



# The CORE: February 2024

COMMUNITY  
ORIENTED  
RETIREMENT  
EXPERIENCE


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>February Birthdays</b> Sue Rosenfeld 2/3 Tina Trapnell 2/4 Dolly Demos 2/6 John Sowers 2/6 Richard Falcon 2/7 Sarah Rose 2/8 Jackie Teeling 2/8 Fred Hellrich 2/14 Janet Farnham 2/15			<b>February Anniversaries</b> Art & Pat Speth 2/2 Bob & Patty Hawley 2/12 David & Jannette Wundrow 2/12 Parker & Patty Williamson 2/16 Bill & Paula Lecky 2/27		<b>National Wear Red Day 2 Groundhog Day</b> 9:00 Tai Chi (FC) 9:00 Aqua Fit (Pool) 10:30 Drumming - All Levels (FC) 11:05 Seated Class - Level 1 (FC) 11:00 Hookers and Purlers (CAR) 11-12:30 Creative Writing with Sondra (CR)  1:00 Great Courses: Sources of Nutrition Fact and Fiction & Our Underappreciated Digestive Tract (NH) 1:00 Mah-Jong (CR) 2:00 Chair Yoga (CAR) 3:00 Theatre Group Meeting (NH)	
					9:00 Tai Chi (FC) 9:15 Intermediate Yoga  2:00 Board Games (CR) 3:00 Ping-Pong (CAR)  Pool Operator: Ed Paglee	
9:30 Mindful Meditation (CAR) 10:00 Church Runs 11:00 Chair Yoga (HC4)  1:00 Card Game: Canasta (CAR) 2:00 Ping-Pong (CAR) 2:00 Art Opening For Sherla Alberola (NH)  Pool Operator: Ed Paglee	9:00 Cardio & Strength - Level 3 (FC) 9:45 Cardio & Strength - Level 2 (FC) 9:30 Grocery Run (SUR) 10:30 Coffee Social (Bistro)  1:00 Errand Run (SUR) 2:00 Current Events with Linda Teare - Topic will be listed on the bulletin (CR) 3:00 Karaoke (Bistro)	9:00 Tai Chi (FC) 9:00 Aqua Aerobic (Pool) 9:30 Spiritual Small Group (CR) 10:00 TouchTown Introduction (HP) (SUR) 10:30 Drumming - All Levels (FC) 11:05 Seated Class - Level 1 (FC)  1:00 BCHC Building & Grounds Committee (NH) 2:00 Outing: Openshaw Gallery Exhibition (SUR) 2:00 Chair Yoga (CAR) 2:00 Duplicate Bridge (CR) 7:00 Blue Zone Project: Netflix Episode #1: You Are What You Eat: The Twin Study (NH)	9:00 Cardio & Strength - Level 3 (FC) 9:45 Cardio & Strength - Level 2 (FC) 10:30 Coffee Social (Bistro) 11:00 BCHC House Committee (NH/C971)  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)	9:00 Tai Chi (FC) 9:00 Aqua Fit (Pool) 10:30 Drumming - All Levels (FC) 10:00 TouchTown Introduction (HP) (SUR) 11:05 Seated Class - Level 1 (FC) 11:00 Hookers and Purlers (CAR) 11-12:30 Creative Writing with Sondra (CR)  1:00 BINGO! (NH) 1:00 Mah-Jong (CR) 2:00 Chair Yoga (CAR) 2:00 Woodshop Meeting (SHOP)	9:00 Cardio & Strength - Level 3 (FC) 9:30 Grocery Run (SUR) 10:00 Gentle Yoga (CAR) 10:00 By-Laws Committee Meeting - Co-Chair Linda Teare and Dick Falcon (NH) 10:30 Outing: National Gallery of Art (SUR) 10:30 Coffee Social (Bistro) 11:00 Zumba (FC)  1:00 Bucket Putt (FC)	8:45 Tai Chi (FC) 9:15 Intermediate Yoga  2:00 Board Games (CR) 3:00 Ping-Pong (CAR) 3:30 Entertainment: Bilgewater Bluegrass (NH)  Pool Operator: Karl Hoke
