

# Homewood at Frederick Independent Living Activities Calendar JULY 2018

## Sunday, July 1, 2018

10:00: Worship Service - *CHAPEL @CF*

1-5: Open Swim - *FC Pool*

2:30: Worship Service -

*Virts Lounge on Willows Unit at Crumland Farms*

7:00: Sunday Game Night - *Classroom A at the Lodge*

## Monday, July 2, 2018

7:45: Aqua Fit - *WC Pool*

8-9: Lap Swim - *FC Pool*

8:30: Meet & Greet Clarence Harper –

*New Transportation Coordinator - Cafe @CF*

9:00: Aqua Fit - Women Only - *WC Pool*

9-2: Open Swim - *FC Pool*

9:00: Massage - *Fitness Center & Wellness Center*

10:00: Sittercize Arthritis Exercise - *FC Classroom*

10:00: Groceries Trip - *Weis/Giant Eagle/Pet Valu*

10:30: Sittercize - *WC*

10:30: Fun in the Sun with Mary Kay Cosmetics

*Classroom B at the Lodge*

1:00: "Friendly" Party Bridge - *Card Room at the Lodge*

1:30: Chair Zumba! - *Lodge Fitness Classroom*

1:30: Standing Balance - *WC*

1:30: Options, Questions and Answers: Account Setup  
and Money Management – Follow-up to the  
Options Class with Richard Bender  
*Event Center A at the Lodge*

2:00: Bible Study - *ILAC - CF*

# Homewood at Frederick Independent Living Activities Calendar JULY 2018

2:00: Special Movie – *“Taking Chance”* - 2009 historical drama film based upon the experiences of Marine Colonel Michael Strobl, who escorted the body of a fallen Marine, PFC Chance Phelps (posthumously promoted to LCpl), back to his hometown from the Iraq War - *MP@CF*

4:30: Trip to Nymeo Field - Keys vs. Lynchburg

7:00: How and Why – *“Essential Italy”*  
*Assisted Living Activities Rm@CF*

## Tuesday, July 3, 2018

8:00: Aqua Fit - *FC Pool*

8:30: Equipment Demo/Personal Training - *WC*

8:30-12: Open Swim - *FC Pool*

8:45: Water Volleyball - *Fitness Center Pool*

9:00: Massage - *Fitness Center & Wellness Center*

9:30: Dr. Robert Broadrup Memorial Cornhole  
Tournament - *Outside Wellness Ctr @ CF*

10:00: Osteoporosis Exercise - *WC*

10:00: Low Impact Aerobics - *Fitness Center Classroom*

10:00: Declaration of Independence Reading  
*Readers Needed! MP @CF – SHUTTLE @9:30am*

10:00: Knit Wits - *Cafe @ CF*

10:30: Basic Arthritic Exercise - *WC*

12:00: Walking Class - *FC*

12:30: Dr. Robert Broadrup Memorial Cornhole  
Tournament - *Outside on the Lower Patio by the  
Pool at the Lodge*

1:30: Interval Circuit - *Lodge Fitness Classroom*

1:30: Beginner Balance & Stretch - *WC*

# Homewood at Frederick Independent Living Activities Calendar JULY 2018

2:00: Woodworking Group - *Wood Shop @ CF*

2:00: Meet & Greet Clarence Harper – New  
Transportation Coordinator - *Great Room @Lodge*

2:30: Patriotic Program and Sing-Along led by  
Cindy Elliott - *MP@CF*

3:00: Horseshoes - *Horseshoe Pits behind Red Lot @CF*

3:30: Trip to: Washington Nationals vs. Boston Red Sox  
*Nationals Park*

5:00: Patriotic Program and Sing Along led by  
Cindy Elliott - *Great Room at the Lodge*

