

SEPTEMBER 2025



Independent Living Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Labor Day 9:30 Sit & Stand - FITNESS CTR 11:00 Mod. Level Exercise-FC 11:45 High Lev Exercise-FC 1:30 Wii Bowling - MR 2:30 Guitar w/ Justin / WA 6:30 Harbor City Chorus/ WA	2 9:00 Meadowood Walking Group 10:00 Zumba - FITNESS CTR 10:00 Shopping: Trader Joe & More At Kenilworth 10:00 Mahjong Lessons-Grille/Meeting Room Area 11:00 Mod. Level Exercise-FC 11:45 High Lev Exercise-FC 1:30 Bookmobile - Front Door 3:00 Bingo With David MR	3 9:30 Sit & Stand - FITNESS CTR 10:00 Banking & Shopping 10:30 Balloon Volleyball / WA 11:00 Mod. Level Exercise-FC 11:45 High Lev Exercise-FC 1:30 Knitting Group - 3rd FLOOR LOUNGE 1:30 Billiards 2:30 Music & Song w/ Ken King / WA 7:30 Chesapeake Concert Band / WA	4 9:30 Daily Chronicles and Horoscopes/ CBA 10:00 Shopping: Eddies Market 11:00 Mod. Level Exercise-FC 11:45 High Lev Exercise-FC 1:30 Knitting Group - 3rd FLOOR LOUNGE 2:00 Cont Issues/ MR 3:00 Pgill Singers Practice-MR 3:00 Hist. Look into the Gilded Age of Music, yachting / WA	5 9:30 Sit & Stand - FITNESS CTR 10:30 Patio Perching / 3AR 11:00 Mod. Level Exercise-FC 11:45 High Lev Exercise-FC 1:00 Writing Group - MR 1:30 Knitting Group - 3rd FLOOR LOUNGE	6 9:30 Yoga- FITNESS CTR 2:30 Building Happy Hour / WA 5:45 Movie / WA
7 10:00 Catholic Virtual Mass w/ Comm. / WA 2:00 Ecum. Service / Chap 2:30 Fellowship w/ refresh / Chap 3:15 Crossword WA	8 9:30 Sit & Stand - FITNESS CTR 11:00 Mod. Level Exercise-FC 11:45 High Lev Exercise-FC 1:30 Wii Bowling - MR 2:30 Woof Entertainment w/ Floyd at Piano / WA 6:30 Harbor City Chorus/ WA 7:15 Book Club- 4th Fl. Library	9 9:00 Meadowood Walking Group 10:00 Zumba - FITNESS CTR 10:00 Hunt Valley Shopping. Wegmans & More 10:00 Mahjong Lessons-Grille/Meeting Room Area 11:00 Mod. Level Exercise-FC 11:45 High Lev Exercise-FC 3:00 Bingo With David MR	10 9:30 Sit & Stand - FITNESS CTR 10:00 Banking & Shopping 10:30 "You Be the Judge " / WA 11:00 Mod. Level Exercise-FC 11:45 High Lev Exercise-FC 1:30 Knitting Group - 3rd FLOOR LOUNGE 1:30 Billiards 2:00 Catholic Comm - MR 2:30 Magic w/ Liam / WA 7:00 Ain't Misbehavin' Rehearsal / WA	11 9:30 Daily Chronicles and Horoscopes/ CBA 10:15 Restaraunt: Carrols Creek Cafe. Annapolis Eastport 11:00 Mod. Level Exercise-FC 11:45 High Lev Exercise-FC 1:30 Knitting Group - 3rd FLOOR LOUNGE 2:00 Cont Issues/ MR 3:00 Pgill Singers Practice-MR 3:15 Remembering 9/11 / WA	12 9:30 Sit & Stand - FITNESS CTR 11:00 Mod. Level Exercise-FC 11:45 High Lev Exercise-FC 1:00 Writing Group - MR 1:30 Knitting Group - 3rd FLOOR LOUNGE 2:30 Assoc. Exec. Bd. - Conf. Rm	13 9:30 Yoga- FITNESS CTR 2:00 Movie Day / WA 5:45 Movie / WA 7:15 Bingo -MR
14 10:00 Catholic Virtual Mass w/ Comm. / WA 2:00 Ecum. Service / Chap 2:30 Fellowship w/ refresh / Chap 3:15 Jeopardy / WA	15 9:30 Sit & Stand - FITNESS CTR 11:00 Mod. Level Exercise-FC 11:45 High Lev Exercise-FC 1:30 Wii Bowling - MR 2:00 Catholic Mass/ Meeting Room 2:30 " I'll Knock a Homer for You " A Babe Ruth Story / WA 6:30 Harbor City Chorus/ WA	16 9:00 Meadowood Walking Group 10:00 Zumba - FITNESS CTR 10:00 White Marsh Mall 10:00 Mahjong Lessons-Grille/Meeting Room Area 11:00 Mod. Level Exercise-FC 11:45 High Lev Exercise-FC 3:00 Bingo With David MR	17 9:30 Sit & Stand - FITNESS CTR 10:00 Banking & Shopping 10:30 "History & You" / WA 11:00 Mod. Level Exercise-FC 11:45 High Lev Exercise-FC 1:30 Knitting Group - 3rd FLOOR LOUNGE 1:30 Billiards 2:30 Guitar w/ Kelly Kalb / WA 7:00 Ain't Misbehavin' Rehearsal / WA	18 9:30 Daily Chronicles and Horoscopes/ CBA 10:00 Shopping: Grauls Market,Walgreens Drug Store 11:00 Mod. Level Exercise-FC 11:45 High Lev Exercise-FC 1:30 Knitting Group - 3rd FLOOR LOUNGE 2:00 Cont Issues/ MR 3:00 Pgill Singers Practice-MR 3:15 Immunization in Elderly / WA	19 9:30 Sit & Stand - FITNESS CTR 10:30 Nat. Geo. " Greatest Unsolved Mysteries " / WA 11:00 Mod. Level Exercise-FC 11:45 High Lev Exercise-FC 1:00 Writing Group - MR 1:30 Knitting Group - 3rd FLOOR LOUNGE 2:30 Residents General Mtg. -MR	20 9:30 Yoga- FITNESS CTR 2:00 Movie Day / WA 3:00 BYOB Social - MR 5:45 Movie / WA

