



SEPTEMBER 2022



**Welcome
New Residents**





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|----------------------------|---------------------------|---------------------------------|
| AG-Art Gallery | CR-Conference Room | LIB-Library |
| ALA-AL Activity Room | DR-Chesapeake Dining Room | LOB-Lobby |
| ALC-AL Common | EX-Exchange Store | MR-Movie "Theater" Room |
| ALFC-AL Fountain Courtyard | FC-Fountain Courtyard | PG-Putting Green |
| AUD-Auditorium | FS-Fitness Studio | RO-Rotunda |
| BAR-Bar | GC-Gazebo Courtyard | RAR-Resident Activities Room |
| BR-Billiards "Game" Room | GES-Group Exercise Studio | RHS-Residential Health Services |
| BS-Beauty Salon | GR-Greenwood Room | SR-Seminar Room |
| CC-Croquet Court | HWR-Homewood Room | TR-Terrace Room |
| CG-Chestnut Green | HR-Hopkins Room | TS-Therapy Suite |
| CH-Carriage House | | |

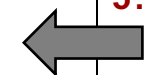
Save the Date

**Annual Crab Feast
September 24**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>Week of September 19 – 23 All exercise classes cancelled.</p> <p><u>Senior Fitness Evaluations</u> (SFE) 8:00 A.M. – 4:00 P.M.</p> <p>NIFS Goal 70 Residents Sign Up ~ 3rd Floor Mailroom</p>		<p>1 Menu Day 26 9:00 Mat Works/GES 10:00 Chair Yoga-Erin/GES 10:00 Water Aerobics/Pool 11:15 IM - <i>Middle Ages</i> <i>Around the World/AUD</i> 1:00 Canasta/HR 1:00 Men's Gin Rummy/HWR 1:30 NIFS Sign-In Sweepstakes Party/RO 1:30 Billiards/BR 2:00 Eversafe 360: LCS <i>Current Status of Covid-19/MR</i></p>	<p>2 Menu Day 27 9:00 Body Blast/GES 9:30 Graul's/TRIP 9:30 Golf/PG 10:00 Balance/GES 10:30 Strong & Fit/GES 10:30 Giant/TRIP 11:15 IM - <i>Heros & Legends/AUD</i> 12:15 MD State Fair/TRIP 1:00 Errands Towson/TRIP 2:00 One Day U: Lost <i>City of Petra/MR</i> 2:00 Wii Bowling/SR</p>	<p>3 Menu Day 28 9:30 Rummikub/CH</p> <p style="text-align: center;">Sign up for Sunday Worship Shuttle</p>
<p>4 Menu Day 1 9:30 & 10:15 Worship Shuttle/TRIP</p>	<p>5 Special Menu LABOR DAY</p> <p style="text-align: center;">NO ACTIVITIES POOL CLOSED</p> <p>12:00 - 2:00 Labor Day Cookout Gazebo Courtyard</p> <p>TR – CLOSED All Day DR – NO Evening Meal</p>	<p>6 Menu Day 3 9:00 Barre/GES 9:30 Bookmobile/CURB 9:30 Graul's/TRIP 9:30 Tai Chi-Katsumi/GES 9:30 Golf/PG 10:00 Chair Yoga - Lorien/GES 10:00 Water Aerobics/Pool 10:30 Eddie's/TRIP 11:15 IM-<i>Human Behavior/AUD</i> 1:00 Mah Jongg/RO 1:30 Billiards/BR 2:00 Catholic Mass/HWR 3:00 Chorus/AUD 3:30 Stitch & Chat/HR 8:00 Men's Poker/GR</p>	<p>7 Menu Day 4 9:00 Body Blast/GES 10:00 Fit for Life/GES 10:45 Campus Walk/LOB 1:30 IM – <i>Islamic Golden</i> <i>Age/MR</i></p> <p>7:30 Ladies Gin Rummy/HWR 8:00 Enrichment: <i>Dr. James Higgins/AUD</i></p>	<p>8 Menu Day 5 9:00 Mat Works/GES 10:00 Chair Yoga-Melissa/GES 10:00 Water Aerobics/Pool 11:15 IM - <i>Middle Ages</i> <i>Around the World/AUD</i> 12:30 MD Center for History & Culture/TRIP 1:00 Canasta/HR 1:00 Men's Gin Rummy/HWR 1:30 Billiards/BR 2:00 Curiosity Stream: The Moon: <i>Our Gateway/MR</i></p>	<p>9 Menu Day 6 9:00 Body Blast/GES 9:30 Graul's/TRIP 9:30 Golf/PG 10:00 Art Sessions/CH 10:00 Balance/GES 10:30 Strong & Fit/GES 10:30 