

# Homewood at Frederick Independent Living Activities Calendar APRIL 2019

## Monday, April 1, 2019

- 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*)
- 9:00: FREE AARP TAX SERVICES (*Sun Room at CF*)
- 9:15: **Sunshine Readers at Monocacy Elementary School – Last One for the Year!**
- 9:30: **Groceries Trip (*WEIS ONLY*)**
- 10:00: Sittercize Arthritis Exercise (*FC Classroom*)
- 10:00: **All You Ever Wanted To Know About Homewood...- Rehab and Therapy (*MP@CF*)**  
**SHUTTLE**
- 10:30: Sittercize (*WC*)
- 10:30: **Shopping: Giant Eagle & Pet Valu**
- 12:30: **Retired Nurses Luncheon (*Event Center B @ The Lodge*) SHUTTLE**
- 12:45: "Friendly" Party Bridge (*The View Alcove @ the Lodge*)
- 1:30: Advanced Balance (*WC*)
- 2:00: Bible Study (*ILAC - CF*)
- 3:15: **Trip to Upscale Dinner: Shamrock Restaurant**
- 3:45: IL Choir Rehearsal (*MP @ CF*)
- 7:00: Great Decisions (*Classroom B @ Lodge*)
- 7:00: How and Why "The Great Tours: England, Scotland and Wales" (*Assisted Living Activities Room @ CF*)

# Homewood at Frederick Independent Living Activities Calendar APRIL 2019

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

## Tuesday, April 2, 2019

6:30: Trip to Washington D.C. for the Cherry Blossoms

7:45: Tuesday Walking Club

8:00: Aqua Fit (*FC Pool*)

8:30: April Spotlight Class: Stability Ball Conditioning (*WC*)

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 Classroom*)

10:00: Ukranian Egg Demonstration with artist Mary Klotz (*MP @ CF*) SHUTTLE

10:00: Knit Wits (*Cafe @ CF*)

10:30: Basic Arthritic Exercise (*WC*)

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

1:30: Interval Circuit (*WC*)

2:00: Woodworking Group (*Wood Shop at Crumland Farms*)

2:00: Movie Matinee - "Enchanted April" (*MP@CF*)

2:30: Religious Life Meeting (*Classroom A @Lodge*) SHUTTLE

4:00: SHUTTLE for DINNER! (*Between CF & LODGE*)

6:45: Bridge (*MP@ CF*)

7:00: Top 100 Movies: #82 The Good, The Bad and The Ugly (*Classroom B at the Lodge*)

# Homewood at Frederick Independent Living Activities Calendar APRIL 2019

## Wednesday, April 3, 2019

7:45: Aqua Fit (*WC Pool*)

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

8:00: Acupuncture (*WC*)

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

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

9:15: Trip to Sunshine Readers (*Brunswick*)

9:30: Campus Connection Meeting w/Karen Main  
(*MP @ CF*) SHUTTLE

10:30: Sittercize (*WC*)

11:00: Balance and Stretch (*FC*)

12:00: Advanced Demo (*FC*)

1:00: Watercolor Class (*Classroom A at the Lodge*)

1:30: Advanced Sittercize (with standing) (*WC*)

1:30: Homewood Crafters- Easter Cards – call Julie to  
sign-up so we have enough supplies  
(*ILAC @ CF*)

1:30: Active Senior Yoga (*Lodge Fitness Classroom*)

1:30: Computer Lab with Newt (*Computer Lab @ CF*)

2:00: National Chocolate Mousse Day (*Great Room at  
the Lodge*)

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

3:30: Wine and Cheese Music with Fred Younkings  
(*MP @ CF and Cafe*)

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

# Homewood at Frederick Independent Living Activities Calendar APRIL 2019

## Thursday, April 4, 2019

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)

9:00: FREE AARP TAX SERVICES (Sun Room at CF)

9:30: Beginner Balance (Fitness Center Classroom)

**9:45: Shopping at WalMart ONLY**

10:00: Personal Training (FC)

10:00: Osteoporosis Exercise (WC)

10:30: Basic Arthritic Exercise (WC)