5:00: SHUTTLE for DINNER! - *Between CF & LODGE*

6:45: Bridge - *MP@ CF*

## Wednesday, July 4, 2018

8:00: Lap Swim - *FC Pool*

8:00: Acupuncture - *WC*

9-2: Open Swim - *FC Pool*

11:00-1:00: July 4th Picnic - *Crumland Farms –  
IL Dining Room*

12:00-2:00: July 4th Picnic – *Event Center/Lodge Patio*

6:30: Poker at the Lodge - *Card Room at the Lodge*

## Thursday, July 5, 2018

8:00: Aqua Fit - *FC Pool*

8:30: Open Swim - *FC Pool*

8:45: Water Volleyball - *Fitness Center Pool*

9:00: Open Art Class - *ILAC@CF*

9:30: Beginner Balance - *Fitness Center Classroom*

9:45: Trip to: Wizard of Oz at Dutch Apple Theatre

10:00: Personal Training - *FC*

# Homewood at Frederick Independent Living Activities Calendar JULY 2018

10:00: Osteoporosis Exercise - WC

10:00: Coffee & Donuts – *Come and Say Good-Bye to Dave Fogle from Maintenance – Great Room @Lodge*

10:00: Shopping at Wal-Mart

10:00: The History of the United States –  
*Classroom B @ Lodge*

10:30: Basic Arthritic Exercise – Stretching - WC

1:00: Walking Class - WC

1:00: Blood Pressure Clinic - HHO @ CF

1:30: Yoga - WC

2:00: Shopping at Giant & Wegman's

3:00: Current Events Group - *Classroom B at the Lodge*

3:30: Wine and Cheese - MP, Café, CC at CF

5:00: SHUTTLE for DINNER! - *Between CF & LODGE*

7:00: Ladies Game Night - ILAC@CF

7:00: Game Night - *Classroom A at the Lodge*

## Friday, July 6, 2018

7:45: Aqua Fit - WC Pool

8-9: Lap Swim - FC Pool

9:00: Aqua Fit - Women Only - WC Pool

9:00: Cornhole - *Lower Patio by the FC Pool*

9-2: Open Swim - FC Pool

9:30: Travel Meeting - ILAC @ CF – SHUTTLE

9:30: Living Well with Chronic Conditions Class –  
*Presented by FMH -Classroom A & B at the Lodge*

10:00: Sittercize Arthritis Exercise - FC Classroom

10:30: Sittercize - WC

11:00: Bocce Ball - *Bocce Ball Court in the Green Lot*

# Homewood at Frederick Independent Living Activities Calendar JULY 2018

1:00: Balance through Movement - *WC*

1:00: ALOHA Committee Meeting - *ILAC @CF*

1:00: Scenic Ride: Stopping at Meadows Original  
Frozen Custard - *Point of Rocks – Lucketts, VA*

