



The CORE: November 2024

COMMUNITY
ORIENTED
RETIREMENT
EXPERIENCE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																
<p>November Birthdays</p> <table border="0"> <tr> <td>Lee Slagle</td> <td>11/01</td> <td>Cynthia Murphy</td> <td>11/18</td> </tr> <tr> <td>Peggy Hegwood</td> <td>11/05</td> <td>Mary Jane Morse</td> <td>11/20</td> </tr> <tr> <td>Jean Smith</td> <td>11/06</td> <td>Barbara Schnur</td> <td>11/20</td> </tr> <tr> <td>Bill Sumner</td> <td>11/13</td> <td>Marie Leahy</td> <td>11/23</td> </tr> <tr> <td>Evie Graham</td> <td>11/14</td> <td>Bruce Slaff</td> <td>11/23</td> </tr> <tr> <td>Lore McNicol</td> <td>11/15</td> <td>Carol Burke</td> <td>11/24</td> </tr> <tr> <td>Elaine Czajkowski</td> <td>11/17</td> <td>Richard Gerheiser</td> <td>11/26</td> </tr> <tr> <td>Phyllis Fluharty</td> <td>11/18</td> <td>Gene Kintgen</td> <td>11/28</td> </tr> </table>			Lee Slagle	11/01	Cynthia Murphy	11/18	Peggy Hegwood	11/05	Mary Jane Morse	11/20	Jean Smith	11/06	Barbara Schnur	11/20	Bill Sumner	11/13	Marie Leahy	11/23	Evie Graham	11/14	Bruce Slaff	11/23	Lore McNicol	11/15	Carol Burke	11/24	Elaine Czajkowski	11/17	Richard Gerheiser	11/26	Phyllis Fluharty	11/18	Gene Kintgen	11/28	<p>November Anniversary Jack & Marilyn Coolidge 11/12</p>		<p>1</p> <p>9:00 Cardio & Strength - Level 3 (FC) 9:30 Grocery Run (SUR) 10:00 Gentle Yoga (CAR) 11:00 Zumba (FC) 11:00 The Breeze/Bay Window Committee (CR) 1:30 Special Presentation from Mayor Gavin Buckley and Alderman Rob Savidge (NH) 1:30 Bunco (CR) 3:00 Short Stories for Listening & Discussion (CR) 3:00 First Friday Fitness Workshop: Body Pump (FC) 6:45 Annapolis Symphony Orchestra: Connections</p>	<p>2</p> <p>9:00 Tai Chi (FC) 9:00 Intermediate Yoga 2:00 Board Games (CR) 3:00 Ping-Pong (CAR) Pool Operator: Mike Long</p>
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<p>3</p> <p>9:30 Mindful Meditation (CAR) 10:00 Church Runs 1:00 Card Game: Canasta (CAR) 4:00 Bocce Ball (CC) Pool Operator: Mike Long</p>	<p>4</p> <p>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 Arts Committee Meeting (CR) 2:00 Current Events (CR) 3:00 Line Dancing (NH) 4:00 Karaoke (NH) 7:00 Social Bridge (CR)</p>	<p>5 Election Day</p> <p>Transportation to the polls will be available from 11-3PM - Meet in the Lobby</p> <p>9:00 Tai Chi (CAR) 9:00 Aqua Fit (Pool) 10:30 Drumming - All Levels (FC) 11:05 Seated Class - Level 1 (FC) 1:00 BCHC Building & Grounds Committee (NH) 2:00 Chair Yoga (CAR) 2:00 Duplicate Bridge (CR) 5:30 Spanish Language Dinner Table (MDR)</p>	<p>6</p> <p>9:00 Cardio & Strength - Level 3 (FC) 9:45 Cardio & Strength - Level 2 (FC) 10:30 Coffee Social (Bistro) 10:30 BCHC House Committee (NH/C971) 12:00 Caregivers Support Group (CR) 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)</p>	<p>7</p> <p>9:00 Tai Chi (CAR) 9:00 Aqua Fit (Pool) 10:30 Drumming - All Levels (FC) 11:00 Hookers and Purlers (CAR) 11-12:30 Creative Writing with Sondra (CR) 11:05 Seated Class - Level 1 (FC) 1:00 BINGO! (NH) 1:00 Mah-Jong (CR) 2:00 Chair Yoga (CAR) 3:00 Theatre Group Meeting (NH) 5:30 Solo Dinner Table (MDR)</p>	<p>8</p> <p>9:00 Cardio & Strength - Level 3 (FC) 9:30 Grocery Run (SUR) 10:00 Gentle Yoga (CAR) 10:30 Coffee Social (Bistro) 10:30 BW Rhythm Band Rehearsal 11:00 Zumba (FC) 1:00 Bucket Putt (FC) 3:30 Meet and Greet Social—Drinks and hors d'oeuvres Please wear your name tags (CR)</p> <p>Pool Operator: Karl Hoke</p>	<p>9</p> <p>9:00 Tai Chi (CAR) 9:00 Intermediate Yoga 2:00 Children's Violin Performance (NH) 2:00 Board Games (CR) 3:00 Ping-Pong (CAR) 6:15 Outing: South County Concert Association: Forever Simon & Garfunkel (SUR)</p> <p>Pool Operator: Karl Hoke</p>																																
<p>10</p> <p>9:30 Mindful Meditation (CAR) 10:00 Church Runs 1:00 Card Game: Canasta (CAR) 4:00 Bocce Ball (CC) Pool Operator: Karl Hoke</p>	<p>11 Veterans Day</p> <p>9:00 Cardio & Strength - Level 3 (FC) 9:45 Cardio & Strength - Level 2 (FC) 9:30 Grocery Run (SUR) 10:30 BCHC Activities' Working Session (HP) 10:30 Coffee Social (Bistro) 2:00 Veterans Day Program and Cocktail Reception (NH) 7:00 Social Bridge (CR)</p>	<p>12</p> <p>9:00 Tai Chi (CAR) 9:00 Aqua Fit (Pool) 10:30 Drumming - All Levels (FC) 10:30 BWRA Meeting (NH/C971) 11:05 Seated Class - Level 1 (FC) 12:00 Blue Zone Project Team Meeting (CR) 1:00 Afternoon at the Opera: Don Giovanni by Mozart (NH) 2:00 Chair Yoga (CAR) 2:00 Duplicate Bridge (CR) 5:00 OTDB: Jalapenos (SUR)</p>	<p>13</p> <p>9:00 Cardio & Strength - Level 3 (FC) 9:45 Cardio & Strength - Level 2 (FC) 10:00 BCHC Finance Audit Capital Committee (NH/C971) 10:30 BCHC Board Meeting (NH) 10:30 Coffee Social (Bistro) 12:00 Wholehearted Living Discussion Group (CR) 1:00 Catholic Communion (NH) 1:00 Partnership Duplicate Bridge (CR) 2:00 Card Game (CAR) 2:00 Library Committee (Lib) 3:00 BW Rhythm Band Performance (NH) 3:00 Ping Pong (CAR) 7:00 Poker Night (Lib)</p>	<p>14</p> <p>9:00 Tai Chi (CAR) 9:00 Aqua Fit (Pool) 10:30 Drumming - All Levels (FC) 11:00 Hookers and Purlers (CAR) 11-2:00 Taking Photos for the Picture Directory (NH) 11-12:30 Creative Writing with Sondra (CR) 11:05 Seated Class - Level 1 (FC) 1:00 Mah-Jong (CR) 2:00 Chair Yoga (CAR) 2:00 Wood shop Meeting (SHOP) 5:30 Solo Dinner Table (MDR) 7:15 Outing: Colonial Players—The Winslow Boy (SUR)</p>	<p>15</p> <p>9:00 Cardio & Strength - Level 3 (FC) 9-1:00 Pool Operator Recertification Class (HP) 9:30 Grocery Run (SUR) 10:00 Gentle Yoga (CAR) 10:30 Rhythm Band Rehearsal (NH) 10:30 Coffee Social (Bistro) 11:00 Zumba (FC) 12:00 Music Interest Group (CR) 12:00 BANR: Birthday Anniversary & New Resident Luncheon - resident(s) that have a birthday, anniversary, or have moved in during the month (MDR) 1:00 Protestant Communion (CAR) 1:30 Bunco (CR) 3:00 Sing-A-Long (NH)</p>	<p>16</p> <p>9:00 Tai Chi (CAR) 9:00 Intermediate Yoga 2:00 Board Games (CR) 3:00 Ping-Pong (CAR) Pool Operator: Ed Paglee</p>																																