**10:30: Lenten Bible Study (ALACT - CF)**

1:00: Blood Pressure Clinic (HHO @ CF)

1:30: Yoga (WC)

**1:45: Shopping at Giant & Wegman's**

**2:00: Tax Beneficial Trusts & Planning for Tax Day -  
Panel Discussion (Event Center B @ The Lodge)  
SHUTTLE**

3:00: Current Events Group (Classroom B at the  
Lodge)

3:00: Noteables Rehearsal (MP @ CF)

**4:00: Pub Night (Wooden Nichol Pub @ Lodge)**

**4:00: SHUTTLE for DINNER! (Between CF & LODGE)**

**4:15: Trip to Brewer's Alley Lobster Night**

7:00: Ladies Game Night (ILAC@CF)

**7:00: Bird Club - Chasing the Endemics of the Canary  
Islands and cape Verde (MP@CF)**

7:00: Game Night (Classroom A at the Lodge)

# Homewood at Frederick Independent Living Activities Calendar APRIL 2019

## Friday, April 5, 2019

- 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: **Glenstone Art Museum (*Potomac, MD*)**
- 9:30: Travel Meeting (*Classroom A @ Lodge*) **SHUTTLE**
- 10:00: Sittercize Arthritis Exercise (*FC Classroom*)
- 10:15: Trip to: **Amish Market (*Hagerstown*)**
- 10:30: Sittercize (*WC*)
- 11:00: Personal Training (*WC*)
- 1:00: Balance through Movement (*WC*)
- 1:00: ALOHA Committee Meeting (*ILAC @CF*)
- 1:15: Trip to **Bosco's**
- 2:00: Sing-Along with the Homewood Harmonizers (*Meadows @ CF*)
- 3:00: Ping Pong (*FC Hallway*)
- 7:00: Movie Night: The Lost Episodes of The Carol Burnett Show (*Classroom B at the Lodge*)

## Saturday, April 6, 2019

- 1:00: Aqua Fit with Sandi Irwin (*Lodge Pool*)
- 1-5: CF Pool Weekend Hours (*WC Pool*)
- 2-5: Open Swim (*FC Pool*)
- 2:30: Music with Jesse and Peg (*MP@CF*)
- 4:00: Pub Night (*Wooden Nichol Pub @ Lodge*)
- 4:00: **SHUTTLE for DINNER! (*Between CF & LODGE*)**
- 4:15: Trip to **Catholic Mass**

# Homewood at Frederick Independent Living Activities Calendar APRIL 2019

**6:00:** Trip to Mamma Mia - Musical (*Barbara Ingram School For the Arts*)

**7:00:** Saturday Movie Night "27 Dresses" (MP @ CF)

## Sunday, April 7, 2019

**10:00:** Worship Service w/Holy Communion  
(CHAPEL @CF)

**1-5:** Open Swim (FC Pool)

**1-5:** CF Pool Weekend Hours (WC Pool)

**1:15:** Trip to: Capitol Steps - Make America Grin Again  
(Handley High School - Winchester, VA)

**2:15:** Trip to Phyllis and Ardine Gorden Concert with  
the Poulenc Trio (Hood College - Brodbeck Hall)

**2:30:** Worship Service (Virts Lounge on Willows Unit at  
Crumland Farms)

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

## Monday, April 8, 2019

**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)

**9:00:** FREE AARP TAX SERVICES (Sun Room at CF)

**9:30:** Groceries Trip (WEIS ONLY)

**10:00:** Sittercize Arthritis Exercise (FC Classroom)

**10:30:** Beginner Tai Chi (Lodge Fitness Classroom)

**10:30:** Sittercize (WC)

**10:30:** Shopping: Giant Eagle & Pet Valu

# Homewood at Frederick Independent Living Activities Calendar APRIL 2019

- 12:45: "Friendly" Party Bridge (*The View Alcove @ the Lodge*)
- 1:30: Advanced Balance (*WC*)
- 1:30: **Late Lunch Out: China Garden (*Frederick, MD*)**
- 2:00: Bible Study (*ILAC - CF*)
- 3:45: IL Choir Rehearsal (*MP @ CF*)
- 7:00: How and Why "The Great Tours: England Scotland and Wales" (*Assisted Living Activities Room @ CF*)
- 7:00: Market Street Big Band Rehearsal (*Event Center at the Lodge*)
- 8:00: March Madness Basketball National Championship Game (*Great Room TV*)