2:00: Sing-Along with the Homewood Harmonizers  
*Meadows @ CF*

2:30: Music with Greg Lupton - *MP@CF Meadows @ CF*

3:00: Ping Pong - *FC Hallway*

7:00: Movie Night: "Taking Chance" –  
*Classroom B@ Lodge*

## Saturday, July 7, 2018

1-5: Open Swim - *FC Pool*

2:30: Pianist, Jeffrey Chappell in Concert - *MP@CF*  
*SHUTTLE*

4:30: Trip to Catholic Mass

5:00: SHUTTLE for DINNER! - *Between CF & LODGE*

7:00: Saturday Movie Night- Battle of the Sexes  
*MP @ CF*

## Sunday, July 8, 2018

10:00: Worship Service - *CHAPEL @CF*

1-5: Open Swim - *FC Pool*

7:00: Sunday Game Night - *Classroom A at the Lodge*

## Monday, July 9, 2018

7:45: Aqua Fit - *WC Pool*

8:00: Lap Swim - *FC Pool*

9:00: Aqua Fit - Women Only - *WC Pool*

9:00: Open Swim - *FC Pool*

9:00: Massage - *Fitness Center & Wellness Center*

# Homewood at Frederick Independent Living Activities Calendar JULY 2018

10:00: Sittercize Arthritis Exercise - *FC Classroom*

10:00: Groceries Trip - *Weis/Giant Eagle/Pet Valu*

10:30: Sittercize -*WC*

10:30: Tie Dye - *Bring your own white shirt*  
*Bottom Patio at the Lodge*

1:00: "Friendly" Party Bridge - *Card Room at the Lodge*

1:30: Chair Zumba! - *Lodge Fitness Classroom*

1:30: Standing Balance - *WC*

2:00: Introduction to Buddhism - *Classroom B @ Lodge*

2:00: Bible Study - *ILAC - CF*

7:00: How and Why – “*Essential Italy*”  
*Assisted Living Activities Room @ CF*

7:00: Market Street Big Band Rehearsal  
*Event Center at the Lodge*

## Tuesday, July 10, 2018

8:00: Aqua Fit - *FC Pool*

8:30: Equipment Demo/Personal Training - *WC*

8:30-12: Open Swim - *FC Pool*

8:45: Water Volleyball - *Fitness Center Pool*

9:00: Massage - *Fitness Center & Wellness Center*

9:30: CHATTER Meeting - *3rd Floor Library at CF*

9:30: Coffee Hour - *ILDR @CF*

10:00: Osteoporosis Exercise - *WC*

10:00: Low Impact Aerobics - *Fitness Center Classroom*

10:00: Knit Wits - *Cafe @ CF*

10:30: Basic Arthritic Exercise - *WC*

11:00: Memories Writing Group - *Library at the Lodge*

12:00: Walking Class - *FC*

1:30: Interval Circuit - *Lodge Fitness Classroom*

# Homewood at Frederick Independent Living Activities Calendar JULY 2018

1:30: Beginner Balance & Stretch - WC

2:00: Woodworking Group - *Wood Shop @CF*

2:00: Experiencing America – A Smithsonian Tour  
Through American History – From The Great  
Courses - *ILAC@ CF*

3:00: Horseshoes - *Horseshoe Pits behind Red Lot@CF*

5:00: SHUTTLE for DINNER! - *Between CF & LODGE*

6:00: Trip to: Art of Harp Concert  
*St. Paul Evangelical Lutheran - Thurmont*

6:45: Bridge - *MP@ CF*

7:00: Song Circle w/FAME  
(Frederick Acoustic Music Ensemble) -  
*Event Center B at the Lodge*

## Wednesday, July 11, 2018

7:45: Aqua Fit - *WC Pool*

8-9: Lap Swim - *FC Pool*

8:00: Acupuncture - *WC*

8:00: Wednesday Walking Club

8:30: Environmental Committee Meeting  
*Classroom A @ Lodge*

9:00: Aqua Fit - Women Only - *WC Pool*

9-2: Open Swim - *FC Pool*

9:30: Campus Connection Meeting w/Karen Main  
*Event Center at the Lodge - SHUTTLE*

10:30: Sittercise - *WC*

10:30: Catholic Rosary - *Meadows Unit @ CF*

11:00: Balance and Stretch - *FC*

12:00: Advanced Demo - *FC*

1:00: Watercolor Class - *Classroom A at the Lodge*

# Homewood at Frederick Independent Living Activities Calendar JULY 2018

1:30: Resistance Training - WC

1:30: Computer Lab with Newt - *Computer Lab @ CF*

2:00: Crumland Farms Food Committee Meeting  
*ILPDR @ CF*

2:00: MAAS Opticians - *ILAC @ CF*

3:00: Frederick History Speaker Series-  
*Arcadia Mansion - Classroom B @ Lodge*

4:00: Homewood Ladies Literary Society - Chapter Two  
*Library at the Lodge*

## Thursday, July 12, 2018

8:00: Aqua Fit - *FC Pool*

8:30-12: Open Swim - *FC Pool*

8:45: Water Volleyball - *Fitness Center Pool*

9:00: Open Art Class - *ILAC@CF*

9:30: Beginner Balance - *Fitness Center Classroom*

10:00: Personal Training - *FC*

10:00: Osteoporosis Exercise - *WC*

10:00: The History of the United States –  
*Classroom B at the Lodge*

10:30: Basic Arthritic Exercise – Stretching - *WC*

11:00: Linda's Treasures Clothing Sale  
*HOT SUMMER DEALS! - MP Room @CF*  
*SHUTTLE FROM 11-1 ONLY*

