

# Homewood at Frederick Independent Living Activities Calendar APRIL 2017

## Saturday, April 1, 2017

7:00: Kiwanis Pancake Breakfast - \$6 for Homewood residents  
*ILDR @ CF*

10:00: Trip to Frederick County Historical Society and  
Ayse Meze Restaurant

10:30-4: Lodge Pool Open

1:30: Trip to Oakdale High School "Cinderella"

2:30: Patsy Cline Tribute Show with Kip Callahan - *MP @CF*

4:30: Trip to Catholic Mass

6:15: Trip to Weinberg Center for the Arts 2017 Comedy &  
Magic Spectacular

7:00: Saturday Movie Night – The Danish Girl - *MP @ CF*

## Sunday, April 2, 2017

10:00: Worship Service – with Holy Communion - *CH@CF*

1:30-5: Lodge Pool Open

1:45: Trip to Strathmore Music Center BSO:  
Rimsky-Korsakov's Scheherazade

2:00: Hand and Foot Card Game - *Gardenview Lounge - @CF*

2:30: Worship Service – with Holy Communion - *CH@CF*

6:00: Sunday Game Night at the Lodge - *Classroom A at the Lodge*

## Monday, April 3, 2017

7:45: Aqua Fit - *WC Pool*

8:00-9: Lap Swim - *FC Pool*

9:00: Low Impact Aerobics - *FC*

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

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

9:00-4: Open Swim at the Lodge - *FC Pool*

9:00: FREE AARP TAX SERVICES - *Community Center Conference Room*

9:30: Coloring, Coffee and Conversation - *ALACT at CF*

10:00: Sittercize Arthritis Exercise - *WC*

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

10:30: Gratitude Circle - *AL Gardenview Lounge @CF*

11:00: Chiropractor - *WC Massage Room*

1:00: Sittercize Arthritis Exercise - *FC Classroom*

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

1:30: Advanced Balance Class - *WC*

2:00: Lenten Luther Study - *MP @CF*

3:00: Men's Choir Rehearsal – *MP@CF*

3:45: IL Choir Rehearsal - *MP*

6:30: Trip to Sacrament of Reconciliation - *St. Katharine's*

# Homewood at Frederick Independent Living Activities Calendar

APRIL 2017

6:45: Trip to Hood College Phyllis and Ardine Gorden Concert

7:00: Great Decisions - Classroom B @Lodge

7:00: How and Why –Turning Points in Middles East History- ALACT - CF

## Tuesday, April 4, 2017

8:00: Aquafit - FC Pool

8:30-9:30: Open Swim - Fitness Center Pool

8:30: Trip to Washington D.C. Museums - Drop -Off

9:00: Post PT Balance Class - WC

9:00: Massage - Fitness Center & Wellness Center

10:00: Osteoporosis Exercise - WC

10:00: Step Aerobics - Fitness Center

10:00: Knit Wits - Café at CF

10:30: Basic Arthritic Exercise - WC

10:30: "Visionaires" – Dr. Donna Acree – Nutrition Specialist –  
Gardenview Lounge in Assisted Living @ CF