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
17 9:30 Mindful Meditation (CAR) 10:00 Church Runs 1:00 Card Game: Canasta (CAR) 4:00 Bocce Ball (CC) Pool Operator: Ed Paglee	18 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 Great Books (CR) 3:00 Inside The BayWoods Studio: Parker Williamson (NH) 3:30 Line Dancing (NH) 7:00 Social Bridge (CR)	19 9:00 Tai Chi (CAR) 9:00 Aqua Fit (Pool) 10:30 NO Drumming 10:30 Town Hall (NH/C971) 11:05 NO Seated Class Level 1 (FC) 12:00 Caregivers Support Group Meeting (CR) 2:00 Chair Yoga (CAR) 2:00 Duplicate Bridge (CR) 3:00 Charades (NH)	20 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 Presentation from AARP President Hank Greenberg and Director of Advocacy Tammy Bresnahan on upcoming Legislative Session (NH) 2:00 Card Game (CAR) 3:00 Ping Pong (CAR) 7:00 Poker Night (Lib)	21 9:00 Tai Chi (CAR) 9:00 Water VolleyBall (Pool) 10:30 Drumming - All Levels (FC) 11:00 Hookers and Purlers (CAR) 11-12:30 Classic Seminar with Abram Kaplan (CR) 11:05 Seated Class - Level 1 (FC) 1:00 BINGO (NH) 1:00 Mah-Jong (CR) 2:00 Chair Yoga (CAR) 3:00 Transitions Meeting (CAR) 5:30 Solo Dinner Table (MDR)	22 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) 12:00 OTLB: Cooper's Hawk (SUR) 3:00 Book Club (CR) 3:45 Holiday Trivia with Sondra (Bistro)	23 9:00 Tai Chi (CAR) 9:00 Intermediate Yoga 2:00 Board Games (CR) 3:00 Ping-Pong (CAR) Pool Operator: Karl Hoke
24 9:30 Mindful Meditation (CAR) 10:00 Church Runs 1:00 Card Game: Canasta (CAR) 4:00 Bocce Ball (CC) Pool Operator: Karl Hoke	25 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 BCHC Activities Committee (NH) 3:00 Line Dancing (NH) 7:00 Social Bridge (CR)	26 9:00 Tai Chi (CAR) 9:00 Aqua Fit (Pool) 10:30 Outing: National Gallery of Art: Paris 1874 The Impressionist Moment (SUR) 10:30 Drumming - All Levels (FC) 11:05 Seated Class - Level 1 (FC) 12:00 Wholehearted Living Discussion Group (CR) 2:00 Chair Yoga (CAR) 2:00 Duplicate Bridge (CR)	27 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 Name That Tune (NH) 3:00 Ping Pong (CAR) 7:00 Poker Night (Lib)	Thanksgiving 28 9:00 Tai Chi (CAR) 11-2:00 Thanksgiving Meal (SUR) <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Administration Office CLOSED No Transportation No Housekeeping Bistro is CLOSED Sandbar is CLOSED Delivery of the Meal of the Day can be done with fee for service</p> </div>	Black Friday 29 9:00 Resident Cardio & Strength - Level 3 (FC) 9:30 Grocery Run (SUR) 10:30 Coffee Social (Bistro) 11:00 Zumba (FC) 1:30 Bunco (CR) 2:00 Craft: Bracelet Making (CAR)(SUR)	30 9:00 Tai Chi (CAR) 9:00 Intermediate Yoga 2:00 Board Games (CR) 3:00 Ping-Pong (CAR) Pool Operator: Mike Long

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
	MDR	Main Dining Room	973	Channel 973 - Movies and Online Events



October's BANR Honorees

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



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