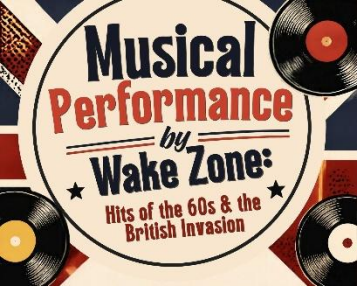


| SUNDAY                                                                                                                                                                                                                                                                                                                                               | MONDAY                                                                                                                                                                                                                                                                                                                                                                                      | TUESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                         | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | FRIDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | SATURDAY                                                                                                                                                                                                                                                                                       |
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| <div>Daylight Savings 1</div> <div>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 Closer" (SR)</div> <div><div>Set your clocks back one hour.</div></div> | <div>Nametag Day 2</div> <div>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)</div> | <div>3</div> <div>8:00 Indoor Croquet (FH)<br/>9:30 Tuesday Trekkers (4000 Lobby)<br/>10:00 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/>1:00 Yoga (FT)<br/>1:30 Chorus Rehearsal (FH)<br/>2:00 Chair Yoga (FT, 970)<br/>3:00 Open Sports (FT)<br/>3:30 Virtual Tour of Veterans Memorials in the DMV (FH)<br/>4:30 Happy Hour (BB)</div> | <div>4</div> <div>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/>11:00 Dementia Caregiver Support Group (HR3)<br/>1:00 Cardio Drumming (FT)<br/>3:00 Open Ping Pong (FT)</div>                                                                                                                                                                 | <div>5</div> <div>8:00 Outdoor Croquet (CQ)<br/>9:30 Aqua Lite (PL)<br/>10:00 Culinary Chats with Larry* (C&amp;G)<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/>2:00 Travel with Paul* (SR)<br/>2:00 Fellowship and Worship Committee Meeting (SN)<br/>3:00 Open Cornhole (FT or O)<br/>4:30 Happy Hour (BB)</div>                                                                                                                                                           | <div>6</div> <div>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/>11:30 Office Hours with Jamie (FT)<br/>1:00 Seated Exercise &amp; Balance (FT)<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/>4:00 Birthday Social featuring the Ginger Cove Boutique Fashion Show (FH)<br/>7:15 Movie Night (SR)</div> <div></div> | <div>7</div> <div>9:00 Indoor Croquet (FH)<br/>10:00 Aqua Aerobics (PL)<br/>1:00 Canasta (SN)<br/>1:00 Open Billiards (BR)</div>                                                                                                                                                               |
| <div>8</div> <div>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 Closer" (SR)</div>                                                                                                                                                     | <div>Nametag Day 9</div> <div>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/>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)</div>               | <div>10</div> <div>8:00 Outdoor Croquet (CQ)<br/>9:30 Tuesday Trekkers (4000 Lobby)<br/>10:00 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/>1:00 Yoga (FT)<br/>1:30 Chorus Rehearsal (FH)<br/>2:00 Chair Yoga (FT, 970)<br/>3:00 Open Sports (FT)<br/>4:30 Happy Hour (BB)</div>                    | <div>Veterans Day 11</div> <div>8:00 Total Body Strength w/ Lisa (FT)<br/>9:00 Newcomers Coffee Social and Discussion (AN)<br/>9:15 Functional Fitness (FT, 970)<br/>9:30 Muffins for the Military (LO)<br/>10:00 Aqua Aerobics (PL)<br/>10:15 Needlework Group (C&amp;G)<br/>11:00 Dementia Caregiver Support Group (HR3)<br/>1:00 Cardio Drumming (FT)<br/>3:00 Open Ping Pong (FT)<br/>4:30 Piano Bar with Diana (BB)<br/>7:15 Art Movie</div> | <div>12</div> <div>8:00 Outdoor Croquet (CQ)<br/>9:30 Aqua Lite (PL)<br/>10:00 – 1:00 Holiday Bazaar (FH &amp; C&amp;G, BR)<br/>10:30 Weights for Women (FT)<br/>11:00 Cardio Fit (FT)<br/>11:00 Newcomer Bus Tour (Lobby)<br/>1:00 Yoga (FT)<br/>1:30 Mah Jong (C&amp;G)<br/>2:00 AACo Outreach Library Vehicle "OLIVE" (LO)<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/>7:00 Pet-a-Pooch (LO)</div> <div></div> | <div>13</div> <div>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/>11:30 Office Hours with Jamie (FT)<br/>1:00 Seated Exercise &amp; Balance (FT)<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/>2:30 Town Hall (FH &amp; 971)<br/>7:15 Movie Night (SR)</div>                                                                                                                                           | <div>14</div> <div>9:00 Outdoor Croquet (CQ)<br/>10:00 Aqua Aerobics (PL)<br/>1:00 Canasta (SN)<br/>1:00 Open Billiards (BR)<br/>7:30 Musical Performance by Dave Turner (FH &amp; 971)</div> <div></div> |

| SUNDAY                                                                                                                                                                                          | MONDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | TUESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                            | THURSDAY                                                                                                                                                                                                                                                                                                                                | FRIDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | SATURDAY                                                                                                                                                                                                                                                                                                                               |
