


July 2019

Homewood at Williamsport Independent Living Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:00 AM-Water Exercises-Pool 10:00 AM-Standing Exercises-Fitness Ctr 10:00 AM-Close Knit Group-Lounge 12:00 PM-Pines Luncheon--DRI 1:30 PM-Grocery Store 2:00 PM-Seated Exercises-Fitness Ctr 2:00 PM-Let's Play Sequence-Lounge 3:00 PM-Art Club-Craft Room	2 9:00 AM-Water Exercises-Pool 9:00 AM-Caring Cards Ministry 10:00 AM-Standing Exercises-Fitness Ctr 10:30 AM-Bible Study-Chapel 11:00 AM-Chair Yoga-Fitness Ctr 11:00 AM-Long Term Care Insurance Rep. 1:00 PM-Bingo-Chapel 1:30 PM-Bookmobile 3:00 PM-Water Exercises-Pool 7:00 PM-Bridge Group-Game Room	3 9:00 AM-Water Exercises-Pool 10:00 AM-Standing Exercises-Fitness Ctr 10:00 AM- Poker--Game Room 1:00 PM-Games-Lounge 1:00 PM-Prayer Shawl Ministry-Chapel 2:00 PM-Outing for Ice Cream and Country Drive 2:00 PM-Seated Exercises-Fitness Ctr 3:00 PM-Sing Along with Shelby-Lounge 4:00 PM-Diabetes Support Group-Fitness Ctr	4 Independence Day 11:30 AM to 1:30 PM July 4th Picnic Pines Park 9:00 AM-Water Exercises-Pool 10:00 AM-Standing Exercises-Fitness Ctr 11:00 AM-Scattogories-Game Room 1:00 PM-Bridge-Game Room 3:00 PM-Water Exercies-Pool 6:30 PM-Pinochle-Lounge	5 9:00 AM-Water Exercises-Pool 10:30 AM-Line Dancing-Fitness Ctr 1:00 PM-Homewood Singers-Chapel 2:00 PM-Seated Exercises-Fitness Ctr 2:00 PM-Outing to the Christmas Tree Store and Dollar Store	6 12:00 PM-Poker-Game Room
7 9:15 AM-Worship Service-Chapel 10:15 AM-Sunday School-Lounge 1:30 PM-Movie-Game Room 2:00 PM-Music at Pen-Mar Park--Headliners to Perform	8 9:00 AM-Water Exercises-Pool 9:30 PM to 11:00 AM—Fine Arts Class with Volunteer Artist-Craft Room 10:00 AM-Standing Exercises-Fitness Ctr 10:00 AM-Close Knit Group-Lounge 1:00 PM-Residents' Association Meeting-Chapel 1:30 PM-Grocery Store 2:00 PM-Seated Exercises-Fitness Ctr 3:00 PM-Art Club-Craft Room	9 7:30 AM-Breakfast Buffet-Friendship Dining Room 9:00 AM-Water Exercises-Pool 10:15 AM-Lunch Outing to Gladchuck's in Frederick, MD 10:00 AM-Standing Exercises-Fitness Ctr 10:30 AM-Bible Study-Chapel 11:00 AM-Chair Yoga-Fitness Ctr 1:00 PM-Book Club-Craft Room 1:00 PM-Low Vision Support Group-Fitness Ctr 3:00 PM-Water Exercises-Pool 7:00 PM-Bridge Group-Game Room	10 9:00 AM-Water Exercises-Pool 10:00 AM-Standing Exercises-Fitness Ctr 10:00 AM-Catholic Mass-Chapel 12:00 PM-Poker-Game Room 1:00 PM-Prayer Shawl Ministry-Chapel 1:00 PM-Games-Lounge 2:00 PM-Outing to Home-Grown Vegetables, Williamsport (The Local Williams Farm) 3:00 PM-Crochet Class with Volunteer-Craft Room 2:00 PM-Seated Exercises-Fitness Ctr 3:00 PM-Wellness Talk Topic "What to Eat"-Fitness Ctr.	11 9:00 AM-Water Exercises-Pool 9:00 