

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	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 (**) = Sign-up on Uniguest		1 8:00 Outdoor Croquet (CQ) 9:30 Aqua Lite (PL) 10:00 Culinary Chats with Larry* (C&G) 10:30 Weights for Women (FT) 11:00 Cardio Fit (FT) 11:00 J. McLaughlin Fall Trunk Show (AN)  1:00 Yoga (FT) 1:30 Mah Jong (C&G) 2:00 Tech Bar (BB) 2:00 Travel with Paul* (SR) 2:30 Fellowship and Worship Committee Meeting (SN) 3:00 Open Cornhole (FT or O) 4:30 Happy Hour (BB)	2 8:00 Total Body Strength w/ Lisa (FT) 9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics (PL) 10:15 Canasta (SN) 11:30 Office Hours with Jamie (FT) 1:00 Seated Exercise & Balance (FT) 2:00 Mexican Train (C&G) 2:00 Poker Group (SN) 2:30 Open Small Court Pickleball (FT) 2:30 Sew & Craft Room Open (HB) 4:00 Birthday Social featuring The Maryland Accordion Club (FH)  7:15 Movie Night (SR)	3 9:00 Outdoor Croquet (CQ) 9:00 Pool School (BR) 10:00 Aqua Aerobics (PL) 1:00 Canasta (SN) 1:00 Open Billiards (BR)
4 11:00 Church Service (FH) 12:00 Sunday Buffet (CD & BB) 1:30 Mah Jong (C&G) 3:00 Movie Matinee (SR) 7:00 Sunday Night Series "The Closer" (SR)	Nametag Day 5 8:00 Total Body Strength w/ Lisa (FT) 9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics (PL) 10:00 Tech Bar (BB) 10:30 Men's Circuit Training (FT) 1:00 Duplicate Bridge (FH) 1:00 Seated Exercise & Balance (FT) 1:30 Mah Jong (C&G) 7:15 Movie Night (SR)	6 8:00 Outdoor Croquet (CQ) 9:30 Tuesday Trekkers (4000 Lobby) 10:00 Line Dancing (FT) 10:00 Men's Fellowship (SN) 10:00 Tech Bar (BB) 10:00 Women's Bible Study (SR) 10:00 Mexican Train (C&G) 11:00 Cardio Fit (FT) 1:00 Yoga (FT) 1:30 Chorus Rehearsal (FH) 2:00 Chair Yoga (FT, 970) 3:00 Open Sports (FT) 4:30 Happy Hour (BB)	7 8:00 Total Body Strength w/ Lisa (FT) 9:15 Functional Fitness (FT,970) 10:00 Aqua Aerobics (PL) 10:15 Needlework Group (C&G) 11:00 Dementia Caregiver Support Group (HR3) 1:00 Cardio Drumming (FT) 2:00 Oktoberfest Celebration (FH & 971) 3:00 Open Ping Pong (FT) 	8 8:00 Outdoor Croquet (CQ) 9:30 Aqua Lite (PL) 10:30 Weights for Women (FT) 11:00 Cardio Fit (FT) 1:00 Yoga (FT) 1:30 Mah Jong (C&G) 2:00 AACo Outreach Library Vehicle "OLIVE" (FT) 2:00 Neighbor to Neighbor Volunteer Meeting (SR) 2:00 Tech Bar (BB) 3:00 Open Cornhole (FT or O) 4:30 Happy Hour (BB) 7:00 BINGO! (FH) 7:00 Pet-a-Pooch (LO)	9 8:00 Total Body Strength w/ Lisa (FT) 9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics (PL) 10:15 Canasta (SN) 11:30 Office Hours with Jamie (FT) 1:00 Seated Exercise & Balance (FT) 2:00 Tech@Home Class (SR) 2:00 Mexican Train (C&G) 2:00 Poker Group (SN) 2:30 Open Small Court Pickleball (FT) 2:30 Sew & Craft Room Open (HB) 7:15 Movie Night (SR)	10 9:00 Outdoor Croquet (CQ) 9:00 Pool School (BR) 10:00 Aqua Aerobics (PL) 1:00 Canasta (SN) 1:00 Open Billiards (BR)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11 11:00 Church Service (FH) 12:00 