

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

# The CORE: MARCH 2019

Maintenance/  
Housekeeping Hotline:  
(443) 837-1215

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



**BAY WOODS**  
of ANNAPOLIS

## COMMUNITY ORIENTED RETIREMENT EXPERIENCE



February Birthday, Anniversary  
& New Resident Luncheon

**1**  
8:30 Total Workout (FC)  
10:45 Read Across America Program (NH)  
  
1:00 Episcopal Communion (NH)  
2:00 Cornhole (FC)  
7:15 Annapolis Symphony Orchestra (MD Hall)

**2**  
8:45 Tai Chi DVD (FC)  
10:00 Open Ping Pong (FC)  
11:00 Hookers and Purlers (CAR)  
  
2:00 Board Games (CR)  
5:00 Saturday Buffet  
7:00 Movie: Cirque du Soleil: Midnight Sun (NH)

**3**  
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)  
4:00 Mardi Gras with the Crowdaddies (NH)  
7:00 Movie: Chicago (NH)

**4**  
8:30 Total Workout (FC)  
9:00 First Grocery Run  
9:00 Reflexology (HCC - By Appointment)  
10:00 Second Grocery Run  
10:15 Stay Fit (FC)  
11:30 Activities Committee (CR)  
  
1:00 Shop Around Town  
1:00 Open Art Studio (AC)  
2:00 Current Events (CAR)  
3:00 Women's Bible Study (CAR)  
3:45 Chair Yoga - DVD (FC)  
7:30 BayWoods Rhythm Band Practice (NH)

**5** 🦋 **Fat Tuesday**  
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)  
  
2:00 Duplicate Bridge (CR)  
3:30 Mardi Gras Social Hour (NH)  
4:00 BCFA: Ambassador Wilczek (The Maryland Club)  
7:00 Movie: Operation Finale (NH)

**6** ✝️ **Ash Wednesday**  
8:30 Total Workout (FC)  
10:15 Stay Fit (FC)  
  
1:30 Catholic Communion (HP)  
3:00 Yoga Live (FC)  
4:00 BayWoods Singers (NH)  
5:00 Open Ping Pong (FC)  
4:30 Out to Lunch Bunch (Les Folies)  
7:30 Poker Night (Lib)

**7**  
8:45 Tai Chi DVD (FC)  
9:00 Podiatrist Visit (HCC - By Appointment)  
9:15 Aquafit (Pool)  
10:00 Renovation Working Group Meeting (HP)  
10:15 Sit-N-Fit 2 (FC)  
10:30 Breeze Committee (CR)  
11:15 Sit-N-Fit 1 (FC)  
  
1:00 Mah-Jongg (CR)

**8**  
8:30 Total Workout (FC)  
10:15 Stay Fit (FC)  
11:00 Tech Class (NH)  
  
2:00 Bucket Putt (FC)

**9**  
8:45 Tai Chi DVD (FC)  
10:00 Open Ping Pong (FC)  
11:00 Hookers and Purlers (CAR)  
  
2:00 Board Games (CR)  
5:00 Saturday Buffet  
6:45 LSO: Rising Stars (St. John's College, Key Auditorium)  
7:00 Movie: My Brilliant Career (NH)

**10** ⌚ **Turn Clocks Ahead**  
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)  
2:30 Art Opening (NH)  
7:00 Movie: The Aviator (NH)

**11** 🎉 **BayWoods Anniversary**  
8:30 Total Workout (FC)  
9:00 First Grocery Run  
10:00 Second Grocery Run  
10:15 Stay Fit (FC)  
  
1:00 Art Class (AC)  
1:30 Great Books (CR)  
3:00 Women's Bible Study (CAR)  
3:45 Chair Yoga - DVD (FC)  
7:00 Karaoke Night (NH)

Special Menu for All Dining Venues

**12**  
8:45 Tai Chi DVD (FC)  
9:15 Aquafit (Pool)  
10:15 Sit-N-Fit 2 (FC)  
10:30 Spanish Group (CAR)  
10:30 BWRA BOD (CR)  
11:15 Sit-N-Fit 1 (FC)  
  
