

# Homewood at Frederick Independent Living Activities Calendar MAY 2018

## Tuesday, May 1, 2018

8:00: Aqua Fit - *FC Pool*

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

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

9:00: Trip to Ladew Topiary Gardens

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

9:30: Resident Association Council Meeting - *MP@CF - SHUTTLE*

10:00: Osteoporosis Exercise - *WC*

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

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

10:30: Basic Arthritic Exercise - *WC*

10:30: "Visionaires" - *Gardenview Lounge - Assisted Living Gardenview Lounge @ CF - SHUTTLE*

12:00: Walking Class - *FC*

1:00: Labyrinth - *Green Parking Lot*

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

2:00: Woodworking Group - *Wood Shop at Crumland Farms*

5:00: SHUTTLE for DINNER! - *From CF to LODGE*

6:45: Bridge - *Cafe @ CF*

## Wednesday, May 2, 2018

7:45: Aqua Fit - *WC Pool*

8-9: Lap Swim - *FC Pool*

8:00: Acupuncture - *WC*

8:00: Wednesday Walking Club - *Point of Rocks*

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

9-2: Open Swim - *FC Pool*

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

10:30: Sittercize - *WC*

11:00: Balance and Stretch - *FC*

12:00: Advanced Demo - *FC*

# Homewood at Frederick Independent Living Activities Calendar MAY 2018

1:00: Resistance Training - WC

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

1:30: Active Yoga for Seniors  
Fitness Center Classroom

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

1:30: Options Class - Event Center @ Lodge

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

2:30: "John Denver" in Concert - Meadows Unit @CF

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

## Thursday, May 3, 2018

8:00: Aqua Fit - FC Pool

8:30-12: Open Swim - FC Pool

8:45: Water Volleyball - Fitness Center Pool

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

1:00: Walking Class - WC

1:00: Blood Pressure Clinic - HHO @ CF

1:30: Yoga - WC

2:00: Shopping at Giant & Wegman's

2-4: Yard Sale – For Residents and Staff ONLY!! – MP@CF

2:15: Noteables Rehearsal - MCTDR @ CF  
(Meadows Court Dining Room)

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

5:00: SHUTTLE for DINNER! -From CF to LODGE

7:00: Ladies Game Night - ILAC@CF

# Homewood at Frederick Independent Living Activities Calendar MAY 2018

7:00: Bird Club - *Event Center B@ Lodge*

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

7:00: Trip to Oakdale High School Band Concert

## Friday, May 4, 2018

7:45: Aqua Fit - *WC Pool*

8-9: Lap Swim - *FC Pool*

8-4: Yard Sale – *MP@CF*

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 - *3rd Floor Library @ CF- Due to Yard Sale  
SHUTTLE*

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

10:30: Sittercize - *WC*

1:00: Balance through Movement - *WC*

1:00: Scenic Ride – *Harper's Ferry, Shepherdstown,  
Boonsboro, Middletown*

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

3:00: Ping Pong - *FC Hallway*

7:00: Friday Night Movie – *5 Flights Up Classroom B @ Lodge*

## Saturday, May 5, 2018

8-12: Yard Sale – *MP@Cf*

1-5: Open Swim - *FC Pool*

4:30: Trip to Catholic Mass

5:00: SHUTTLE for DINNER! - *From CF to LODGE*

6:00: Kentucky Derby - *Wooden Nichol Bar @ Lodge*

6:45: Trip to FSO - *Eloquent Elgar - FCC*

7:00: Saturday Movie Night – *Shakespeare in Love - MP @ CF*

## Sunday, May 6, 2018

10:00: Worship Service – *Chapel @CF*

1-5: Open Swim - *FC Pool*

# Homewood at Frederick Independent Living Activities Calendar MAY 2018

1:15: Trip to Cabaret - *Old Opera House*

1:30: Lemonade with Lindsay - *Lodge Patio - SHUTTLE*

2:15: Trip to Spring Fling Inspiration –  
String Ensemble and Guitar Ensemble - *FCC*

