





Independent Living Calendar

FEBRUARY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 9:00 Indoor Croquet (FH) 10:00 Aqua Aerobics w/ Jenna (PL) 1:00 Canasta (SN) 7:30 "Walk Around Arundel" - A Lecture by Jefferson Holland (FH & 971)
2	Nametag Day 3	4	5	6	7	8
11:00 Church Service (FH) 12:00 Sunday Buffet (CD & BB) 2:00 Mah Jong (C&G)	8:00 Total Body Strength w/ Lisa (FT) 9:15 Stretch, Tone & Balance (FT, 970) 10:00 Aqua Aerobics w/ Jody (PL) 10:00 Tech Bar w/ Charles (BB) 1:00 Seated Exercise & Balance (FT) 1:15 Duplicate Bridge (FH) 2:00 Mah Jong (C&G) 3:00 Men's Circuit Training (FT) 7:15 Movie Night (SR)	8:00 Indoor Croquet (FH) 9:30 Line Dancing (FT) 10:00 Men's Fellowship (CC) 10:00 Tech Bar w/ Charles (BB) 10:00 Women's Bible Study (SR) 10:00 Mexican Train (C&G) 11:00 Cardio Fit w/ Jamie (FT) 11:00 Dementia Support Group (HR3) 1:00 Yoga w/ Francie (FT) 2:00 Gentle Stretch & Seated Yoga (FT, 970) 2:00 Chorus Rehearsal (FH) 3:30 Tai Chi w/ Lu (FT) 4:30 Happy Hour (BB)	8:00 Total Body Strength w/ Lisa (FT) 9:15 Stretch, Tone & Balance (FT, 970) 10:00 Aqua Aerobics w/ Jody (PL) 10:15 Needlework Group (C&G) 1:00 Seated Exercise & Balance (FT) 2:00 Zumba Gold (FT) 3:00 Open Ping Pong (FT) 4:00 Ginger Cove Spring Talent Show Rehearsal (FH)	8:00 Indoor Croquet (FH) 9:30 Aqua Lite w/ Jenna (PL) 10:00 Weights for Women (FT) 11:00 Cardio Fit w/ Jenna (FT) 1:00 Yoga w/ Pam (FT) 2:00 Tech Bar w/ Charles (BB) 2:00 Mah Jong (C&G) 2:00 Winter Matinee Movie (SN) 2:00 Great Decisions (SR) 3:30 Open Cornhole (FT) 4:00 Religious Life (C&G) 4:30 Happy Hour (BB)	8:00 Total Body Strength w/ Lisa (FT) 9:15 Stretch, Tone & Balance (FT, 970) 10:00 Aqua Aerobics w/ Jenna (PL) 10:15 Canasta (SN) 11:00 Fitness Friday with the Personal Trainer (FT) 1:00 Seated Exercise & Balance (FT) 2:30 Open Small Court Pickleball (FT) 4:00 Birthday Social featuring Moxie (FH) 7:15 Movie Night (SR)	9:00 Indoor Croquet (FH) 10:00 Aqua Aerobics w/ Jenna (PL) 1:00 Canasta (SN) 7:30 Duo Soliste – Musical Performance featuring Classical music on Violin and Piano (FH & 971) 
9	Nametag Day 10	11	12	13	Happy Valentine's Day 14	15
11:00 Church Service (FH) 12:00 Sunday Buffet (CD & BB) 2:00 Mah Jong (C&G)	8:00 Total Body Strength w/ Lisa (FT) 9:15 Stretch, Tone & Balance (FT, 970) 10:00 Aqua Aerobics w/ Jody (PL) 10:00 Tech Bar w/ Charles (BB) 10:30 Readers Group (C&G) 1:00 Seated Exercise & Balance (FT) 1:15 Duplicate Bridge (FH) 2:00 Mah Jong (C&G) 3:00 Men's Circuit Training (FT) 7:15 Movie Night (SR)	8:00 Indoor Croquet (FH) 9:30 Line Dancing (FT) 10:00 Men's Fellowship (CC) 10:00 Tech Bar w/ Charles (BB) 10:00 Women's Bible Study (SR) 10:00 Mexican Train (C&G) 11:00 Cardio Fit w/ Jamie (FT) 11:00 Catholic Mass (FH & 971) 11:00 Dementia Support Group (HR3) 1:00 Yoga w/ Francie (FT) 2:00 Gentle Stretch & Seated Yoga (FT, 970) 2:00 Chorus Rehearsal (FH) 3:30 Tai Chi w/ Lu (FT) 4:30 Happy Hour (BB)	8:00 Total Body Strength w/ Lisa (FT) 9:15 Stretch, Tone & Balance (FT, 970) 10:00 Aqua Aerobics w/ Jody (PL) 10:00 Newcomer Discussion (AN) 10:15 Needlework Group (C&G) 11:00 Newcomer Bus Tour (LO) 1:00 Seated Exercise & Balance (FT) 2:00 Nutrition Education Series - "Superfoods, Tomatoes" (SR) 2:00 Zumba Gold (FT) 3:00 Open Ping Pong (FT) 3:30 "Frauds and Scams" - A Lecture by Steve Migdal from AARP (FH & 971) 4:30 Karaoke Nite (BB) 7:15 Art Movie – "Constable at Tate" (SR)	8:00 Indoor Croquet (FH) 9:00 7000 Bldg. EVS Meeting (C&G) 9:30 Aqua Lite w/ Jenna (PL) 10:00 Weights for Women (FT) 11:00 Cardio Fit w/ Jenna (FT) 1:00 Yoga w/ Pam (FT) 2:00 AACo Outreach Library Vehicle "OLIVE" (LO) 2:00 Neighbor to Neighbor Volunteer Meeting (SR) 2:00 Tech Bar w/ Charles (BB) 2:00 Mah Jong (C&G) 2:00 Winter Matinee Movie (SN) 3:30 Open Cornhole (FT) 4:30 Happy Hour (BB) 7:00 BINGO! (FH)	Happy Valentine's Day 8:00 Total Body Strength w/ Lisa (FT) 9:00 Resident Appreciation Breakfast – hosted by the GC Leadership Team (CD) 9:15 Stretch, Tone & Balance (FT, 970) 10:00 Aqua Aerobics w/ Jenna (PL) 10:15 Canasta (SN) 11:00 Fitness Friday with the Personal Trainer (FT) 1:00 Seated Exercise & Balance (FT) 2:00 Tech@Home Class - "Android" (SR) 2:00 Poker Group (SN) 2:30 Sew & Craft Room Open (HB) 3:00 Resident and Staff Pickleball Tournament* (FT) 7:15 Movie Night (SR) 	9:00 Indoor Croquet (FH) 10:00 Aqua Aerobics w/ Jenna (PL) 1:00 Canasta (SN)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
16	17 <i>Presidents Day</i>	18	19	20	21	22
11:00 Church Service (FH) 12:00 Sunday Buffet (CD & BB) 2:00 Mah Jong (C&G)	Nametag Day All Administration Offices are closed 8:00 Total Body Strength w/ Lisa (FT) 9:15 Stretch, Tone & Balance (FT, 970) 10:00 Aqua Aerobics w/ Jody (PL) 12:00 Holiday Buffet (CD) 1:15 Duplicate Bridge (FH) 2:00 Mah Jong (C&G) 7:15 Foreign Movie – “Carajita” (SR) <div style="text-align: center;">  </div>	8:00 Indoor Croquet (FH) 9:30 Line Dancing (FT) 10:00 Men's Fellowship (CC) 10:00 Tech Bar w/ Charles (BB) 10:00 Women's Bible Study (SR) 10:00 Mexican Train (C&G) 11:00 Cardio Fit w/ Jamie (FT) 11:00 Dementia Support Group (HR3) 1:00 Yoga w/ Jamie (FT) 2:00 Gentle Stretch & Seated Yoga (FT, 970) 2:00 Chorus Rehearsal (FH) 3:00 Gym Time w/ Jamie – “Benefits of Aquatics” (FT) 3:30 Tai Chi w/ Lu (FT) 4:30 Happy Hour (BB) <div style="text-align: center;">  </div>	8:00 Total Body Strength w/ Lisa (FT) 9:15 Stretch, Tone & Balance (FT, 970) 10:00 Aqua Aerobics w/ Jody (PL) 10:15 Needlework Group (C&G) 1:00 Seated Exercise & Balance (FT) 2:00 Residents Club Meeting (FH & 971) 3:00 Open Ping Pong (FT) 3:00 Sip n' Paint* (SN) 4:00 Ginger Cove Spring Talent Show Rehearsal (FH) 6:00 BCFA: “The crises Donald Trump must confront. The view of the former chairman of the Senate Foreign Relations Committee (C&G)” 7:15 National Theater at Home – “Jack Absolute Flies Again” (SR)	8:00 Indoor Croquet (FH) 9:30 Aqua Lite w/ Jenna (PL) 10:00 Weights for Women (FT) 11:00 Cardio Fit w/ Jenna (FT) 1:00 Yoga w/ Pam (FT) 2:00 Mah Jong (C&G) 2:30 Resident Town Hall (FH & 971) 3:30 Open Cornhole (FT) 4:00 A Toast to our CEO, Ray Fisher (LO) 4:30 Happy Hour (BB) <div style="text-align: center;">  </div>	8:00 Total Body Strength w/ Lisa (FT) 9:15 Stretch, Tone & Balance (FT, 970) 9:30 AM – 3:00 PM AARP Smart Driver Course* (SR) 10:00 Aqua Aerobics w/ Jenna (PL) 10:15 Canasta (SN) 11:00 Fitness Friday with the Personal Trainer (FT) 12:00 Men's Luncheon* (AN) 1:00 Seated Exercise & Balance (FT) 2:30 Open Small Court Pickleball (FT) 3:00 Poetry Group (C&G) 7:15 Movie Night (SR) <div style="text-align: center;">  </div>	9:00 Indoor Croquet (FH) 10:00 Aqua Aerobics w/ Jenna (PL) 1:00 Canasta (SN) 7:30 Music Pilgrim Trio – Musical Performance with music from around the world (FH & 971)
