



The CORE: October 2023

COMMUNITY
ORIENTED
RETIREMENT
EXPERIENCE


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 Mindful Meditation (CAR) 10:00 Church Runs 11:00 Chair Yoga (HC4) 1:00 Card Game: Canasta (CAR) 2:00 Bocce Ball (CC) Pool Operator: Ed Paglee <div style="border: 1px solid black; padding: 5px;"> BayWoods Cares Canned Food Drive - Donations from Residents may be placed in the donation box in the Fitness Center from October 1st - 31st </div>	2 Intellectual Wellness 9:00 Cardio & Strength - Level 3 (FC) 9:30 Grocery Run (SUR) 9:45 NO Cardio & Strength - Level 2 10:00 Musical Hoops with Shawn (FC) 11:00 Aqua Arthritis (Pool) 1:00 Shop Around (SUR) 1-3 Modified Presentation and Refresher on CPR/AED/ and the Choking Position (NH) 2:00 Current Events with Linda Teare (CR) 7:00 Social Bridge (CR) Active Aging Week	3 Emotional Wellness 8:45 Tai Chi (FC) 9:00 Aqua Fit (Pool) 9:30 Spiritual Small Group (CR) 9:30 Drumming - All Levels (FC) 11:15 Seated Class - Level 1 (FC) 1:00 BCHC Building & Grounds Committee (NH/C971) NO Chair Yoga (CR) 2:00 Duplicate Bridge (CR) 2:00 Echoes of Nature Presentation and Program: All about eggs? (CAR/Patio) <div style="border: 1px solid black; padding: 5px;"> 10 am—1 pm Mini Massage Sessions Sign-Ups Required on the Reservation Form (HP) - 10 minutes only per session </div>	4 Spiritual Wellness 9:00 Shinrin-yoku - outdoor mediation and walk (Meet on the Patio) 9:00 NO Cardio & Strength - Level 3 9:45 NO Cardio & Strength - Level 2 11:00 Aqua Arthritis (Pool) 11:00 BCHC House Committee (NH/C971) 1:00 Catholic Communion (NH) 1:00 Partnership Duplicate Bridge (CR) 2:00 Card Game (CAR) 2:00 Lecture & Interactive Seminar with Sylvia Moore - Laughing Yoga (NH) 3:00 Ping Pong (CAR) 7:00 Poker Night (Lib)	5 Vocational Wellness 8:45 Tai Chi (FC) 9:00 Aqua Fit (Pool) 10:00 Garden Committee (CR) 10:30 Drumming - All Levels (FC) 11:15 Seated Class - Level 1 (FC) 11:00 Hookers and Purlers (CAR) 11:00 Creative Writing with Sondra (CR) 1:00 BayWoods Dietitian Presents Bone Health (NH/C971) 2:00 Mah-Jong (CR) 2:00 Chair Yoga (CAR) 3:00 NO Theatre Group Meeting 3:30 Game Time and Social: How well do you know your neighbors? (NH) Please wear your name tag!	6 Social Wellness Onsite Dermatology 9:00 Cardio & Strength - Level 3 (FC) 9:30 Grocery Run (SUR) 10:00 Gentle Yoga (CAR) 11:00 NO Zumba 11:00 The Breeze/Bay Window Committee (CR) 11:00 Water Volleyball—North vs. South Towers (Pool) Beginners and New Residents Welcome! 1:30 Outing: Severna Park Bowling - Duck Pin Bowling (SUR) 1:00 NO First Friday Workshop 3:00 Short Stories for Listening & Discussion (CR)	7 8:45 Tai Chi (FC) 9:15 Intermediate Yoga (NH) 9:45 Outing: Boordy Winery for a Landmark Private Tour and Tasting (SUR) 10:30 Backyard Croquet (CC) 2:00 Board Games (CR) 3:00 Ping-Pong (CAR) 3:30 Navy Game Viewing Party (Bistro) Pool Operator: Karl Hoke
8 Resident Art Walk 9:30 Mindful Meditation (CAR) 10:00 Church Runs 11:00 Chair Yoga (HC4) 1:00 Card Game: Canasta (CAR) 2:00 Bocce Ball (CC) 2-5 BayWoods Art Walk Hours & Apartment South Tower (2-3:30 pm) 101, 123, 207, 225, 313, 501, 507 North Tower (3:30-5 pm) 122, 306, 400, 420, 602	9 Columbus Day 9:00 Cardio & Strength - Level 3 led by residents (FC) 11-1 Holiday Meal (MDR) (Reservation are required on the October Reservation Form) 2:00 Great Books (CR) 3:00 Navy Off Shore Sailing Lecture Presented by Javier Jimenez Kane, Suzanne Kane's grandson (NH) 7:00 Social Bridge (CR) <div style="border: 1px solid black; padding: 5px;"> Administration Office CLOSED No Transportation No Housekeeping Bistro