9:30 Mindful Meditation (CAR) 10:00 Church Runs 11:00 Chair Yoga (HC4)  1:00 Card Game: Canasta (CAR) 2:00 Ping-Pong (CAR) 5:30 Super Bowl Tailgate Party (NH)  Pool Operator: Karl Hoke	9:00 Cardio & Strength - Level 3 (FC) 9:45 Cardio & Strength - Level 2 (FC) 9:30 Grocery Run (SUR) 10:00 BCHC Finance Audit Capital Committee Q&A with Maurice (NH/C971) 10:30 Coffee Social (Bistro)  1:00 BCHC Activities' Working Session (HP) 2:00 Great Books (CR) 3:00 Inside The BayWoods Studio: Bill Thompson (NH) 7:00 Social Bridge (CR)	9:00 Tai Chi (FC) 9:00 Aqua Aerobic (Pool) 9:30 Spiritual Small Group (CR) 10:00 TouchTown Introduction (HP) (SUR) 10:30 Drumming - All Levels (FC) 10:30 BWRA Meeting with Guest Speaker Vincent Leggett, President of Blacks of the Chesapeake (NH/C971) 11:05 Seated Class - Level 1 (FC) 12:00 Blue Zone Project Team Meeting (CR) 1:00 Afternoon at the Opera: Tosca by Puccini (NH) 2:00 Chair Yoga (CAR) 2:00 Duplicate Bridge (CR) 7:00 Blue Zone Project: Netflix Episode #2: You Are What You Eat: The Twin Study (NH)	<b>Valentine's Day Ash Wednesday</b> 9:00 Cardio & Strength - Level 3 (FC) 9:45 Cardio & Strength - Level 2 (FC) 10:30 Coffee Social (Bistro)  1:00 Catholic Communion (NH) 1:00 Partnership Duplicate Bridge (CR) 2:00 Library Committee (Lib) 3:00 Protestant Ash Wednesday Service with Communion (CAR) 3:00 The "Not So" Newlywed Game and Social (NH) 7:00 Poker Night (Lib)	9:00 Tai Chi (FC) 9:00 Aqua Fit (Pool) 10:30 Drumming - All Levels (FC) 10:00 TouchTown Introduction (HP) (SUR) 11:05 Seated Class - Level 1 (FC) 11-12:30 Creative Writing with Sondra (CR)  1:00 Mah-Jong (CR) 2:00 Chair Yoga (CAR) 3:00 Great Decisions: Climate Technology and Competition (NH) 7:00 The BayWoods Theatre Group presents Head First or Feet First and The Blatherons Give Back (NH)	<b>Mardi Gras Theme Dinner</b> 9:00 Cardio & Strength - Level 3 (FC) 9:00 Pool Operator Certification Class (HP) 9:30 Grocery Run (SUR) 10:00 NO Gentle Yoga (CAR) 10:30 Outing: National Museum of African Art (SUR) 10:30 Coffee Social (Bistro) 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)	9:00 Tai Chi (FC) 9:15 Intermediate Yoga  2:00 Board Games (CR) 3:00 Ping-Pong (CAR)  Pool Operator: Kathy LeSage

