




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

The CORE: MAY 2018

Maintenance/
Housekeeping Hotline:
(443) 837-1215

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 BAY WOODS of ANNAPOLIS COMMUNITY ORIENTED RETIREMENT EXPERIENCE	 2018 Variety Show	May Day 1 8:45 Tai Chi DVD (FC) 9:15 Aquafit (Pool) 10:15 Sit-N-Fit 2 (FC) 10:30 Water Walking (Pool) 10:30 Spanish Group (CR) 11:00 Spring Fashion Show & Ladies Luncheon (NH) 11:15 Sit-N-Fit (FC) 2:00 Duplicate Bridge (CAR) 3:00 GC Irish History (NH) 7:30 Movie: Marvin's Room (NH)	2 8:30 Total Workout (FC) 11:45 Out to Lunch Bunch (The Severn Inn) 10:15 Stay Fit (FC) 1:30 Catholic Communion (HP) 3:00 Yoga LIVE! with Guest Instructor (FC) 4:00 BayWoods Singers (NH) 5:00 Open Ping-Pong! (FC) 7:30 Poker Night (Lib)	3 8:45 Tai Chi DVD (FC) 9:00 Podiatrist Visit (WC By Appt) 9:15 Aquafit (Pool) 10:15 Sit-N-Fit 2 (FC) 10:30 Breeze Committee (CAR) 10:30 Water Walking (Pool) 11:15 Sit-N-Fit (FC) 1:00 Mah-Jongg (CR)	4 8:30 Total Workout (FC) 9:00 Ascent Audiology & Hearing (WC By Appt) 10:15 Stay Fit (FC) 11:00 Activities Committee (CR) 1:00 Episcopal Communion (CAR) 1:00 May Basket Judging 2:00 First Friday Fitness: Women's Health (FC) 3:30 Cinco de Mayo Happy Hour (Lobby/CR) 2—4 Open Art Studio (CAR)	 Cinco de Mayo 5 8:45 Tai Chi DVD (FC) 10:00 Backyard Croquet (CC) 11:00 Hookers and Purlers (CAR) 2:00 Board Games (CR) 5:00 Saturday Buffet 5:45 Kentucky Derby Viewing Party (NH) 9—5 Ping-Pong! (FC)
		6 9:30 Mindful Meditation (CAR) 9:30 St. Luke's 10:00 St. Mary's Catholic Heritage Baptist 10:30 USNA Chapel First Presbyterian 11:00 Sunday Brunch 2:00 Canasta (CR) 3:30 Bocce Ball (CC) 7:00 Movie: Grease (NH) 9—5 Ping-Pong! (FC)	7 8:30 Total Workout (FC) 9:00 First Grocery Run 10:00 Second Grocery Run 10:15 Stay Fit (FC) 1:00 Shop Around Town 2:00 Current Events (CAR) 2:00 Art Committee (CR) 4:00 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 Water Walking (Pool) 10:30 Spanish Group (CR) 10:30 BWRA BOD (CR) 11:15 Sit-N-Fit (FC) 1:00 OnSite Dermatology (WC By Appt) 1:30 Protestant Service (HP) 2:00 Duplicate Bridge (CR) 2:30 Shop Meeting (Shop) 7:30 Movie: Hitchcock (NH)	9 8:30 Total Workout (FC) 10:15 Stay Fit (FC) 1:30 Catholic Communion (HP) 1:30 Library Committee (Lib) 3:00 Yoga LIVE! with Guest Instructor (FC) 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) 10:30 Water Walking (Pool) 11:00 Putting Challenge: Practice Round (Putting Green) 11:15 Sit-N-Fit (FC) 1:00 Mah-Jongg (CR) 2:30 Guest Speaker: Dr. Mary Cleave "Space Flight STS30" (NH)



