

Homewood at Frederick Independent Living Activities Calendar MARCH 2019

**Spring Photo Contest – Submit your best spring photos to Julie or Lindsay by March .
Voting to be held during Exhibit on March 28.**

Friday, March 1, 2019

- 7:45: Aqua Fit (WC Pool)**
- 7:45: CF Pool Hours (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**
- 10:00: Sittercize Arthritis Exercise (FC Classroom)**
- 10:15: Trip to Amish Market**
- 10:30: Sittercize (WC)**
- 11:00: Personal Training (WC)**
- 11:00: Drop Everything and Read to celebrate National Unplug (from technology) Day (A Comfy Chair)**
- 1:00: Balance through Movement (WC)**
- 1:00: ALOHA Committee Meeting (ILAC @CF)**
- 1:15: Shopping at Boscov's**
- 1:15: Scenic Ride to Wolfsville/Catocitn Mountains/Woodsboro**
- 2:00: Sing-Along with the Homewood Harmonizers (Meadows @ CF)**
- 3:00: Ping Pong (FC Hallway)**
- 6:30: Trip to Choral Arts Society of Frederick(FCC)**

Homewood at Frederick Independent Living Activities Calendar MARCH 2019

Saturday, March 2, 2019

- 1-5: Open Swim (*FC Pool*)
- 1-5: CF Pool Weekend Hours (*WC Pool*)
- 2:30: Music by Don Bellew – *Variety - Franks Sinatra, Elvis, Bobby Darin, 60's, 70's and old Sing-along favorites (MP@CF)*
- 2:30: Movie Matinee: The Lost Episodes of The Carol Burnett Show (*Classroom B at the Lodge*)
- 4:00: Dinner Shuttle Begins
- 4:00: Pub Night (*Wooden Nichol Pub @ Lodge*)
- 4:15: Trip to Catholic Mass
- 4:30: Trip to Margaret Huddy Solo Art Exhibit – Out of Africa Collection (FCC)
- 6:00: Trip to Teelin Irish Dance Company (Weinberg)
- 7:00: Trip to Radium Girls (*Maryland Ensemble Theatre*)
- 7:00: Saturday Movie Night – *Redwood Highway (MP @ CF)*

Sunday, March 3, 2019

- 10:00: Worship Service (*CHAPEL @CF*)
- 11:45: Trip to *Gone With the Wind* (Regal Westview)
- 1-5: Open Swim (*FC Pool*)
- 1-5: CF Pool Weekend Hours (*WC Pool*)
- 2:00: Trip to Fine Arts Series - Christian Lane Organist (Evangelical Lutheran Church)
- 2:00: Trip to The U.S. Army Blues – Women in Jazz Concert (Weinberg)
- 2:30: Worship Service (*Virts Lounge on Willows Unit at Crumland Farms*)

Homewood at Frederick Independent Living Activities Calendar MARCH 2019

3:30: Family Council Meeting – Open to all residents
(ILAC@CF)

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

Monday, March 4, 2019

7:45: Aqua Fit (WC Pool)

7:45: CF Pool Hours (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

9:30: Groceries Trip (WEIS ONLY)

10:00: Sittercize Arthritis Exercise (FC Classroom)

10:00: Veterans Presentation from Hospice of Frederick
County (Event Center B @ The Lodge) SHUTTLE

10:00: All You Ever Wanted To Know About
Homewood.....Social Services and the MOLST
Form presented by Linda Procter, Community
Services Director (MP@CF) SHUTTLE

10:30: Sittercize (WC)

10:30: Shopping: Giant Eagle & Pet Valu

12:45: "Friendly" Party Bridge (The View Alcove @ Lodge)

1:30: Advanced Balance (WC)

2:00: Bible Study (ILAC - CF)

3:00: Men's Choir Rehearsal (MP@CF)

3:45: IL Choir Rehearsal (MP@CF)

4:45: Trip to Dinner Out – Le Parc Bistro

7:00: Great Decisions (Classroom B @Lodge)

Homewood at Frederick Independent Living Activities Calendar MARCH 2019

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, March 5, 2019

7:45: CF Pool Hours (*WC Pool*)

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

8:00: Kinklings and Coffee (*Cafe @ CF*)

8:00: Coffee and Kinklings (*Great Room at the Lodge*)

8:15: Trip to Martin's Potato Chip factory Tour (*Thomasville , PA*)

