

SPECIAL EVENTS

Women's History Month Events

Movie: *The Mighty Macs*

Thursday, March 24, 1 p.m.

True story of an all women's basketball team and their journey to win the championships.

The Bootleggers Band

Wednesday, March 30, 12:45 p.m.

Enjoy an afternoon of bluegrass music from SOMD's All Female Band.

Fat Tuesday Pancakes

Tuesday, March 1, 9:30 a.m.

Indulge in a delicious pancake breakfast before the Lenten season.

Smart Snacking

Tuesday, March 1, 12:30 p.m.

Kick off National Nutrition Month by learning tips and sampling smart snacks!

Pot of Gold Special Bingo

Thursday, March 17, 1 p.m.

Play your cards to see if you have the Luck of the Irish! You may just win the "Pot of Gold!"

Patrick Henry's Speech— Calvert Historical Society Presentation

Tuesday, March 22, 11 a.m.

Learn about the "Give Me Liberty or Give Me Death" speech and its important role and influence in the American Revolution.

Maryland Day Trivia

Wednesday, March 23, 11 a.m.

Did you know, Maryland has a state fossil shell and Edgar Allan Poe was a Maryland Native? Learn fun facts and some of Maryland's rich history prior to local Maryland Day events.

Nutrition Talk: *Water*

Friday, March 25, 11 a.m.

Learn the role water plays in your health and how you can flavor it with fruits and veggies! Tastings available!

Latte & Learn: Wills and Estate Presentation

Tuesday, March 29, 11 a.m.

Join Margaret Phipps to learn about wills and estates.

Call to schedule a Fitness Room Orientation, 410-586-2748



MARCH 2022



SOUTHERN PINES NEWS

20 Appeal Lane, Lusby MD 20657
Phone: 410-586-2748 Fax: 410-326-0673

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30A Computer Lab 8:30A Fitness Room Open 8:30A Pool Room Open 8:30A Sewing Room Open 9:30A Open Art Studio 9:30A Ceramics \$ 10:00A Walk for Fun 12:30P Duplicate Bridge 1:00P Penny Bingo	8:30A Computer Lab 8:30A Fitness Room Open 8:30A Pool Room Open 10:00A Gentle Yoga 12:30P Duplicate Bridge 1:00P Needlepoint/Embroidery 1:00P Let's Move NEW	8:30A Computer Lab 8:30A Fitness Room Open 8:30A Pool Room Open 8:30A Sewing Room Open 9:00A Bone Builders 9:00A Adventures in Art \$+ 10:00A Walk for Fun 10:00A Line Dancing	8:30A Fitness Room Open 8:30A Pool Room Open 8:30A Sewing Room Open 8:45A Computer Lab 9:00A Info & Assistance 9:30A Ceramics \$ 10:00A Let's Move 11:00A Bible Study 12:30P Chess NEW 1:00P Knitting & Crocheting	8:30A Fitness Room Open 8:30A Pool Room Open 8:30A Sewing Room Open 8:45A Computer Lab 9:00A Open Art Studio 10:00A Walk for Fun 11:00A Oil Painting \$+ 1:00P Penny Bingo

OTHER SCHEDULED ACTIVITIES

<div style="border: 1px solid black; padding: 5px; width: fit-content;"> + = Pre-registration required \$ = Fee </div>	9:00A Studio Art +\$ 9:30P Fat Tuesday Pancakes+ 11:00A Creative Writing 12:30P Smart Snacking+ NATIONAL NUTRITION MONTH	12:30P Birthday Party 50/50 BIRTHDAY RAFFLE	11:00A Fresh Conversations: <i>Healthy Foods, Healthy Brain</i> +	9:00A Fitness Consultations FITNESS FRIDAY
	9:00A Studio Art +\$ 1:00P Grief & Loss Support	1:00P Song Circle	11:00A Senior Council Meeting 11:00A Fresh Conversations: <i>Inflammation</i> +	
9:00A CalvertHealth Mobile Health Center 10:30A Drumming Circle +	9:00A Ask the Nurse 9:00A Studio Art +\$ 11:00A Creative Writing 12:30P Calvert Library Bookmobile	1:00P Book Club: <i>The Apothecary's Daughter</i> , By Julie Klassen	11:00A Fresh Conversations: <i>Cancer: Preventable, Not Inevitable</i> + 1:00P Pot of Gold Special Bingo + ST. PATRICK'S DAY	
9:00A Ask the Pharmacist 9:00A Studio Art +\$ 10:00A Veterans Support Group 11:00A History Presentation: <i>Patrick Henry's Speech</i> +	11:00A Maryland Day Trivia + 1:00P Song Circle 1:00P Sea Glass Cross Art +	11:00A Fresh Conversations: <i>Macular Degeneration: Sight Saving Strategies</i> + 1:00P Movie: <i>The Mighty Macs</i>	11:00A Nutrition Talk: <i>Water</i> +	
10:30A Scrabble	9:00A Studio Art +\$ 11:00A Latte & Learn: <i>Wills and Estates</i>	12:45P The Bootleggers Band+	11:00A Fresh Conversations: <i>Are Healthy Bones Important?</i> +	

