

SUN MON TUE WED THUR FRI SAT

**Activities
Are Subject
To Change**

1
8:30 \$\$ Wal-Mart (AL/Out)
9:00 Exercise (AL/2D)
9:30 Hot Chocolate (AL/2D)
10:00 1 to 1 Time (AL/U)
1:00 Point Lookout Scenic Drive (AL/DR)
1:30 Golf Cart Rides (AL/OS)
3:00 Bible Study (AL/EMPR)
6:30 Southern Mix (AL/EMPR)

2
9:00 Exercise (AL/2D)
9:30 Golf Cart Rides (AL/OS)
10:30 Catholic Services (JT/MPR)
1:30 Walking Club (AL/OS)
2:00 Pumpkin Bread (AL/EMPR)
3:00 Arts/Crafts (AL/3D)

3
9:00 Exercise (AL/2D)
9:30 Fresh Coffee (AL/2D)
10:00 1 to 1 Time (AL/U)
10:30 Wii Games (AL/1A)
1:30 Golf Cart Rides (AL/OS)
2:00 Trail Mix Snack (AL/3D)
2:30 DAV Bingo (JT/MPR)
3:00 Seated Tai Chi (AL/1A)
3:15 Guitar Circle (AL-EMPR)
5:30 Pizza Party & a Movie (AL/EMPR)

4
8:30 Chantilly Air & Space Museum (AL/Out)
9:00 Exercise (AL/2D)
9:30 Coffee Cart (AL/2D)
10:30 Catholic Services (JT/3D)
10:30 Walking Club (AL/OS)
2:30 MDVA Bingo (JT/MPR)
3:00 Refreshment Cart (AL/1D)

5
8:30 \$\$ Walmart (AL/Out)
9:00 Exercise (AL/2D)
10:30 1 to 1 Time (AL/U)
1:00 Golf Cart Rides (AL/OS)
1:30 Movie Friday (AL/2D)
2:00 \$\$ McKay's (AL/OUT)
5:30 Waldorf Moose Dinner (AL/Out)

6
9:00 JFF Bingo (AL/EMPR)
9:00 Pope's Creek (AL/Dr)
1:30 BINGO!!! Impact Ministries (AL/EMPR)

7
8:30 IHOP (AL/OUT)
1:30 Calvert County* (AL/DR.)
2:00 Grace Lutheran Church Ser. (JT/MPR)

8
Columbus Day
9:00 Exercise (AL/2D)
9:30 Hot Chocolate (AL/2D)
10:00 1 to 1 Time (AL/U)
1:30 Golf Cart Rides (AL/OS)
3:00 Bible Study (AL/EMPR)
5:15 \$\$ PIER FISHING (AL/OUT)

9
9:00 Pontoon Boat Ride (AL/Out)
9:00 Exercise (AL/2D)
9:30 Golf Cart Rides (AL/OS)
10:30 Catholic Services (JT/MPR)
1:30 Charles County Drive (AL/Out)
2:00 Banana Bread (AL/3D)
3:00 Arts/Crafts (AL/3D)

10
9:00 Exercise (AL/2D)
9:30 Fresh Coffee (AL/2D)
10:00 1 to 1 Time (AL/U)
1:30 Golf Cart Rides (AL/OS)
2:00 Resident Council Meeting/Food Committee w/Coffee & Donuts (AL/EMPR)
3:00 Seated Tai Chi (AL/1A)
3:15 Guitar Circle (AL-EMPR)
6:30 Post 259 Bingo (JT/MPR)

11
8:30 \$\$ Wal-Mart (AL/LA)
9:00 Exercise (AL/2D)
9:30 Coffee Cart (AL/2D)
10:30 Catholic Services (JT/3D)
10:30 Walking Club (AL/OS)
11:00 Placid Harbor Luncheon (AL/Out)
2:30 Callaway, MD (AL/Out)
2:30 MDVA Bingo (JT/MPR)
3:00 Refreshment Cart (AL/1D)
4:00 WELLNESS CLINIC (AL/EMPR)
7:30 Outdoor Movie Night (JT/CTYD)

12
9:00 Exercise (AL/2D)
10:30 1 to 1 Time (AL/U)
1:00 Golf Cart Rides (AL/OS)
1:30 Movie Friday (AL/3D)
2:30 Navy Birthday Celebration (JT/MPR)
5:30 Calvert Elks Dinner (AL/Out)

13
9:00 JFF Bingo (AL/EMPR)
9:00 Bank & \$\$ McKay's (AL/OUT)
5:15 VFW Dinner (AL/CA)

14
8:30 Chesapeake Beach Brunch (JT/OUT)
1:30 Reluctant Jazz Band (AL/EMPR)
2:00 Grace Lutheran Church Ser. (JT/MPR)

15
9:00 Exercise (AL/2D)
10:00 1 to 1 Time (AL/U)
1:30 Warm Cider (AL/2D)
1:30 Golf Cart Rides (AL/OS)
3:00 Bible Study (AL/EMPR)
6:30 Sons of American Bingo (JT/MPR)

16
8:30 Great Falls Park, VA (AL/Out)
9:00 Exercise (AL/2D)
9:30 Golf Cart Rides (AL/OS)
10:30 Catholic Services (JT/MPR)
1:30 Walking Club (AL/OS)
3:00 Arts/Crafts (AL/3D)
6:30 SMECO Bingo (JT/MDR)

17
9:00 Exercise (AL/2D)
9:30 Fresh Coffee (AL/2D)
10:00 1 to 1 Time (AL/U)
1:30 Golf Cart Rides (AL/OS)
2:00 Birthday Celebration (AL/EMPR)
3:00 Seated Tai Chi (AL/1A)
3:15 Guitar Circle (AL-EMPR)
6:30 Cub Scouts Bingo (JT/MPR)