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21 10:00 Catholic Virtual Mass w/ Comm. / WA 2:00 Ecum. Service / Chap 2:30 Fellowship w/ refresh / Chap 3:15 Trivia WA	22 9:30 Sit & Stand - FITNESS CTR 11:00 Mod. Level Exercise-FC 11:45 High Lev Exercise-FC 1:30 Wii Bowling - MR 6:30 Harbor City Chorus/ WA	23 9:00 Meadowood Walking Group 10:00 Zumba - FITNESS CTR 10:00 Shopping At Towson Market Place. Target Weis,Marshalls And More 10:00 Mahjong Lessons-Grille/Meeting Room Area 11:00 Mod. Level Exercise-FC 11:45 High Lev Exercise-FC 3:00 Bingo With David MR	24 9:30 Sit & Stand - FITNESS CTR 10:00 Banking & Shopping 10:30 Topics of Life: "My Heroes" 11:00 Mod. Level Exercise-FC 11:45 High Lev Exercise-FC 1:30 Knitting Group - 3rd FLOOR LOUNGE 1:30 Billiards 2:00 Catholic Comm - MR 2:30 Music w/ the Uke Bros. / WA 7:00 Ain't Misbehavin' Reh.	25 9:30 Daily Chronicles and Horoscopes/ CBA 10:00 Amish Market 11:00 Mod. Level Exercise-FC 11:45 High Lev Exercise-FC 1:30 Knitting Group - 3rd FLOOR LOUNGE 3:00 Pgill Singers Practice-MR 3:00 "Autumn Notes" w/ the Pickersgill Singers	26 9:30 Sit & Stand - FITNESS CTR 10:30 Family Feud / WA 11:00 Mod. Level Exercise-FC 11:45 High Lev Exercise-FC 1:00 Writing Group - MR 1:30 Knitting Group - 3rd FLOOR LOUNGE	27 9:30 Yoga- FITNESS CTR 2:00 Movie Day / WA 5:45 Movie / WA 7:15 Bingo - MR
28 10:00 Catholic Virtual Mass w/ Comm. / WA 2:00 Ecum. Service / Chap 2:30 Fellowship w/ refresh / Chap 3:15 Documentary / WA	29 9:30 Sit & Stand - FITNESS CTR 11:00 Mod. Level Exercise-FC 11:45 High Lev Exercise-FC 1:30 Wii Bowling - MR 2:30 Vintage Entertainment / WA 6:30 Harbor City Chorus/ WA	30 9:00 Meadowood Walking Group 10:00 Zumba - FITNESS CTR 10:00 Brunch At IHOP 10:00 Mahjong Lessons-Grille/Meeting Room Area 11:00 Mod. Level Exercise-FC 11:45 High Lev Exercise-FC 3:00 Bingo With David MR		WA=Willard Auditorium MR=Meeting Room 3AR=3rd Floor Activity Room Cont. Issues Activity = Contemporary Issues Please be sure to sign up for outings at Front Desk	Interested in bringing back an activity you don't see on the schedule or proposing something new? Let us know! 410 842 0404	