Sunday Buffet (CD & BB) 1:30 Mah Jong (C&G) 3:00 Movie Matinee (SR) 3:30 Musical Performance by Vladimir and Alexander (FH & 971) 7:00 Sunday Night Series "The Closer" (SR)	Nametag Day 12 8:00 Total Body Strength w/ Lisa (FT) 9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics (PL) 10:00 Tech Bar (BB) 10:30 Men's Circuit Training (FT) 10:30 Readers Group (C&G) 1:00 Duplicate Bridge (FH) 1:00 Seated Exercise & Balance (FT) 1:30 Mah Jong (C&G) 7:15 Foreign Movie - Persepolis (SR)	13 8:00 Outdoor Croquet (CQ) 9:30 Tuesday Trekkers (4000 Lobby) 10:00 Line Dancing (FT) 10:00 Men's Fellowship (SN) 10:00 Tech Bar (BB) 10:00 Women's Bible Study (SR) 10:00 Mexican Train (C&G) 11:00 Cardio Fit (FT) 11:00 Catholic Mass (FH & 971) 1:00 Yoga (FT) 1:30 Chorus Rehearsal (FH) 2:00 Chair Yoga (FT, 970) 3:00 Open Sports (FT) 4:30 Happy Hour (BB)	14 8:00 Total Body Strength w/ Lisa (FT) 9:15 Functional Fitness (FT,970) 10:00 Aqua Aerobics (PL) 10:15 Needlework Group (C&G) 11:00 Dementia Caregiver Support Group (HR3) 1:00 Cardio Drumming (FT) 3:00 Open Ping Pong (FT) 4:30 Piano Bar with Diana (BB) 7:15 Art Movie - Botero (SR)	15 8:00 Outdoor Croquet (CQ) 9:30 Aqua Lite (PL) 10:00 Chats with Chip (C&G) 10:30 Weights for Women (FT) 11:00 Cardio Fit (FT) 1:00 Yoga (FT) 1:30 Mah Jong (C&G) 2:00 “Say my Name” Presentation by Janice Hayes Williams (FH & 971) 2:00 Tech Bar (BB) 3:00 Open Cornhole (FT or O) 4:30 Happy Hour (BB) 5:00 Triobike Dinner Taxi	16 8:00 Total Body Strength w/ Lisa (FT) 9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics (PL) 10:15 Canasta (SN) 11:30 Office Hours with Jamie (FT) 12:00 Men's Luncheon* (AN) 1:00 Seated Exercise & Balance (FT) 2:00 Mexican Train (BR) 2:00 Poker Group (SN) 2:30 Open Small Court Pickleball (FT) 2:30 Sew & Craft Room Open (HB) 3:00 Poetry Group (C&G) 7:15 Movie Night (SR)	17 9:00 Outdoor Croquet (CQ) 9:00 Pool School (BR) 10:00 Aqua Aerobics (PL) 1:00 Canasta (SN) 1:00 Open Billiards (BR)
18 11:00 Church Service (FH) 12:00 Sunday Buffet (CD & BB) 12:00 Walk to End Alzheimer's (Off Campus) 1:30 Mah Jong (C&G) 3:00 Movie Matinee (SR) 7:00 Sunday Night Series "The Closer" (SR)	Nametag Day 19 8:00 Total Body Strength w/ Lisa (FT) 9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics (PL) 10:00 Tech Bar (BB) 10:30 Men's Circuit Training (FT) 1:00 Duplicate Bridge (FH) 1:00 Our Neighborhood Meeting (SN) 1:00 Seated Exercise & Balance (FT) 1:30 Mah Jong (C&G) 7:15 Movie Night (SR)	20 8:00 Outdoor Croquet (CQ) 10:00 Line Dancing (FT) 10:00 Men's Fellowship (SN) 10:00 Tech Bar (BB) 10:00 Women's Bible Study (SR) 10:00 Mexican Train (C&G) 11:00 Cardio Fit (FT) 1:00 Yoga (FT) 1:30 Chorus Rehearsal (FH) 2:00 Chair Yoga (FT, 970) 3:00 Open Sports (FT) 4:30 Happy Hour (BB)	21 8:00 Total Body Strength w/ Lisa (FT) 9:15 Functional Fitness (FT,970) 10:00 Aqua Aerobics (PL) 10:15 Needlework Group (C&G) 11:00 Dementia Caregiver Support Group (HR3) 