11:00: Equipment Demo/Personal Training - WC

11-1:30: Open Swim - FC Pool

1:30: Water Walking - FC Pool

1:30: Advanced Circuit Training - WC

1:30: Trip to Weinberg Center Backstage Tour

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

2:00: Pottery Glazing - Classroom A @ Lodge

2:15: Safety and Security Committee Mtg - ILAC @CF - SHUTTLE

2:30: Religious Life Committee Meeting - MP@CF - SHUTTLE

5:15: Trip to Hood College - "Being Mortal" Documentary

6:45: Bridge – MP@CF

## Wednesday, April 5, 2017

7:45: Aqua Fit - WC Pool

8:00-9: Lap Swim- FC Pool

8:00: Acupuncture - WC

8:30: Walking Club to Gambrill Mill Trail

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

9:00-4: Open Swim at the Lodge - FC Pool

10:00: Sittercize Arthritis Exercise - WC

10:00: T.E.D. Talks - ALACT at CF

10:30: Poetry Slam with Urbana High School Students  
Cafe @ CF

11:00: Balance and Stretch - FC

11:00: Current Events - ALACT @ CF

11:00: Trip to Manalu Restaurant

# Homewood at Frederick Independent Living Activities Calendar APRIL 2017

12:00: Advanced Demo - FC

12:00: Retired Clergy Spouses Luncheon - ILPDR @ CF

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

1:30: Walking Class - FC

1:30: Advanced Weight Training - WC

1:30: Yoga - FC

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

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

5:00: Seder Meal – Reservations Required MP @CF - SHUTTLE

5:00: Violinist Paul Nangeroni – The View

5:00: Five and Dime - Wooden Nichol Bar at the Lodge

## Thursday, April 6, 2017

8:00: Aquafit - FC Pool

8:30-9:30: Open Swim - Fitness Center Pool

9:00: Post PT Strength Class - WC

9:00: FREE AARP TAX SERVICES - Community Center Conference Room

9:45: Trip to Dutch Apple Theatre - "My Fair Lady"

10:00: Basic/Advanced Equipment Demo - FC

10:00: Osteoporosis Exercise - WC

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

10:00-3: SPRING SALE- Various Vendors – Teresa's Treasures Purses, Mary Kay, Silk Florals, Linda's Treasures Clothing, Jewelry, Quilling, Crocheted items, etc. - MP@CF- SHUTTLE

10:30: Basic Arthritic Exercise - WC

10:30: Lenten Bible Study with Pastor Rob- ALACT - CF

11-1:30: Open Swim - FC Pool

1:00: Blood Pressure Clinic - HHO

1:30: Water Walking - FC Pool

1:30: Walking Class - WC

1:30: Yoga - WC

2:00: Shopping at Wal-Mart, Wegman's, and Giant

2:15: Noteables - MCTDR @ CF

3:00: Current Events Group with Carroll Doggett  
Classroom B at the Lodge

4:00: Happy Hour - Wooden Nichol Bar

6:45: Trip to FCC - Frederick Flute Choir- "A Taste of Italy"

7:00: Ladies Game Night - ILAC@CF

7:00: Bird Club – Birds of Ethiopia - MP@CF

# Homewood at Frederick Independent Living Activities Calendar

APRIL 2017

7:00: Game Night - Classroom - Lodge

## Friday, April 7, 2017

7:45: Aqua Fit - WC Pool

8:00-9: Lap Swim - FC Pool

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

9:00-4: Open Swim at the Lodge - FC Pool

9:30: Beginner Balance - FC

9:30: Travel Meeting – Classroom B @Lodge - SHUTTLE

10:00: Sittercize Arthritis Exercise - FC Classroom

10:00: Sittercize Arthritis Exercise - WC

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

11:00: Cornhole - Fitness Center Classroom

11:00: Brain Exercises - ALACT at CF

11:00: Personal Training - FC

11:00: Alzheimer's Memory Walk Sign-up Day - CF Computer Lab

12:00-2: Flower Show – The Garden Club of Frederick and Taskers Chance  
Garden Club - Event Center @ Lodge - SHUTTLE

1:00: Balance through Movement - WC

1:00: ALOHA Committee Meeting - ILAC @CF

1:30: Local Shopping Shuttle to FSK Mall

2:00: Hand & Eye Coordination - WC

2:00: Homewood Harmonizers - ALACT

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

6:15: Trip to Majestic Theatre "In the Mood"

6:45: Trip to Shepherd University "La Fiesta Mexicana"

7:00: Movie Night at the Lodge – "African Queen" –  
Classroom B at the Lodge

## Saturday, April 8, 2017

9:30: iPad Class – Playing Music Through Downloads and Streaming  
Services – ILAC@CF

10:00: Trip to Schifferstadt Museum's Bell & History Day

10:00: Easter Egg Hunt – Magic, Balloon Art, Eater Bunny, Prizes and  
More! Grandchildren ages 10 and under only!  
Community Center @ CF

10:30-4: Lodge Pool Open

11:00: iPad Class -Playing Music Through Downloads and Streaming  
Services –Classroom B @ Lodge

