

# SPECIAL EVENTS

## North Beach Senior Council Christmas in July Jewelry Sale and Christmas Boutique

July 1-15, 9 a.m. - 2 p.m.

Start your Christmas shopping early! Stop by for the best deals you'll see all year. We will have new and gently used jewelry at great prices. Our Beach Boutique will have plenty of Christmas Décor for sale. All proceeds will benefit the North Beach Senior Council.

### Fitness Center Orientations

#### Select Tuesdays and Thursdays

Orientations will be held on Tuesdays and Thursdays. We will offer orientation on Tuesdays, the 6th and 13th from 2:00 - 4:00 p.m. On Thursdays, we will offer orientations on the 8th and 15th from 9:00 - 11:00 a.m.

### Scribblers on The Bay Writing Group

#### Thursdays, July 1 and July 15, 1 p.m.

The creative writing group, the Scribblers, have recorded several of their stories and poems for our Virtual Senior Center. Some are funny, some are sad, and others are thought provoking. Check out this new program at <https://www.calvertcountymd.gov/2715/Virtual-Senior-Center>

### Independence Day Bingo Marathon

#### Friday, July 2, 10:30 a.m. - 2 p.m.

Bring your pennies for markers and let's get back to Bingo!

### Independence Day Celebration

#### Friday, July 2, 12 p.m.

Join us for a picnic style lunch and a firecracker of a dessert. Wear your red white and blue to celebrate the USA! Must pre-register for lunch.

### International Drop a Rock Day

#### Wednesday, July 7, 10 a.m.

We will have a "Kindness" themed rock painting event on Tuesday, July 6, 9 a.m. On Wednesday, July 7, 10:00 a.m. we will place our rocks at the North Beach Boardwalk to celebrate this inspirational day. Paint and brushes will be available. Please bring your own rock and pre-register.

### Flip Flop Wreath Craft with Karla

#### Thursday, July 29, 10 a.m. \$10

Make a wreath with flip flops. See Karla for more information. Please pre-register.

# JULY 2021



# NORTH BEACH NEWS

9010 Chesapeake Ave., North Beach MD 20714

Phone: 410-257-2549 Fax: 410-286-8095

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8:45A</b> Susan's Boot Camp "Lite" <b>9:00A</b> Adventures In Art \$ <b>9:00A</b> Open Card Games <b>10:30A</b> Let's Move with Treva <b>10:45A</b> Yin Yoga Select Dates \$ <b>12:30P</b> Penny Bingo <b>1:00P</b> Caring and Sharing Bible Study	<b>8:30A</b> Stability Ball with Anna <b>9:00A</b> Open Sewing (all day) <b>9:00A</b> Bridge <b>9:30A</b> Ceramics \$ <b>10:00A</b> Scrabble <b>11:00A</b> Bananagrams <b>12:45P</b> Hand and Foot (Cards)	<b>8:30A</b> Behavioral Health Counselor by Appointment Only <b>9:00A</b> Open Card Games <b>9:30A</b> Open Art Studio <b>10:00A</b> Cranium Crunches <b>10:30A</b> Let's Move with Kathy <b>11:00A</b> Strength Training \$ <b>12:30P</b> Penny Bingo	<b>8:30A</b> Mats with Anna <b>9:00A</b> Mah Jongg <b>9:00A</b> Open Card Games <b>9:30A</b> Open Art Studio <b>10:00A</b> Scrabble <b>12:45P</b> Hand and Foot (Cards)	<b>8:30A</b> Information and Assistance <b>8:45A</b> Susan's Boot Camp "Lite" <b>9:00A</b> Pinochle <b>9:30A</b> Open Art Studio <b>10:30A</b> Let's Move with Treva <b>12:30A</b> Penny Bingo  Red White and Blue Fridays