1:00: Walking Class - *WC*

1:00: Blood Pressure Clinic - *HHO @ CF*

1:30: Yoga - *WC*

2:00: Science and Technology Discussion Group  
*Classroom B at the Lodge*

3:30: Trip to: Seasons 52 - *Columbia Mall*



# Homewood at Frederick Independent Living Activities Calendar JULY 2018

5:00: Happy 1/2 Hour - *Great Room at the Lodge*

5:00: Chill & Grill - *Event Center @ Lodge*

5:00: SHUTTLE for DINNER! - *Between CF & LODGE*

7:00: Ladies Game Night - *ILAC@CF*

7:00: Game Night - *Classroom A at the Lodge*

## Friday, July 13, 2018

7:45: Aqua Fit - *WC Pool*

8-9: Lap Swim - *FC Pool*

8:00: Trip to: Mt. Airy Inn - *Breakfast Bus!*

9:00: Aqua Fit - *Women Only - WC Pool*

9:00: Cornhole - *Lower Patio by the FC Pool*

9-2: Open Swim - *FC Pool*

9:30: *Living Well with Chronic Conditions Class*  
*Presented by FMH - Classroom A & B at the Lodge*

10:30: Sittercise - *WC*

11:00: Bocce Ball - *Bocce Ball Court in the Green Lot*

1:00: Balance through Movement - *WC*

3:00: Ping Pong - *FC Hallway*

7:00: Pinochle - *ILAC @ CF*

7:00: Movie Night - *Classroom B at the Lodge*

## Saturday, July 14, 2018

12:15: Trip to: On The Town - *The Olney Theatre*

1:00: Frederick Genealogical Society Meeting -  
*Event Center @ Lodge*

1-5: Open Swim - *FC Pool*

2:30: *Music by The Sweet Life – MP@CF*

4:30: Trip to Catholic Mass

5:00: SHUTTLE for DINNER! - *Between CF & LODGE*

# Homewood at Frederick Independent Living Activities Calendar JULY 2018

7:00: Saturday Movie Night - *"Private Benjamin-MP @ CF*

## Sunday, July 15, 2018

10:00: Worship Service - *CHAPEL @CF*

1-5: Open Swim - *FC Pool*

2:30: Worship Service –

*Virts Lounge on Willows Unit at Crumland Farms*

4:45: Trip to: US Navy Cruisers –

*Hagerstown Community College*

7:00: Sunday Game Night - *Classroom A at the Lodge*

## Monday, July 16, 2018

7:45: Aqua Fit - *WC Pool*

8-9: Lap Swim - *FC Pool*

9:00: Aqua Fit - Women Only - *WC Pool*

9-2: Open Swim - *FC Pool*

9:00: Massage - *Fitness Center & Wellness Center*

10:00: Sittercize Arthritis Exercise - *FC Classroom*

10:00: Retired Clergy Meeting - *ILAC@CF*

10:00: Groceries Trip - *Weis/Giant Eagle/Pet Valu*

10:30: Sittercize - *WC*

1:00: "Friendly" Party Bridge - *Card Room at the Lodge*

1:30: Chair Zumba! - *Lodge Fitness Classroom*

1:30: Standing Balance - *WC*

2:00: Bible Study - *ILAC - CF*

3:45: Happy 1/2 Hour - *Community Center @ CF*

7:00: How and Why –

*Assisted Living Activities Room @ CF*

## Tuesday, July 17, 2018

8:00: Aqua Fit - *FC Pool*

# Homewood at Frederick Independent Living Activities Calendar JULY 2018

8:30: Equipment Demo/Personal Training - WC

8:30-12: Open Swim - FC Pool

8:45: Water Volleyball - Fitness Center Pool

9:00: Massage - Fitness Center & Wellness Center

9:30: Resident Association Council Meeting  
Classroom A&B @ Lodge – SHUTTLE AT 9AM

10:00: Osteoporosis Exercise - WC

10:00: Low Impact Aerobics - Fitness Center Classroom

10:00: Fun in the Sun with Mary Kay Cosmetics –  
ILAC @ CF

10:00: Knit Wits - Cafe @ CF

10:30: Basic Arthritic Exercise - WC

11:00: Trip to National Cathedral Tour and Tea  
Washington, D.C.