## Tuesday, April 9, 2019

- 7:45: Tuesday Walking Club
- 8:00: Aqua Fit (*FC Pool*)
- 8:30: April Spotlight Class: Stability Ball Conditioning (*WC*)
- 8:30-12: Open Swim (*FC Pool*)
- 8:45: Water Volleyball (*Fitness Center Pool*)
- 9:00: Massage (*Fitness Center & Wellness Center*)
- 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*)
- 10:00: **Trip to Frederick Visitor Center (*Frederick, MD*)**
- 10:30: Basic Arthritic Exercise (*WC*)
- 1:30: Interval Circuit (*WC*)

# Homewood at Frederick Independent Living Activities Calendar APRIL 2019

- 1:30: Tai Chi with Dr. Frank Citro (*Lodge Fitness Classroom*)
- 2:00: Woodworking Group (*Wood Shop at Crumland Farms*)
- 4:00: **SHUTTLE for DINNER! (*Between CF & LODGE*)**
- 6:45: Bridge (***Cafe @ CF***) ***NOTE LOCATION CHANGE!!***
- 7:00: Top 100 Movies: #97 High Noon (*Classroom B at the Lodge*)
- 7:00: **Song Circle w/FAME (Frederick Acoustic Music Ensemble) (*Event Center B at the Lodge*)**

## Wednesday, April 10, 2019

- 7:45: Aqua Fit (*WC Pool*)
- 8-9: Lap Swim (*FC Pool*)
- 8:00: Acupuncture (*WC*)
- 8:30: Environmental Committee Meeting (***ILAC @ CF***) **SHUTTLE**
- 9:00: Aqua Fit - Women Only (*WC Pool*)
- 9-2: Open Swim (*FC Pool*)
- 9:15: **Trip to Sunshine Readers (*Brunswick*)**
- 10:30: Sittercize (*WC*)
- 10:30: Catholic Rosary (*Meadows Unit @ CF*)
- 11:00: Balance and Stretch (*FC*)
- 11:30: **Volunteer Appreciation Luncheon (*ILDR @ CF*)**  
**SHUTTLE**
- 12:00: Advanced Demo (*FC*)
- 1:00: Watercolor Class (*Classroom A at the Lodge*)
- 1:30: Advanced Sittercize (with standing) (*WC*)
- 1:30: Active Senior Yoga (*Lodge Fitness Classroom*)
- 1:30: Computer Lab with Newt (*Computer Lab @ CF*)



# Homewood at Frederick Independent Living Activities Calendar APRIL 2019

2:00: MAAS Opticians (ILAC @ CF)

3:30: Wine and Cheese (The Great Room at the Lodge)

7:00: Let's Play Cards (Game Room at the Lodge)

## Thursday, April 11, 2019

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)

9:00: FREE AARP TAX SERVICES (Sun Room at CF)

9:30: Beginner Balance (Fitness Center Classroom)

10:00: Personal Training (FC)

10:00: Osteoporosis Exercise (WC)

10:30: Basic Arthritic Exercise (WC)

10:30: Lenten Bible Study (ALACT - CF)

1:00: Blood Pressure Clinic (HHO @ CF)

1:30: Yoga (WC)

2:00: Introduction to Buddhism (Classroom B at the Lodge)

2:00: BOOK TALK: LENIN, HITLER, AND ME A memoir by Boris J. Kochanowsky (MP @ CF) SHUTTLE

\*\*\*3:30: Noteables Rehearsal (MP @ CF) **NOTE TIME CHANGE!**

4:00: Pub Night (Wooden Nichol Pub @ Lodge)

4:00: SHUTTLE for DINNER! (Between CF & LODGE)

6:00: National Trivia Night (Wooden Nichol Bar @ Lodge) SHUTTLE

6:00: Trip to: BSO - Porgy Bess (Strathmore Music Center)

