

Dining Reservations/
Carry-Out Hotline:
(443) 837-0041

The CORE: JANUARY 2019

Maintenance/
Housekeeping Hotline:
(443) 837-1215

Sunday

Monday

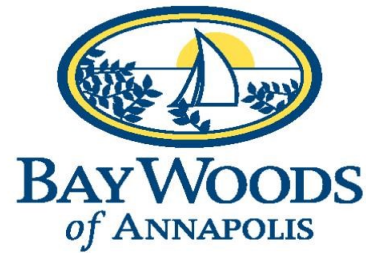
Tuesday

Wednesday

Thursday

Friday

Saturday



COMMUNITY ORIENTED RETIREMENT EXPERIENCE






December Birthday, Anniversary & New Resident Luncheon

Highlighted In-House Events	AC	Activities Center - 4th Floor HCC	CAR	Creative Arts Room	Lib	Library
	AMM	Annapolis Maritime Museum	COMM	Committee	MD Hall	Maryland Hall
	BANR	Birthday, Anniversary & New Resident	CR	Card Room	MDR	Main Dining Room
Trips & Outings	BCFA	Baltimore Council on Foreign Affairs	FC	Fitness Center	NH	Norair Hall
	BCHC	BayWoods Housing Corporation	GC	Great Courses	OTLB	Out to Lunch Bunch
New Classes or Changes in Time/Venue	BOD	Board of Directors	HC4	Health Care 4th Floor	PDR	Bistro Private Dining Room
	BWRA	BayWoods Resident Association	HCC	Health Care Center	SCSC	South County Senior Center
	BWTC	Baltimore World Trade Center	HP	Heron Point Room	**	Special Snack

New Year's Day 1 ADMIN OFFICE CLOSED NO TRANSPORTATION NO FITNESS CLASSES 7:00 Movie: <u>Advise & Consent</u> (HP)	2 8:30 Total Workout (FC) 10:15 Stay Fit (FC) 11:45 Out to Lunch Bunch (Uncle Julio's) 1:30 Catholic Communion (HP) 3:00 Yoga Live (FC) 5:00 Open Ping Pong (FC) 7:30 Poker Night (Lib)	3 8:45 Tai Chi DVD (FC) 9—12 Podiatrist Visit (HCC—By Appt) 9:15 Aquafit (Pool) 10:15 Sit-N-Fit 2 (FC) 10:30 Breeze Committee (CR) 11:00 Activities Committee (HP) 11:15 Sit-N-Fit 1 (FC) 1:00 Mah-Jongg (CR) 3:00 Dartmouth's Great Issues (NH) 7:00 Guest Performer: John Schneider on Piano (NH)	4 8:30 Total Workout (FC) 10:15 Stay Fit (FC) 1:00 Episcopal Communion (NH) 2:00 First Friday Fitness: Kick Start the New Year! (FC)	5 8:45 Tai Chi DVD (FC) 10:00 Open Ping Pong (FC) 2:00 Board Games (CR) 5:00 Saturday Buffet 7:00 Movie: <u>Woman in Gold</u> (NH)