April Birthday, Anniversary & New Resident Luncheon

Highlighted In-House Events	AC	4th Floor HCC Activity Center	CC	Croquet Court	MDR	Main Dining Room
	Appt	By Appointment	COMM	Committee	NH	Norair Hall
	BCFA	Baltimore Council on Foreign Affairs	CR	Card Room	OTLB	Out to Lunch Bunch
Trips & Outings	BCHC	BayWoods Housing Corporation	FC	Fitness Center	PDR	Bistro Private Dining Room
	BOD	Board of Directors	HC4	Health Care 4th Floor	SERC	Smithsonian Environmental Research Center
New Classes or Changes in Time/Venue	BWRA	BayWoods Resident Association	HP	Heron Point Room	SHS	Southern High School
	BWTC	Baltimore World Trade Center	Lib	Library	W's	Women's
	CAR	Creative Arts Room	MD Hall	Maryland Hall	WC	Wellness Clinic

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mother's Day 13  9:30 Mindful Meditation (CAR) 9:30 St. Luke's 10:00 St. Mary's Catholic Heritage Baptist 10:30 USNA Chapel First Presbyterian 11:00 Sunday Brunch 11:00 Mother's Day Brunch & (Lobby/MDR - 1:00 Reservations Required) 2:00 Canasta (CR) 2:30 Art Opening (NH) 3:00 Caregiver Support (HP) 3:30 Bocce Ball (CC) 7:00 Movie: <u>Snowden</u> (NH)	14 8:30 Total Workout (FC) 9:00 First Grocery Run 10:00 Second Grocery Run 10:15 Stay Fit (FC) 10:30 BCHC Elections (FC) 1:30 Great Books (CR) 4:00 Chair Yoga DVD (FC) 7:30 BayWoods Rhythm Band Concert (NH)	15 8:45 Tai Chi DVD (FC) 9:15 Aquafit (Pool) 10:15 Sit-N-Fit 2 (FC) 10:30 Water Walking (Pool) 10:30 Town Hall with Frank McGovern (NH) 11:15 Sit-N-Fit (FC) 1:00 Writing Class (CAR) 2:00 Duplicate Bridge (CR) 3:00 House Committee (CAR) 3:00 GC Irish History (NH) 7:30 Movie: <u>Outsiders</u> (NH)	16 8:30 Total Workout (FC) 9:30 Baseball and Bingo (Bowie, MD) 10:15 Stay Fit (FC) 1:30 Catholic Communion (CR) 2:00 Building and Grounds Committee (CAR) 3:00 Yoga LIVE! with Guest Instructor (FC) 3:30 Social Hour (4th Floor Living Room (HCC)) 5:00 Open Ping-Pong! (FC) 7:30 Poker Night (Lib)	17 8:45 Tai Chi DVD (FC) 9:15 Aquafit (Pool) 10:15 Sit-N-Fit 2 (FC) 10:30 Water Walking (Pool) 11:15 Sit-N-Fit (FC) 1:00 Mah-Jongg (CR) 1:30 BINGO! (NH) 3:00 Great Decisions (NH)	18 8:30 Total Workout (FC) 10:15 Stay Fit (FC) 1:00 Episcopal Communion (CAR) 2:00 Book Club (CR) 2:00 Cornhole (FC) 3:00 BayWoods Swimmers (Pool) 2—4 Open Art Studio (CAR)	19 8:45 Tai Chi DVD (FC) 10:00 Backyard Croquet (CC) 11:00 Hookers and Purlers (CAR) 2:00 Board Games (CR) 5:00 Saturday Buffet 5:30 Preakness Viewing Party (NH) 9—5 Ping-Pong! (FC)
 Afternoon Senior Fitness Assessments (SEE JILL in the Fitness Center for Appointment)						