8:30: March Spotlight Class: Advanced Aqua Fit (*WC Pool*)

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*) SHUTTLE

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

1:30: Interval Circuit (*WC*)

1:30: Sonus Hearing (*Community Center Conference Room @CF*)

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

Homewood at Frederick Independent Living Activities Calendar MARCH 2019

- 3:30: Wine and Cheese (*MP@CF and Cafe*)
- 3:30: Mardi Gras Happy Hour (*Wooden Nichol Pub @ Lodge*)
- 4:00: Dinner Shuttle Begins
- 6:45: Bridge (*MP@ CF*)
- 7:00: Top 100 Movies: #51 Zootopia (*Classroom B at the Lodge*)

Wednesday, March 6, 2019

- 7:45: Aqua Fit (*WC Pool*)
- 7:45: CF Pool Hours (*WC Pool*)
- 8:00: Lap Swim (*FC Pool*)
- 8:00: Acupuncture (*WC*)
- 9:00: Aqua Fit - Women Only (*WC Pool*)
- 9:00: Trip to Lucky Stiff (*Dutch Apple Dinner Theatre*)
- 9:00: Open Swim (*FC Pool*)
- 9:15: Trip to Sunshine Readers (*Brunswick*)
- 10:30: Sittercize (*WC*)
- 10:30: Ash Wednesday Service (*Chapel @ CF*) SHUTTLE
- 11:00: Balance and Stretch (*FC*)
- 12:00: Advanced Demo (*FC*)
- 12:00: Retired Clergy Spouses Luncheon (*ILPDR @ CF*)
- 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*)
- 1:30: **HOMWOOD CRAFTERS – Easter Bunny Door Decoration – Please call Julie to sign-up so we have enough supplies (*ILAC@CF*)**

Homewood at Frederick Independent Living Activities Calendar MARCH 2019

- 2:00: Science and Technology Discussion Group - Get acquainted with the new kilogram and other physical constants (*Classroom B at the Lodge*)
- 2:00: Movie Matinee – “*The Shack*” (MP@CF)
- 4:00: Homewood Ladies Literary Society - Chapter Two (*Library at the Lodge*)

Thursday, March 7, 2019

- 7:45: CF Pool Hours (*WC Pool*)
- 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*)
- 9:30: Campus Connection Meeting w/Karen Main (*Event Center @ the Lodge*) SHUTTLE
- 9:45: Shopping at Wal-Mart 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: Trip to Giant & Wegman's
- 2:00: Making Rabbits for Spring Part 1 (*Classroom A @ Lodge*)
- 3:00: Current Events Group (*Classroom B at the Lodge*)
- 3:00: Noteables Rehearsal (MP@CF)
- 4:00 Dinner Shuttle Begins

Homewood at Frederick Independent Living Activities Calendar MARCH 2019

- 4:00: Pub Night (*Wooden Nichol Pub @ Lodge*)
- 7:00: Ladies Game Night (*ILAC@CF*)
- 7:00: Bird Club- Speaker: John McCann – Dragonflies and Damselflies (*MP@CF*)
- 7:00: Game Night (*Classroom A at the Lodge*)

Friday, March 8, 2019

- 7:45: Aqua Fit (*WC Pool*)
- 7:45: CF Pool Hours (*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: Great Decisions (*ILAC @ CF*)
- 10:30: Sittercize (*WC*)
- 10:45: Clear Caption Call System Presentation (*Classroom B at the Lodge*) SHUTTLE
- 11:00: Personal Training (*WC*)
- 1:00: Balance through Movement (*WC*)
- 1:30: Scenic Ride – Eastern Museum of Motor Racing (*York Springs, PA*)
- 2:00: Independent Living Spring Bingo (*MP @ CF*)
- 3:00: Ping Pong (*FC Hallway*)
- 7:00: Pinochle (*ILAC @ CF*)
- 7:00: Movie Night: I'll See You in My Dreams (*Classroom B at the Lodge*)

Saturday, March 9, 2019

- 1:00: iPad Class (*ILAC@CF*)