23	24 <i>Nametag Day</i>	25	26	27	28	
11:00 Church Service (FH) 12:00 Sunday Buffet (CD & BB) 2:00 Mah Jong (C&G)	8:00 Car Wash & Auto Detailing* (1000 Parking Lot) 8:00 Total Body Strength w/ Lisa (FT) 9:00 Building and Grounds Meeting (C&G) 9:15 Stretch, Tone & Balance (FT, 970) 10:00 Aqua Aerobics w/ Jody (PL) 10:00 Tech Bar w/ Charles (BB) 1:00 Seated Exercise & Balance (FT) 1:15 Duplicate Bridge (FH) 2:00 Travel with Paul* (SR) 2:00 Mah Jong (C&G) 3:00 Men's Circuit Training (FT) 7:15 Movie Night (SR)	8:00 Indoor Croquet (FH) 9:30 Line Dancing (FT) 10:00 Men's Fellowship (CC) 10:00 Tech Bar w/ Charles (BB) 10:00 Women's Bible Study (SR) 10:00 Mexican Train (C&G) 11:00 Cardio Fit w/ Jamie (FT) 11:00 Catholic Mass (FH & 971) 11:00 Dementia Support Group (HR3) 1:00 Yoga w/ Francie (FT) 2:00 Gentle Stretch & Seated Yoga (FT, 970) 2:00 Chorus Rehearsal (FH) 3:00 Meet and Greet with our new CEO, Chip Warner (BB & CA) 3:30 Tai Chi w/ Lu (FT) 4:30 Happy Hour (BB)	8:00 Total Body Strength w/ Lisa (FT) 9:15 Stretch, Tone & Balance (FT, 970) 10:00 Aqua Aerobics w/ Jody (PL) 10:15 Needlework Group (C&G) 1:00 Seated Exercise & Balance (FT) 2:00 Zumba Gold (FT) 2:30 Writers Workshop (C&G) 3:00 Open Ping Pong (FT) 4:00 Ginger Cove Spring Talent Show Rehearsal (FH) 4:30 Trivia w/ Friends (BB)	8:00 Indoor Croquet (FH) 9:30 Aqua Lite w/ Jenna (PL) 10:00 Weights for Women (FT) 11:00 Cardio Fit w/ Jenna (FT) 1:00 Yoga w/ Pam (FT) 2:00 Tech Bar w/ Charles (BB) 2:00 Mah Jong (C&G) 2:00 Winter Matinee Movie (SN) 3:30 Open Cornhole (FT) 4:30 Happy Hour (BB) 7:00 BINGO! (FH)	8:00 Total Body Strength w/ Lisa (FT) 9:15 Stretch, Tone & Balance (FT, 970) 10:00 Aqua Aerobics w/ Jenna (PL) 10:00 Caregivers' Group (CC) 10:15 Canasta (SN) 11:00 Fitness Friday with the Personal Trainer (FT) 1:00 Seated Exercise & Balance (FT) 2:00 Tech@Home Class - "All Things Email" (SR) 2:00 Parkinson's Support Group (QA) 2:00 Poker Group (SN) 2:30 Open Small Court Pickleball (FT) 2:30 Sew & Craft Room Open (HB) 7:15 Movie Night (SR)	

Room Key (AN) = Annapolis Room (BB) = Bugeye Bar (BR) = Billiards Room (CA) = Cafe (CC) = Caring Cove (CD) = Chesapeake Dining Room (CG) = Card and Game Room (CQ) = Croquet Court (FH) = Friendship Hall (FT) = Fitness Center (HB) = Heritage Basement (HR) = Heritage Activity Room (HRL) = Heritage 1 st Fl Living Room	(HR3) = Heritage 3rd Floor (GZ) = Gazebo (LO) = Lobby (O) = Outside, Campus Green (QA) = Queen Anne Room (PL) = Pool (SD) = Skipjack Dining Room (SN) = Schooner Room (SP) = Skipjack Patio (SR) = South River Room (Z) = Zoom (970) = TV Channel 970 (971) = CH 971, TV Live Stream (*) = Sign-up in Mailroom
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