12:00: Trip to Dublin Roasters

1:00: Frederick Genealogical Society Meeting - MP @ CF

4:30: Trip to Catholic Mass

# Homewood at Frederick Independent Living Activities Calendar

APRIL 2017

6:45: Trip to FCC - The Great American Songbook

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

7:15: Trip to Weinberg Center for the Arts "Piano Battle"

**Sunday, April 9, 2017** PALM SUNDAY

10:00: Worship Service with Choir – CH@CF

1:30-5:30: Lodge Pool Open

2:00: Hand and Foot Card Game - Gardenview Lounge - @CF

2:15: Trip to Hood College - Hood Faculty Concert

2:30: Worship Service with Choir – CH@CF

6:00: Sunday Game Night - Classroom A at the Lodge

7:00: Musical Meditations for Lent – Great Room at the Lodge

**Monday, April 10, 2017**

7:45: Aqua Fit -WC Pool

8:00-9: Lap Swim - FC Pool

9:00: Low Impact Aerobics - FC

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

9:00: Massage - Fitness Center & Wellness Center

9:00-4: Open Swim at the Lodge - FC Pool

9:00: FREE AARP TAX SERVICES - Community Center Conference Room

9:30: Coloring, Coffee and Conversation - ALACT at CF

10:00: Sittercize Arthritis Exercise - WC

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

11:00: Chiropractor - WC Massage Room

1:00: Sittercize Arthritis Exercise - FC Classroom

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

1:30: Advanced Balance Class - WC

1:30: Trip to B. Burr Artz Library and Downtown Frederick

2:00: Luther Lenten Bible Study - ILAC - CF

3:00: Men's Choir Rehearsal – MP@CF

3:45: IL Choir Rehearsal- MP@CF

7:00: How and Why –Turning Points in Middle East History - ALACT - CF

**Tuesday, April 11, 2017**

8:00: Aquafit - FC Pool

8:30-9:30: Open Swim - Fitness Center Pool

9:00: Post PT Balance Class - WC

9:00: Massage - Fitness Center & Wellness Center

9:30: Trip to Hillwood Museum

9:30: Coffee Hour- Come and Meet Your New Neighbors- ILDR@ CF

10:00: Osteoporosis Exercise - WC

10:00: Step Aerobics - Fitness Center

# Homewood at Frederick Independent Living Activities Calendar APRIL 2017

10:00: Knit Wits - *Café at CF*

10:30: Basic Arthritic Exercise - *WC*

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

11:00: Equipment Demo/Personal Training - *WC*

11:00: Open Swim - *FC Pool*

1:30: Water Walking - *FC Pool*

1:30: Advanced Circuit Training - *WC*

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

3:00: Rosie the Riveter Historical Program with Mary Ann Jung -  
*MP@CF- SHUTTLE*

6:45: Bridge – *MP@CF*

## Wednesday, April 12, 2017

7:45: Aqua Fit - *WC Pool*

8:00-9: Lap Swim - *FC Pool*

8:00: Acupuncture - *WC*

8:30: Environmental Committee Meeting-Lodge - *SHUTTLE*

8:30: Walking Club to Utica District Park Trail

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

9:00-4: Open Swim at the Lodge - *FC Pool*

10:00: Sittercize Arthritis Exercise - *WC*

10:00: T.E.D. Talks - *ALACT at CF*

10:30: Trip to Center Stage "Twisted Melodies"

10:30: Ukranian Egg Demonstration with Artist Mary Klotz  
*MP @CF- SHUTTLE*

10:30: Catholic Rosary – *Meadows@CF*

11:00: Balance and Stretch - *FC*

11:00: Current Events - *ALACT @ CF*

12:00: Advanced Demo - *FC*

1:00: Fall Prevention Speech - *WC*

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

1:30: Walking Class - *FC*

1:30: Advanced Weight Training - *WC*

1:30: Yoga - *FC*

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

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

3:00: Frederick History Speaker Series – Floods and Various Natural  
Disasters That Have Occurred in Our Region - *MP @ CF- SHUTTLE*