6 9:00 Open Ping Pong (FC) 9:30 Mindful Meditation (CAR) 9:30 - 10:30 Church Runs 11:00 Sunday Brunch 2:00 Canasta (CR) 7:00 Movie: <u>Rear Window</u> (NH)	7 8:30 Total Workout (FC) 9—2 Reflexology (HCC—By Appt) 9:00 First Grocery Run 10:00 Second Grocery Run 10:15 Stay Fit (FC) 1:00 Shop Around Town 1:00 Open Art Studio (AC) 2:00 Current Events Forum (CAR) 3:00 Women's Bible Study (CAR) 3:45 Chair Yoga - DVD (FC) 7:30 BayWoods Rhythm Band Practice (NH)	8 8:45 Tai Chi DVD (FC) 9:15 Aquafit (Pool) 10:15 Sit-N-Fit 2 (FC) 10:30 BWRA Board of Directors (CR) 10:30 Spanish Group (CAR) 11:15 Sit-N-Fit 1 (FC) 1:00 On-Site Dermatology (HCC—By Appt) 2:00 Duplicate Bridge (CR) 2:00 Building & Grounds Committee (CAR) 2:00 Afternoon at the Opera: Die Fledermaus (NH)	9 8:30 Total Workout (FC) 9—12 Audiologist Visit (HCC—By Appt) 10:15 Stay Fit (FC) 1:30 Wine Tasting (Coopers Hawk Winery & Restaurant) 1:30 Catholic Communion (HP) 1:30 Library Committee (Lib) 3:00 Yoga Live (FC) 4:00 BayWoods Singers (NH) 5:00 Open Ping Pong (FC) 7:30 Poker Night (Lib)	10 8:45 Tai Chi DVD (FC) 9:15 Aquafit (Pool) 10:15 Sit-N-Fit 2 (FC) 11:15 Sit-N-Fit 1 (FC) 1:00 Mah-Jongg (CR) 1:30 BINGO! With Doris (NH) 2:00 Shop Meeting (Shop) 6:30 Maritime Lecture Series: Sharks & Rays (AMM)	11 8:30 Total Workout (FC) 10:15 Stay Fit (FC) 2:00 Bucket Putt (FC) 3:30 Inside the BayWoods Studio: Cathy Moore (NH)	12 8:45 Tai Chi DVD (FC) 10:00 Open Ping Pong (FC) 2:00 Board Games (CR) 5:00 Saturday Buffet 7:00 Movie: <u>The Spy Who Came in From the Cold</u> (NH)
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>13</p> <p>9:00 Open Ping Pong (FC) 9:30 Mindful Meditation (CAR) 9:30 - 10:30 Church Runs 11:00 Sunday Brunch</p> <p>2:00 Canasta (CR) 2:30 Art Opening (NH) 7:00 Movie: <u>Tender Mercies</u> (NH)</p>	<p>14</p> <p>8:30 Total Workout (FC) 9:00 First Grocery Run 10:00 Second Grocery Run 10:15 Stay Fit (FC)</p> <p>1:00 Errand Run 1:00 Open Art Studio (AC) 1:30 Great Books (CR) 3:00 Women's Bible Study (CAR) 3:45 Chair Yoga - DVD (FC) 7:30 BayWoods Rhythm Band Concert (NH)</p>	<p>15</p> <p>8:45 Tai Chi DVD (FC) 9:15 Aquafit (Pool) 10:30 Town Hall with Frank McGovern (NH) 11:15 Sit-N-Fit 1 (FC)</p> <p>1:00 House Committee (CAR) 2:00 Sit-N-Fit 2 (FC) 2:00 Duplicate Bridge (CR) 3:00 Bunco (HP) 7:00 Movie: <u>Five Easy Pieces</u> (NH)**</p>	<p>16</p> <p>8:30 Total Workout (FC) 9:30 National Electronics Museum (Linthicum Heights, MD) 10:15 Stay Fit (FC) 11:00 St. John's Seminar (HP)</p> <p>1:30 Catholic Communion (HP) 3:00 Yoga Live (FC) 5:00 Open Ping Pong (FC) 7:30 Poker Night (Lib)</p>	<p> Lobster Night 17</p> <p>8:45 Tai Chi DVD (FC) 9:15 Water Volleyball (Pool) 10:15 Sit-N-Fit 2 (FC) 11:15 Sit-N-Fit 1 (FC)</p> <p>1:00 Mah-Jongg (CR) 4:00 Guest Performer: Annapolis Musical Theatre Company (NH) 5:00 Lobster Night (MDR No Lobster carry-out) 6:30 Maritime Lecture Series: Memoir of a Skipjack (AMM)</p>	<p>18</p> <p>8:30 Total Workout (FC) 9:00 Dry Cleaner pick up (Zips, Giant and Commissary) 10:15 Stay Fit (FC)</p> <p>1:00 Episcopal Communion (NH) 1:00 Amish Market Run (Meet in Lobby) 2:30 Tai Chi LIVE! (FC) 3:30 Book Club (CR) 3:30 Cornhole (FC) 7:00 Special Interest Movie: <u>Bombshell: The Hedy Lamarr Story</u> (NH)</p>	<p>19</p> <p>8:45 Tai Chi DVD (FC) 10:00 Open Ping Pong (FC)</p> <p>2:00 Board Games (CR) 2:30 Women's USA Soccer Team World Cup (NH) 5:00 Saturday Buffet 7:00 Movie: <u>The Help</u> (NH)</p>