20 9:30 Mindful Meditation (CAR) 9:30 St. Luke's 10:00 St. Mary's Catholic Heritage Baptist 10:30 USNA Chapel First Presbyterian 11:00 Sunday Brunch 2:00 Canasta (CR) 3:30 Bocce Ball (CC) 7:00 Movie: <u>Tinker, Tailor, Soldier, Spy</u> (NH) 9—5 Ping-Pong! (FC)	21 8:30 Total Workout (FC) 9:00 First Grocery Run 10:00 Second Grocery Run 10:15 Stay Fit (FC) 11:30 Minds in Motion (NH) 1:00 Errand Run 2:00 Guest Performer: Peter Small as John Adams (NH) 4:00 Chair Yoga DVD (FC)	22 8:45 Tai Chi DVD (FC) 9:15 Aquafit (Pool) 10:15 Sit-N-Fit 2 (FC) 10:30 Water Walking (Pool) 10:30 Spanish Group (CR) 11:15 Sit-N-Fit (FC) 12:00 Birthday, Anniversary & New Resident Luncheon (MDR) 1:00 Writing Class (CAR) 2:00 Duplicate Bridge (CR) 7:30 Movie: <u>Victoria & Abdul</u> (NH)	 Blue Angels 23 8:30 Total Workout (FC) 10:15 Stay Fit (FC) 11:00 St. John's Seminars (PDR) 1:30 Catholic Communion (HP) 2:00 Blue Angels Air Show (Pier) 2:45 Patio Party (Patio) 3:00 Yoga LIVE! with Guest Instructor (FC) 5:00 Open Ping-Pong! (FC) 7:30 Poker Night (Lib)	 Lobster Night 24 8:45 Tai Chi DVD (FC) 9:15 Aquafit (Pool) 10:00 The Breakfast Club (HC4) 10:15 Sit-N-Fit 2 (FC) 10:30 Water Walking (Pool) 11:15 Sit-N-Fit (FC) 1:00 Mah-Jongg (CR) 5:00 Lobster Night (MDR No Lobster carry-out)	25 8:30 Total Workout (FC) 9:00 Dry Cleaner pick up (Zips, Giant and Commissary) 10:15 Stay Fit (FC) 1:00 Amish Market Run (Meet in Lobby)	26 8:45 Tai Chi DVD (FC) 10:00 Backyard Croquet (CC) 11:00 Hookers and Purlers (CAR) 2:00 Board Games (CR) 5:00 Saturday Buffet 7:30 Movie: <u>Tommy's Honour</u> (NH)
27 9:00 First Presbyterian 9:30 Mindful Meditation (CAR) 9:30 St. Luke's 10:00 St. Mary's Catholic Heritage Baptist 10:30 USNA Chapel 11:00 Sunday Brunch 2:00 Canasta (CR) 3:00 Caregiver Support (HP) 3:30 Bocce Ball (CC) 6:30 Potluck Dinner (NH) 9—5 Ping-Pong! (FC)	 Memorial Day 28 12:00 Memorial Day Picnic (Lobby/MDR) 2:30 Memorial Day Bay Swim (Pier) <div style="border: 1px solid black; padding: 5px; text-align: center; background-color: #e0f0ff;"> Admin Office Closed No Transportation No Fitness Classes Bistro Closed </div>	29 8:45 Tai Chi DVD (FC) 9:15 Aquafit (Pool) 10:15 Sit-N-Fit 2 (FC) 10:30 Water Walking (Pool) 10:30 Spanish Group (CR) 11:15 Sit-N-Fit (FC) 1:00 Writing Class (CAR) 2:00 Duplicate Bridge (CR) 3:00 GC Irish History (NH) 7:30 Movie: <u>A Tale of Love and Darkness</u> (NH)	Senior Fitness Day 30 8:45 Fitness Walk (FC) 9:00 First Grocery Run 9:30 Jarts/Basketball (Patio) 9:30 Tic Tac Toe/Bean Bag Twister (CC) 10:00 Second Grocery Run 11:00 Noodle Hockey/ Bucket Relay (FC) 11:45 Smoothie Bar (Patio) 1:00 Memory Games (FC) 2:00 Billiards/Virtual Reality/ Water Volleyball/ Walk 3:00 Dunking Booth (Patio) 3:30 Prize Drawing (FC) 5:00 Open Ping-Pong! (FC) 7:30 Poker Night (Lib)	31 8:45 Tai Chi DVD (FC) 9:15 Aquafit (Pool) 10:15 Sit-N-Fit 2 (FC) 10:30 BCHC Board, Capital & Finance Meeting (CAR) 10:30 Water Walking (Pool) 11:15 Sit-N-Fit (FC) 12:30 BCHC Board Meeting (CAR) 1:00 Mah-Jongg (CR)	<div style="border: 1px solid black; padding: 10px; background-color: #e0f0ff;"> See Jill in the Fitness Center Monday, May 14 through Friday, May 18 for Senior Fitness Assessments </div>  <div style="font-size: 48px; font-weight: bold; color: yellow; text-align: center;">MAY</div> <div style="display: flex; justify-content: flex-end; align-items: center;">   </div>	