

SPECIAL EVENTS

Monthly Meditation

Monday, November 1, 11 a.m.

Start your month with a 10 minute seated meditation to relax you for the month ahead.

Fall Craft

Tuesday, November 2, 10 a.m.

Join Tammie as she teaches you how to make a Fall craft for your home. Pre-register by October 26th.

Afternoon Movie: Poms

Tuesday, November 9, 12:30 p.m.

Enjoy this comedy about a group of women who form a cheerleading squad in their retirement community.

DIY Dry Erase Board

Wednesday, November 10, 10:30 a.m.

Make a dry erase board for yourself or a gift for a loved one! Register by November 5th.

Veterans Day Ice Cream Bar

Wednesday, November 10, 12:30 p.m.

Veterans, we salute you! Enjoy making your own Ice Cream Sundae after lunch in the Old Bay Café.

Name That Spice Game

Friday, November 12, 11 a.m.

How well do you know your spices off of just sent? Come try your "nose" at this fun game!

Native American Presentation

Wednesday, November 17, 10 a.m.

Local Native American Expert, Nate Salzman will teach us how Native Americans used to fish in Southern Maryland.

Glass Magnet Craft

Wednesday, November 17, 2 p.m.

Create adorable magnets for your fridge! Register by November 10th.

Thanksgiving Luncheon

Thursday, November 18, 12 p.m.

Enjoy a delicious Thanksgiving meal games with your Senior Center pals! Register for lunch by November 17th.

Turkey Trot

Wednesday, November 24, 11 a.m.

Calvert Pines first annual Turkey Trot! Time to get moving and "trot" around the center. Raffle prizes available!

NOVEMBER 2021



CALVERT PINES NEWS

450 West Dares Beach Road, Prince Frederick MD 20678

Phone: 410-535-4606 Fax: 410-535-1903

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30A Gift Shop Crafting 8:30A Pool Room Open 8:30A Fitness Room Open 8:30A Computer Lab Open 9:30A Board Games 9:30A Walk to the Beat 10:30A Let's Move 12:30P Hand & Foot (cards)	8:30A Pool Room Open 8:30A Fitness Room Open 8:30A Computer Lab Open 9:00A Adventures in Art +\$ 10:00A Fitness Room Orientation 11:00A Gentle Yoga	8:30A Gift Shop Crafting 8:30A Pool Room Open 8:30A Fitness Room Open 8:30A Computer Lab Open 9:00A Ceramics +\$ 9:30A Duplicate Bridge 9:30A Walk to the Beat 10:30A Let's Move 12:30P Hand & Foot (cards)	8:30A Behavioral Health Counselor + 8:30A Pool Room Open 8:30A Fitness Room Open 8:30A Computer Lab Open 11:00A Gentle Yoga 12:30P Bible Study 2:30P Fitness Room Orientation	8:30A Behavioral Health Counselor + 8:30A Pool Room Open 8:30A Fitness Room Open 8:30A Computer Lab Open 9:00A Ceramics +\$ 9:30A Walk to the Beat 10:00A Open Art \$ 10:30A Let's Move
OTHER SCHEDULED ACTIVITIES				
1	2	3	4	5
10:00A Contract Bridge 11:00A Monthly Meditation	10:00A Fall Craft +	12:30P Birthday Party	9:00A Ask the Nurse 9:30A Senior Council Meeting 1:00P Legal Aid +	11:00A Name That Word
8	9	10	11	12
10:00A Nutrition Education: <i>Omegas vs. Chronic Pain</i>	10:00A Thankful for Bingo 12:30P Afternoon Movie: <i>Poms</i>	10:30A DIY Dry Erase Board + 12:30P Veterans Day Ice Cream Bar	CLOSED FOR OBSERVANCE OF VETERANS DAY	11:00A Name That Spice Game 11:00A Veterans Support Group
15	16	17	18	19
	10:30A Coffee & Coloring 1:00P Grief & Loss Support	10:00A Native American Presentation 2:00P Glass Magnet Craft +	Senior Council Purse Sale 9-11 a.m. 9:00A COA Meeting 12:00P Thanksgiving Luncheon +	9:00A Health Consultations 9:30A Fitness Class 1:00P Project Linus FITNESS FRIDAY
22	23	24	25	26
9:00-11:30A CalvertHealth Mobile Health Center	11:00A Turkey Trivia 1:00P FCCS Meeting	11:00A Turkey Trot 	CLOSED FOR OBSERVANCE OF THANKSGIVING	CLOSED FOR OBSERVANCE OF THANKSGIVING
29	30	Senior Council Purse Sale Thursday, November 18, 9-11 a.m. Come shop til' you drop at the Annual Purse Sale! Cash or Check accepted. All proceeds benefit the Calvert Pines Senior Council.		+Pre-registration required \$=Fee
NO LET'S MOVE	NO FITNESS ROOM ORIENTATIONS			

SPECIAL EVENTS

Holiday Craft

Thursday, December 2, 12:30 p.m.