Homewood at Frederick Independent Living Activities Calendar MARCH 2019

- 1:00: Aqua Fit with Sandi Irwin (*Lodge Pool*)
- 1:00: Frederick Genealogical Society Meeting
*Topic: Preserving the Historic Parish Records of
Evangelical Lutheran Church with Marcia Hahn
(Classroom A & B at the Lodge)*
- 1-5: CF Pool Weekend Hours (*WC Pool*)
- 2-5: Open Swim (*FC Pool*)
- 2:30: iPad Class (*Classroom B@Lodge*)
- 2:30: John Hadfield Comedy Show (*MP@CF*)
- 4:00: Dinner Shuttle Begins
- 4:00: Pub Night (*Wooden Nichol Pub @ Lodge*)
- 4:15: Trip to Catholic Mass
- 7:00: Saturday Movie Night – Billy Graham, An
Extraordinary Man (*MP @ CF*)
- 7:15: Trip to Spires Brass Band - Brass and Ivory (*FCC*)

Sunday, March 10, 2019

- 10:00: Worship Service (*CHAPEL@CF*)
- 12:00: Trip to Sleeping Beauty Bolshoi Ballet – Live in HD
(*Westview Regal*)
- 1-5: Open Swim (*FC Pool*)
- 1-5: CF Pool Weekend Hours (*WC Pool*)
- 2:30: Worship Service (*CHAPEL@CF*)
- 7:00: Sunday Game Night (*Classroom A @ Lodge*)

Monday, March 11, 2019

- 7:45: Aqua Fit (*WC Pool*)
- 7:45: CF Pool Hours (*WC Pool*)
- 8-9: Lap Swim (*FC Pool*)
- 9:00: Aqua Fit - Women Only (*WC Pool*)

Homewood at Frederick Independent Living Activities Calendar MARCH 2019

- 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
- 9:30: Groceries Trip (*WEIS ONLY*)
- 10:00: Sittercize Arthritis Exercise (*FC Classroom*)
- 10:30: Sittercize (*WC*)
- 10:30: Shopping: Giant Eagle & Pet Valu
- 12:45: Shopping at Columbia Mall
- 12:45: "Friendly" Party Bridge (*The View Alcove @ Lodge*)
- 1:30: Advanced Balance (*WC*)
- 2:00: Bible Study (*ILAC - CF*)
- 3:00: Men's Choir Rehearsal (*MP@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, March 12, 2019

- 7:45: Trip to D.C. Drop Off - Newseum
- 7:45: CF Pool Hours (*WC Pool*)
- 8:00: Aqua Fit (*FC Pool*)
- 8:30: March Spotlight Class: Advanced Aqua Fit (*WC Pool*)
- 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 MARCH 2019

9:30: *Coffee Hour – Come and Meet Your Neighbors (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)*

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)*

2:00: *Bingo (Event Center B - Lodge)*

2:00: *Movie.... Frederick in 1938 – Sponsored by the Frederick High School Class of 1958 (MP@CF)*
SHUTTLE

4:00: *Dinner Shuttle Begins*

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

7:00: *Top 100 Movies: #34 12 Years a Slave (Classroom B at the Lodge)*

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

Wednesday, March 13, 2019

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

7:45: *CF Pool Hours (WC Pool)*

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

8:00: *Acupuncture (WC)*

8:30: *Environmental Committee Meeting (Classroom B at the Lodge) SHUTTLE*

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

Homewood at Frederick Independent Living Activities Calendar MARCH 2019

- 9-2: Open Swim (*FC Pool*)
9:15: Trip to Sunshine Readers (*Brunswick*)
10:30: Sittercize (*WC*)
10:30: National Good Samaritans Day - CPR Class sign ups required with Lindsay by March 5th (*Event Center B @ The Lodge*)
10:30: Catholic Rosary (*Meadows Unit @ CF*)
11:00: Balance and Stretch (*FC*)
12:00: Advanced Demo (*FC*)
1:00: Watercolor Class (*Classroom A @ 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*)
2:00: Crumland Farms Food Committee Meeting (*ILPDR @ CF*)
2:00: MAAS Opticians (*ILAC @ CF*)
2:30: Music with the Golden Tones (*MP@CF*)
4:45: Coupon Dinner Out – Mexicali Cantina
6:00: Hospice Speaker Series- Medication Management with Patricia Ortiz-San Miguel, Community Liaison with Hospice of Frederick County and Patricia Cash, geriatric pharmacist (*MP@CF*)
SHUTTLE
7:00: Let's Play Cards (*Game Room at the Lodge*)

Thursday, March 14, 2019

- 7:45: CF Pool Hours (*WC Pool*)
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 MARCH 2019