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

3:30: Family Council - *ILAC@CF*

7:00: Sunday Game Night - *Classroom A @ Lodge*

## Monday, May 7, 2018

7:45: Aqua Fit - *WC Pool*

8-9: Lap Swim - *FC Pool*

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

9:00: Trip to Sunshine Readers

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: Readers Theatre Rehearsal - *ILAC @CF*

11:00: Chiropractor - *WC Massage Room*

12:00: Trip to Movie Matinee - *Westview Cinema*

1:00: Shuffleboard - *FC*

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

1:30: Standing Balance - *WC*

1:30: Options Class - *Event Center @ Lodge*

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

3:45: IL Choir Rehearsal - *MP@CF*

7:00: Great Decisions Meeting - *Classroom B @ Lodge*

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

## Tuesday, May 8, 2018

8:00: Aqua Fit - *FC Pool*

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

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

# Homewood at Frederick Independent Living Activities Calendar MAY 2018

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*

10:00: Trip to Holter Farm and Lunch at Main Cup

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: Beginner Balance & Stretch - *WC*

2:00: Woodworking Group - *Wood Shop at Crumland Farms*

2:00: Safety and Security Committee Mtg - *3rd Floor @CF*

5:00: SHUTTLE for DINNER! - *From CF to LODGE*

6:45: Bridge - *MP @ CF*

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

## Wednesday, May 9, 2018

7:45: Aqua Fit - *WC Pool*

8-9: Lap Swim - *FC Pool*

8:00: Acupuncture - *WC*

8:00: Wednesday Walking Club – *Ballenger Creek*

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

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

9-2: Open Swim - *FC Pool*

10:30: Sittercize - *WC*

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

11:00: Balance and Stretch - *FC*

11:30: Physical Therapy Speech - *Lodge Fitness Classroom*

12:00: Clergy Wives Luncheon – *ILPDR @CF*

12:00: Advanced Demo - *FC*

1:00: Resistance Training - *WC*

# Homewood at Frederick Independent Living Activities Calendar MAY 2018

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

1:30: Active Yoga for Seniors - *Fitness Center Classroom*

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

1:30: Options Class - *Event Center @ Lodge*

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

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

3:00: Frederick History Speaker Series - *MP @ CF*

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

4:00: Appreciation Wine and Cheese - *Great Room @ Lodge*

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

7:00: FCC Handbell Choir - *MP@CF*

## Thursday, May 10, 2018

8:00: Aqua Fit - *FC Pool*

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

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

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@ Lodge*

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

1:00: Walking Class - *WC*

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

1:30: Mother's Day Treat - *Great Room at the Lodge*

1:30: Yoga - *WC*

1:30: Lunch Out - *Crabapple's Deli - Downtown Frederick*

2:15: Noteables Rehearsal - *MP@CF*

5:00: SHUTTLE for DINNER! - *From CF to LODGE*

6:00: Trip to Oakdale High School Spring Concert  
*Oakdale High School*

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

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



# Homewood at Frederick Independent Living Activities Calendar MAY 2018

## Friday, May 11, 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*

9:15: Trip to Walters Art Gallery

9:30: Presentation on Consumer Fraud and Senior Scams  
*MP@CF - SHUTTLE*

9:30: Trip to Trader Joe's

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

10:00: Great Decisions Meeting - *ILAC@CF*

10:30: Sittercize - *WC*

1:00: Balance through Movement - *WC*

3:00: Ping Pong - *FC Hallway*

7:00: Pinochle - *ILAC @ CF*

7:00: Friday Night Movie - - *The Best Exotic Marigold Hotel*  
*Classroom B @ Lodge*

## Saturday, May 12, 2018

10:00: FREE Pottery Class – 4 weeks – Classroom A@ Lodge

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

1-5: Open Swim - *FC Pool*

4:00: 5 Pianists - *Event Center B@ Lodge - SHUTTLE*

4:30: Trip to Catholic Mass

5:00: SHUTTLE for DINNER! - *From CF to LODGE*

7:00: Saturday Movie Night – *Patriot's Day - MP @ CF*

## Sunday, May 13, 2018 - MOTHER'S DAY

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

11:00: Mother's Day Buffet – *ILDR @ CF*

1-5: Open Swim - *FC Pool*

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

# Homewood at Frederick Independent Living Activities Calendar MAY 2018

7:00: Music with Mark Beall Family and Friends - *MP @ CF*

## Monday, May 14, 2018

7:45: Aqua Fit - *WC Pool*

8-9: Lap Swim - *FC Pool*

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

9:00: Trip to Sunshine Readers

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: Readers Theatre Rehearsal - *ILAC @CF*