AM-Coffee and Conversation-Lounge 10:00 AM-Standing Exercises-Fitness Ctr 11:00 AM-Scattogories-Game Room 12:00 PM-Qi Qong - in the Fitness Room 1:00 PM-Bridge-Game Room 1:30 PM-Grocery Store 1:30 PM-Tai Chi Refresher (Fitness Room) 3:00 PM-Water Exercise-Pool 3:00 PM-Shooting Pool with Pastor Doug-Game Room 6:30 PM-Pinochle-Lounge	12 9:00 AM-Water Exercises-Pool 10:30 AM-Line Dancing-Fitness Ctr 1:00 PM-Homewood Singers-Chapel 1:30 PM—Summer Rum Drinks-Lounge 2:00 PM-Seated Exercises-Fitness Ctr	13 12:00 PM- Poker-Game Room
14 Place Recyclables Out By 4:00 PM This Evening 9:15 AM-Worship Service-Chapel 10:15 AM-Sunday School-Lounge	15 9:00 AM-Water Exercises-Pool 10:00 AM-Standing Exercises-Fitness Ctr 10:00 AM-Close Knit Group-Lounge 12:00 PM-Friends and Neighbors Luncheon DR1 1:30 PM-Grocery Store 2:00 PM-Seated Exercises-Fitness Ctr 3:00 PM-Art Club-Craft Room	16 9:00 AM-Water Exercises-Pool 10:00 AM-Standing Exercises-Fitness Ctr 10:30 AM-Bible Study-Chapel 11:00 AM-Chair Yoga-Fitness Ctr 11:00 AM-Long Term Care Insurance Rep. 1:00 PM-Bingo-Chapel 3:00 PM-Water Exercises-Pool 7:00 PM-Bridge Group-Game Room	17 11:30 AM to 1:30 PM Luau Pines Park 9:00 AM-Water Exercises-Pool 10:00 AM-Standing Exercises-Fitness Ctr 12:00 PM-Poker—Game Room 12:00 PM-Alzheimer's Support Group-HCC Classroom 1:00 PM-Games-Lounge 1:00 PM-Prayer Shawl Ministry-Chapel 2:00 PM-Outing to Kohl's Department Store 2:00 PM-Seated Exercises-Fitness Ctr 3:00 PM-Sing Along with Shelby-Lounge	18 9:00 AM-Water Exercises-Pool 10:00 AM-Standing Exercises-Fitness Ctr 11:00 AM-Scattogories-Game Room 12:00 PM-Qi Qong - in the Fitness Room 1:00 PM-Bridge-Game Room 1:30 PM-Grocery Store 3:00 PM-Water Exercise-Pool 3:00 PM-Wine & Cheese Social-Lounge 6:30 PM-Pinochle-Lounge	19 9:00 AM-Water Exercises-Pool 10:30 AM-Line Dancing-Fitness Ctr 1:00 PM-Homewood Singers-Chapel 2:00 PM-Seated Exercises-Fitness Ctr 2:00 PM-Poetry Club-Craft Room	20 12:00 PM-Poker-Game Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>21</p> <p>9:15 AM-Worship Service-Chapel 10:15 AM-Sunday School-Lounge 1:30 PM-Movie--Game Room</p>	<p>22</p> <p>9:00 AM-Water Exercises-Pool 9:30 PM to 11:00 AM—Fine Arts Class with Volunteer Artist-Craft Room 10:00 AM-Standing Exercises-Fitness Ctr 10:00 AM-Close Knit Group-Lounge 1:30 PM-Grocery Store 2:00 PM-Seated Exercises-Fitness Ctr 3:00 PM-Art Club-Craft Room</p>	<p>23</p> <p>9:00 AM-Water Exercises-Pool 10:00 AM-Standing Exercises-Fitness Ctr 10:30 AM-Bible Study-Chapel 11:00 AM-Chair Yoga-Fitness Ctr 1:30 PM—Talent Show-Chapel 3:00 PM-Water Exercises-Pool 7:00 PM-Bridge Group-Game Room</p>	<p>24</p> <p>9:00 AM-Water Exercises-Pool 10:00 AM-Standing Exercises-Fitness Ctr 10:00 AM-Therapy