5:00: Vintage Entertainment – *Trish and Frank - Wooden Nichol Bar*

7:00: Frederick Flute Choir – *Spring Concert - MP@CF- SHUTTLE*



# Homewood at Frederick Independent Living Activities Calendar

APRIL 2017

**Thursday, April 13, 2017 MAUNDY THURSDAY**

8:00: Aquafit - *FC Pool*

8:30-9:30: Open Swim - *Fitness Center Pool*

9:00: Post PT Strength Class - *WC*

10:00: Basic/Advanced Equipment Demo - *FC*

10:00: Osteoporosis Exercise - *WC*

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

10:30: Basic Arthritic Exercise - *WC*

10:30: Lenten Bible Study with Pastor Rob - *ALACT - CF*

11-1:30: Open Swim - *FC Pool*

1:00: Blood Pressure Clinic - *HHO*

1:30: Water Walking - *FC Pool*

1:30: Walking Class - *WC*

1:30: Yoga - *WC*

2:15: Noteables - *MCTDR @ CF*

2:30: Fitness Committee Meeting - *3rd Floor Library @ CF - SHUTTLE*

3:00: Bingo at the Lodge - *Event Center Room A@Lodge*

4:00: Happy Hour - *Wooden Nichol Bar*

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

7:00: Game Night - *Classroom - Lodge*

**Friday, April 14, 2017 GOOD FRIDAY**

7:45: Aqua Fit - *WC Pool*

8:00-9: Lap Swim - *FC Pool*

8:00: Live Easter Bunny - *Fitness Center Lobby*

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

9:00-4: Open Swim at the Lodge - *FC Pool*

9:30: Beginner Balance - *FC*

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

10:00: Sittercize Arthritis Exercise - *WC*

10:30: Good Friday Service - *Chapel @ CF- SHUTTLE*

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

11:00: Cornhole - *Fitness Center Classroom*

11:00: Brain Exercises - *ALACT at CF*

11:00: Personal Training - *FC*

1:00: Balance through Movement - *WC*

1:30: Great Decisions - *ILAC @ CF*

2:00: Hand & Eye Coordination - *WC*

2:00: Farewell Party for Eric Nichols - *MP@CF - SHUTTLE*

2:00: Line Dancing Lessons - *Event Center Room B at the Lodge*

2:00: Trip to Shopping at Boscov's

# Homewood at Frederick Independent Living Activities Calendar

APRIL 2017

6:45: Trip to FCC "Swing into Spring with the Commodores"

7:00: Pinochle - *ILAC @ CF*

7:00: Easter Movie- "Hop" *Classroom B @ Lodge*

## Saturday, April 15, 2017

8:45: Trip to Great Falls Mule-Drawn Boat Ride

10:30-4: Lodge Pool Open

2:30: Music with Morrie and Norma Kelsey - *MP@CF - SHUTTLE*

4:30: Trip to Catholic Mass

6:30: Trip to Peabody Institute "Peabody Symphony Orchestra"

