









Independent Living Calendar

JULY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Room Key</p> <p>(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</p>	<p>(HB) = Heritage Basement (HR) = Heritage Activity Room (HRL) = Heritage 1st 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</p>	<p>(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</p>	<p>1</p> <p>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 Cardio Drumming (FT) 3:00 Open Ping Pong (FT)</p>	<p>2</p> <p>8:00 Outdoor Croquet (CQ) 10:00 Chats with Chip** (C&G) 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) 3:00 Historic Annapolis Lecture Part Two - discussing the History of the City of Annapolis (FH & 971) 3:00 Open Cornhole (FT or O) 4:30 Happy Hour (BB)</p>	<p>3</p> <p>The Administrative Offices, Transportation, and Convenience Store are closed today.</p> <p>8:00 Total Body Strength w/ Lisa (FT) 10:00 Aqua Aerobics (PL) 10:15 Canasta (SN) 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 Birthday Social featuring music by Ed Justice (FH) 7:15 Movie Night (SR)</p>	<p>Happy 4th of July 4</p> <p>9:00 Outdoor Croquet (CQ) 10:00 Pool School (BR) 12:00 Holiday Buffet 1:00 Open Billiards (BR) 1:00 Canasta (SN) 7:30 Patriotic Singalong with Diana and Friends (FH & 971)</p> 
<p>5</p> <p>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) 7:00 Quiet Reflections*(AN)</p>	<p>Nametag Day 6</p> <p>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)</p>	<p>7</p> <p>8:00 Outdoor Croquet (CQ) 9:30 Tuesday Trekkers (4000 Lobby) 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 (Fitness Center, 970) 3:00 Open Sports (FT) 4:30 Happy Hour (BB)</p>	<p>8</p> <p>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 Cardio Drumming (FT) 2:00 Motorized Cart and Chair Resident Safety Meeting (FH & 971)  3:00 Open Ping Pong (FT) 3:00 Nutrition Education Series - "Gut Health & Digestion" (SR) 4:30 Piano Bar with Diana (BB) 7:15 Art Movie - Leonardo da Vinci (SR)</p>	<p>9</p> <p>8:00 Outdoor Croquet (CQ) 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) 3:00 Open Cornhole (FT or O) 4:30 Happy Hour (BB) 7:00 BINGO! (FH) 7:00 Pet-a-Pooch (LO)</p>	<p>10</p> <p>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 Tech@Home Class -"Mobile Wallets and Digital Payments" (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)</p>	<p>11</p> <p>9:00 Outdoor Croquet (CQ) 10:00 Aqua Aerobics (PL) 10:00 Pool School (BR) 1:00 Open Billiards (BR) 1:00 Canasta (SN) 7:30 Musical Performance by Seth Kibel and Sean Lane. Classic jazz and swing from the "Great American Songbook." (FH & 971)</p> 

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12	Nametag Day 13	14	15	16	17	18
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) 7:00 Quiet Reflections*(AN)	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)	8:00 Outdoor Croquet (CQ) 9:30 Tuesday Trekkers (4000 Lobby) 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) 11:00 Catholic Mass (FH & 971) 1:00 Yoga (FT) 2:00 Chair Yoga (Fitness Center, 970) 2:00 Campus and Creek - Showing 3 of Tom Horton's Films (FH)  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) 1:00 Cardio Drumming (FT) 2:00 Residents Club Meeting (FH & 971) 3:00 Open Ping Pong (FT) 3:00 Sip n' Paint* (SN)	8:00 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) 1:00 Yoga (FT) 1:30 Mah Jong (C&G) 2:00 Campus and Creek - Tom Horton Presentation (FH & 971)  2:00 Tech Bar (BB) 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) 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) 7:15 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)
19	Nametag Day 20	21	22	23	24	25
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) 7:00 Quiet Reflections*(AN)	8:00 Total Body Strength w/ Lisa (FT) 9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics (PL) 10:00 Meaningful Conversations* (AN) 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)	8:00 Outdoor Croquet (CQ) 9:30 Tuesday Trekkers (4000 Lobby) 10:00 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) 2:00 Chair Yoga (Fitness Center, 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) 1:00 Cardio Drumming (FT) 2:00 Neighbor to Neighbor Volunteer Meeting (AN) 2:30 Writers Workshop (C&G) 3:00 Open Ping Pong (FT) 4:30 Trivia w/ Friends (BB) 6:45 Our Neighborhood - Smithsonian Associates Zoom Lecture (SR)	8:00 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 Campus and Creek - Watershed Stewards Academy Presentation (FH & 971)  2:00 Tech Bar (BB) 3:00 Open Cornhole (FT or O) 4:30 Happy Hour (BB) 7:00 BINGO! (FH)	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 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)	9:00 Outdoor Croquet (CQ) 10:00 Aqua Aerobics (PL) 10:00 Pool School (BR) 1:00 Open Billiards (BR) 1:00 Canasta (SN)
26	Nametag Day 27	28	29	30	31	
11:00 Church Service (FH) 12:00 Sunday Buffet (CD & BB) 1:30 Mah Jong (C&G) 3:00 Movie Matinee (SR) 3:30 Musical Performance by Dr. Susie Ha. Classical Piano. (FH & 971)  7:00 Sunday Night Series "The Closer" (SR) 7:00 Quiet Reflections*(AN)	8:00 Car Wash* (1000 Parking Lot) 8:00 Total Body Strength w/ Lisa (FT) 9:00 Building and Grounds Meeting (C&G) 9:00 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)	8:00 Outdoor Croquet (CQ) 9:30 Tuesday Trekkers (4000 Lobby) 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) 11:00 Catholic Mass (FH & 971) 1:00 Yoga (FT) 2:00 Chair Yoga (Fitness Center, 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) 1:00 Cardio Drumming (FT) 3:00 Open Ping Pong (FT)	8:00 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) 3:00 Lecture by Dr. Samara Firebaugh, Academic Dean and Provost, USNA (FH & 971)  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) 10:00 Caregivers' Group (CC) 10:15 Canasta (SN) 11:00 Office Hours with Jamie (FT) 1:00 Seated Exercise & Balance (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)	