

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Carnival for a Cause August 13th from 3:00 - 6:00 pm Skipjack Patio and surrounding area Step right up for an afternoon of fun with family, friends, and neighbors! Activities Petting Zoo Touch a Truck Carnival Games Food Trucks Raffle Baskets Live Music Pony Rides Face-Painting Carnival Snacks					1 9:00 Outdoor Croquet (CQ) 9:00 Pool School (BR) 10:00 Aqua Aerobics (PL) 1:00 Open Billiards (BR) 1:00 Canasta (SN)
2 11:00 Church Service (FH) 12:00 Sunday Buffet (CD & BB) 1:30 Mah Jong (C&G) 3:00 Movie Matinee (SR) 7:00 Quiet Reflections* - Certainty of Uncertainty (AN) 7:00 Sunday Night Series "The Closer" (SR)	Nametag Day 3 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)	4 8:00 Outdoor Croquet (CQ) 9:00 Early Bird Ticket Sales for Carnival for a Cause (LO) 9:30 Tuesday Trekkers (4000 Lobby) 10:00 Line Dancing (FT) 10:00 Medicare 102 (FH & 971) 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)	5 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)	6 8:00 Outdoor Croquet (CQ) 9:30 Aqua Lite (PL) 10:00 Culinary Chats with Larry* (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 Tech Bar (BB) 3:00 Open Cornhole (FT or O) 4:30 Happy Hour (BB)	7 8:00 Total Body Strength w/ Lisa (FT) 9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics (PL) 10:00 Early Bird Ticket Sales for Carnival for a Cause (LO) 10:15 Canasta (SN) 11:30 Office Hours with Jamie (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 Birthday Social (FH) 7:15 Movie Night (SR) 	8 Happy 38th Anniversary Ginger Cove! 9:00 Outdoor Croquet (CQ) 9:00 Pool School (BR) 10:00 Aqua Aerobics (PL) 10:45 Water Volleyball Match (PL) 1:00 Open Billiards (BR) 1:00 Canasta (SN) 4:45 Anniversary Dinner with Live Music (CD)
9 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 Colin MacLeod – Scottish Fiddle and Storytelling (LO) 7:00 Quiet Reflections* - The Shape of the Soul (AN) 7:00 Sunday Night Series "The Closer" (SR)	Nametag Day 10 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)	11 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 (FT, 970) 3:00 Open Sports (FT) 4:30 Happy Hour (BB) 7:15 Campus & Creek Movie Night (SR)	12 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 Dementia Caregiver Support Group (HR3) 1:00 Cardio Drumming (FT) 3:00 Open Ping Pong (FT) 7:15 Art Movie - Edvard Munch (SR)	13 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 AACo Outreach Library Vehicle "OLIVE" (LO) 2:00 Tech Bar (BB) 3:00 Open Cornhole (FT or O) 3:00 – 6:00 Carnival for a Cause (SP) 4:30 Happy Hour (BB) 7:00 BINGO! (FH) 7:00 Pet-a-Pooch (LO) 	14 8:00 Total Body Strength w/ Lisa (FT) 9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics (PL) 10:15 Canasta (SN) 11:30 Office Hours with Jamie (FT) 1:00 Seated Exercise & Balance (FT) 2:00 Tech@Home Class (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)	15 9:00 Outdoor Croquet (CQ) 9:00 Pool School (BR) 10:00 Aqua Aerobics (PL) 1:00 Open Billiards (BR) 1:00 Canasta (SN)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
16 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)	Nametag Day17 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) 1:00 Our Neighborhood Meeting (SN) 1:30 Mah Jong (C&G) 7:15 Foreign Movie - Persepolis (SR) 5:00 Newcomers in the Bar (BB) 6:00 Newcomers Dinner (AN)	18 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 (FT, 970) 3:00 Open Sports (FT) 4:30 Happy Hour (BB)	19 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)	20 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 Tech Bar (BB) 3:00 Open Cornhole (FT or O) 4:30 Happy Hour (BB) 5:00 Triobike Dinner Taxi	21 8:00 Total Body Strength w/ Lisa (FT) 9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics (PL) 10:15 Canasta (SN) 11:30 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)	22 9:00 Outdoor Croquet (CQ) 9:00 Pool School (BR) 10:00 Aqua Aerobics (PL) 1:00 Open Billiards (BR) 1:00 Canasta (SN)
23 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 Musical Performance presented by World Artist Experience - Magic Strings from Estonia (FH & 971) 	Nametag Day24 8:00 Car Wash & Auto Detailing* (1000 Parking Lot) 8:00 Total Body Strength w/ Lisa (FT) 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) 10:30 Low Vision Group (AN) 1:00 Duplicate Bridge (FH) 1:00 Seated Exercise & Balance (FT) 1:30 Mah Jong (C&G) 7:15 Movie Night (SR)	25 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 (FT, 970) 3:00 Open Sports (FT) 4:30 Happy Hour (BB)	26 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) 1:00 Cardio Drumming (FT) 2:30 Writers Workshop (C&G) 3:00 Open Ping Pong (FT) 4:30 Trivia w/ Friends (BB) 4:45 Luau Buffet Dinner (CD) 	27 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) 2:30 Town Hall (FH & 971) 3:00 Open Cornhole (FT or O) 4:30 Happy Hour (BB) 7:00 BINGO! (FH)	28 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) 11:30 Office Hours with Jamie (FT) 1:00 Seated Exercise & Balance (FT) 2:00 Campus and Creek - John Shields Lecture on the Cuisine of the Chesapeake Bay (FH & 971) 2:00 Tech@Home Class (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) 	29 9:00 Outdoor Croquet (CQ) 9:00 Pool School (BR) 10:00 Aqua Aerobics (PL) 1:00 Open Billiards (BR) 1:00 Canasta (SN)
30 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)	Nametag Day31 8:00 Total Body Strength w/ Lisa (FT) 9:00 Building and Grounds Meeting (C&G) 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)		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 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	(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