**\*\*New\*\*** Tuesdays Fitness Center Orientations 2:00 - 4:00

### OTHER SCHEDULED ACTIVITIES

**\*\*New\*\*** Thursdays Fitness Center Orientations 9:00 - 11:00

<p>Don't Forget To Stay Hydrated This Summer</p>	<p><b>\$=Fee</b> <b>+=Pre-registration required</b></p>	<p><b>1</b> <b>Christmas in July Jewelry Sale Begins</b> <b>1:00P</b> Scribblers Writing Group</p>	<p><b>2</b> <b>9:00A</b> The Grind Coffee Hour <b>10:30A</b> Independence Day Bingo Marathon and Celebration+</p>
<p><b>5</b> <b>Center Closed for Observance of Independence Day</b></p>	<p><b>6</b> <b>9:00A</b> Rock Painting</p>	<p><b>7</b> <b>10:00A</b> International Drop a Rock Day+</p>	<p><b>8</b> <b>11:00A</b> Real Conversations</p>
<p><b>12</b> <b>10:45A</b> Yin Yoga \$</p>	<p><b>13</b></p>	<p><b>14</b> <b>12:30P</b> Ice Cream Social</p>	<p><b>15</b> <b>Jewelry Sale Ends</b> <b>9:00A</b> Commission on Aging Meeting <b>10:00A</b> Morning Movie "Greater" <b>1:00P</b> Scribblers Writing Group <b>1:00P</b> Open Coffee Bar</p>
<p><b>19</b> <b>10:45A</b> Yin Yoga \$</p>	<p><b>20</b> <b>10:30A</b> Senior Council Meeting</p>	<p><b>21</b> <b>ABC Day</b></p>	<p><b>22</b> <b>10:00A</b> American Trivia</p>
<p><b>26</b> <b>10:45A</b> Yin Yoga \$</p>	<p><b>27</b> <b>1:00P</b> Open Coffee Bar</p>	<p><b>28</b> <b>10:00A</b> National Picnic Month Safety Tips</p>	<p><b>29</b> <b>10:00A</b> Flip Flop Wreath Craft with Karla +\$</p>
			<p><b>30</b> <b>9:00A</b> The Grind Coffee Hour</p>

# SPECIAL EVENTS

## Fitness Center Expansion

Our Fitness Center has expanded. We outgrew our room after we reopened so we made some changes. Our weight bearing equipment is now separate from our cardio equipment in the room next to the Fitness Center. This allows for a safer fitness experience. Enjoy!

## Conversation and Education:

### Oysters, the Ecosystem Engineers of the Chesapeake Bay.

**Friday, August 6, 10:30 a.m.**

Local waterman, Danny Benton, will join us for a fun and informative talk about oysters and the Chesapeake Bay. What can oysters do for our ecosystem? You may be surprised!

## Elvis Week

John Lennon said, "Nothing really affected me until Elvis." Join us as we celebrate the life of Elvis, the King of Rock and Roll, with Elvis music all week and more!

**Monday, August 16, 10 a.m.** Elvis Trivia

**Tuesday, August 17, 10:30 a.m.** Elvis videos

**Wednesday, August 18, 12:15 p.m.** Elvis

Peanut Butter Dessert **Thursday, August 19, 10 a.m.** Elvis Movie: *Viva Las Vegas*

**Friday, August 20, 11 a.m.** Photos with Elvis, and share your Elvis memorabilia.

## National Thrift Shop Day

**Tuesday, August 17, 8:30 a.m. - 4:30 p.m.** 50% off sale all day at the Beach Boutique!

## World Honey Bee Day

**Friday, August 20, 10:30 a.m.**

Where would we be without the honey bee? We wouldn't be! Join us as we explore the fabulous honey bee.

## National Maryland Day

**Tuesday, August 24, 11 a.m.**

Maryland is known for its blue crab population. Linda will cook up some samples of Maryland Vegetable Crab Soup. Stop by for a taste of Maryland.

## Summer of Love Prize Bingo

**Friday, June 27, 10 a.m.**

"Summer of Love" is the theme of our prize bingo. Wear your Woodstock attire and play bingo with great friends, great food, and great prizes. No cost for bingo. Please pre-register.