7:00: Ladies Game Night (ILAC@CF)

# Homewood at Frederick Independent Living Activities Calendar APRIL 2019

7:00: Game Night (*Classroom A at the Lodge*)

## Friday, April 12, 2019

- 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: CHATTER Meeting (*3rd Floor Library at CF*)  
10:00: Great Decisions (*ILAC @ CF*)  
10-1: Health Fair Speakers, Great Information and more! (*Lodge Event Center*) **SHUTTLE**  
1:30: Scenic Ride: Catoctin Furnace Historical Society  
2:00: Birthday Party (*MP@CF*)  
**PLEASE NOTE NEW DATE FOR APRIL!**  
3:00: Ping Pong (*FC Hallway*)  
6:15: Pinochle (*ILAC @ CF*)  
7:00: Bingo Sponsored by Johnsville 4-H (*MP@CF*)  
7:00: Movie Night: The Kid (*Classroom B at the Lodge*)

## Saturday, April 13, 2019

- 10:00: Easter Egg Hunt (*Community Center @ CF*)  
10:45: Trip to Mariinsky Ballet: Le Corsaire (*Kennedy Center*)  
1:00: Aqua Fit with Sandi Irwin (*Lodge Pool*)  
1:00: Frederick Genealogical Society Meeting – *Picture is Worth – “A History Lesson”* (*Classroom A & B at the Lodge*)  
1-5: CF Pool Weekend Hours (*WC Pool*)  
2-5: Open Swim (*FC Pool*)

# Homewood at Frederick Independent Living Activities Calendar APRIL 2019

- 4:00: Pub Night (*Wooden Nichol Pub @ Lodge*)
- 4:00: SHUTTLE for DINNER! (*Between CF & LODGE*)
- 4:15: Trip to Catholic Mass
- 7:00: Saturday Movie Night - *Dolly Sisters (MP @ CF)*

## Sunday, April 14, 2019, PALM SUNDAY

- 10:00: Worship Service (*CHAPEL @CF*)
- 1-5: Open Swim (*FC Pool*)
- 1-5: CF Pool Weekend Hours (*WC Pool*)
- 2:30: Worship Service (*CHAPEL @CF*)
- 3:15: Trip to FCC Flute Ensemble - Back to Nature (*FCC - JBK Theater*)
- 7:00: Sunday Game Night at the Lodge (*Classroom A at the Lodge*)

## Monday, April 15, 2019

- 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*)
- 9:30: Groceries Trip (*WEIS ONLY*)
- 10:00: Sittercize Arthritis Exercise (*FC Classroom*)
- 10:00: Retired Clergy Meeting (*ILAC@CF*)
- 10:30: Beginner Tai Chi (*Lodge Fitness Classroom*)
- 10:30: Sittercize (*WC*)
- 10:30: Shopping: Giant Eagle & Pet Valu
- 12:45: "Friendly" Party Bridge (*The View Alcove @ the Lodge*)
- 12:45: Trip to Shopping at Valley Mall, Hagerstown

# Homewood at Frederick Independent Living Activities Calendar APRIL 2019

- 1:30: Advanced 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 (Classroom B @ Lodge)
- 7:00: How and Why "The Great Tours: England, Scotland and Wales" (Assisted Living Activities Room @ CF)
- 7:00: Market Street Big Band Rehearsal (Event Center at the Lodge)

## Tuesday, April 16, 2019

- 7:45: Tuesday Walking Club
- 8:00: Aqua Fit (FC Pool)
- 8:30: April Spotlight Class: Stability Ball Conditioning (WC)
- 8:30-12: Open Swim (FC Pool)
- 8:45: Water Volleyball (Fitness Center Pool)
- 9:00: Trip to: Dill's Tavern and Plantation (Dillsburg, PA)
- 9:00: Massage (Fitness Center & Wellness Center)
- 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)
- 10:30: Whosoever Will Gospel Music (MP @ CF)
- SHUTTLE
- 10:30: Basket Bingo Meeting (ILAC at CF)
- 11:30: Lunch Bunch (Event Center @ Lodge) SHUTTLE