18
8:30 \$\$ Wal-Mart (AL/LA)
9:00 Exercise (AL/2D)
9:30 Coffee Cart (AL/2D)
10:30 Catholic Services (JT/3D)
10:30 Walking Club (AL/OS)
11:15 Chesapeake Luncheon (AL/Out)
2:30 MDVA Bingo (JT/MPR)
2:30 Country Lakes (AL/Dr)
3:00 Refreshment Cart (AL/1D)
3:30 Star-Gazing (AL/Out)

19
9:00 Exercise (AL/2D)
9:00 \$\$ McKay's (AL/OUT)
10:30 1 to 1 Time (AL/U)
11:30 \$\$ Hong Kong Buffet (AL/Out)
1:00 Golf Cart Rides (AL/OS)
1:30 Movie Friday (AL/3D)
5:30 American Legion Dinner (AL/Out)

20
8:30 \$\$ Dunkin Donuts (AL/LEON)
9:00 JFF Bingo (AL/EMPR)
1:30 \$\$ Tree (AL/OUT)

21
9:30 Coffee Social (AL/1D)
11:00 Solomon's Island Museum (AL/OUT)
2:00 Grace Lutheran Church Ser. (JT/MPR)
2:00 ECC Residents' Ice Cream Social (AL/EMPR)

22
8:15 \$\$ Casino (AL/OUT)
9:00 Exercise (AL/2D)
9:30 Hot Chocolate (AL/2D)
10:00 1 to 1 Time (AL/U)
1:30 Golf Cart Rides (AL/OS)
3:00 Bible Study (AL/EMPR)

23
9:00 Exercise (AL/2D)
9:30 Golf Cart Rides (AL/OS)
10:30 Catholic Services (JT/MPR)
1:30 Walking Club (AL/OS)
2:00 Zucchini Bread Social (AL/3D)
3:00 Arts/Crafts (AL/3D)

24
9:00 Exercise (AL/2D)
9:30 Fresh Coffee (AL/2D)
10:00 1 to 1 Time (AL/U)
10:00 Poker Tournament (AL/2D/3D)
1:30 Golf Cart Rides (AL/OS)
2:00 Trail Mix Snack (AL/3D)
3:00 Seated Tai Chi (AL/1A)
3:15 Guitar Circle (AL-EMPR)

25
8:30 \$\$ Wal-Mart (AL/LA)
9:00 Exercise (AL/2D)
9:30 Coffee Cart (AL/2D)
10:30 Catholic Services (JT/3D)
10:30 Walking Club (AL/OS)
1:30 Chesapeake Beach (JT/OUT)
2:30 MDVA Bingo (JT/MPR)
3:00 Refreshment Cart (AL/1D)
5:30 Texas Roadhouse Dinner (AL/Out)

26
9:00 Exercise (AL/2D)
9:00 \$\$ Bank & McKay's (AL/Out)
10:30 1 to 1 Time (AL/U)
1:00 Golf Cart Rides (AL/OS)
1:30 Movie Friday (AL/3D)
2:00 Jug Bay (AL/Out)
5:30 Steak Night (JT/OUT)
6:30 Dr. Roberts Band (AL/EMPR)

27
8:30 \$\$ Wal-Mart (AL/LA)
9:00 JFF Bingo (AL/EMPR)
1:30 Oyster Scald/Fried Oysters (Joint/EMPR)

28
9:00 Coffee Social (AL/1D)
1:30 Golf Cart Rides (AL/OS)
2:00 Grace Lutheran Church Ser. (JT/MPR)

29
9:00 Exercise (AL/2D)
9:00 Harry Nice Bridge Park, VA (AL/Out)
10:00 1 to 1 Time (AL/U)
1:30 Warm Cider (AL/2D)
1:30 Golf Cart Rides (AL/OS)
2:30 Benedict, MD (AL/Dr)
3:00 Bible Study (AL/EMPR)

30
9:00 Exercise (AL/2D)
9:30 Golf Cart Rides (AL/OS)
10:30 Catholic Services (JT/MPR)
1:30 Walking Club (AL/OS)
2:00 Carrot Cake Social (AL/1D)
3:00 Arts/Crafts (AL/3D)

31
Halloween
9:00 Exercise (AL/2D)
9:30 Fresh Coffee (AL/2D)
10:00 1 to 1 Time (AL/U)
1:30 Golf Cart Rides (AL/OS)
2:00 Halloween Party (JT/MPR)
2:00 Trail Mix Snack (AL/3D)
3:15 Guitar Circle (AL-EMPR)

Outings
(CA) - California Md
(LA) - La Plaza Md
(CAL) - Calvert County Md
(Dr) - Scenic Drive
(OS) - Outside On Facility Grounds
(Out) - Outing Away From Facility

Resident going on outings away from facility are to meet in the Assisted Living Lobby 15 minutes before departure.

Location of Program is:
AL/EMPR (E-Multi Purpose Room)
MPR (Main Multi Purpose Room)
AL/1D (First floor)
AL/2D (Second floor)
AL/3D (Third floor)
SPAV (Outside Pavilion)
AL/AR1 (Activity Room)
AL/AR2 (Arts/Crafts Room)

South Pavilion

The Assisted Living Activity Department will be placing the Cornhole game outside by the South Pavilion your playing (between 10:00am and 4:00pm, Monday through Friday).

October 2018

Assisted Living Activities



"Serving Those Who Served"