# AUGUST 2021



# NORTH BEACH NEWS

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Phone: 410-257-2549 Fax: 410-286-8095

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8:45A</b> Susan's Boot Camp "Lite" <b>9:00A</b> Acrylic Painting <b>9:00A</b> Open Card Games <b>10:30A</b> Let's Move <b>10:45A</b> Yin Yoga Select Monday's <b>12:30P</b> Penny Bingo <b>1:00P</b> Caring and Sharing Bible Study	<b>8:30A</b> Stability Ball with Anna <b>9:00A</b> Open Sewing (all day) <b>9:00A</b> Bridge <b>9:30A</b> Ceramics \$ <b>10:00A</b> Scrabble <b>11:00A</b> Bananagrams <b>12:45P</b> Hand and Foot (Cards)	<b>8:30A</b> Behavioral Health Counselor by Appointment Only <b>8:45A</b> Susan's Low Impact Aerobics <b>9:00A</b> Open Card Games <b>9:30A</b> Open Arts/Crafts <b>10:00A</b> Cranium Crunches <b>10:30A</b> Let's Move <b>11:00A</b> Strength Training \$ <b>12:30P</b> Penny Bingo	<b>8:30A</b> Mats with Anna <b>9:00A</b> Mah Jongg <b>9:00A</b> Open Card Games <b>9:30A</b> Increase the Beat (Aerobics) <b>9:30A</b> Open Arts/Crafts <b>10:00A</b> Mats Class <b>10:00A</b> Scrabble <b>12:45P</b> Hand and Foot (Cards)	<b>8:30A</b> Information and Assistance <b>8:45A</b> Susan's Boot Camp "Lite" <b>9:00A</b> Pinochle <b>9:00A</b> The Grind Coffee Hour <b>9:30A</b> Open Art s/Crafts <b>10:30A</b> Let's Move <b>12:30P</b> Penny Bingo  Hawaiian Friday's
<b>**New**</b> Tuesdays Fitness Center Orientations 2:00 - 4:00		<b>OTHER SCHEDULED ACTIVITIES</b>		<b>**New**</b> Thursdays Fitness Center Orientations 9:00 - 11:00
2	3	4	5	6
\$=Fee +=Pre-registration required			<b>1:00P</b> Scribblers Writing Group	<b>NO LET'S MOVE</b> <b>10:30A</b> Conversation and Education: Oysters, the Ecosystem Engineers of the Chesapeake Bay with Danny Benton
9	10	11	12	13
<b>Color Splash Week</b>  <b>10:45A</b> Yin Yoga\$  Purple	Red	Blue	Orange  <b>11:00A</b> Real Conversations	Pink  <b>9:00A</b> The Grind Coffee Hour
16	17	18	19	20
<b>Elvis Week</b> <b>10:00A</b> Elvis Trivia <b>10:45A</b> Yin Yoga\$ <b>11:00A</b> Elvis Trivia	<b>Gift Shop 50% off sale</b> <b>10:30A</b> Elvis Videos <b>10:30A</b> Senior Council Meeting	<b>12:15P</b> Elvis Peanut Butter Dessert  ABC Day	<b>10:00A</b> Elvis Movie: <i>Viva Las Vegas</i> <b>1:00P</b> Scribblers Writing Group <b>1:00P</b> Open Coffee Bar	<b>10:30A</b> World Honey Bee Day <b>11:00A</b> Photos with Elvis, Elvis Memorabilia.
23	24	25	26	27
<b>10:45A</b> Yin Yoga\$	<b>11:00A</b> National Maryland Day	<b>10:00A</b> Bingo Marathon	<b>10:00A</b> Morning Movie "Garth Brooks, The Road I'm On"	<b>9:00A</b> The Grind Coffee Hour <b>10:00A</b> Summer of Love Prize Bingo+
30	31			
<b>10:45A</b> Yin Yoga\$	<b>1:00P</b> Open Coffee Bar	August is National Coffee Month, join us for coffee! The Grind Coffee Hour Friday, August 13 and 27, 9:00A Open Coffee Bar Thursday, August 19, 1:00P Open Coffee Bar Tuesday, August 31, 1:00P		