11:00: Chiropractor - *WC Massage Room*

1:00: Shuffleboard - *FC*

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

1:00: FSK Mall/Kohl's and Target

1:30: Standing Balance - *WC*

2:00: Mother's Day Ice Cream Treat - *Cafe*

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

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

3:45: IL Choir Rehearsal - *MP@CF*

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

7:00: Market Street Big Band Rehearsal - *Event Center @ Lodge*

## Tuesday, May 15, 2018

8:00: Aqua Fit - *FC Pool*

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

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

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

10:00: Osteoporosis Exercise - *WC*

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

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

10:30: Basic Arthritic Exercise - *WC*



# Homewood at Frederick Independent Living Activities Calendar MAY 2018

11:30: LUNCH BUNCH – *What Qualities Make You A Good Friend? RSVP to Ev Higbie – Event Center @ Lodge \_ SHUTTLE*

12:00: Walking Class - FC

1:30: Beginner Balance & Stretch - WC

2:00: Woodworking Group - *Wood Shop at Crumland Farms*

5:00: SHUTTLE for DINNER! - *From CF to LODGE*

5:30: Trip to Coupon Dinner Out – Ayse Meze

6:45: Bridge - MP@ CF

## Wednesday, May 16, 2018

7:45: Aqua Fit - WC Pool

8-9: Lap Swim - FC Pool

8:00: Acupuncture - WC

8:00: Wednesday Walking Club – Fountain Rock Nature Center

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

9-2: Open Swim - FC Pool

9:30: Resident Association Meeting - MP@CF - SHUTTLE

10:00: Old Towne Jewelers - ILAC @ CF

10:30: Sittercize - WC

11:00: Balance and Stretch - FC

12:00: Advanced Demo - FC

1:00: Resistance Training - WC

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

1:30: Active Yoga for Seniors - Fitness Center Classroom

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

2:00: Bingo – Event Center A@ Lodge

## Thursday, May 17, 2018

8:00: Aqua Fit - FC Pool

8:30-12: Open Swim - FC Pool

8:45: Water Volleyball - Fitness Center Pool

9:30: Beginner Balance - Fitness Center Classroom

10:00: Personal Training - FC

# Homewood at Frederick Independent Living Activities Calendar MAY 2018

10:00: Osteoporosis Exercise - WC

10:00: Shopping at Wal-Mart

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

10:30: Basic Arthritic Exercise – Stretching - WC

12:00: HOB0 Luncheon – Speaker John Hubbard – *Lionel Trains  
Event Center @ Lodge - SHUTTLE*

1:00: Walking Class - WC

1:00: Blood Pressure Clinic - HHO @ CF

1:30: Yoga - WC

2:00: Shopping at Giant & Wegman's

2:15: Noteables Rehearsal - MP@CF

2:30: Program with Noah Grove – Special Olympian and  
Grandson of Marion Zebovitz in Assisted Living –  
Meadows Unit @ CF