7:00: Saturday Movie Night – "Risen" *MP @ CF*

## Sunday, April 16, 2017 EASTER

10:00: Worship Service – *CH@CF*

1:30-5:30: Lodge Pool Open

2:00: Hand and Foot Card Game - *Gardenview Lounge - @CF*

6:00: Sunday Game Night - *Classroom A at the Lodge*

## Monday, April 17, 2017

7:45: Aqua Fit - *WC Pool*

8:00-9: Lap Swim - *FC Pool*

9:00: Low Impact Aerobics - *FC*

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

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

9:00-4: Open Swim at the Lodge - *FC Pool*

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

9:30: Coloring, Coffee and Conversation - *ALACT at CF*

10:00: Sittercize Arthritis Exercise - *WC*

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

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

10:30: Bunny Hop Games - *WC*

11:00: Willows Quarterly Memorial Service – *Willows Units @CF*

11:00: Chiropractor - *WC Massage Room*

1:00: Sittercize Arthritis Exercise - *FC Classroom*

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

1:30: Advanced Balance Class - *WC*

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

3:45-4:15: Happy 1/2 Hour - *CC@CF*

4:00: Trip to Magnolias at the Mill

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

7:00: How and Why – *Turning Points in Middle East History -ALACT - CF*

## Tuesday, April 18, 2017

8:00: Aquafit - *FC Pool*



# Homewood at Frederick Independent Living Activities Calendar

APRIL 2017

8:30: Open Swim - *Fitness Center Pool*

9:00: Post PT Balance Class - *WC*

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

10:00: Osteoporosis Exercise - *WC*

10:00: Step Aerobics - *Fitness Center*

10:00: Knit Wits - *Café at CF*

10:30: Basic Arthritic Exercise - *WC*

11:00: Equipment Demo/Personal Training - *WC*

11:00: Open Swim - *FC Pool*

1:30: Water Walking - *FC Pool*

1:30: Advanced Circuit Training - *WC*

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

3:00: Concert by "Simple Gifts" - *2 Women and 12 Instruments! -MP@CF*

4:00: Baseball Program with Jeff Stuart - Reminiscing About the  
Twilight Teams - *Event Center Room A@Lodge*

6:45: Bridge – *MP@CF*

## Wednesday, April 19, 2017

7:45: Aqua Fit - *WC Pool*

8:00-9: Lap Swim - *FC Pool*

8:00: Acupuncture - *WC*

8:30: Walking Club to Wetlands Nature Trail at Pinecliff Park

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

9:00-4: Open Swim at the Lodge - *FC Pool*

10:00: Sittercize Arthritis Exercise - *WC*

10:00: T.E.D. Talks - *ALACT at CF*

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

11:00: Balance and Stretch - *FC*

11:00: Current Events - *ALACT @ CF*

12:00: Advanced Demo - *FC*

12:00: Grandparent and Grandkids Pool Party - *Lodge Pool*

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

1:30: Walking Class - *FC*

1:30: Advanced Weight Training - *WC*

1:30: Yoga - *FC*

2:00: Card-Making Class with Laura - *A at the Lodge*

5:00: Say "Good-bye" to Eric? as he serves you a drink...  
*Wooden Nichol Bar at the Lodge- SHUTTLE*

## Thursday, April 20, 2017

8:00: Aquafit - *FC Pool*

8:30-9:30: Open Swim - *Fitness Center Pool*

# Homewood at Frederick Independent Living Activities Calendar

APRIL 2017

9:00: Post PT Strength Class - WC

10:00: Basic/Advanced Equipment Demo - FC

10:00: Osteoporosis Exercise - WC

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

10:00: Tote Worthy Volunteer Project - Classroom A at the Lodge

10:30: Basic Arthritic Exercise - WC

10:30: The Basics of Alzheimer's Disease with Speaker Susan Dwyer  
MP @ CF

11-1:30: Open Swim - FC Pool

12:00: HOBO Luncheon speaker – Speaker Rob Rock – My Odyssey  
Event Center @ Lodge- SHUTTLE