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| <div>15</div> <div>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 Closer" (SR)</div> | <div>Nametag Day16</div> <div>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/>10:00 Meaningful Conversations* (AN)<br/>10:30 Men's Circuit Training (FT)<br/>1:00 Duplicate Bridge (FH)<br/>1:00 Our Neighborhood Meeting (SN)<br/>1:00 Seated Exercise &amp; Balance (FT)<br/>1:30 Mah Jong (C&amp;G)<br/>7:15 Monday Night Movie Special Viewing - Between Two Notes (SN)</div>                               | <div>17</div> <div>8:00 Indoor Croquet (FH)<br/>9:30 Tuesday Trekkers (4000 Lobby)<br/>10:00 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/>1:00 Yoga (FT)<br/>1:30 Chorus Rehearsal (FH)<br/>2:00 Chair Yoga (FT, 970)<br/>3:00 Open Sports (FT)<br/>4:30 Happy Hour (BB)<br/>7:30 Christmas Tree Lighting and Singalong (FH &amp; 971)</div> <div></div> | <div>18</div> <div>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/>11:00 Dementia Caregiver Support Group (HR3)<br/>1:00 Cardio Drumming (FT)<br/>2:00 Residents Club Meeting (FH &amp; 971)<br/>3:00 Open Ping Pong (FT)<br/>3:00 Sip n' Paint* (SN)<br/>7:15 National Theater at Home (SR)</div> | <div>19</div> <div>8:00 Outdoor Croquet (CQ)<br/>9:30 Aqua Lite (PL)<br/>10:00 Chats with Chip (C&amp;G)<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/>1:30 Great Decisions (AN)<br/>2:00 Tech Bar (BB)<br/>3:00 Open Cornhole (FT or O)<br/>4:30 Happy Hour (BB)</div> | <div>20</div> <div>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/>11:30 Office Hours with Jamie (FT)<br/>12:00 Men's Luncheon* (AN)<br/>1:00 Seated Exercise &amp; Balance (FT)<br/>2:00 Crownsville Hospital Campus Update by Anne Arundel County (FH &amp; 971)<br/>2:00 Mexican Train (BR)<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)</div> | <div>21</div> <div>9:00 Outdoor Croquet (CQ)<br/>10:00 Aqua Aerobics (PL)<br/>1:00 Canasta (SN)<br/>1:00 Open Billiards (BR)<br/>7:30 Musical Performance by Wake Zone: Hits of the 60s &amp; the British Invasion (FH &amp; 971)</div> <div></div> |
| <div>22</div> <div>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 Closer" (SR)</div> | <div>Nametag Day23</div> <div>8:00 Car Wash &amp; Auto Detailing* (1000 Parking Lot)<br/>8:00 Total Body Strength w/ Lisa (FT)<br/>9:00 Appts with Ryan Helfenbein of Lasting Tributes* (SN)<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/>10:30 Low Vision Group (AN)<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)</div> | <div>24</div> <div>8:00 Outdoor Croquet (CQ)<br/>9:30 Tuesday Trekkers (4000 Lobby)<br/>10:00 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/>1:00 Yoga (FT)<br/>1:30 Chorus Rehearsal (FH)<br/>2:00 Chair Yoga (FT, 970)<br/>3:00 Open Sports (FT)<br/>4:30 Happy Hour (BB)</div>                                                                                                                      | <div>25</div> <div>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/>11:00 Dementia Caregiver Support Group (HR3)<br/>1:00 Turkey Terminator Cardio Drumming (FT)<br/>2:30 Writers Workshop (C&amp;G)<br/>3:00 Open Ping Pong (FT)<br/>4:30 Trivia w/ Friends (BB)</div>                             | <div>Happy Thanksgiving! 26</div> <div>All Administrative Offices, Transportation, and Convenience Store are Closed<br/>8:00 Outdoor Croquet (CQ)<br/>11:00 Thanksgiving Service (FH &amp; 971)<br/>12:00 Holiday Buffet</div> <div></div>         | <div>27</div> <div>8:00 Total Body Strength w/ Lisa (FT)<br/>9:15 Functional Fitness (FT, 970)<br/>10:00 Caregivers' Group (CC)<br/>10:15 Canasta (SN)<br/>11:30 Office Hours with Jamie (FT)<br/>1:00 Seated Exercise &amp; Balance (FT)<br/>2:00 Tech@Home Class (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)</div>                                                                                                           | <div>28</div> <div>9:00 Indoor Croquet (FH)<br/>10:00 Aqua Aerobics (PL)<br/>1:00 Canasta (SN)<br/>1:00 Open Billiards (BR)</div>                                                                                                                                                                                                      |
| <div>29</div> <div>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 Closer" (SR)</div> | <div>Nametag Day30</div> <div>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 Resident Tree Decorating (LO)<br/>1:00 Seated Exercise &amp; Balance (FT)<br/>1:30 Mah Jong (C&amp;G)<br/>7:15 Movie Night (SR)</div>                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                      | <div>Room Key</div> <div>(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</div>                                               | <div>(HB) = Heritage Basement<br/>(HR) = Heritage Activity Room<br/>(HRL) = Heritage 1<sup>st</sup> Fl Living Room<br/>(HR3) = Heritage 3rd Floor<br/>(GZ) = Gazebo<br/>(LO) = Lobby<br/>(O) = Outside, Campus Green<br/>(QA) = Queen Anne Room<br/>(PL) = Pool<br/>(SD) = Skipjack Dining Room</div>                                                                                                                                                                                                                                                          | <div>(SN) = Schooner Room<br/>(SP) = Skipjack Patio<br/>(SR) = South River Room<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</div>                                                                                                        |