is CLOSED Sandbar is CLOSED </div>	10 8:45 Tai Chi (FC) 9:00 Aqua Aerobic (Pool) 9:30 Spiritual Small Group (CR) 10:30 Drumming - All Levels (FC) 10:30 BWRA Board of Directors (NH/C971) 11:15 Seated Class - Level 1 (FC) 1:00 Afternoon at the Opera: Daughter of the Regiment by Donizetti (NH) 2:00 Chair Yoga (CAR) 2:00 Duplicate Bridge (CR) 6:30 Outing: South County Concert Association - Ireland's Greatest Showman - David Shannon (SUR)	11 9:00 Cardio & Strength - Level 3 (FC) 9:45 Cardio & Strength - Level 2 (FC) 10:00 BCHC Finance Audit Capital Committee (NH/C971) 11:00 Aqua Arthritis (Pool) 1:00 Catholic Communion (NH) 1:00 Partnership Duplicate Bridge 2:00 Card Game (CAR) 2:00 Bocce Ball (CC) 2:00 Library Committee (Lib) 3:00 Caregiver Support Group (HP) 3:00 Ping Pong (CAR) 7:00 Poker Night (Lib)	12 8:45 Tai Chi (FC) 9:00 Aqua Fit (Pool) 10:30 Drumming - All Levels (FC) 11:15 Seated Class - Level 1 (FC) 11:00 Creative Writing with Sondra (CR) 1:00 BINGO! (NH) 2:00 Mah-Jong (CR) 2:00 Woodshop Meeting (SHOP) 2:00 Chair Yoga (CAR) 3:00 Transitions Meeting (CAR) We ask that anyone attending a Transition Meeting first attend Resident Orientation!	13 9:00 Cardio & Strength - Level 3 (FC) 9:30 Grocery Run (SUR) 10:00 Gentle Yoga (CAR) 11:00 Putting Challenge Championship (PG) 11:00 Zumba (FC) Noon BCHC Activities' Working Session (HP) 1:00 Protestant Communion (CAR) 2:00 BWRA Elections and then Refreshments (NH) 5:00 Outing OTDB: Killarney House Restaurant on Central Avenue, Edgewater (SUR)	14 Annular Eclipse 8:45 Tai Chi (FC) 9:15 NO Intermediate Yoga 10:30 Backyard Croquet (CC) 2:00 Board Games (CR) 3:00 Ping-Pong (CAR) Pool Operator: Ed Paglee https://solarsystem.nasa.gov/eclipses/2023/oct-14-annular/where-when/
15 9:30 Mindful Meditation (CAR) 10:00 Church Runs 11:00 Chair Yoga (HC4) 1:00 Card Game: Canasta (CAR) 2:00 Bocce Ball (CC) Pool Operator: Ed Paglee	16 9:00 Cardio & Strength - Level 3 (FC) 9:30 Grocery Run (SUR) 9:45 Cardio & Strength - Level 2 (FC) 11:00 Aqua Arthritis (Pool) 1:00 Errand Run (SUR) 3-4 Karaoke (Bistro) Come sing with us or join us for a Happy Hour Cocktail! 7:00 Social Bridge (CR)	17 Boss's Day 8:45 Tai Chi (FC) 9:00 Aqua Aerobic (Pool) 9:30 Spiritual Small Group (CR) 10:30 NO Drumming 10:30 Town Hall Meeting (NH/C971) 11:15 NO Seated Class 2:00 Chair Yoga (CAR) 2:00 Duplicate Bridge (CR) 3:00 Great Courses with Christian - Some Facts about Vitamins and Supplements (NH)	18 9:00 Cardio & Strength - Level 3 (FC) 9:45 Cardio & Strength - Level 2 (FC) 10:00 Resident Orientation Meeting (NH/C971) 11:00 Aqua Arthritis (Pool) Noon Outing OTLB Nam Pho Vietnam Restaurant in Eastport (SUR) 1:00 Catholic Communion (NH) 1:00 Partnership Duplicate Bridge (CR) 2:00 Card Game (CAR) 3:00 Ping Pong (CAR) 7:00 Poker Night (Lib)	19 8:45 Tai Chi (FC) 9:00 Aqua Fit (Pool) 10:30 Drumming - All Levels (FC) 11:00 Hookers and Purlers (CAR) 11:15 Seated Class - Level 1 (FC) 11:00 Classic Seminars with Louis Petrich (CR - Event Registration Full) 2:00 Mah-Jong (CR) 2:00 Chair Yoga (CAR) 3:00 NO Great Decisions	20 9:00 Cardio & Strength - Level 3 (FC) 9:30 Grocery Run (SUR) 10:00 Gentle Yoga (CAR) 11:00 Zumba (FC) 12:00 BANR: Birthday Anniversary & New Resident Luncheon - resident(s) that have a birthday, anniversary, or have moved in during the month (MDR) 1:30 Bunco (CR) 3:00 Sing-A-Long (NH) 7:15 Outing to Colonial Players to see Wit (SUR)	21 8:45 Tai Chi (FC) 9:15 Intermediate Yoga (NH) 10:30 Backyard Croquet (CC) Noon Navy Game Viewing Party (Bistro) 2:00 Board Games (CR) 3:00 Ping-Pong (CAR) Pool Operator: Beth Mainiero