# Homewood at Frederick Independent Living Activities Calendar APRIL 2019

- 1:30: Interval Circuit (WC)
- 1:30: St. John's 5th-8th Grade Band (MP Room @CF)  
**SHUTTLE**
- 2:00: Woodworking Group (Wood Shop at Crumland Farms)
- 2:00: Bingo (Classroom A - Lodge)
- 4:00: **SHUTTLE for DINNER! (Between CF & LODGE)**
- 6:45: Bridge (MP@ CF)
- 6:45: **Trip to: Wind Ensemble Concert (Hood College - Coffman Chapel)**
- 7:00: Top 100 Movies: #9 Wonder Woman (Classroom B at the Lodge)

## Wednesday, April 17, 2019

- 7:45: Aqua Fit (WC Pool)
- 8-9: Lap Swim (FC Pool)
- 8:00: Acupuncture (WC)
- 9:00: Aqua Fit - Women Only (WC Pool)
- 9-2: Open Swim (FC Pool)
- 9:15: **Trip to Sunshine Readers (Brunswick)**  
**LAST ONE FOR THE YEAR!**
- 10:00: Old Towne Jewelers (ILAC @ CF)
- 10-3: Spring Vendor Sale – Food Trucks, Crafts, Mary Kay, Purses and so much more! (MP@CF)  
**SHUTTLE**
- 10:30: Sittercize (WC)
- 11:00: Balance and Stretch (FC)
- 11:30: Physical Therapy Speech: OT Month Celebration (Lodge Fitness Classroom) **SHUTTLE**
- 12:00: Advanced Demo (FC)

# Homewood at Frederick Independent Living Activities Calendar APRIL 2019

- 1:00: Watercolor Class (*Classroom A at the Lodge*)
- 1:30: Advanced Sittercize (with standing) (*WC*)
- 1:30: Active Senior Yoga (*Lodge Fitness Classroom*)
- 1:30: Computer Lab with Newt (*Computer Lab @ CF*)
- 4:45: **Trip to Frederick Magazine Coupon Dinner at Brewer's Alley**

## Thursday, April 18, 2019 MAUNDY THURSDAY

- 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*)

9:45: **Shopping at WalMart ONLY**

- 10:00: Personal Training (*FC*)
- 10:00: Osteoporosis Exercise (*WC*)
- 10:30: Basic Arthritic Exercise (*WC*)

10:30: **Lenten Bible Study (ALACT - CF)**

12:00: **HOBO Luncheon –Speaker Rich Heller – “My 1922 Hupmobile and Travel Conditions The”  
SHUTTLE**

1:00: Blood Pressure Clinic (*HHO @ CF*)

1:30: Yoga (*WC*)

1:45: **Shopping at Giant & Wegman's**

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

4:00: **Pub Night (Wooden Nichol Pub @ Lodge)**

4:00: **SHUTTLE for DINNER! (Between CF & LODGE)**

5:00: **Trip to: Shen Yun - Opera House (Kennedy Center)**

# Homewood at Frederick Independent Living Activities Calendar APRIL 2019

- 7:00: Ladies Game Night (*ILAC@CF*)
- 7:00: Game Night (*Classroom A at the Lodge*)

## Friday, April 19, 2019 GOOD FRIDAY/PASSOVER

- 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*)
- 10:00: Sittercize Arthritis Exercise (*FC Classroom*)
- 10:00: Visiting Rabbits from Frederick County Rabbit Raisers (*MP @ CF*)
- 10:30: Sittercize (*WC*)
- 10:30: Hospitality Committee Meeting (*Classroom A @ Lodge*) **SHUTTLE**
- 11:00: Personal Training (*WC*)
- 1:00: Balance through Movement (*WC*)
- 2:30: Willow Ponds Food Committee Meeting (*Classroom A - Lodge*)
- 3:00: Ping Pong (*FC Hallway*)
- 3:30: Good Friday Drama – Organized by Jim Spiller (*MP@CF*) **SHUTTLE**
- 7:00: Movie Night: Hop (*Classroom B at the Lodge*)