Deck the halls with your own Holiday Craft!
Registration ends November 24th.

Brownie Tasting

Wednesday, December 8, 11:30 a.m.

It is National Brownie Day, and what better way to celebrate by tasting several different flavors of brownies.

Ornament Craft

Thursday, December 9, 10 a.m.

Make an ornament for your tree or a gift for someone else. Register by December 6th.

Holiday Music Performance

Friday, December 10, 11 a.m.

Enjoy this Holiday show, lip-synced by your favorite Calvert Pines Staff.

Holiday Party

Friday, December 10, 12 p.m.

Time to celebrate the Winter Holidays! Enjoy a delicious lunch while listening to live music by local performer, John Luskey! Registration for lunch is required by Tuesday, December 9th.

Name That Tune: Holiday Edition

Tuesday, December 14, 11 a.m.

Come to the Fireplace Lounge and test your music skills by naming these old and new holiday tunes. Prizes for the champs!

Ornament Craft

Thursday, December 16, 12:30 p.m.

Another chance to make an adorable ornament! Registration ends December 13th.

Eggnog Social with 24U Performance

Wednesday, December 22, 10 a.m.

Come enjoy music from 24U and treat yourself to some non-alcoholic Eggnog and Christmas cookies in the Old Bay Café.

Christmas Caroling

Wednesday, December 22, 12:30 p.m.

Join us after lunch as we sing Christmas Carols around Calvert Pines.

New Year's Celebration

Thursday, December 30, 11:45 a.m.

Let us toast to the end of 2021 and ring in the New Year at noon!

DECEMBER 2021



CALVERT PINES NEWS

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8:30A Gift Shop Crafting 8:30A Pool Room Open 8:30A Fitness Room Open 8:30A Computer Lab Open 9:30A Board Games 9:30A Walk to the Beat 10:30A Let's Move 12:30P Hand & Foot (cards)	8:30A Pool Room Open 8:30A Fitness Room Open 8:30A Computer Lab Open 9:00A Adventures in Art +\$ 10:00A Fitness Room Orientation 11:00A Gentle Yoga	8:30A Gift Shop Crafting 8:30A Pool Room Open 8:30A Fitness Room Open 8:30A Computer Lab Open 9:00A Ceramics +\$ 9:30A Duplicate Bridge 9:30A Walk to the Beat 10:30A Let's Move 12:30P Hand & Foot (cards)	8:30A Behavioral Health Counselor + 8:30A Pool Room Open 8:30A Fitness Room Open 8:30A Computer Lab Open 11:00A Gentle Yoga 12:30P Bible Study 2:30P Fitness Room Orientation	8:30A Behavioral Health Counselor + 8:30A Pool Room Open 8:30A Fitness Room Open 8:30A Computer Lab Open 9:00A Ceramics +\$ 9:30A Walk to the Beat 10:00A Open Art \$ 10:30A Let's Move
OTHER SCHEDULED ACTIVITIES				
+=Pre-registration required \$=Fee			12:30A Birthday Party	9:00A Ask the Nurse 9:30A Senior Council Meeting 12:30P Holiday Craft +
				10:00A Wintertime Bingo CHRISTMAS SWEATER DAY
10:00A Contract Bridge	10:00A Holiday Movie: <i>The Christmas Story</i>	11:30A Brownie Tastings	10:00A Ornament Craft + 1:00P Legal Aid +	11:00A Veterans Support Group 11:00A Holiday Music Show 12:00P Holiday Party + NO EXERCISE CLASSES
	10:00A Creative Writing 11:30A Name That Tune: <i>Holiday Edition</i>	11:15A Christmas Songs with The Sakai Family	9:00A COA Meeting 12:30P Ornament Craft +	FITNESS FRIDAY 9:00A Health Consultations 9:30A Fitness Class CENTER CLOSSES AT 12:30P
	10:30A Coffee & Coloring 1:00P FCCS Meeting 1:00P Grief & Loss Support	10:00A Eggnog Social with 24U Performance 12:30P Christmas Caroling	10:00A Contract Bridge	CLOSED FOR OBSERVANCE OF CHRISTMAS
9:00A CalvertHealth Mobile Health Center		NO CERAMICS	11:45A New Year's Celebration	NO CERAMICS