

## Independent Living Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		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	<b>1</b> <b>New Year's Day</b>  <b>9:30</b> Daily Chronicles and Horoscopes/ CBA <b>10:00</b> Eddie's Market <b>11:00</b> Balance Ex. / FC <b>11:45</b> Moderate Ex, / FC <b>2:00</b> Cont Issues/MR <b>3:00</b> Pgill Singers Practice-MR <b>3:15</b> Penny Ante-WA	<b>2</b>  <b>9:30</b> Sit & Stand - FITNESS CTR <b>10:00</b> <b>Lost Treasures of the Bible-WA</b> <b>11:00</b> Inter.Ex. / FC <b>11:45</b> Mod. Ex. / FC <b>1:00</b> Writing Group - MR	<b>3</b>  <b>9:30</b> Yoga- FITNESS CTR <b>2:00</b> Movie Day / WA
<b>4</b>  <b>10:00</b> Catholic Virtual Mass w/ Comm. / WA <b>11:00</b> Mini Activities-WA <b>1:00</b> Mahjong-4th Fl Lib <b>2:00</b> Ecum. Service / Chap <b>2:30</b> Fellowship w/ refresh / Chap <b>3:15</b> Crossword WA	<b>5</b>  <b>9:30</b> Sit & Stand - FITNESS CTR <b>11:00</b> Inter. Ex./ FC <b>11:45</b> Mod. Ex. / FC <b>1:30</b> Wii Bowling - MR <b>2:30</b> <b>Music &amp; Song w/ Rayon / WA</b> <b>6:30</b> Harbor City Chorus/ WA	<b>6</b>  <b>10:00</b> <b>Zumba - FITNESS CTR</b> <b>10:00</b> Kenilworth Shopping: Trader Joe Or Any Store <b>11:00</b> Balance Ex. / FC <b>11:45</b> Mod. Ex. / FC <b>1:30</b> Bookmobile - Front Door <b>3:00</b> Bingo With David MR	<b>7</b>  <b>9:30</b> Sit & Stand - FITNESS CTR <b>10:00</b> Banking & Shopping <b>10:30</b> Horseracing/WA <b>11:00</b> Inter. Ex. / FC <b>11:45</b> Mod. Ex. / FC <b>1:30</b> Billiards <b>2:00</b> Catholic Comm - MR <b>2:30</b> <b>Personality Quiz / WA</b> <b>3:00</b> Mahjong-4th Fl Lib	<b>8</b>  <b>9:30</b> Daily Chronicles and Horoscopes/ CBA <b>11:00</b> Bal. Ex. / FC <b>11:15</b> Restaraunt:Casa Mia's. Good Food And A Fireplace. Warm & Cozy <b>11:45</b> Mod. Ex. / FC <b>1:00</b> IL Committee-Conf Room <b>2:00</b> Cont Issues/MR <b>3:00</b> Pgill Singers Practice-MR <b>3:15</b> Sip n' Sketch-WA	<b>9</b>  <b>9:30</b> Sit & Stand - FITNESS CTR <b>10:15</b> Garden Club=WA <b>1:00</b> Writing Group - MR <b>2:30</b> Assoc. Exec. Bd. - Conf. Rm	<b>10</b>  <b>9:30</b> Yoga- FITNESS CTR <b>2:00</b> Movie Day; TBA <b>2:00</b> <b>Memorial to Brigitte / WA</b> <b>7:15</b> <b>Bingo -MR</b>
<b>11</b>  <b>10:00</b> Catholic Virtual Mass w/ Comm. / WA <b>11:00</b> Mini Activities-WA <b>1:00</b> Mahjong-4th Fl Lib <b>2:00</b> Ecum. Service / Chap <b>2:30</b> Fellowship w/ refresh / Chap	<b>12</b>  <b>9:30</b> Sit & Stand - FITNESS CTR <b>11:00</b> Inter. Ex. / FC <b>11:45</b> Mod. Ex. / FC <b>1:30</b> Wii Bowling - MR <b>2:30</b> <b>Guitar &amp; Song w/ Phil Kane / WA</b> <b>6:30</b> Harbor City Chorus/WA <b>7:15</b> Book Club- 4th Fl. Library	<b>13</b>  <b>10:00</b> <b>Zumba - FITNESS CTR</b> <b>10:00</b> Hunt Valley Shopping: Wegmans or Any Store There <b>11:00</b> Bal. Build. Ex / FC <b>11:45</b> Mod. Ex. / FC <b>3:00</b> Bingo With David MR	<b>14</b>  <b>9:30</b> Sit & Stand - FITNESS CTR <b>10:00</b> Banking & Shopping <b>10:30</b> Trivia w/ Activities-WA <b>11:00</b> Inter. Ex. / FC <b>11:45</b> Mod. Ex. / FC <b>1:30</b> Billiards <b>2:00</b> Catholic Comm - MR <b>2:30</b> <b>Vocalist Michael Brown / WA</b> <b>3:00</b> Mahjong-4th Fl Lib	<b>15</b>  <b>9:30</b> Daily Chronicles and Horoscopes/ CBA <b>9:45</b> White Marsh Mall <b>11:00</b> Balance Builders Class-FC <b>11:45</b> Moderate Lev Exercise-FC <b>2:00</b> Cont Issues/MR <b>3:00</b> Pgill Singers Practice-MR <b>3:15</b> You Be the Judge-WA	<b>16</b>  <b>9:30</b> Sit & Stand - FITNESS CTR <b>10:30</b> Sand Art Landscapes-WA <b>11:00</b> Inter. Ex. / FC <b>11:45</b> Mod. Ex. / FC <b>1:00</b> Writing Group - MR <b>2:30</b> Residents General Mtg. -MR	<b>17</b>  <b>9:30</b> Yoga- FITNESS CTR <b>2:00</b> Movie Day; TBA <b>3:00</b> BYOB Social - MR

