 Awning)</b> 9:00 Outdoor Croquet (CQ) <b>10:00 Chats with Chip (C&amp;G)</b> 10:30 Weights for Women (FT) 11:00 Cardio Fit (FT) 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)	<b>5</b> 8:00 Total Body Strength w/ Lisa (FT) <b>9:00 Campus and Creek - Campus Tours North Side of Campus* (8000 Entrance to the Beltway)</b> 9:15 Functional Fitness (FT, 970) 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) <b>4:00 Resident Birthday Party featuring music by Ro Harrison (FH &amp; 971)</b> 7:15 Movie Night: (SR)	<b>6</b> 9:00 Outdoor Croquet (CQ) 10:00 Pool School (BR) <b>11:00 Beats and Balance – Cardio Drumming (FT)</b> 1:00 Open Billiards (BR) 1:00 Canasta (SN) <b>4:30 Belmont Stakes - BB opens for Belmont Jewel Cocktails and Race viewing. "Ticket Window" opens at 5:30 to place bets and race post time 7:00 pm. (BB)</b> 
	<b>7</b> 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 "The Closer" (SR)	<b>Nametag Day 8</b> 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) 10:30 Readers Group (C&G) 1:00 Duplicate Bridge (FH) 1:00 Seated Exercise & Balance (FT) 1:30 Mah Jong (C&G) 7:15 Movie Night (SR)	<b>9</b> 9:00 Outdoor Croquet (CQ) 9:30 Tuesday Trekkers (LO) 10:00 Line Dancing (FT) 10:00 Tech Bar (BB) 10:00 Mexican Train (C&G) 11:00 Cardio Fit (FT) 11:00 Catholic Mass (FH & 971) 1:00 Yoga (FT) 2:00 Chair Yoga (FT, 970) <b>2:30 GC Chorus Matinee Concert - Celebrating the 250<sup>th</sup> Anniversary of the USA. The Ginger Cove Chorus will perform patriotic songs. (FH &amp; 971)</b>  3:00 Open Sports (FT) 4:30 Happy Hour (BB) 7:15 Campus & Creek Movie Night (SR)	<b>10</b> 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 Dance & Dumbbells (FT) 3:00 Open Ping Pong (FT) 3:00 Nutrition Education Series - "Strength & Muscle Preservation" (SR) <b>4:30 Piano Bar with Diana (BB)</b> <b>7:30 GC Chorus Evening Concert - Celebrating the 250<sup>th</sup> Anniversary of the USA. The Ginger Cove Chorus will perform patriotic songs. (FH &amp; 971)</b> 	<b>11</b> 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) <b>2:00 AACo Outreach Library Vehicle "OLIVE" (LO)</b> <b>2:00 Campus &amp; Creek - Presentation from Elle Bassett the Riverkeeper (FT &amp; 971)</b>  2:00 Tech Bar (BB) 3:00 Open Cornhole (FT or O) 4:30 Happy Hour (BB) <b>7:00 BINGO! (FH)</b> <b>7:00 Pet-a-Pooch (LO)</b>	<b>12</b> 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) <b>2:00 Tech@Home Class - "Ride Sharing - Uber &amp; Lyft" (SR)</b> 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
<b>14</b>	<b>Nametag Day 15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
11:00 Church Service (FH) 1:30 Mah Jong (C&G) 3:00 Movie Matinee (SR) 7:00 Sunday Night Series "The Closer" (SR)	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 Foreign Movie (SR)	9:00 Outdoor Croquet (CQ) 9:30 Tuesday Trekkers (LO) 10:00 Line Dancing (FT) 10:00 Men's Fellowship (SN) 10:00 Tech Bar (BB) 10:00 Mexican Train (C&G) 11:00 Cardio Fit (FT) 1:00 Yoga (FT) 2:00 Chair Yoga (FT, 970) 3:00 Open Sports (FT) 4:30 Happy Hour (BB) <b>6:00 BCFA - Lessons from Ukraine and Applications for Taiwan (SR)</b>	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) <b>2:00 Residents Club Meeting (FH &amp; 971)</b> 3:00 Open Ping Pong (FT) <b>3:00 Sip n' Paint* (SN)</b>	9:00 Outdoor Croquet (CQ) 9:30 Aqua Lite (PL) <b>10:00 Chats with Chip (C&amp;G)</b> 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) <b>2:30 Chocolate Bingo with Donna Haase (FH &amp; 971)</b>  3:00 Open Cornhole (FT or O) 4:30 Happy Hour (BB)	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) <b>12:00 Men's Luncheon* (AN)</b> 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) 7:15 Movie Night (SR)	9:00 Outdoor Croquet (CQ) 10:00 Aqua Aerobics (PL) 10:00 Pool School (BR) 1:00 Open Billiards (BR) 1:00 Canasta (SN)
<b>21</b>	<b>Nametag Day 22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
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 "The Closer" (SR)	<b>8:00 Car Wash &amp; Auto Detailing* (1000 Parking Lot)</b> 8:00 Total Body Strength w/ Lisa (FT) 9:00 Building and Grounds Meeting (C&G) 9:00 Complimentary one-on-one Appointments with Ryan Helfenbein of Lasting Tributes* (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 Movie Night (SR)	9:00 Outdoor Croquet (CQ) 9:30 Tuesday Trekkers (LO) 10:00 Line Dancing (FT) 10:00 Tech Bar (BB) 10:00 Mexican Train (C&G) 11:00 Cardio Fit (FT) 11:00 Catholic Mass (FH & 971) 1:00 Yoga (FT) 2:00 Chair Yoga (FT, 970) 3:00 Open Sports (FT) 4:30 Happy Hour (BB)	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) 2:30 Writers Workshop (C&G) 3:00 Open Ping Pong (FT) 4:30 Trivia w/ Friends (BB)	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) <b>3:00 Historic Annapolis Lecture - Sharing History: The Restoration of the William Paca House and Garden. (FH &amp; 971)</b>  3:00 Open Cornhole (FT or O) 4:30 Happy Hour (BB) <b>7:00 BINGO! (FH)</b>	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) 1:00 Seated Exercise & Balance (FT) 1:30 Great Decisions (AN) <b>2:00 Resident IT Workshop (SR)</b> 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)	9:00 Outdoor Croquet (CQ) 10:00 Aqua Aerobics (PL) 10:00 Pool School (BR) 1:00 Open Billiards (BR) 1:00 Canasta (SN) <b>7:30 Music Performance - Music Through the Decades an interactive night of music trivia, singalongs, and nonstop fun featuring hits from the 1920s through the 1980s! (FH &amp; 971)</b>  
<b>28</b>	<b>Nametag Day 29</b>	<b>30</b>	<b>Room Key</b>			
11:00 Church Service (FH) 1:30 Mah Jong (C&G) 3:00 Movie Matinee (SR) 7:00 Sunday Night Series "The Closer" (SR)	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)	9:00 Outdoor Croquet (CQ) 9:30 Tuesday Trekkers (LO) 10:00 Line Dancing (FT) 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) 2:00 Chair Yoga (FT, 970) 3:00 Open Sports (FT) 4:30 Happy Hour (BB)	(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 <sup>st</sup> 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  = On Campus Transportation between the Event and Resident Apartments			