- 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: National Pi Day - serving pie (*Great Room at the Lodge*)
- 1:30: Yoga (*WC*)
- 2:00: Introduction to Buddhism (*Classroom B at the Lodge*)
- 3:00: Noteables Rehearsal (*MP@CF*)
- 4:00: Dinner Shuttle Begins
- 4:00: Pub Night (*Wooden Nichol Pub @ Lodge*)
- 6:00: National Trivia Night (*Wooden Nichol Bar @ Lodge*)
- 7:00: Ladies Game Night (*ILAC@CF*)
- 7:00: Game Night (*Classroom A at the Lodge*)

Friday, March 15, 2019

Turn in March Madness Brackets
to Lindsay by 1pm today

- 7:30: Breakfast Bus to Bess and Ben's Country Kitchen (*Taneytown*)
- 7:45: Aqua Fit (*WC Pool*)
- 7:45: CF Pool Hours (*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*)

Homewood at Frederick Independent Living Activities Calendar MARCH 2019

- 9:00:** St. Patty's Day Dart Contest! (*Lodge Fitness Center Hallway by the Hair Salon*)
- 9-2:** Open Swim (*FC Pool*)
- 9:30:** CHATTER Meeting (*3rd Floor Library at CF*)
- 10:00:** Sittercize Arthritis Exercise (*FC Classroom*)
- 10:30:** Sittercize (*WC*)
- 10:30:** Hospitality Committee Meeting (*ILAC @ CF*)
SHUTTLE
- 11:00:** Personal Training (*WC*)
- 1:00:** Balance through Movement (*WC*)
- 2:00:** Birthday Party (*MP@CF*)
- 3:00:** Ping Pong (*FC Hallway*)
- 3:00:** Irish Dancers (*Cafe @ CF*) SHUTTLE
- 7:00:** Movie Night: Moneyball (*Classroom B at the Lodge*)

Saturday, March 16, 2019

- 10:15:** Trip to the Rising Sun Inn for Elevenes Tea and House Tour
- 10:30:** St. Paddy's Day Brunch sign ups required (Lodge)
SHUTTLE
- 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:** "An Irish Cabaret" with Patty Carver (*MP @ CF*)
- 4:00:** Dinner Shuttle Begins
- 4:00:** Pub Night (*Wooden Nichol Pub @ Lodge*)
- 4:15:** Trip to Catholic Mass
- 7:00:** Saturday Movie Night – Old Man and the Gun (*MP @ CF*)

Homewood at Frederick Independent Living Activities Calendar MARCH 2019

Sunday, March 17, 2019

- 10:00: Worship Service (*CHAPEL @CF*)
- 1-5: Open Swim (*FC Pool*)
- 1-5: CF Pool Weekend Hours (*WC Pool*)
- 2:00: Trip to Faure's Requiem – FSO and Frederick Chorale (*Hood College Coffman Chapel*)
- 2:30: Worship Service (*Virts Lounge on Willows Unit at Crumland Farms*)
- 7:00: Sunday Game Night (*Classroom A at the Lodge*)

Monday, March 18, 2019

- 7:45: Aqua Fit (*WC Pool*)
- 7:45: CF Pool Hours (*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
- 9:30: Groceries Trip (*WEIS ONLY*)
- 10:00: Sittercize Arthritis Exercise (*FC Classroom*)
- 10:00: Retired Clergy Meeting (*ILAC@CF*)
- 10:30: Sittercize (*WC*)
- 10:30: Calvary Weekday School Children Visiting and Singing (*Café @ MP*)
- 10:30: Shopping: Giant Eagle & Pet Valu
- 12:45: "Friendly" Party Bridge (*The View Alcove @ Lodge*)
- 1:30: Advanced Balance (*WC*)
- 2:00: Women in American History with Speaker Denny Lynch (*MP @CF*) SHUTTLE

Homewood at Frederick Independent Living Activities Calendar MARCH 2019

- 2:00: Bible Study (*ILAC - CF*)
- 2:15: Sit-to-Stand Fitness Test (For Fitness Fanatic Competition) (*WC*)
- 3:00: Men's Choir Rehearsal (*MP@CF*)
- 3:45: St Patty's 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, March 19, 2019