12:00: Walking Class - FC

1:30: Interval Circuit - Lodge Fitness Classroom

1:30: Beginner Balance & Stretch - WC

2:00: Woodworking Group - Wood Shop @CF

2:00: Experiencing America – A Smithsonian Tour  
Through American History – From The Great  
Courses – ILAC @ CF

3:00: Horseshoes -Horseshoe Pits behind Red Lot @CF

5:00: SHUTTLE for DINNER! - Between CF & LODGE

6:45: Bridge - MP@ CF

## Wednesday, July 18, 2018

7:45: Aqua Fit - WC Pool

8-9: Lap Swim - FC Pool

8:00: Acupuncture - WC

8:00: Wednesday Walking Club

# Homewood at Frederick Independent Living Activities Calendar JULY 2018

9:00: Aqua Fit - Women Only - *WC Pool*

9:00: Open Swim - *FC Pool*

10:00: Old Towne Jewelers - *ILAC @ CF*

10:30: Sittercise - *WC*

11:00: Balance and Stretch - *FC*

11:00: Physical Therapy Speech: Fall Prevention - *WC*

12:00: Advanced Demo - *FC*

1:00: Watercolor Class - *Classroom A at the Lodge*

1:30: Resistance Training - *WC*

1:30: Computer Lab with Newt - *Computer Lab @ CF*

2:30: Ice Cream Sundaes - *View Extention @ Lodge*

5:30: Dinner Out - JoJo's - Frederick Magazine  
Coupon Dinner

6:30: Poker at the Lodge - *Card Room at the Lodge*

## Thursday, July 19, 2018

8:00: Aqua Fit - *FC Pool*

8:30-12: Open Swim - *FC Pool*

8:45: Water Volleyball - *Fitness Center Pool*

9:00: Open Art Class - *ILAC@CF*

9:30: Beginner Balance - *Fitness Center Classroom*

10:00: Personal Training - *FC*

10:00: Osteoporosis Exercise - *WC*

10:00: Shopping at Wal-Mart

10:00: The History of the United States -  
*Classroom B at the Lodge*

10:30: Basic Arthritic Exercise – Stretching - *WC*

10:30: Meadows and Assisted Living Quarterly  
Memorial Service - *ALACT @ CF*

# Homewood at Frederick Independent Living Activities Calendar JULY 2018

**11:00: Christmas in July – All proceeds benefit the Homewood Auxiliary – Box Lunches, Christmas Music and Santa! - Community Center @ CF – SHUTTLE FROM 12-2 ONLY**

**1:00: Walking Class - WC**

**1:00: Blood Pressure Clinic - HHO @ CF**

**1:30: Yoga - WC**

**2:00: Shopping at Giant & Wegman's**

**3:00: Current Events Group - Classroom B at the Lodge**

**5:00: SHUTTLE for DINNER! - Between CF & LODGE**

**6:45: Trip to The Phyllis & Ardine Gorden Concert  
Brodbeck Hall at Hood College**

**7:00: Concert by the Clustered Spires Chorus –  
Event Center @ Lodge - SHUTTLE**

**7:00: Ladies Game Night - ILAC@CF**

**7:00: Game Night - Classroom A at the Lodge**

## **Friday, July 20, 2018**

**7:45: Aqua Fit - WC Pool**

**8-9: Lap Swim - FC Pool**

**9:00: Aqua Fit - Women Only - WC Pool**

**9:00: Cornhole - Lower Patio by the FC Pool**

**9-2: Open Swim - FC Pool**

**9:30: Living Well with Chronic Condition Class  
Presented by FMH - Classroom A & B at the Lodge**

**9:30: Trip to Trader Joe's**

**10:00: Sittercize Arthritis Exercise - FC Classroom**

**10:30: Sittercize - WC**

**11:00: Bocce Ball - Bocce Ball Court in the Green Lot**

**1:00: Balance through Movement - WC**

# Homewood at Frederick Independent Living Activities Calendar JULY 2018

1:00: Scenic Ride stopping at Catoctin Creek Park & Nature Center - *Jefferson - Middletown - Frederick Municipal Forest*