Giant/TRIP 11:00 -1:00 Raven Kickoff <i>Alzheimer Luncheon/GC</i> 11:15 IM - <i>Heros & Legends/AUD</i> 1:00 Errands North/TRIP 1:30 Intermediate Bridge/HWR 2:00 One Day U: Susan <i>B. Anthony: Her Life...MR</i> 2:00 Wii Bowling/SR</p>	<p>10 Menu Day 7 9:30 Rummikub/CH</p> <p style="text-align: center;">Sign up for Sunday Worship Shuttle</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>11 Menu Day 8</p> <p>9:30 & 10:15 Worship Shuttle/TRIP</p> <p>1:00 Jets vs. Ravens/BAR</p>  <p>Hot Dogs & Beer For Sale</p> <p>6:45 Chamber Music Second Presbyterian Church/TRIP</p>	<p>12 Menu Day 9</p> <p>9:00 Body Blast/GES</p> <p>9:30 Graul's/TRIP</p> <p>10:00 Balance/GES</p> <p>10:30 Seated Strong & Fit/GES</p> <p>10:30 Safeway/TRIP</p> <p>11:15 IM - Native Peoples of North America/AUD</p> <p>1:30 IM ... Eastern Europe/AUD</p> <p>2:00 Golf Cart Rides/LOB</p> <p>7:30 Movie: <i>Downton Abbey: A New Era</i>/MR</p>	<p>13 Menu Day 10</p> <p>9:00 Barre/GES</p> <p>9:30 Tai Chi-Katsumi/GES</p> <p>9:30 Golf/PG</p> <p>10:00 Outdoor Yoga/GES</p> <p>10:00 Water Aerobics/Pool</p> <p>11:15 IM - <i>Mysteries of Human Behavior</i>/AUD</p> <p>12:15 Lunch Out: Bluestone Restaurant/TRIP</p> <p>1:00 Mah Jongg/RO</p> <p>1:30 Billiards/BR</p> <p>2:00 Caregivers Support/CR</p> <p>3:00 Chorus/AUD</p> <p>3:30 Stitch & Chat/HR</p> <p>8:00 Men's Poker/GR</p>	<p>14 Menu Day 11</p> <p>9:00 Body Blast/GES</p> <p>10:00 Fit for Life/GES</p> <p>10:30 The Gathering/AUD</p> <p>10:45 Campus Walk/LOB</p> <p>12:00 Redeemer Serv/CG</p> <p>1:30 IM - Islamic Golden Age/MR</p>	<p>15 Menu Day 12</p> <p>9:00 Mat Works/GES</p> <p>10:00 Chair Yoga-Melissa/GES</p> <p>10:00 Water Aerobics/Pool</p> <p>10:30 Trail Walkers: Benjamin Banneker Park/TRIP</p> <p>11:15 IM - <i>Middle Ages Around the World</i>/AUD</p> <p>1:00 Canasta/HR</p> <p>1:00 Men's Gin Rummy/HWR</p> <p>1:30 Billiards/BR</p> <p>2:00 Grief Support/CR</p> <p>2:00 Curiosity Stream: <i>Our Declaration</i>/MR</p> <p>6:30 Everyman Theatre/TRIP</p>	<p>16 Menu Day 13</p> <p>9:00 Body Blast/GES</p> <p>9:30 Graul's/TRIP</p> <p>9:30 Golf/PG</p> <p>10:00 Art Sessions/CH</p> <p>10:00 Balance/GES</p> <p>10:30 Strong Fit/GES</p> <p>10:30 Giant/TRIP</p> <p>11:15 IM - <i>Heros & Legends</i>/AUD</p> <p>1:00 Errands Towson/TRIP</p> <p>2:00 Enrichment: Ashley Schultz-Hippotherapy/GC</p> <p>2:00 One Day U: <i>American Democracy: ... Where We're Going</i>/MR</p> <p>2:00 Wii Bowling/SR</p>	<p>17 Menu Day 14</p> <p>9:30 Rummikub/CH</p> <p>10:00 Gentlemen's Coffee & Conversation/GR</p> <p>3:00 Steinway at Silo Hill: Antonio Pompa-Baldi Concert/TRIP</p> <p>Sign up for Sunday Worship Shuttle</p>
<p>18 Menu Day 15</p> <p>9:30 & 10:15 Worship Shuttle/TRIP</p> <p>1:00 Ravens vs. Dolphins/BAR</p>  <p>Hot Dogs & Beer For Sale</p>	<p>19 Menu Day 16</p> <p>8:00 - 4:00 SFE Testing/GES</p> <p>9:30 Graul's/TRIP</p> <p>10:30 Eddies/TRIP</p> <p>11:15 IM - Native Peoples of North America/AUD</p> <p>1:30 IM ... Eastern Europe/AUD</p> <p>2:00 Golf Cart Rides/LOB</p> <p>3:00 Apple Academy: How to Use QR Codes/SR</p> <p>7:30 Movie: <i>Orca</i>/MR</p>	<p>20 Menu Day 17</p> <p>8:00 - 4:00 SFE Testing/GES</p> <p>9:30 Golf/PG</p> <p>11:15 