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>18</b> 9:30 Mindful Meditation (CAR) 10:00 Church Runs 11:00 Chair Yoga (HC4)  1:00 Card Game: Canasta (CAR) 2:00 Ping-Pong (CAR)  Pool Operator: Kathy LeSage	<b>19</b> <b>President's Day</b> 11:00-2:00 <b>President's Day - Meal of the Day (SUR)</b>  <div>Administration Office <b>CLOSED</b> No Transportation No Housekeeping Bistro is <b>CLOSED</b> Sandbar is <b>CLOSED</b> Delivery of the Meal of the Day can be done with fee for service</div> Pool Operator: Tom McGovern	<b>20</b> 9:00 Tai Chi (FC) 9:00 Aqua Aerobic (Pool) 9:30 Spiritual Small Group (CR) 10:30 <b>NO</b> Drumming 10:30 Town Hall(NH/C971) 11:05 <b>NO</b> Seated Class  2-4:00 Variety Show Rehearsal (NH) 2:00 Chair Yoga (CAR) 2:00 Duplicate Bridge (CR) 7:00 Blue Zone Project: Netflix Episode #3: You Are What You Eat: The Twin Study (NH)	<b>21</b> 9:00 Cardio & Strength - Level 3 (FC) 9:45 Cardio & Strength - Level 2 (FC) 10:30 Coffee Social (Bistro)  1:00 Catholic Communion (NH) 1:00 Partnership Duplicate Bridge (CR) 2:00 Card Game (CAR) 2-4:00 Variety Show Rehearsal (NH) 3:00 Ping Pong (CAR) 5:00 OTDB: Latitude 28 (SUR) 7:00 Poker Night (Lib)	<b>22</b> 9:00 Tai Chi (FC) 9:00 <b>Water VolleyBall (Pool)</b> 10:30 Drumming - All Levels (FC) 10:00 TouchTown Introduction (HP) (SUR) 11:00 Hookers and Purlers (CAR) 11:05 Seated Class - Level 1 (FC) 11:00 Classics Seminar with Louis Petrich (CR- Event Registration Full)  1:00 <b>NO</b> Mah-Jong (CR) 2:00 <b>NO</b> Chair Yoga (CAR) 2-4:00 Variety Show Rehearsal (NH) 3:00 Transitions Meeting (CAR) We ask that anyone attending a Transition	<b>23</b> 9:00 Cardio & Strength - Level 3 (FC) 9:30 Grocery Run (SUR) 10:00 Gentle Yoga (CAR) 10:30 Coffee Social (Bistro) 11:00 Zumba (FC)  2:00 Variety Show (NH)	<b>24</b> 9:00 Tai Chi (FC) 9:15 Intermediate Yoga  2:00 Board Games (CR) 3:00 Ping-Pong (CAR)  Pool Operator: Lee Derrick
<b>25</b> 9:30 Mindful Meditation (CAR) 10:00 Church Runs 11:00 Chair Yoga (HC4)  2:00 Card Game: Canasta (CAR) 2:00 Ping-Pong (CAR)  Pool Operator: Lee Derrick	<b>26</b> <b>Pool Closed for Annual Cleaning 1/26-1/29</b> 9:00 Cardio & Strength - Level 3 (FC) 9:45 Cardio & Strength - Level 2 (FC) 9:30 Grocery Run (SUR) 10:30 Coffee Social (Bistro)  1:00 Errand Run (SUR) 1:00 BCHC Activities Committee (NH) 7:00 Social Bridge (CR)	<b>27</b> 9:00 Tai Chi (FC) 9:00 <b>NO</b> Aqua Aerobic (Pool) 9:30 Spiritual Small Group (CR) 10:30 TouchTown Introduction (HP) (SUR) 10:30 Drumming - All Levels (FC) 11:05 Seated Class - Level 1 (FC) 12:00 Blue Zone Project Team Meeting (CR)  2:00 Chair Yoga (CAR) 2:00 Duplicate Bridge (CR) 7:00 Blue Zone Project: Netflix Episode #4: You Are What You Eat: The Twin Study (NH)	<b>28</b> 9:00 Cardio & Strength - Level 3 (FC) 9:45 Cardio & Strength - Level 2 (FC) 10:30 Coffee Social (Bistro)  1:00 Catholic Communion (NH) 1:00 Partnership Duplicate Bridge (CR) 2:00 Card Game (CAR) 2:00 Guest Speaker Captain Jon Miles from the Pride of Baltimore (NH) 3:00 Ping Pong (CAR) 3:00 Book Club (CR) 6:45 Outing: Anne Arundel Community Concert	<b>29</b> 9:00 Tai Chi (FC) 9:00 <b>NO</b> Aqua Fit (Pool) 10:30 Drumming - All Levels (FC) 10:30 TouchTown Introduction (HP) (SUR) 11:00 Hookers and Purlers (CAR) 11:05 Seated Class - Level 1 (FC) 12:00 OTLB: Full On (SUR)  1:00 Great Courses: It's All About the Calories & Hydration— You Are What You Drink (NH) 1:00 Mah-Jong (CR) 2:00 Chair Yoga (CAR)		

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
	BWRA	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

## January's BANR Honorees



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