- 7:45: CF Pool Hours (*WC Pool*)
- 8:00: Aqua Fit (*FC Pool*)
- 8:30: March Spotlight Class: Advanced Aqua Fit (*WC 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 Classroom*)
- 10:00: Knit Wits (*Cafe @ CF*)
- 10:30: Basic Arthritic Exercise (*WC*)
- 10:30: Welcome – Meet and Greet Thad Rothrock - Homewood's New CEO (*MP @ CF*)

Homewood at Frederick Independent Living Activities Calendar MARCH 2019

- 11:30:** LUNCH BUNCH – *If you could Be a famous person for one week who would it be? (Event Center A @ The Lodge) SHUTTLE*
- 1:00:** Meet and Greet with Thad Rothrock, the new CEO at Homewood (*Great Room at the Lodge*)
- 1:30:** Interval Circuit (*WC*)
- 2:00:** Woodworking Group (*Wood Shop at Crumland Farms*)
- 3:00:** German Enigma Program with Louis Leto, Public Affairs Officer at the National Cryptologic Museum (and husband of Lodge receptionist Beth Leto) (*MP@CF*) SHUTTLE
- 4:00:** Dinner Shuttle Begins
- 6:45:** Bridge (*MP@ CF*)
- 6:30:** Trip to Carhart-Lester Concert with the Cann Sisters (*Hood*)
- 7:00:** Top 100 Movies: #22 Arrival (*Classroom B @ Lodge*)

Wednesday, March 20, 2019

- 7:45:** Aqua Fit (*WC Pool*)
- 7:45:** CF Pool Hours (*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*)
- 10:00:** Old Towne Jewelers (*ILAC @ CF*)
- 10:30:** Sittercize (*WC*)
- 11:00:** Balance and Stretch (*FC*)

Homewood at Frederick Independent Living Activities Calendar MARCH 2019

- 11:00:** Physical Therapy Presentation: Is a Joint Replacement Right for Me? *by Homewood Rehab Dept. (WC)*
- 12:00:** Advanced Demo (FC)
- 1:00:** Watercolor Class (Classroom A at the Lodge)
- 1:30:** Scenic Ride to Western Maryland Railway Historical Society
- 1:30:** Advanced Sittercise (with standing) (WC)
- 1:30:** Homewood Crafters – Button Easter Cross – 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:** Movie Matinee *Going in Style – Comedy with Morgan Freeman (MP@CF)*
- 3:30:** Spring Fling - Wine and Cheese (Great Room @ Lodge)

Thursday, March 21, 2019

- 7:45:** CF Pool Hours (WC Pool)
- 8:00:** Aqua Fit (FC Pool)
- 8:30:** Specialty Class: Resistance Bands (WC)
- 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 Wal-Mart ONLY
- 10:00:** Personal Training (FC)
- 10:00:** Osteoporosis Exercise (WC)

Homewood at Frederick Independent Living Activities Calendar MARCH 2019

- 10:30: Basic Arthritic Exercise (WC)
- 10:30: Lenten Bible Study (ALACT - CF)
- 12:00: HOBO Luncheon- Speaker: Scott Taylor –
Adventures in Black and White Photography (MP
@ CF) SHUTTLE
- 1:00: Blood Pressure Clinic (HHO @ CF)
- 1:30: Yoga (WC)
- 1:30: Making Rabbits for Spring Part 2 (Classroom A @
Lodge)
- 1:45: Shopping at Giant and Wegman's
- 3:00: Current Events Group (Classroom B @ Lodge)
- 3:00: Noteables Rehearsal (MP @ CF)
- 4:00: Dinner Shuttle Begins
- 4:00: Pub Night (Wooden Nichol Pub @ Lodge)
- 4:15: Dinner Out – Brewer's Alley Lobster Night
- 7:00: Ladies Game Night (ILAC @ CF)
- 7:00: Game Night (Classroom A at the Lodge)

Friday, March 22, 2019

- 7:45: Aqua Fit (WC Pool)
- 7:45: CF Pool Hours (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: Great Decisions (ILAC @ CF)
- 10:30: Sittercize (WC)
- 11:00: Personal Training (WC)

Homewood at Frederick Independent Living Activities Calendar MARCH 2019

- 12:00:** ALOHA Luncheon - Author Lyn Widmyer offers humorous and informative advice in her latest book, "*I Must be Old, I Have a Pill Dispenser*" (MP @ CF) **SHUTTLE**
- 1:00:** Balance through Movement (WC)
- 1:30:** Lunch Out at Café Anglais
- 3:00:** Ping Pong (FC Hallway)
- 7:00:** Pinochle (ILAC @ CF)
- 7:00:** Movie Night Hosted by Scott Taylor: Milagro Beanfield War (Classroom B at the Lodge)