IM - <i>Mysteries of Human Behavior</i>/AUD</p> <p>1:00 Mah Jongg/RO</p> <p>3:00 Chorus/AUD</p> <p>3:30 Stitch & Chat/HR</p> <p>8:00 Enrichment: Pianist, Solomon Eichner/AUD</p> <p>8:00 Men's Poker/GR</p>	<p>21 Menu Day 18</p> <p>8:00 - 4:00 SFE Testing/GES</p> <p>1:00 Step-On-Bus Tour: Historical Towson/TRIP</p> <p>1:30 IM - Islamic Golden Age/MR</p> <p>2:30 BCFA: "Threats Facing the U.S." The Hon. John Bolton/AUD</p> <p>7:30 Ladies Gin Rummy/HWR</p>	<p>22 Menu Day 19</p> <p>8:00 - 4:00 SFE Testing/GES</p> <p>11:15 IM - <i>Middle Ages Around the World</i>/AUD</p> <p>1:00 Canasta/HR</p> <p>1:00 Men's Gin Rummy/HWR</p> <p>1:30 Billiards/BR</p> <p>2:00 Residents' Association Meeting/AUD</p> <p>3:00 Literature Group/HR</p> <p>7:30 Trivial Pursuit/AUD</p>	<p>23 Menu Day 20</p> <p>8:00 - 10:00 SFE Celebration/BAR</p> <p>9:30 Golf/PG</p> <p>9:30 Graul's/TRIP</p> <p>10:00 Art Sessions/CH</p> <p>10:30 Giant/TRIP</p> <p>11:15 IM - <i>Heros & Legends</i>/AUD</p> <p>1:00 Errands North/TRIP</p> <p>2:00 Book Club/HR</p> <p>2:00 One Day U: <i>Eight Flavors: ... Way American Eat</i>/MR</p> <p>2:00 Wii Bowling/SR</p> <p>4:30 Music by Hotel Paradise Orchestra & Hors d'oeuvres Under Tent/GC</p>	<p>24 Menu Day 21</p> <p>9:30 Rummikub/CH</p> <p>12:00 - 2:00 Annual Crab Feast/GC</p>  <p>Sign up for Sunday Worship Shuttle</p>
<p>25 Menu Day 22</p> <p>9:30 & 10:15 Worship Shuttle/TRIP</p> <p>6:45 Chamber Music Second Presbyterian Church/TRIP</p> <p>ROSH HASHANAH</p>	<p>26 Menu Day 23</p> <p>9:00 Body Blast/GES</p> <p>9:30 Graul's/TRIP</p> <p>10:00 Balance/GES</p> <p>10:30 Strong & Fit/GES</p> <p>10:30 Trader Joe's/TRIP</p> <p>11:15 IM - Native Peoples of North America/AUD</p> <p>1:30 IM ... Eastern Europe/AUD</p> <p>7:30 Movie: <i>Marry Me</i>/MR</p>	<p>27 Menu Day 24</p> <p>9:00 Barre/GES</p> <p>9:30 Tai Chi-Katsumi/GES</p> <p>9:30 Golf/PG</p> <p>10:00 Chair Yoga-Lorien/GES</p> <p>10:00 Water Aerobics/Pool</p> <p>11:15 IM - <i>Mysteries of Human Behavior</i>/AUD</p> <p>1:00 Mah Jongg/RO</p> <p>3:00 Chorus/AUD</p> <p>3:30 Stitch & Chat/HR</p> <p>8:00 Men's Poker/GR</p>	<p>28 Menu Day 25</p> <p>9:00 Body Blast/GES</p> <p>9:45 Step-On-Bus Tour Explore Baltimore/TRIP</p> <p>10:00 Fit for Life/GES</p> <p>10:45 Campus Walk/LOB</p> <p>1:30 IM - Islamic Golden Age/MR</p> <p>8:00 Enrichment Book Review Robert Kolker/AUD</p>	<p>29 Menu Day 26</p> <p>9:00 Mat Works/GES</p> <p>10:00 Chair Yoga-Melissa/GES</p> <p>10:00 Water Aerobics/Pool</p> <p>11:15 IM - <i>Middle Ages Around the World</i>/AUD</p> <p>1:00 Canasta/HR</p> <p>1:00 Men's Gin Rummy/HWR</p> <p>1:30 Billiards/BR</p> <p>2:00 Curiosity Stream: <i>Mystery of Disorderly Warriors</i>/MR</p>	<p>30 Menu Day 27</p> <p>9:00 Body Blast/GES</p> <p>9:30 Golf/PG</p> <p>9:30 Graul's/TRIP</p> <p>10:00 Art Sessions/CH</p> <p>10:00 Balance/GES</p> <p>10:30 Strong & Fit/GES</p> <p>10:30 Giant/TRIP</p> <p>11:15 IM - <i>Heros & Legends</i>/AUD</p> <p>1:00 Errands Towson/TRIP</p> <p>2:00 One Day U: <i>Our Future In Space...</i>/MR</p> <p>2:00 Wii Bowling/SR</p>	 <p>September 30</p> <p>5:30 New Residents' Dinner/LIB-DR</p>



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