<p>20</p> <p>9:00 Open Ping Pong (FC) 9:30 Mindful Meditation (CAR) 9:30 - 10:30 Church Runs 11:00 Sunday Brunch</p> <p>2:00 Canasta (CR) 7:00 Movie: <u>Chinatown</u> (NH)</p>	<p> M.L.K Day 21</p> <p>8:30 Total Workout (FC) 9:00 First Grocery Run 10:00 Second Grocery Run 10:15 Stay Fit (FC) 11:00 Minds in Motion: Martin Luther King Jr. Trivia (NH)</p> <p>1:00 Open Art Studio (AC) 3:00 Women's Bible Study (CAR) 3:45 Chair Yoga - DVD (FC)</p>	<p>22</p> <p>8:45 Tai Chi DVD (FC) 9:15 Aquafit (Pool) 10:15 Sit-N-Fit 2 (FC) 10:30 Spanish Group (CR) 11:15 Sit-N-Fit 1 (FC)</p> <p>2:00 Duplicate Bridge (CR) 7:00 Movie: <u>The Natural</u> (NH)</p>	<p>23</p> <p>8:30 Total Workout (FC) 10:15 Stay Fit (FC)</p> <p>1:30 Catholic Communion (HP) 3:00 Yoga Live (FC) 3:30 Social Hour (Lobby) 5:00 Open Ping Pong (FC) 7:30 Poker Night (Lib)</p>	<p>24</p> <p>8:45 Tai Chi DVD (FC) 9:15 Aquafit (Pool) 10:15 Sit-N-Fit 2 (FC) 11:15 Sit-N-Fit 1 (FC)</p> <p>1:00 Mah-Jongg (CR) 3:00 Dartmouth's Great Issues (NH) 6:15 Annapolis Symphony Orchestra (MD Hall)</p>	<p>25</p> <p>8:30 Total Workout (FC) 10:15 Stay Fit (FC) 10:45 Key School Visit (HC4)</p> <p>2:30 Tai Chi LIVE! (FC) 6:00 Midshipmen Instrumentalists Classical Recital (USNA Chapel)</p>	<p>26</p> <p>8:45 Tai Chi DVD (FC) 10:00 Open Ping Pong (FC)</p> <p>2:00 Board Games (CR) 4:00 Guest Performer: MEGA Music Around the Community (NH) 5:00 Saturday Buffet 7:00 Movie: <u>Norma Rae</u> (NH) 6:15 LSO: Broadway Spectacular (St. John's College)</p>
<p>27</p> <p>9:00 Open Ping Pong (FC) 9:30 Mindful Meditation (CAR) 9:30 - 10:30 Church Runs 11:00 Sunday Brunch</p> <p>2:00 Canasta (CR) 7:00 Movie: <u>Elizabeth (1998)</u> (NH)</p>	<p>28</p> <p>8:30 Total Workout (FC) 9:00 First Grocery Run 10:00 Second Grocery Run 10:15 Stay Fit (FC)</p> <p>1:00 Open Art Studio (AC) 3:00 Women's Bible Study (CAR) 3:45 Chair Yoga - DVD (FC)</p>	<p>29</p> <p>8:45 Tai Chi DVD (FC) 9:15 Aquafit (Pool) 10:15 Sit-N-Fit 2 (FC) 10:30 Spanish Group (CR) 11:15 Sit-N-Fit 1 (FC)</p> <p>12:00 BANR Luncheon (MDR - By Invitation Only) 2:00 Duplicate Bridge (CR) 7:00 Movie: <u>The Red Violin</u> (NH)</p>	<p>30</p> <p>8:30 Total Workout (FC) 10:15 Stay Fit (FC) 10:30 Gypsy (Toby's Dinner Theater - Columbia, MD)</p> <p>1:30 Catholic Communion (HP) 3:00 Yoga Live (FC) 5:00 Open Ping Pong (FC) 7:30 Poker Night (Lib)</p>	<p>31</p> <p>8:45 Tai Chi DVD (FC) 9:15 Aquafit (Pool) 10:00 The Breakfast Club (HC4) 10:15 Sit-N-Fit 2 (FC) 11:15 Sit-N-Fit 1 (FC)</p> <p>1:00 Mah-Jongg (CR) 3:00 Dartmouth's Great Issues (NH) 6:30 Maritime Lecture Series: Rhode River Ecosystem</p>	 <p>January</p> <p>SUSTAINABLE ANnapolis LOCAL BUSINESS OPPORTUNITY</p>	