1:00: Blood Pressure Clinic – HHO@CF

1:30: Water Walking - FC Pool

1:30: Walking Class - WC

1:30: Yoga - WC

2:00: Shopping at Wal-Mart, Wegman's, and Giant

2:15: Noteables - MCTDR @ CF

2:30: Chris Collins returns as "John Denver" - MP @ CF - SHUTTLE

3:00: Current Events Group with Carroll Doggett  
Classroom B at the Lodge

4:00: Happy Hour - Wooden Nichol Bar

7:00: Ladies Game Night - ILAC@CF

7:00: Game Night - Classroom - Lodge

## Friday, April 21, 2017

7:45: Aqua Fit - WC Pool

8:00-9: Lap Swim - FC Pool

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

9:00-4: Open Swim at the Lodge - FC Pool

9:30: Beginner Balance - FC

9:30: Trip to Trader Joe's

10:00-12: Health Fair – MP - SHUTTLE

10:00: Feldenkrais Method Class by Hannah Vo-Dinh  
MP Room @ CF

10:30: Hospitality Committee Meeting – Lodge - SHUTTLE

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

11:00: Cornhole - Fitness Center Classroom

11:00: Brain Exercises - ALACT at CF

11:00: Personal Training - FC

1:00: Balance through Movement - WC

1:30: Local Shopping Shuttle to Kohl's

# Homewood at Frederick Independent Living Activities Calendar

APRIL 2017

2:00: Hand & Eye Coordination - WC

2:00: Birthday Party - MP@CF

2:00: Line Dancing Lessons - Event Center Room B at the Lodge

7:00: Bingo with Johnsville 4-H - MP@CF

7:00: Friday Night Movie – “Life of Pi” -Classroom B@Lodge

## Saturday, April 22, 2017

9:45: Trip to Leesburg Flower Show

10:30-4: Lodge Pool Open

2:00: Trip to Walters Art Musuem

2:30: Frank and the Musical Plumer Family - MP @ CF- SHUTTLE

4:30: Trip to Catholic Mass

7:00: Saturday Movie Night – “Miracles From Heaven” MP @ CF

## Sunday, April 23, 2017

10:00: Worship Service – CH@CF

1:15: Trip to Seussical the Musical- MD Theatre

1:30-5:30: Lodge Pool Open

2:00: Hand and Foot Card Game - Gardenview Lounge - @CF

2:30: Worship Service – CH@CF

6:00: Trip to Mount Saint Mary's Chorale Concert

6:00: Sunday Game Night - Classroom A at the Lodge

## Monday, April 24, 2017

7:45: Aqua Fit - WC Pool

8:00-9: Lap Swim - FC Pool

9:00: Low Impact Aerobics - FC

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

9:00: Massage - Fitness Center & Wellness Center

9:00-4: Open Swim at the Lodge - FC Pool

9:30: Coloring, Coffee and Conversation - ALACT at CF

10:00: Sittercize Arthritis Exercise - WC

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

10:30: Catholic Mass – CH@CF

11:00: Chiropractor - WC Massage Room

1:00: Sittercize Arthritis Exercise - FC Classroom

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

1:30: Advanced Balance Class - WC

2:00: Bible Study - ILAC - CF

3:00: Men's Choir Rehearsal – MP@CF

3:45: IL Choir Rehearsal - MP@CF

5:45: Trip to Torch Club Meeting at Ceresville Mansion

6:00: Jazz Connection - Cafe @ CF - SHUTTLE

# Homewood at Frederick Independent Living Activities Calendar

APRIL 2017

7:00: How and Why –“Turning Points in Middle East History” ALACT - CF

## Tuesday, April 25, 2017

8:00: Aquafit - FC Pool

8:30-9:30: Open Swim - Fitness Center Pool

9:00: Post PT Balance Class - WC

9:00: Trip to 9/11 Memorial Tour

9:00: Massage - Fitness Center & Wellness Center

10:00: Osteoporosis Exercise - WC

10:00: Step Aerobics - Fitness Center

10:00: Coffee and Donuts with AMVETS - ILAC@CF

10:00: Knit Wits - Café at CF

10:30: Basic Arthritic Exercise - WC

10:30: Basket Bingo Meeting - ILAC at CF

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

11:00: Equipment Demo/Personal Training - WC

11-1:30: Open Swim - FC Pool

1:00: Blood Pressure Clinic - Game Room at the Lodge

1:30: Water Walking - FC Pool

1:30: Advanced Circuit Training - WC

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

3:00: April in Paris – With Speaker Denny Lynch - Classroom B @Lodge  
Shuttle

6:45: Bridge – MP@CF

## Wednesday, April 26, 2017

7:45: Aqua Fit - WC Pool

8:00-9: Lap Swim - FC Pool

8:00: Acupuncture - WC

8:30: Walking Club to Catocin Furnace Trail

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

9:00-4: Open Swim at the Lodge - FC Pool

10:00: Sittercize Arthritis Exercise - WC

10:00: T.E.D. Talks - ALACT at CF

11:00: Balance and Stretch - FC

11:00: Current Events - ALACT @ CF

12:00: Advanced Demo - FC

12:00: Volunteer Appreciation Luncheon- RESERVATION REQUIRED  
ILDR @ CF - SHUTTLE