## Independent Living Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>18</b> <b>10:00</b> Catholic Virtual Mass w/ Comm. / WA <b>11:00</b> Mini Activities-WA <b>1:00</b> Mahjong-4th Fl Lib <b>2:00</b> Ecum. Service / Chap <b>2:30</b> Fellowship w/ refresh / Chap <b>3:15</b> Trivia WA	<b>19</b> <b>Martin Luther King Day</b> <b>9:30</b> Sit & Stand - FITNESS CTR <b>11:00</b> Inter. Ex. / FC <b>11:45</b> Mod. Ex. / FC <b>1:30</b> Wii Bowling - MR <b>2:00</b> Catholic Mass/ Meeting Room <b>2:30</b> <b>Guitar w/ Ron / WA</b> <b>6:30</b> Harbor City Chorus/ WA	<b>20</b> <b>10:00</b> <b>Zumba - FITNESS CTR</b> <b>10:00</b> Shopping:Graul's Market,Walgreens Drug Store & Liquor Store <b>11:00</b> Balance Ex. / FC <b>11:45</b> Mod. Ex. / FC <b>3:00</b> Bingo With David MR	<b>21</b> <b>9:30</b> Sit & Stand - FITNESS CTR <b>10:00</b> Banking & Shopping <b>10:30</b> MLK Jr Documentary-WA <b>11:00</b> Inter. Ex. / FC <b>11:45</b> Mod. Level Ex. / FC <b>1:30</b> Billiards <b>2:00</b> No Comm. Today <b>2:30</b> <b>Music w/ Days of Vinyl / WA</b> <b>3:00</b> Mahjong-4th Fl Lib	<b>22</b> <b>9:30</b> Daily Chronicles and Horoscopes/ CBA <b>10:00</b> Shopping: Aldi's <b>11:00</b> Bal. Build. / FC <b>11:45</b> Mod. Level Ex. / FC <b>2:00</b> Cont Issues/ MR <b>3:00</b> Pgill Singers Practice-MR <b>3:15</b> Tech Help-WA	<b>23</b> <b>9:30</b> Sit & Stand - FITNESS CTR <b>10:30</b> Black Jack-WA <b>11:00</b> Intermediate Exerc Class-FC <b>11:45</b> Moderate Lev Exercise-FC <b>1:00</b> Writing Group - MR	<b>24</b> <b>9:30</b> Yoga- FITNESS CTR <b>10:00</b> BAVC-3AR <b>2:00</b> Movie Day; TBA <b>2:30</b> Happy Hour-WA <b>7:15</b> Bingo - MR
<b>25</b> <b>10:00</b> Catholic Virtual Mass w/ Comm. / WA <b>11:00</b> Mini Activities-WA <b>1:00</b> Mahjong-4th Fl Lib <b>2:00</b> Ecum. Service / Chap <b>2:30</b> Fellowship w/ refresh / Chap <b>3:15</b> Activity-WA	<b>26</b> <b>9:30</b> Sit & Stand - FITNESS CTR <b>11:00</b> Intermediate Exercise Class-FC <b>11:45</b> Moderate Lev Exercise-FC <b>1:30</b> Wii Bowling - MR <b>2:00</b> <b>Song &amp; Dance w/ Lynn Roxy / WA</b> <b>6:30</b> Harbor City Chorus/ WA	<b>27</b> <b>10:00</b> <b>Zumba - FITNESS CTR</b> <b>10:00</b> Shopping: Towson Market Place:Target,Weis, Marshalls And More <b>11:00</b> Balance Builders Class-FC <b>11:45</b> Moderate Lev Exercise-FC <b>3:00</b> Bingo With David MR	<b>28</b> <b>9:30</b> Sit & Stand - FITNESS CTR <b>10:00</b> Banking & Shopping <b>10:30</b> Novel Exchange-WA <b>11:00</b> Intermediate Exer. Class-FC <b>11:45</b> Moderate Lev Exercise-FC <b>1:30</b> Billiards <b>2:00</b> Catholic Comm - MR <b>2:30</b> <b>Music w/ the Charmers</b> <b>3:00</b> Mahjong-4th Fl Lib	<b>29</b> <b>9:30</b> Daily Chronicles and Horoscopes/ CBA <b>10:00</b> Amish Market <b>11:00</b> Balance Builders Class-FC <b>11:45</b> Moderate Lev Exercise-FC <b>2:00</b> Cont Issues/ MR <b>3:00</b> Pgill Singers Practice-MR <b>3:15</b> Bowling-WA <b>6:00</b> Speech & Drama Students-WA	<b>30</b> <b>9:30</b> Sit & Stand - FITNESS CTR <b>10:30</b> Put the Past in Order-WA <b>11:00</b> Intermediate Exerc Class-FC <b>11:45</b> Moderate Lev Exercise-FC <b>1:00</b> Writing Group - MR	<b>31</b> <b>9:30</b> Yoga- FITNESS CTR <b>2:00</b> Movie Day; TBA