Talk-Staying Heart Healthy--Chapel 12:00 PM-Poker—Game Room 1:00 PM-Prayer Shawl Ministry-Chapel 1:00 PM-Games-Lounge 1:30 PM-Grocery Store 2:00 PM-Seated Exercises-Fitness Ctr 3:00 PM-Crochet Class with Volunteer-Craft Room 3:00 PM-Readers' Theatre-Craft Room</p>	<p>25</p> <p>9:00 AM-Water Exercises-Pool 10:00 AM-Standing Exercises-Fitness Ctr 10:30 AM-Lunch Outing to Parlor House and Totem Pole Playhouse to see "Souvenir" 11:00 AM-Scategories-Game Room 12:00 PM-Qi Gong - in the Fitness Room 1:00 PM-Bridge-Game Room 1:30 PM-Tai Chi Refresher (Fitness Room) 3:00 PM-Water Exercises-Pool 3:00 PM-Shooting Pool with Pastor Doug-Game Room 6:30 PM-Pinochle-Lounge</p>	<p>26</p> <p>9:00 AM-Water Exercises-Pool 10:30 AM-Line Dancing-Fitness Ctr 12:00 PM-Bluebrid Luncheon-DR1 1:00 PM-Homewood Singers-Chapel 1:30 PM-S'mores-Pines Park 2:00 PM-Seated Exercises-Fitness Ctr</p>	<p>27</p> <p>12:00 PM-Poker-Game Room</p>	
<p>28</p> <p>Place Recyclables Out By 4:00 PM This Evening 9:15 AM-Worship Service-Chapel 10:15 AM-Sunday School-Lounge 7:00 PM-Outing to City Park to hear the Hagerstown Municipal Band</p>	<p>29</p> <p>9:00 AM-Water Exercises-Pool 10:00 AM-Standing Exercises-Fitness Ctr 10:00 AM-Close Knit Group-Lounge 1:30 PM-Grocery Store 2:00 PM-Seated Exercises-Fitness Ctr 3:00 PM-Art Club-Craft Room</p>	<p>30</p> <p>9:00 AM-Water Exercises-Pool 10:00 AM-Standing Exercises-Fitness Ctr 10:00 AM-Railroad Club Meeting-Game Room 10:30 AM-Bible Study-Chapel 11:00 AM-Chair Yoga-Fitness Ctr 12:00 PM-Cheerios Luncheon-DR 1 3:00 PM-Water Exercises-Pool 7:00 PM-Bridge Group-Game Room</p>	<p>31</p> <p>9:00 AM-Water Exercises-Pool 10:00 AM-Standing Exercises-Fitness Ctr 12:00 PM-Poker—Game Room 1:00 PM-Games-Lounge 1:00 PM-Prayer Shawl Ministry-Chapel 1:45 PM-Tour of Shenandoah Jersey Dairy Farm--Boonsboro, Maryland 2:00 PM-Seated Exercises-Fitness Ctr</p>	<p>● For all Homewood Independent Living outings that require a fee, the resident must give a five day cancellation notice prior to the date of the outing. If proper cancellation is not given the resident will be charged 100% of the outing fee on the next Homewood billing statement.</p> <p>● The Calendar will be put out on the last Friday of the month and the sign-up sheets will be put out the following Monday.</p> <p>● Please make sure all walkers are able to be folded up for transport.</p> <p>● Reminder: If it is your anniversary month for moving in, please stop by the Home Health Office to have your pendant tested.</p>			

Grocery Shopping

Mondays

07/01/2019 Martins
07/08/2019 Martins
07/15/2019 Martins
07/22/2019 Martins
07/29/2019 Martins

Wednesday

07/24/2019 Target

Thursday

07/11/2019 Target
07/18/2019 Wal-Mart