Saturday, March 23, 2019

- 9:30:** Trip to Firehouse Pottery and Art Co.
- 1:00:** Aqua Fit with Sandi Irwin (Lodge Pool)
- 1-5:** CF Pool Weekend Hours (WC Pool)
- 2:00:** Kokopelli Wind Quintet Concert (MP @ CF) **SHUTTLE**
- 2-5:** Open Swim (FC Pool)
- 4:00:** Diner Shuttle Begins
- 4:00:** Pub Night (Wooden Nichol Pub @ Lodge)
- 4:15:** Trip to Catholic Mass
- 6:15:** Trip to Dueling Pianos (Hood College)
- 7:00:** Saturday Movie Night – *Summer Rentals* (MP @ CF)

Homewood at Frederick Independent Living Activities Calendar MARCH 2019

Sunday, March 24, 2019

- 10:00: Worship Service (*CHAPEL @CF*)
- 12:45: Trip to Unbroken Circle (Old Opera House)
- 1-5: Open Swim (*FC Pool*)
- 1:00: CF Pool Weekend Hours (*WC Pool*)
- 2:15: Trip to Argot String Quartet (*FCC*)
- 2:30: Worship Service (*Virts Lounge on Willows Unit at Crumland Farms*)
- 7:00: Sunday Game Night (*Classroom A @ Lodge*)

Monday, March 25, 2019 – Maryland Colors Day

- 7:45: Aqua Fit (*WC Pool*)
- 7:45: CF Pool Hours (*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: Bagels and Fruit (*Great Room @ Lodge*)
- 9:15: Sunshine Readers at Monocacy Elementary School
- 9:30: Groceries Trip (*WEIS ONLY*)
- 10:00: Sittercize Arthritis Exercise (*FC Classroom*)
- 10:30: Sittercize (*WC*)
- 10:30: Catholic Mass (*CHAPEL @CF*)
- 10:30: Shopping: Giant Eagle & Pet Valu
- 12:45: "Friendly" Party Bridge (*The View Alcove @ Lodge*)
- 1:30: Advanced Balance (*WC*)

Homewood at Frederick Independent Living Activities Calendar MARCH 2019

- 2:00: Bible Study (*ILAC - CF*)
- 2:30: Sing-Along with Bernie Tregoe & Ice Cream – Say **THANK YOU** to the Social Services Dept. for all they do for us! (*Cafe@CF*)
- 3:00: Men's Choir Rehearsal (*MP@CF*)
- 3:45: IL Choir Rehearsal (*MP@CF*)
- 4:45: Trip to Caravaggio: The Soul and the Blood – Great Art on Screen (*Majestic*)
- 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 @ the Lodge*)

Tuesday, March 26, 2019

- 7:45: Trip to D.C. Drop-Off – National Gallery of Art
- 7:45: CF Pool Hours (*WC Pool*)
- 8:00: Aqua Fit (*FC Pool*)
- 8:30: March Spotlight Class: Advanced Aqua Fit (*WC Pool*)
- 8:30-12: Open Swim (*FC Pool*)
- 8:45: Water Volleyball (*Fitness Center Pool*)
- 9:00: Massage (*Fitness Center & Wellness Center*)
- 10:00: AMVETS Visits (*Cafe@CF*)
- 10:00: Knit Wits (*Cafe @ CF*)
- 10:00: Water Volleyball Tournament (*Fitness Center Pool*)
- 10:30: Better Sleep Month (*MP@CF*) SHUTTLE
- 11:00: Memories Writing Group (*Library at the Lodge*)
- 1:30: Interval Circuit (*WC*)
- 1:30: Tai Chi with Dr. Frank Citro (*Lodge Fitness Classroom*)

Homewood at Frederick Independent Living Activities Calendar MARCH 2019

- 2:00: Woodworking Group (*Wood Shop at Crumland Farms*)
- 2:30: Blood Pressure Clinic (*Game Room at the Lodge*)
- 2:30: Legends Live On - *New Group to Homewood!! This group sings the music of the Andrews Sisters, Lennon Sisters, Patsy Cline and MUCH MORE! (MP@CF) SHUTTLE*
- 4:00: Dinner Shuttle Begins
- 6:00: Trip to Planetarium – National Parks Adventure
- 6:45: Bridge (*MP@ CF*)
- 7:00: Top 100 Movies: #13 Spotlight (*Classroom B @ Lodge*)