1:00 Cardio Drumming (FT) 2:00 Residents Club Meeting (FH & 971) 3:00 Open Ping Pong (FT) 3:00 Sip n' Paint* (SN) 7:15 National Theater at Home - "Jack Absolute Flys Again" (SR)	22 8:00 Outdoor Croquet (CQ) 9:30 Aqua Lite (PL) 10:30 Weights for Women (FT) 11:00 Cardio Fit (FT) 1:00 Yoga (FT) 1:30 Mah Jong (C&G) 2:00 Resident Lecture - Neal Kaske on Woodturning (FH & 971)  2:00 Tech Bar (BB) 3:00 Open Cornhole (FT or O) 4:30 Happy Hour (BB) 7:00 BINGO! (FH)	23 8:00 Total Body Strength w/ Lisa (FT) 9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics (PL) 10:15 Canasta (SN) 11:30 Office Hours with Jamie (FT) 1:00 Seated Exercise & Balance (FT) 1:30 Great Decisions (AN) 2:00 Tech@Home Class (SR) 2:00 Mexican Train (C&G) 2:00 Poker Group (SN) 2:30 Open Small Court Pickleball (FT) 2:30 Sew & Craft Room Open (HB) 7:15 Movie Night (SR)	24 9:00 Outdoor Croquet (CQ) 9:00 Pool School (BR) 10:00 Aqua Aerobics (PL) 1:00 Canasta (SN) 1:00 Open Billiards (BR)
25 11:00 Church Service (FH) 12:00 Sunday Buffet (CD & BB) 1:30 Mah Jong (C&G) 2:30 Light up a Life (FH)  3:00 Movie Matinee (SR) 7:00 Sunday Night Series "The Closer" (SR)	Nametag Day 26 8:00 Car Wash & Auto Detailing* (1000 Parking Lot) 8:00 Total Body Strength w/ Lisa (FT) 9:00 Appts with Ryan Helfenbein of Lasting Tributes* (SN) 9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics (PL) 10:00 Tech Bar (BB) 10:30 Men's Circuit Training (FT) 10:30 Low Vision Group (AN) 1:00 Duplicate Bridge (FH) 1:00 Seated Exercise & Balance (FT) 1:30 Mah Jong (C&G) 7:15 Movie Night (SR)	27 8:00 Outdoor Croquet (CQ) 10:00 Line Dancing (FT) 10:00 Men's Fellowship (SN) 10:00 Tech Bar (BB) 10:00 Women's Bible Study (SR) 10:00 Mexican Train (C&G) 11:00 Cardio Fit (FT) 11:00 Catholic Mass (FH & 971) 1:00 Yoga (FT) 1:30 Chorus Rehearsal (FH) 2:00 Chair Yoga (FT, 970) 3:00 Open Sports (FT) 4:30 Happy Hour (BB)	28 8:00 Total Body Strength w/ Lisa (FT) 9:15 Functional Fitness (FT,970) 10:00 Aqua Aerobics (PL) 10:15 Needlework Group (C&G) 11:00 Dementia Caregiver Support Group (HR3) 1:00 Cardio Drumming (FT) 2:30 Writers Workshop (C&G) 2:30 Dementia Education with Dr. Ronch and Dr. Rabins (FH & 971) 3:00 Open Ping Pong (FT) 4:30 Trivia w/ Friends (BB)	29 8:00 Outdoor Croquet (CQ) 9:30 Aqua Lite (PL) 10:30 Weights for Women (FT) 11:00 Cardio Fit (FT) 1:00 Yoga (FT) 1:30 Mah Jong (C&G) 2:00 Tech Bar (BB) 3:00 Open Cornhole (FT or O) 4:30 Happy Hour (BB)	30 8:00 Total Body Strength w/ Lisa (FT) 9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics (PL) 10:00 Caregivers' Group (CC) 10:15 Canasta (SN) 11:30 Office Hours with Jamie (FT) 1:00 Seated Exercise & Balance (FT) 2:00 Poker Group (SN) 2:30 Haunted Happy Hour and Costume Contest (SP)  2:30 Open Small Court Pickleball (FT) 2:30 Sew & Craft Room Open (HB) 7:15 Movie Night (SR)	31 9:00 Outdoor Croquet (CQ) 9:00 Pool School (BR) 10:00 Aqua Aerobics (PL) 1:00 Canasta (SN) 1:00 Open Billiards (BR)