1:00 OnSite Dermatology (HCC - By Appointment)  
2:00 Duplicate Bridge (CR)  
2:00 Building and Grounds Committee (CAR)  
2:00 Afternoon at the Opera: Don Giovanni (NH)  
7:00 Movie: Slumdog Millionaire (NH)

**13**  
8:30 Total Workout (FC)  
9:00 Bromo Seltzer Towers (Baltimore, MD)  
9:00 Ascent Audiology & Hearing (HCC - By Appointment)  
10:15 Stay Fit (FC)  
  
1:30 Catholic Communion (HP)  
1:30 Library Committee (Lib)  
3:00 Yoga Live (FC)  
3:00 Caregivers Support (HP)  
5:00 Open Ping Pong (FC)  
7:30 Poker Night (Lib)

**14** **NO FITNESS CLASSES**  
8:45 Tai Chi DVD (FC)  
  
1:00 Mah-Jongg (CR)  
1:30 BINGO with Doris (NH)  
2:00 Shop Meeting (Shop)  
3:00 Dartmouth's Great Issues (NH)  
4:00 BCFA: Professor Lieber (Baltimore World Trade Center)

**15** **NO FITNESS CLASSES**  
1:00 Episcopal Communion (NH)  
1:00 Amish Market Run (Meet in Lobby)  
2:00 Cornhole (FC)  
3:00 Book Club (CR)  
7:00 Special Interest Movie: Itzhak (NH)