Recreational programming will strive to present all activities as scheduled. Activities may change without notice.



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Alzheimer's Walk 22 9:30 Mindful Meditation (CAR) 10:00 Church Runs 10:30 Outing: Alzheimer's Walk at Sandy Point (SUR) 11:00 Chair Yoga (HC4) 1:00 Card Game: Canasta (CAR) 2:00 Bocce Ball (CC) Pool Operator: Beth Mainiero	23 9:00 Cardio & Strength - Level 3 (FC) 9:30 Grocery Run (SUR) 9:45 Cardio & Strength - Level 2 (FC) 10:30 BW Rhythm Band Rehearsal (NH) 11:00 Aqua Arthritis (Pool) 1:00 BCHC Activities Committee (NH) 3:00 Inside the BayWoods Studio: Dave and Lore McNicol (NH) 7:00 Social Bridge (CR)	24 8:45 Tai Chi (FC) 9:00 Aqua Aerobic (Pool) 9:30 Spiritual Small Group (CR) 10:30 Drumming - All Levels (FC) 11:15 Seated Class - Level 1 (FC) 2:00 Chair Yoga (CAR) 2:00 Duplicate Bridge (CR) 5-7 Oktoberfest (MDR) (SUR)  Please feel free to dress up in German costumes or attire for the event.	25 9:00 Cardio & Strength - Level 3 (FC) 9:45 Cardio & Strength - Level 2 (FC) 11:00 Aqua Arthritis (Pool) 1:00 Catholic Communion (NH) 1:00 Partnership Duplicate Bridge (CR) 2:00 Card Game (CAR) 2:00 Bocce Ball (CC) 3:00 Ping Pong (CAR) 7:00 Poker Night (Lib)	26 8:45 Tai Chi (FC) 9:00 Aqua Fit (Pool) 10:30 Drumming - All Levels (FC) 11:00 Hookers and Purlers (CAR) 11:15 Seated Class - Level 1 (FC) 11:00 Creative Writing with Sondra (CR) 11:00 Resident Fire Extinguisher Training and Demonstration (Meet in NH) (SUR) 1:00 BINGO! (NH) 2:00 Mah-Jong (CR) 2:00 Chair Yoga (CAR)	27 9:00 Cardio & Strength - Level 3 (FC) 9:30 Grocery Run (SUR) 10:00 Gentle Yoga (CAR) 10:30 BW Rhythm Band Rehearsal (NH) 11:00 Zumba (FC) 1:30 Bunco (CR) 3:00 Book Club (CR) 6:00 Outing: USNA Halloween Concert (Reservations are Closed! Contact Christian for waitlist)	28 8:45 Tai Chi (FC) 9:15 NO Intermediate Yoga 10:30 Backyard Croquet (CC) 1-3 Celebration of Life for Edward Kane (NH) All are welcome! 2:00 Board Games (CR) 3:00 Ping-Pong (CAR) Pool Operator: Mike Long