2:00: **July Birthday Party – All are welcome! - MP@CF**

2:30: Willow Ponds Food Committee Meeting - *Event Center A*

3:00: Ping Pong - *FC Hallway*

7:00: **Bingo Sponsored by Tom's Creek 4-H - MP@CF**

7:00: Movie Night - *Classroom B at the Lodge*

## **Saturday, July 21, 2018**

10:30: Trip to Dumbarton Oaks Garden Tour - *Washington D.C.*

12:00: Trip to Murder for Two - *Totem Pole Playhouse*

1-5: Open Swim - *FC Pool*

4:30: Trip to Catholic Mass

5:00: SHUTTLE for DINNER! - *Between CF & LODGE*

7:00: Saturday Movie Night – “Carol” - *MP @ CF*

## **Sunday, July 22, 2018**

10:00: Worship Service - *CHAPEL @CF*

1-5: Open Swim - *FC Pool*

2:30: Worship Service

*Virts Lounge on Willows Unit @CF*

6:15: Trip to: Willie Barry - *Baker Park Bandshell -*

7:00: Sunday Game Night - *Classroom A at the Lodge*

## **Monday, July 23, 2018**

7:45: Aqua Fit - *WC Pool*

8-9: Lap Swim - *FC Pool*

9:00: Aqua Fit - Women Only - *WC Pool*

# Homewood at Frederick Independent Living Activities Calendar JULY 2018

9-2: Open Swim - *FC Pool*

9:00: Massage - *Fitness Center & Wellness Center*

9:30: Fruit & Yogurt Parfaits - *Great Room at the Lodge*

10:00: Sittercize Arthritis Exercise - *FC Classroom*

10:00: Groceries Trip - *Weis/Giant Eagle/Pet Valu*

10:30: Sittercize - *WC*

10:30: Catholic Mass - *CHAPEL @CF*

12:30: Trip to Carriage House Inn - *Emmitsburg, MD*

1:00: "Friendly" Party Bridge - *Card Room at the Lodge*

1:30: Chair Zumba! - *Lodge Fitness Classroom*

1:30: Standing Balance - *WC*

2:00: Introduction to Buddhism –  
*Classroom B at the Lodge*

2:00: Bible Study - *ILAC - CF*

2:30: Sing-Along & Ice Cream –*Come say Thank You to  
the Homewood Laundry staff for all their hard  
work!- Cafe@CF*

7:00: How and Why – “*Essential Italy*”  
*Assisted Living Activities Room @ CF*

7:00: Market Street Big Band Rehearsal  
*Event Center at the Lodge*

## Tuesday, July 24, 2018

8:00: Aqua Fit - *FC Pool*

8:15: Trip to: National Civil War Museum  
*Harrisburg, PA*

8:30: Equipment Demo/Personal Training - *WC*

8:30-12: Open Swim - *FC Pool*

8:45: Water Volleyball - *Fitness Center Pool*

9:00: Massage - *Fitness Center & Wellness Center*

# Homewood at Frederick Independent Living Activities Calendar JULY 2018

10:00: Osteoporosis Exercise - WC

10:00: Low Impact Aerobics - *Fitness Center Classroom*

10:00: **AMVETS Visit and Donuts! - Cafe@CF**

10:00: Knit Wits - *Cafe @ CF*

10:30: Basic Arthritic Exercise - WC

11:00: Memories Writing Group - *Library at the Lodge*

12:00: Walking Class - FC

1:30: Interval Circuit - *Lodge Fitness Classroom*

1:30: Beginner Balance & Stretch - WC

1:30: **Christmas in July Craft - Classroom A @ Lodge**

2:00: Woodworking Group - *Wood Shop @CF*

2:00: **Experiencing America – A Smithsonian Tour  
Through American History – From The Great  
Courses - ILAC@ CF**