## Saturday, April 20, 2019

- 9:30: Trip to: Brunswick Museum & Beans in the Belfry (*Brunswick, MD*)
- 1:00: Aqua Fit with Sandi Irwin (*Lodge Pool*)
- 1-5: CF Pool Weekend Hours (*WC Pool*)
- 2-5: Open Swim (*FC Pool*)

# Homewood at Frederick Independent Living Activities Calendar APRIL 2019

- 2:30: Music with Sitka Hollow strings (MP@CF)
- 4:00: Pub Night (*Wooden Nichol Pub @ Lodge*)
- 4:00: SHUTTLE for DINNER! (*Between CF & LODGE*)
- 4:15: Trip to Catholic Mass
- 7:00: Saturday Movie Night "Young Messiah" (MP @ CF)

## Sunday, April 21, 2019 EASTER SUNDAY

- 10:00: Worship Service (*CHAPEL @ CF*)
- 11:15-1:15: Easter Brunch (*Tuscarora Dining Room @CF*)
- 11:30-1:30: Easter Brunch (*View Dining Room @ the Lodge*)
- 1-5: Open Swim (*FC Pool*)
- 1-5: CF Pool Weekend Hours (*WC Pool*)
- 7:00: Sunday Game Night at the Lodge (*Classroom A at the Lodge*)

## Monday, April 22, 2019

- 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*)
- 9:30: Groceries Trip (*WEIS ONLY*)
- 10:00: Sittercize Arthritis Exercise (*FC Classroom*)
- 10:30: Beginner Tai Chi (*Lodge Fitness Classroom*)
- 10:30: Sittercize (*WC*)
- 10:30: Catholic Mass (*CHAPEL @ CF*)
- 10:30: Shopping: Giant Eagle & Pet Valu



# Homewood at Frederick Independent Living Activities Calendar APRIL 2019

- 12:45: "Friendly" Party Bridge (*The View Alcove @ the Lodge*)
- 1:30: Advanced Balance (*WC*)
- 2:00: Bible Study (*ILAC - CF*)
- 2:30: Sing-Along with Michael Sis and Ice Cream –  
Come and say a big THANK YOU to Liz  
Kannenberg for all she does for our volunteers!  
(*Café@CF*)
- 3:45: IL Choir Rehearsal (*MP @ CF*)
- 7:00: How and Why "The Great Tours: England,  
Scotland and Wales" (*Assisted Living Activities  
Room @ CF*)
- 7:00: Market Street Big Band Rehearsal (*Event Center  
at the Lodge*)

## Tuesday, April 23, 2019

- 7:45: Tuesday Walking Club
- 8:00: Aqua Fit (*FC Pool*)
- 8:30-12: April Spotlight Class: Stability Ball Conditioning  
(*WC*)
- 8:30: Open Swim (*FC Pool*)
- 8:45: Water Volleyball (*Fitness Center Pool*)
- 9:00: Massage (*Fitness Center & Wellness Center*)
- 9:15: Trip to: Crystal Grottoes Cavern (*Boonsboro,  
MD*)
- 10:00: Osteoporosis Exercise (*WC*)
- 10:00: Low Impact Aerobics (*Fitness Center  
Classroom*)
- 10:00: AMVETS Visits (*Café CF*)
- 10:00: Knit Wits (*Cafe @ CF*)

# Homewood at Frederick Independent Living Activities Calendar APRIL 2019

- 10:30: Basic Arthritic Exercise (WC)
- 1:30: Interval Circuit (WC)
- 1:30: Tai Chi with Dr. Frank Citro (*Lodge Fitness Classroom*)
- 2:00: Woodworking Group (*Wood Shop at Crumland Farms*)
- 2:30: **Movie Matinee "The Green Book" (MP@CF)**
- 2:30: Blood Pressure Clinic (*Game Room at the Lodge*)
- 4:00: **SHUTTLE for DINNER! (Between CF & LODGE)**
- 5:00: **Seder Meal (Event Center A @ the Lodge)**  
**SHUTTLE**
- 6:45: Bridge (MP @ CF)
- 7:00: Top 100 Movies: #38 Manchester By The Sea (*Classroom B @ the Lodge*)