SPECIAL EVENTS

Needlepoint & Embroidery

Tuesdays, 1 p.m. (NEW TIME)

Gather with a group to continue the incredible art of needlepoint.

SoMD Archeology by Jefferson Patterson Park Museum

Wednesday, April 6, 1 p.m.

Learn about the discoveries at JPPM that help us understand the history of our SOMD region.

Latte & Learn: Nursing Home and Assisted Living 101

Monday, April 11, 11 a.m.

Meet with our Ombudsman, Amy Boucher, to discuss the nursing home and assisted living admissions process, how to choose a facility, and the importance of understanding residents' rights.

Unclouded Day Band

Thursday, April 14, 12:45 p.m.

Enjoy an afternoon of bluegrass music and Easter hymns by Unclouded Day. Easter Basket Raffle winner will be announced immediately following the music.

Recycled Sea Glass Workshop

Thursday, April 21, 1 p.m.

Create pictures from recycled local sea glass. Pre-registration is required.

Earth Day Litter Clean Up

Friday, April 22 10 a.m.

Pick up litter along the walking trail.

John Wilkes Booth

Tuesday, April 26, 11 a.m.

Learn about the manhunt for Lincoln's assassin and his escape route through Southern Maryland. Presented by the Calvert County Historical Society.

Prayer Bead Workshop

Wednesday, April 27, 1 p.m.

Learn the history and create a prayer bead to use as a tangible method of prayer.

PLEASE DONATE NEW OR GENTLY USED PURSES FOR THE MOTHER'S DAY PURSE AUCTION BY APRIL 29!



APRIL 2022



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				FITNESS FRIDAY	
9:00A CalvertHealth Mobile Health Center 10:30A Drumming Circle +	9:00A Studio Art +\$ 11:00A Creative Writing	12:30P Birthday Party 1:00P SoMD Archeology by JPPM+ 50/50 BIRTHDAY RAFFLE	11:00A Fresh Conversations: <i>Fuel Your Independence With Protein</i> + 1:00P Legal Aid +		8
11:00A Latte & Learn: <i>Nursing Home and Assisted Living 101+</i>	9:00A Studio Art +\$ 1:00P Grief & Loss Support	1:00P Song Circle	11:00A Senior Council Meeting 11:00A Fresh Conversations: <i>Fresh Herbs</i> + 12:45P Unclouded Day Band EASTER BASKET RAFFLE		15
1:00P Living Well with Diabetes+	9:00A Ask the Nurse 9:00A Studio Art +\$ 11:00A Creative Writing 12:30P Calvert Library Bookmobile	1:00P Book Club: <i>What the Eyes Don't See</i> , by Mona Hanna-Attisha	11:00A Fresh Conversations: <i>Summer Check-Up</i> + 1:00P Recycled Sea Glass Workshop+	10:00A Litter Clean Up EARTH DAY 	22
10:30A Scrabble 1:00P Living Well with Diabetes+	10:00A Veterans Support Group 11:00A History Presentation: <i>John Wilkes Booth</i> +	1:00P Song Circle 1:00P Prayer Bead Workshop+	1:00P Movie: <i>The Rookie</i>	11:30A Prescription Drug Take Back	29