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

5:00: Happy 1/2 Hour - Bistro @ The Lodge

5:00: SHUTTLE for DINNER! - From CF to LODGE

7:00: Ladies Game Night - ILAC@CF

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

## Friday, May 18, 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: Pre-Trip Meeting - Capon Springs - ILAC @ CF

10:00: Sittercize Arthritis Exercise - FC Classroom

10:30: Sittercize - WC

10:30: Hospitality Committee Meeting – ILAC @ CF - SHUTTLE

10:30: Eagle Scout Project Brass Band Concert  
MP@CF - SHUTTLE

12:00: Create Your Own Pizza - Bistro

# Homewood at Frederick Independent Living Activities Calendar MAY 2018

1:00: Balance through Movement - WC

1:30: Trip to Shopping at Boscov's

2:00: Birthday Party - MP@CF

3:00: Ping Pong - FC Hallway

6:45: Trip to Come Blow Your Horn - FCC Wind Ensemble  
FCC

7:00: Friday Night Movie – *Ladies in Lavendar* –  
Classroom B @ Lodge

## Saturday, May 19, 2018

10:00: FREE Pottery Class – 4 weeks – Classroom A@ Lodge

11:00: Royal Wedding Viewing Party  
Event Center A @ Lodge - SHUTTLE

1-5: Open Swim - FC Pool

2:00: Noteables Chorus Annual Spring Concert - MP@CF

2:00: Trip to St. Peter and Paul Greek Orthodox Church Spring  
Greek Festival

4:30: Trip to Catholic Mass

5:00: SHUTTLE for DINNER! - From CF to LODGE

7:00: Saturday Movie Night – *Mother's Day* - MP @ CF

7:15: Trip to Spires Brass Band Concert

## Sunday, May 20, 2018

10:00: Worship Service -CHAPEL@CF

1-5: Open Swim - FC Pool

2:00: Trip to Encore Chorale - Spring Concert –  
Unitarian Church

7:00: Noteables Chorus Annual Spring Concert –  
Event Center @ Lodge

7:00: Sunday Game Night - Classroom A @ Lodge

## Monday, May 21, 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 MAY 2018

9:00: Trip to Sunshine Readers

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*

10:30: Readers Theatre Rehearsal - *ILAC @CF*

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

11:00: Chiropractor - *WC Massage Room*

1:00: Shuffleboard - *FC*

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

1:30: Standing Balance - *WC*

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

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

3:45: IL Choir Rehearsal - *MP@CF*

7:00: Great Decisions Meeting - *Classroom B @ Lodge*

7:00: Readers Theatre Performance - *MP@CF - SHUTTLE*

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

7:00: Market Street Big Band Rehearsal - *Event Center @ Lodge*

## Tuesday, May 22, 2018

8:00: Aqua Fit - *FC Pool*

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

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

9:00: Trip to Capon Springs

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

10:00: Osteoporosis Exercise - *WC*

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

10:00: AMVETS Visits - *Cafe@CF*

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

10:30: Basic Arthritic Exercise - *WC*

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

# Homewood at Frederick Independent Living Activities Calendar MAY 2018

12:00: Walking Class - *FC*

1-3: Campus Open House – Event Center @ Lodge - SHUTTLE

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

2:00: Woodworking Group - *Wood Shop at Crumland Farms*

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

4:00: Early Dinner Out - *Avery's Grille*

5:00: SHUTTLE for DINNER! - *From CF to LODGE*

6:45: Bridge - *MP@ CF*

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

## Wednesday, May 23, 2018

7:45: Aqua Fit - *WC Pool*

8-9: Lap Swim - *FC Pool*

8:00: Acupuncture - *WC*

8:00: Wednesday Walking Club – *Libertytown Park*

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

9-2: Open Swim - *FC Pool*

10:30: Sittercize - *WC*

11:00: Balance and Stretch - *FC*

12:00: Advanced Demo - *FC*

1:00: Campus Open House – Event Center - Lodge

1:00: Resistance Training - *WC*

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

1:30: Active Yoga for Seniors - *Fitness Center Classroom*

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

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

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

## Thursday, May 24, 2018

8:00: Aqua Fit - *FC Pool*

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

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

9:00: Scavenger Hunt Begins!

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

# Homewood at Frederick Independent Living Activities Calendar MAY 2018

10:00: Personal Training - FC

10:00: Osteoporosis Exercise - WC

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

10:00: HOMEWOOD DAY at the Frederick Keys

10:30: Basic Arthritic Exercise – Stretching - WC

1:00: Walking Class - WC

1:00: Blood Pressure Clinic - HHO @ CF

1:30: Yoga - WC

5:00: SHUTTLE for DINNER! - From CF to LODGE

6:30: Jazz Connection - Event Center B@ Lodge

7:00: Ladies Game Night - ILAC@CF

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

## Friday, May 25, 2018

7:45: Aqua Fit - WC Pool

8:00: Trip to Family Meal- Breakfast Bus!