## Wednesday, April 24, 2019

- 7:45: Aqua Fit (WC Pool)
- 8-9: Lap Swim (FC Pool)
- 8:00: Acupuncture (WC)
- 9:00: Aqua Fit - Women Only (WC Pool)
- 9-2: Open Swim (FC Pool)
- 9:15: **Trip to Sunshine Readers (Brunswick)**
- 9:30: **Coffee at the Lodge (Event Center @ the Lodge)**
- 9:30: Walking Day (*Meet in the Lodge Fitness Center Lobby*)
- 10:15: **Trip to Olive & Basket - Tasting Party (Frederick, MD)**
- 10:30: Sittercize (WC)
- 11:00: Balance and Stretch (FC)

# Homewood at Frederick Independent Living Activities Calendar APRIL 2019

- 12:00: Advanced Demo (FC)
- 1:00: Watercolor Class (Classroom A at the Lodge)
- 1:30: Homewood Crafters Class – Project to be determined (ILAC@CF)
- 1:30: Advanced Sittercise (with standing) (WC)
- 1:30: Active Senior Yoga (Lodge Fitness Classroom)
- 1:30: Computer Lab with Newt (Computer Lab @ CF)
- 2:00: Hubbard's Hardest Quotations (Classroom B at the Lodge)
- 2:00: MAAS Opticians (ILAC @ CF)
- 3:15: Music with Five and Dime (Great Room at the Lodge) SHUTTLE
- 3:30: Happy 1/2 Hour (Great Room at the Lodge)
- 6:45: Trip to Jazz Concert (Hood College - Coffman Chapel)
- 7:00: Let's Play Cards (Game Room at the Lodge)

## Thursday, April 25, 2019

- 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)
- 9:30: Trip to Trader Joe's (Columbia)
- 10:00: Osteoporosis Exercise (WC)
- 10:30: Quarterly Memorial Service for Meadows and Assisted Living (ALACT@CF)
- 10:30: Basic Arthritic Exercise (WC)
- 11-1: Golf Chip-Off (Community Center @ CF) SHUTTLE

# Homewood at Frederick Independent Living Activities Calendar APRIL 2019

- 1:00: Blood Pressure Clinic (*HHO @ CF*)
- 1:30: Yoga (*WC*)
- 2:00: Introduction to Buddhism (*Classroom B at the Lodge*)
- 2:30: Community Bingo (*MP@CF*)
- 3:00: Noteables Rehearsal (*Event Center B @ The Lodge*) **SHUTTLE**
- 4:00: Pub Night (*Wooden Nichol Pub @ Lodge*)
- 4:00: **SHUTTLE for DINNER! (*Between CF & LODGE*)**
- 6:15: Trip to: A Comedy of Tenors (*Olney Theatre - Main Stage*)
- 6:45: Trip to: String Concert (*Hood College - Brodbeck Hall*)
- 7:00: Ladies Game Night (*ILAC@CF*)
- 7:00: Game Night (*Classroom A at the Lodge*)

## Friday, April 26, 2019

- 7:30: Breakfast Bus (*Bollinger's Family Restaurant*)
- 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*)
- 10:00: Sittercize Arthritis Exercise (*FC Classroom*)
- 10:00: "The Gratitude Pilgrims" (*Event Center A at the Lodge*)
- 10:00: Great Decisions (*ILAC @ CF*)
- 10:30: Sittercize (*WC*)
- 11:00: Personal Training (*WC*)

# Homewood at Frederick Independent Living Activities Calendar APRIL 2019

- 12:00:** ALOHA Luncheon *SPEAKER: Dr. Larry Romane "The Opioid Epidemic"(MP @ CF) SHUTTLE*
- 12:45:** Scenic Ride to Taneytown History Museum (Taneytown, MD)
- 1:00:** Balance through Movement (WC)
- 3:00:** Ping Pong (FC Hallway)
- 6:15:** Pinochle (ILAC @ CF)
- 7:00:** Movie Night: The Babe (Classroom B at the Lodge)