Wednesday, March 27, 2019

- 7:45: Aqua Fit (*WC Pool*)
- 7:45: CF Pool Hours (*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 at the Lodge*)
- 10:30: Sittercize (*WC*)
- 10:30: Gab with Gretchen (Fitness Director) and Friends: Diabetes and Exercise (*Lodge Event Center*)
SHUTTLE
- 11:00: Balance and Stretch (*FC*)
- 11:30: Trip to Indecent (*Center Stage*)
- 12:00: Advanced Demo (*FC*)
- 1:00: Watercolor Class (*Classroom A at the Lodge*)

Homewood at Frederick Independent Living Activities Calendar MARCH 2019

- 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: MAAS Opticians (ILAC @ CF)
- 3:00: Nutrition Series – March is National Nutrition Month - Come and learn the facts with Registered Dietician and Extension Educator Deborah Rhoades- (MP @ CF) SHUTTLE
- 5:45: Trip to To Kill a Mockingbird (Westview Regal)
- 7:00: Let's Play Cards (Game Room at the Lodge)

Thursday, March 28, 2019

- 7:45: CF Pool Hours (WC Pool)
- 8:00: Aqua Fit (FC Pool)
- 8-12: Spring Photo Contest Exhibit and Voting (Event Center Windows @ Lodge and MP@CF – Same pictures in both locations)
- 8:30-12: Open Swim (FC Pool)
- 8:45: Water Volleyball (Fitness Center Pool)
- 9:00: Trip to Trader Joe's – North Potomac
- 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)

Homewood at Frederick Independent Living Activities Calendar MARCH 2019

- 1:30: Pre-Trip Meeting for Bedford Springs Resort and Spa Trip (*ILAC @ CF*)
- 2:00: Introduction to Buddhism (*Classroom B at the Lodge*)
- 3:00: Noteables Rehearsal (*Lodge*) SHUTTLE
- 4:00: Dinner Shuttle Begins
- 4:00: Pub Night (*Wooden Nichol Pub @ Lodge*)
- 6:30: Jazz Connection (*Cafe@CF*) SHUTTLE
- 7:00: Ladies Game Night (*ILAC@CF*)
- 7:00: Game Night (*Classroom A at the Lodge*)

Friday, March 29, 2019

- 7:45: Aqua Fit (*WC Pool*)
- 7:45: CF Pool Hours (*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*)
- 10:30: Sittercize (*WC*)
- 11:00: Personal Training (*WC*)
- 12-4: Taylor Marie Clothing Sale (*MP@CF*)
- 1:00: Balance through Movement (*WC*)
- 2:30: Auxiliary Fundraiser Spring Fashion Show and Dessert (*Tuscarora Dining Room*) SHUTTLE
- 3:00: Ping Pong (*FC Hallway*)
- 7:00: Movie Night: Cast Away (*Classroom B at the Lodge*)

Homewood at Frederick Independent Living Activities Calendar MARCH 2019

Saturday, March 30, 2019

- 11:00: Trip to Wagner's Die Walkure – The MET Live in HD (Regal Westview)
- 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: Guitarist, Todd Andrew – *Old Country and Gospel (MP@CF)*
- 4:00: Dinner Shuttle Begins
- 4:00: Pub Night (*Wooden Nichol Pub @ Lodge*)
- 4:15: Trip to Catholic Mass
- 5:30: Trip to Choir of King's College Cambridge (*National Cathedral*)
- 7:00: Saturday Movie Night - *Midnight in Paris (MP @ CF)*

Sunday, March 31, 2019

- 10:00: Worship Service (*CHAPEL@CF*)
- 1-5: Open Swim (*FC Pool*)
- 1-5: CF Pool Weekend Hours (*WC Pool*)
- 2:15: Trip to Charles Mokotoff, Classical Guitar (*Calvary United Methodist Church*)
- 2:30: Worship Service (*Virts Lounge on Willows Unit at Crumland Farms*)
- 6:00: Trip to The Gatlin Brothers and Lee Greenwood (*Weinberg*)
- 7:00: Sunday Game Night (*Classroom A at the Lodge*)

Homewood at Frederick Independent Living Activities Calendar MARCH 2019

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 @ CF