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

10:00: Sittercize Arthritis Exercise - FC Classroom

10:00: "The Gratitude Pilgrims" - Event Center A at the Lodge

10:00: Great Decisions Meeting - ILAC@CF

10:30: Sittercize - WC

10:30: Trip to Amish Market

12:00: ALOHA Luncheon - MP @ CF

1:00: Balance through Movement - WC

3:00: Ping Pong - FC Hallway

7:00: Pinochle - ILAC @ CF

7:00: Friday Night Movie – *The Light Keepers* –  
Classroom B @ Lodge

## Saturday, May 26, 2018

10:00: FREE Pottery Class – 4 weeks – Classroom A@ Lodge



# Homewood at Frederick Independent Living Activities Calendar MAY 2018

1-5: Open Swim - *FC Pool*

2:30: Music by Don Bellew - *MP@CF*

4:30: Trip to Catholic Mass

5:00: SHUTTLE for DINNER! - *From CF to LODGE*

7:00: Saturday Movie Night - *MP @ CF*

## Sunday, May 27, 2018

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

1-5: Open Swim - *FC Pool*

2:30: Worship Service - *Virts Lounge on Willows Unit*

7:00: Sunday Game Night - *Classroom A @ Lodge*

## Monday, May 28, 2018

8-9: Lap Swim - *FC Pool*

9-2: Open Swim - *FC Pool*

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

11:00: Chiropractor - *WC Massage Room*

11-1: Memorial Day Buffet – *ILDR@CF*

11:30-1: Memorial Day Lunch - *Event Center @ Lodge*

1:00: Shuffleboard - *FC*

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

7:00: Market Street Big Band Rehearsal - *Event Center @ Lodge*

## Tuesday, May 29, 2018

8:00: Aqua Fit - *FC Pool*

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

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

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

10:00: Osteoporosis Exercise - *WC*

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

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

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

10:30: Basic Arthritic Exercise - *WC*

12:00: Walking Class - *FC*

# Homewood at Frederick Independent Living Activities Calendar MAY 2018

1:00: Trip to Dollar Tree and Gabe's

1:30: Beginner Balance & Stretch - WC

2:00: Woodworking Group - *Wood Shop at Crumland Farms*

5:00: SHUTTLE for DINNER! - *From CF to LODGE*

6:45: Bridge - *MP@ CF*

## Wednesday, May 30, 2018

7:45: Aqua Fit - *WC Pool*

8-9: Lap Swim - *FC Pool*

8:00: Acupuncture - WC

8:00: Wednesday Walking Club – *Utica Park*

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

9-2: Open Swim - *FC Pool*

9:15: Trip to U.S. Army Heritage and Education Center  
*Carlisle, PA*

9:30: Coffee at the Lodge - *Event Center at the Lodge*

10:15: Trip to Center Stage

11:00: National Senior Health and Fitness Day  
*Lodge Fitness Classroom - SHUTTLE*

12:00: Advanced Demo - *FC*

1:00: Resistance Training - WC

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

1:30: Active Yoga for Seniors - *Fitness Center Classroom*

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

## Thursday, May 31, 2018

8:00: Aqua Fit - *FC Pool*

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

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

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 @ Lodge*

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

# Homewood at Frederick Independent Living Activities Calendar MAY 2018

10:30: Middletown Middle School Band/Orchestra - *MP@CF*

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1:00: Walking Class - *WC*

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

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1:30: Buddhism Class – Classroom B@ Lodge

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1:30: Yoga - *WC*

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

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5:00: Happy 1/2 Hour - *Bistro @ The Lodge*

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5:00: SHUTTLE for DINNER! - *From CF to LODGE*

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5:30: Trip to Brewer's Alley Lobster Night

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

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

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# Homewood at Frederick Independent Living Activities Calendar MAY 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

(ILDR) = 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 @CF

**Homewood at Frederick  
Independent Living Activities Calendar  
MAY 2018**