

SPECIAL EVENTS

Fresh Conversations

Thursdays, 9 a.m.

Registered Dietician, Katie Bolte, will kick off National Nutrition Month with this fun and educational class. She will discuss current nutrition trends and a different health topic each week. Registration required.

Tea & Talk: Nursing Home and Assisted Living 101

Friday, March 4, 10 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.

Find the Error Game

Tuesday, March 8, 11:30 a.m.

Today is National Proofreading Day! Test your grammar skills with this game. Prizes for the top three Proofreaders!

Pot of Gold Craft

Thursday, March 10, 10 a.m.

Create your own "pot of gold" for a festive centerpiece. Register by March 3.

Afternoon Pie

Monday, March 14, 12:30 p.m.

It's "Pi Day," and what better way to celebrate with a piece of pie!

Shamrock Hunt

Thursday, March 17, 11 a.m.

There will be shamrocks hidden all over the center. How many can you find? The one who collects the most will win their own "pot of gold."

Guess Who Game

Wednesday, March 23, 11 a.m.

Bring in a picture of yourself from your younger years, and let's play a game of "Guess Who."

Calvert County Historical Society:

John Wilkes Booth

Friday, March 25, 10 a.m.

Join Director of the Calvert County Historical Society, John Johnson, as he talks about John Wilkes Booth's attempted escape from Maryland to Virginia. Register by March 21.

MARCH 2022



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 Fitness Room Open 9:30A Walk to the Beat 10:30A Let's Move 12:30P Hand & Foot (cards)	8:30A Fitness Room Open 9:00A Adventures in Art +\$ 11:00A Gentle Yoga	8:30A Gift Shop Crafting 8:30A Fitness Room 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 Fitness Room Open 9:00A Fitness Room Orientations 11:00A Gentle Yoga	8:30A Behavioral Health Counselor + 8:30A Fitness Room Open 9:00A Ceramics +\$ 9:30A Walk to the Beat 10:00A Open Art \$ 10:30A Let's Move

OTHER SCHEDULED ACTIVITIES				
 SENIOR NUTRITION PROGRAM CELEBRATE • INNOVATE • EDUCATE	1	2	3	4
		11:00A Spelling Bee 12:30P Birthday Party	9:00A Ask the Nurse 9:00A Fresh Conversations: <i>Healthy Foods, Healthy Brain +</i> 9:30A Senior Council Meeting	10:00A Tea & Talk: <i>Nursing Home and Assisted Living 101</i>
10:00A Contract Bridge 12:30-1:30P Calvert Library Bookmobile	7	8	9	10
		11:30A Find the Error Game 10:00A Nutritionary with Tracey 12:30P Indoor Badminton	9:00A Fresh Conversations: <i>Inflammation +</i> 10:00A Pot of Gold Craft +	FITNESS FRIDAY 9:00A Fitness Consultations 10:30A Fitness Class 11:00A Veterans Support Group
12:30P Afternoon Pie	14	15	16	17
		1:00P FCCS Meeting 1:00P Grief & Loss Support Group	10:00A Coffee & Coloring	9:00A Fresh Conversations: <i>Cancer: Preventable, Not Inevitable +</i> 11:00A Shamrock Hunt Wear your green! 
	21	22	23	24
		11:00A Guess Who Game	9:00A Fresh Conversations: <i>Macular Degeneration: Sight-Saving Strategies +</i> 10:00A Contract Bridge	10:00A Calvert County Historical Society: <i>John Wilkes Booth +</i>
9:00-11:30A CalvertHealth Mobile Health Center	28	29	30	31
			9:00A Fresh Conversations: <i>Are Healthy Bones Important +</i>	+=Pre-Registration \$=Fee Pre-registration can be done at front desk, with programming staff, or over phone.

SPECIAL EVENTS

Tea & Talk: Wills: What You Should Know

Friday, April 1, 10 a.m.

Margaret Phipps, the Register of Wills for Calvert County, will discuss what you need to know to distribute your possessions the way you want! Register by March 28.

Easter Egg Hunt

Wednesday, April 13, 11 a.m.

You're never too old to hunt for Easter eggs! Check-in with Programming Staff at 10:30 to get your basket and hunt away! Lots of prizes will be available.

Indoor Badminton

Wednesday, April 13, 12:30 p.m.

After lunch, come to the Auditorium to play a friendly game of Badminton!

Easter Bunny Craft

Thursday, April 14, 10:30 a.m.

Create an Easter Bunny using a wine glass. Register by April 7.

Cyprus Swamp Nature Center Presentation-Grandkids Welcome!

Monday, April 18, 11 a.m.

Bring your grandkid(s) and together learn how turtles and snakes benefit our environment with Naturalist, Paige Stevens, from Cyprus Swamp Nature Center. Register by April 13.

Beautification of Calvert Pines

Friday, April 22, 10 a.m.

Celebrate Earth Day outside by planting flowers around the Center. All supplies will be provided. Weather Permitting.

Cherry Blossom Tree Craft

Thursday, April 28, 10 a.m.

Create a beautiful painting of a Cherry Blossom tree with Q-Tips! Register by April 21.

Spring Fling, Live Music!

Friday, April 29, 11 a.m.

Come dance to live music performed by Bruce Thomas!

Prescription Drug Take Back Program

Friday, April 29, 11:30 a.m.

A law enforcement officer will be here to collect expired, unwanted, or unused medications.

APRIL 2022



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10:00A Contract Bridge 12:30-1:30P Calvert Library Bookmobile		11:00A Spelling Bee 12:30P Birthday Party	9:00A Ask the Nurse 9:00A Fresh Conversations: Fuel Your Independence with Protein + 9:30A Senior Council Meeting	10:00A Tea & Talk: Wills: What You Should Know+
		11:00A Easter Egg Hunt 12:30P Indoor Badminton	9:00A Fresh Conversations: Fresh Herbs: Don't Miss Out on Summer Flavor + 10:30A Easter Bunny Craft+	FITNESS FRIDAY 9:00A Fitness Consultations 10:30A Fitness Class 11:00A Veterans Support Group
		1:00P FCCS Meeting 1:00P Grief & Loss Support Group	9:00A Fresh Conversations: Summer Check-Up + 9:00A Ask the Pharmacist 9:00A COA Meeting 10:00A Bingo	CENTER CLOSED FOR OBSERVANCE OF GOOD FRIDAY AND EASTER
9:00-11:30A CalvertHealth Mobile Health Center			10:00A Contract Bridge 10:00A Cherry Blossom Tree Craft +	10:00A Beautification of Calvert Pines
				11:00A Spring Fling, Live Music! 11:30A -12:30P Prescription Drug Take Back Program