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

1:30: Walking Class - FC

# Homewood at Frederick Independent Living Activities Calendar

APRIL 2017

1:30: Advanced Weight Training - WC

1:30: Yoga - FC

2:00: MAAS Opticians - ILAC @ CF

4:30: Trip to Frederick Magazine Coupon Dinner at Brewer's Alley

5:00: Music by Prophets of the Abstract Truth – Wooden Nichol Bar

## Thursday, April 27, 2017

8:00: Aquafit - FC Pool

8:30-9:30: Open Swim- Fitness Center Pool

9:00: Post PT Strength Class - WC

10:00: Basic/Advanced Equipment Demo - FC

10:00: Osteoporosis Exercise - WC

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

10:30: Meadows and Assisted Living Quarterly Memorial Service –  
Meadows Unit @CF

10:30: Basic Arthritic Exercise - WC

11-1:30: Open Swim - FC Pool

1:00: Blood Pressure Clinic – HHO@CF

1:30: Water Walking - FC Pool

1:30: Walking Class - WC

1:30: Yoga - WC

2:15: Trip to Thomas Johnson High School "Hairspray"

2:15: Noteables - MCTDR @ CF

2:30: Music Program - Down by the River with Jim and Suzanne - MP@CF  
**SHUTTLE**

4:00: Happy Hour - Wooden Nichol Bar

6:45: Trip to FCC "Rhythm-A-Ning"

7:00: Ladies Game Night - ILAC@CF

7:00: Game Night - Classroom - Lodge

## Friday, April 28, 2017

7:45: Aqua Fit - WC Pool

8:00-9: Lap Swim - FC Pool

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

9:00-4: Open Swim at the Lodge - FC Pool

9:30: Beginner Balance - FC

10:00: Sittercize Arthritis Exercise - FC Classroom

10:00: Sittercize Arthritis Exercise - : WC

10:00: "The Gratitude Pilgrims" - Classroom B at the Lodge

10:30: Trip to Amish Market

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

11:00: Cornhole- Fitness Center Classroom

# Homewood at Frederick Independent Living Activities Calendar

APRIL 2017

11:00: Brain Exercises - *ALACT at CF*

11:00: Personal Training - *FC*

12:00: ALOHA Luncheon – *Joy Rowe-Dawson – Frederick County Dept of Aging - MP @ CF - SHUTTLE*

1:00: Balance through Movement - *WC*

1:30: Great Decisions - *ILAC @ CF*

2:00: Hand & Eye Coordination - *WC*

2:00: Line Dancing Lessons - *Event Center Room B at the Lodge*

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

7:00: Pinochle - *ILAC @ CF*

7:00: Friday Night Movie – “Walk the Line” - *Classroom B@Lodge*

## Saturday, April 29, 2017

9:30: Trip to Steam & Gas Tractor Show - *Chambersburg, PA*

10:30-4: Lodge Pool Open

2:15: Trip to FCC Choral Arts Society of Frederick

2:30: John Hadfield Comedy Show - *MP@CF - SHUTTLE*

4:30: Trip to Catholic Mass

7:00: Saturday Movie Night – “Far From the Madding Crowd” *MP @ CF*

## Sunday, April 30, 2017

10:00: Worship Service with Men’s Choir – *CH@CF*

1:15: Trip to Weinberg Center "The Sleeping Beauty"

1:30-5: Lodge Pool Open

2:00: Hand and Foot Card Game - *Gardenview Lounge - @CF*

2:30: Worship Service with Men’s Choir - *CH@CF*

6:00: Sunday Game Night - *Classroom A at the Lodge*

### Room Key

(3rd) = 3rd Floor Library	(4th) = 4th Floor Library	(ALMVL) = AL Mountainview Lounge
(ALACT) = Assisted Living Activity Room	(ALGVL) = Assisted Living Gardeview Lounge	(Cafe) = Cafe
(CH) = Chapel	(CC) = Community Center	(CCPL) = Community Center Parking Lot
(CC/MP) = Community Center/Multi-Purpose Room	(HHO) = Home Health Office	(ILAC) = Independent Living Activities Room
(ILDR) = Independent Living Dining Room	(ILPDR) = Independent Living Private Dining Room	(MP) = Multi-Purpose Room
(Pool) = Pool	(WC) = Wellness Center	