**16**  
8:45 Tai Chi DVD (FC)  
10:00 Open Ping Pong (FC)  
11:00 Hookers and Purlers (CAR)  
  
1:00 Bowie Youth Cello Orchestra (NH)  
2:00 Board Games (CR)  
5:00 Saturday Buffet  
6:45 Chesapeake Youth Symphony (St. John's College, Key Auditorium)  
7:00 Movie: The Dressmaker (NH)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>St. Patrick's Day 17</b> 9:00 Open Ping Pong (FC) 9:30 Mindful Meditation (CAR) <b>9:30 - 10:30 Church Runs</b> 11:00 St. Patrick's Day Brunch  2:00 Canasta (CR) 7:00 Movie: <u>The Pursuit of Happyness</u> (NH)	<b>NO FITNESS CLASSES 18</b> <b>9:00 First Grocery Run</b> <b>10:00 Second Grocery Run</b> 1:00 Open Art Studio (AC) <b>1:00 Errand Run</b> 3:00 Women's Bible Study (CAR) 3:45 Chair Yoga - DVD (FC) <b>4:00 Guest Performer: Bagpiper Duncan Moore (NH)</b> 7:30 BayWoods Rhythm Band Practice (NH)	<b>19</b> 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)  2:00 Duplicate Bridge (CR) 3:00 Bunco (CAR) 7:00 Movie: <u>Extremely Loud and Incredibly Close</u> (NH)	<b>First Day of Spring 20</b> 8:30 Total Workout (FC) 10:00 BHC Finance, Audit & Capital Committee Meeting (CAR) 10:15 Stay Fit (FC) 11:00 St. John's Seminar (HP)  1:30 Catholic Communion (HP) <b>2:00 Guinness Factory Tour (Baltimore, MD)</b> <b>2:00 Yoga Live (FC)</b> <b>3:00 Spring Social Hour (HP/HC3)</b> 5:00 Open Ping Pong (FC) 7:30 Poker Night (Lib)	<b>Lobster Night 21</b> 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)  <b>1:00 House Comm (CAR)</b> 1:00 Mah-Jongg (CR) 3:00 Great Decisions (HP) <b>4:00 Guest Performer: Ken Lelen with his Vintage Guitars (NH)</b> <b>5:00 Lobster Night (MDR No Lobster carry-out)</b>	<b>22</b> 8:30 Total Workout (FC) <b>9:00 Dry Cleaner pick up (Zips, Giant and Commissary)</b> 10:15 Stay Fit (FC) 11:00 Tech Class (NH)  <b>2:00 Friday Fitness Workshop: Nutrition (FC)</b> <b>4:00 Guest Speaker: James Mwombela with Legacy Financial Group (NH)</b>	<b>23</b> 8:45 Tai Chi DVD (FC) 10:00 Open Ping Pong (FC) 11:00 Hookers and Purlers (CAR)  2:00 Board Games (CR) 5:00 Saturday Buffet <b>6:30 SCCA: Vox Fortura (Southern High School)</b> 7:00 Movie: <u>Margin Call</u> (NH)
<b>24</b> 9:00 Open Ping Pong (FC) 9:30 Mindful Meditation (CAR) <b>9:30 - 10:30 Church Runs</b> 11:00 Sunday Brunch  2:00 Canasta (CR) 7:00 Movie: <u>Tom Jones</u> (NH)	<b>Maryland Day 25</b> 8:30 Total Workout (FC) <b>9:00 First Grocery Run</b> <b>10:00 Second Grocery Run</b> 10:15 Stay Fit (FC) 11:00 Minds in Motion (NH)  1:00 Open Art Studio (AC) 3:00 Women's Bible Study (CAR) 3:45 Chair Yoga - DVD (FC)	<b>26</b> 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)  12:00 Birthday, Anniversary & New Resident Luncheon (MDR - By Invitation Only) 2:00 Duplicate Bridge (CR) 7:00 Movie: <u>First Man</u> (NH)	<b>27</b> 8:30 Total Workout (FC) 10:15 Stay Fit (FC) <b>12:30 BHC Board Meeting (CAR)</b> 1:30 Catholic Communion (HP) 3:00 Yoga Live (FC) 5:00 Open Ping Pong (FC) 7:30 Poker Night (Lib)	<b>28</b> 8:45 Tai Chi DVD (FC) 9:15 Aquafit (Pool) 10:00 Breakfast Club (HC4 Living Room) 10:15 Sit-N-Fit 2 (FC) 11:15 Sit-N-Fit 1 (FC)  1:00 Mah-Jongg (CR) 3:00 Dartmouth's Great Issues (NH)	<b>Vietnam Vets Day 29</b> 8:30 Total Workout (FC) 10:15 Stay Fit (FC)  <b>2:30 Tai Chi LIVE! (FC)</b> <b>3:30 Inside the BayWoods Studio: Carol Burke (NH)</b>	<b>30</b> 8:45 Tai Chi DVD (FC) 10:00 Open Ping Pong (FC) 11:00 Hookers and Purlers (CAR)  2:00 Board Games (CR) 5:00 Saturday Buffet 7:00 Movie: <u>Alpha</u> (NH)

<b>31</b> 9:00 Open Ping Pong (FC) 9:30 Mindful Meditation (CAR) <b>9:30 - 10:30 Church Runs</b> 11:00 Sunday Brunch  2:00 Canasta (CR) 6:30 Potluck Dinner (NH) 7:00 Movie: <u>Hours</u> (NH)
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	AC	Activities Center - 4th Floor HCC	CAR	Creative Arts Room	Lib	Library
<b>Highlighted In-House Events</b>	AMM	Annapolis Maritime Museum	COMM	Committee	MD Hall	Maryland Hall
	BANR	Birthday, Anniversary & New Resident	CR	Card Room	MDR	Main Dining Room
<b>Trips &amp; Outings</b>	BCFA	Baltimore Council on Foreign Affairs	FC	Fitness Center	NH	Norair Hall
	BCHC	BayWoods Housing Corporation	GC	Great Courses	OTLB	Out to Lunch Bunch
	BOD	Board of Directors	HC4	Health Care 4th Floor	PDR	Bistro Private Dining Room
<b>New Classes or Changes in Time/Venue</b>	BWRA	BayWoods Resident Association	HCC	Health Care Center	SCSC	South County Senior Center
	BWTC	Baltimore World Trade Center	HP	Heron Point Room	**	Special Snack





# March