2:30: Blood Pressure Clinic - *Game Room at the Lodge*

3:00: Horseshoes – *Horseshoe Pits behind Red Lot@CF*

5:00: SHUTTLE for DINNER! - *Between CF & LODGE*

6:45: Bridge - *MP@ CF*

7:00: **Music with Jesse and Peg - Event Center @ Lodge**

## **Wednesday, July 25, 2018**

7:45: Aqua Fit - *WC Pool*

8-9: Lap Swim - *FC Pool*

8:00: Acupuncture - WC

8:00: Wednesday Walking Club

9:00: Aqua Fit - Women Only - *WC Pool*

9-2: Open Swim - *FC Pool*

9:30: **Mix & Mingle Coffee at the Lodge  
Event Center @ Lodge**



# Homewood at Frederick Independent Living Activities Calendar JULY 2018

**10:00: Sharp Brain, Strong Body Workout  
with Gretchen - MP@CF**

**12:00: Advanced Demo - FC**

**1:00: Watercolor Class - Classroom A at the Lodge**

**1:30: Resistance Training - WC**

**1:30: Computer Lab with Newt - Computer Lab @ CF**

**2:00: MAAS Opticians - ILAC @ CF**

**2:30: Scenic Ride stopping at Mt. Airy Main Street  
Farmers' Market - Libertytown - Mt. Airy**

**3:00: Nutrition Series with Debbie Rhodes  
The Benefits of the Mediterranean Diet and Olive  
Tasting - Classroom B @ Lodge**

**4:30: National Wine & Cheese Day –  
The View Alcove@ Lodge**

## **Thursday, July 26, 2018**

**8:00: Aqua Fit - FC Pool**

**8:30-12: Open Swim - FC Pool**

**8:45: Water Volleyball - Fitness Center Pool**

**9:00: Open Art Class - ILAC@CF**

**9:30: Beginner Balance - Fitness Center Classroom**

**10:00: Personal Training - FC**

**10:00: Osteoporosis Exercise - WC**

**10:30: Basic Arthritic Exercise – Stretching - WC**

**1:00: Walking Class - WC**

**1:00: Blood Pressure Clinic - HHO @ CF**

**1:30: Yoga - WC**

**2:30: Community Bingo - MP @ CF**

**4:30: Trip to Brewer's Alley Lobster Night**

**5:00: Chill & Grill - Event Center @ Lodge**

# Homewood at Frederick Independent Living Activities Calendar JULY 2018

5:00: SHUTTLE for DINNER! - *Between CF & LODGE*

6:45: Trip to Noel K. Lester Chamber Music Concert  
*Brodbeck Hall at Hood College*

7:00: Ladies Game Night – *ILAC @ CF*

7:00: Game Night - *Classroom A at the Lodge*

## Friday, July 27, 2018

7:45: Aqua Fit - *WC Pool*

8-9: Lap Swim - *FC Pool*

9:00: Aqua Fit - Women Only - *WC Pool*

9:00: Cornhole - *Lower Patio by the FC Pool*

9-2: Open Swim - *FC Pool*

9:30: Living Well with Chronic Conditions Class  
*Presented by FMH - Classroom A & B at the Lodge*

10:00: Sittercize Arthritis Exercise - *FC Classroom*

10:00: "The Gratitude Pilgrims"- *Event Center A @ Lodge*

10:30: Sittercize - *WC*

10:35: Trip to Amish Market - *Hagerstown*

11:00: Bocce Ball - *Bocce Ball Court in the Green Lot*

1:00: Balance through Movement - *WC*

2:00: Trip to Catoctin Mountain Orchard - *Thurmont, MD*

3:00: Ping Pong - *FC Hallway*

3:30: Blood Moon: Longest Total Lunar Eclipse of the  
Century - *Patio at the Lodge - SHUTTLE*