## Saturday, April 27, 2019

- 9:30:** Trip to: Downtown Mount Airy
- 11:00:** Trip to Frederick Farm Museum at Rose Hill Manor Spring Show - Sawmill Demonstration (Frederick, MD)
- 1:00:** Aqua Fit with Sandi Irwin (Lodge Pool)
- 1-5:** CF Pool Weekend Hours (WC Pool)
- 2-5:** Open Swim (FC Pool)
- 2:15:** Trip to Choral Arts Society of Frederick & FCC Jazz Ensemble (FCC - JBK Theater)
- 2:30:** Special Music with Trish Coulter (MP@CF)
- 4:00:** Pub Night (Wooden Nichol Pub @ Lodge)
- 4:00:** SHUTTLE for DINNER! (Between CF & LODGE)
- 4:15:** Trip to Catholic Mass
- 7:00:** Saturday Movie Night "Paulie"(MP @ CF)

## Sunday, April 28, 2019

- 10:00:** Worship Service (CHAPEL @CF)
- 12:45:** Trip to Unbroken Circle (Old Opera House - Charles Town, WV)

# Homewood at Frederick Independent Living Activities Calendar APRIL 2019

- 1-5: CF Pool Weekend Hours (*WC Pool*)
- 1-5: Open Swim (*FC Pool*)
- 2:00: **Trip to: Calvary's Community Concert Series - Cecylia Barczyk, cellist Romantic Melodies and American Rhythms (*Calvary United Methodist Church*)**
- 2:30: **Jeffrey Chappell in Concert (*MP @ CF*)**
- 2:30: **Worship Service (*Virts Lounge on Willows Unit at Crumland Farms*)**
- 7:00: **Sunday Game Night at the Lodge (*Classroom A @ the Lodge*)**

## Monday, April 29, 2019

- 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*)
- 9:30: **Groceries Trip (*WEIS ONLY*)**
- 10:00: Sittercize Arthritis Exercise (*FC Classroom*)
- 10:30: Beginner Tai Chi (*Lodge Fitness Classroom*)
- 10:30: Sittercize (*WC*)
- 10:30: **Shopping: Giant Eagle & Pet Valu**
- 11:00: **Quarterly Memorial Service for Willows (*Virts Lounge on Willows @CF*)**
- 12:45: "Friendly" Party Bridge (*The View Alcove @ the Lodge*)
- 1:30: Advanced Balance (*WC*)
- 2:00: Bible Study (*ILAC - CF*)
- 3:45: IL Choir Rehearsal (*MP @ CF*)

# Homewood at Frederick Independent Living Activities Calendar APRIL 2019

- 5:00:** Trip to: Great Art on Screen Klimt & Schiele (*Majestic Theater, Gettysburg*)
- 7:00:** How and Why "The Great Tours: England, Scotland and Wales" (*Assisted Living Activities Room @ CF*)
- 7:00:** Market Street Big Band Rehearsal (*Event Center at the Lodge*)

## Tuesday, April 30, 2019

- 7:45:** Tuesday Walking Club
- 7:45:** Trip to DC Drop-off - Smithsonian Mall (*Washington D.C.*)
- 8:00:** Aqua Fit (*FC Pool*)
- 8:30:** April Spotlight Class: Stability Ball Conditioning (*WC*)
- 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 Classroom*)
- 10:00:** Knit Wits (*Cafe @ CF*)
- 10:30:** Basic Arthritic Exercise (*WC*)
- 11:00:** Memories Writing Group (*Library at the Lodge*)
- 1:30:** Interval Circuit (*WC*)
- 2:00:** Woodworking Group (*Wood Shop at Crumland Farms*)
- 4:00:** SHUTTLE for DINNER! (*Between CF & LODGE*)
- 6:45:** Bridge (*CAFÉ @ CF*) **PLEASE NOTE LOCATION CHANGE!!**

# Homewood at Frederick Independent Living Activities Calendar APRIL 2019

**7:00: Top 100 Movies: #52 Taxi Driver (*Classroom B at the Lodge*)**

## 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