29 9:30 Mindful Meditation (CAR) 10:00 Church Runs 11:00 Chair Yoga (HC4) 1:00 Card Game: Canasta (CAR) 1:30 Entertainment: World Artisan Experience presents Guangzhou Marionettes (NH) 2:00 Bocce Ball (CC) Pool Operator: Mike Long 
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30 9:00 Cardio & Strength - Level 3 (FC) 9:30 Grocery Run (SUR) 9:45 Cardio & Strength - Level 2 (FC) 11:00 Aqua Arthritis (Pool) 3:00 BW Rhythm Band Performance (NH) 4:00 Residents and Friends Fall Meet and Greet Social with Happy Hour (food and drink) & optional Pumpkin Carving (BSD - or if raining in NH) Please wear your name tag. 7:00 Social Bridge (CR)

31 8:45 Tai Chi (FC) 9:00 Aqua Aerobic (Pool) 9:30 Spiritual Small Group (CR) 9:45 Outing: Toby's Dinner Theater - Sister Act (Reservations Closed) 10:30 Drumming - All Levels (FC) 11:15 Seated Class - Level 1 (FC) 2:00 Chair Yoga (CAR) 2:00 Duplicate Bridge (CR) 7:00 Entertainment - Halloween Dance & Costume Party (NH) - Prizes will be awarded for Most Creepy, Silliest, Best Homemade and Cutest Costume. Non-alcoholic drink provided. BYOB.

October Birthdays

Anthony Atkiss	10/06	Patty Williamson	10/23
Linda Teare	10/10	Maurice Hegwood	10/24
Carolyn Ciepiela	10/14	Francis Czajkowski	10/27
Mary Hellrich	10/16	Catherine Fisher	10/28
Patricia Hawley	10/18	Sharon Olson	10/28
Cathy Moore	10/18	Suzanne Kane	10/29
Eleanor Corwin	10/20		



September's BANR Honorees

KEY	BANR	Birthday, Anniversary & New Resident	HCC	Health Care Center
	BSD	Bayside Deck	HP	Heron Point Room
	BCHC	BayWoods Housing Corporation	Lib	Library
	BP	Back Patio	PDR	Private Dining Room
	BR	Admin Office Board Room	PG	Putting Green
	BWR A	BayWoods Resident Association	NH	Norair Hall
	CAR	Creative Arts Room	SUR	Sign-up Required, See Reservation Form
	CC	Croquet Court	970	Channel 970 - Schedule of Activities & Emergency Updates
	CR	Card Room	971	Channel 971 - Live Norair Hall Events
	FC	Fitness Center	972	Channel 972 - Board Room & TEAMS Meetings
		973	Channel 973 - Movies and Online Events	

Extension for Hotlines

IT Services	ext. 2210
Housekeeping	ext. 2228
Maintenance	ext. 2226
Bistro Reservations (10 am - 3 pm)	ext. 2221
Pick Up (no voicemail option)	ext. 2312
Main Dining Reservations	ext. 2301
Main Kitchen (call when there are "to go" mistakes)	ext. 2303

October Anniversaries

Mike & Eleanor Corwin	10/05
Gordon & Tina Trapnell	10/08
Sharon Olson & Bill Sumner	10/10
Tony and Penny Atkiss	10/19



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