5:00: Summer Beer Tasting - *Wooden Nichol Bar @  
Lodge - SHUTTLE*

7:00: Pinochle - *ILAC @ CF*

7:00: Movie Night - *Classroom B at the Lodge*

## Saturday, July 28, 2018

# Homewood at Frederick Independent Living Activities Calendar JULY 2018

8:45: Trip to Fountain Rock Park - Walkersville, MD

1-5: Open Swim - FC Pool

2:30: Old Dominion Men's Chorus - MP @ CF

4:30: Trip to Catholic Mass

5:00: SHUTTLE for DINNER! - Between CF & LODGE

7:00: Saturday Movie Night - "Swimming Up Stream"  
MP @ CF

## Sunday, July 29, 2018

10:00: Worship Service - CHAPEL @CF

10:45: Trip to West Side Story  
Montgomery College - Rockville

1-5: Open Swim - FC Pool

2:30: Worship Service - Virts Lounge-Willows Unit @CF

6:15: Trip to Patrick Alban - Baker Park Bandshell

7:00: Sunday Game Night - Classroom A at the Lodge

## Monday, July 30, 2018

7:45: Aqua Fit - WC Pool

8-9: Lap Swim - FC Pool

9:00: Aqua Fit - Women Only - WC Pool

9:00: Open Swim - FC Pool

9:00: Massage - Fitness Center & Wellness Center

10:00: Sittercize Arthritis Exercise - FC Classroom

10:00: Groceries Trip - Weis/Giant Eagle/Pet Valu

10:30: Sittercize - WC

1:00: "Friendly" Party Bridge - Card Room at the Lodge

1:30: Chair Zumba! - Lodge Fitness Classroom

1:30: Standing Balance - WC

2:00: Bible Study - ILAC - CF

# Homewood at Frederick Independent Living Activities Calendar JULY 2018

2:00: Trip to Big Cork Vineyard - Wine Tasting  
*Rohrersville, MD*

2:30: Jeopardy! - *MP@CF*

7:00: How and Why –  
*Assisted Living Activities Room @ CF*

7:00: Market Street Big Band Rehearsal  
*Event Center at the Lodge*

## Tuesday, July 31, 2018

8:00: Trip to Dearden House - *Hershey, PA*

8:30-12: Open Swim - *FC Pool*

8:45: Water Volleyball - *Fitness Center Pool*

9:00: Massage - *Fitness Center & Wellness Center*

10:00: Knit Wits - *Cafe @ CF*

12:15: Trip to: National Parks Adventure Planetarium  
Show - *Earth Science & Space Lab*

2:00: Make your own Guacamole - *The View  
Alcove @ Lodge*

2:00: Woodworking Group - *Wood Shop @CF*

2:00: Experiencing America – A Smithsonian Tour  
Through American History – From The Great  
Courses - *ILAC@ CF*

3:00: Horseshoes - *Horseshoe Pits behind Red Lot@CF*

5:00: SHUTTLE for DINNER! - *Between CF & LODGE*

6:45: Bridge - *MP@ CF*

# Homewood at Frederick Independent Living Activities Calendar JULY 2018

## ROOM KEY

(3rd) = 3rd Floor Library @CF

(4th) = 4th Floor Library @CF

(ALACT) = Assisted Living Activity Room @CF

(ALGVL) = Assisted Living Gardenview Lounge @CF

(ALMVL) = Assisted Living Mountainview Lounge @CF

(Cafe) = Café @ CF

(CH) = Chapel @CF

(CC) = Community Center @ CF

**CF= Crumland Farms**

(HHO) = Home Health Office

(ILAC) = Independent Living Activities Room

(ILDNR) = Independent Living Dining Room @CF

(ILPDR) = Independent Living Private Dining Room

(FC) = Fitness Center @ Lodge

(MCTDR) = Meadows Court Dining Room

(MP) = Multi-Purpose Room

(WC) = Wellness Center @C