

SPECIAL EVENTS

National Nutrition Month "Celebrate. Innovate. Educate."

Celebrate 50 years of "Eating Together." Join us as we celebrate the Eating Together Program's birthday. Come to lunch and have your name entered into a drawing for a beautiful basket at the end of the month. Drawing will be held Thursday, March 31, 12:15 p.m.

Women's History Month

Daily, 12 p.m.

In February 1980, President Jimmy Carter issued the first Presidential Proclamation declaring the Week of March 8th, 1980, as National Women's History Week. In 1987, it was designated as a month-long celebration. Join us as we celebrate and learn about fabulous women in history.

Increase Your Hold Returns

Friday, March 4 and 18, 11 a.m.

Our popular hand exercise class is back! Please register. Supplies provided.

Arm Chair Exploring Series

Tuesday, March 8, 10 a.m.

This series is an affordable, effortless, safe and stress free way to "travel". We will explore the *Fabulous Hummingbird*.

St. Patrick's Day Bingo and Lunch

Thursday, March 17, 10 a.m.

Play prize bingo and celebrate St. Patrick's Day with good friends and a corned beef lunch. Wear Green! Pre-registration required.

Monthly Birthday Celebration

Wednesday, March 23, 12:15 p.m.

Happy birthday! We will celebrate monthly birthdays on the fourth Wednesday, of every month with cupcakes as the dessert. Pre-registration for lunch is required.

Face Yoga

Thursday, March 24, 10:30 a.m.

Join us for some fun and silly-but helpful face exercises. Please register.

Tea-Cup Bird Feeder

Wednesday, March 30, 10 a.m.

Make a tea-cup bird feeder, all supplies provided. \$10 fee. Pre-registration required by Wednesday, March 23.

MARCH 2022



NORTH BEACH NEWS

9010 Chesapeake Ave., North Beach MD 20714

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--|
| 8:45A Susan's Boot Camp 9:00A Adventures in Art \$ 10:30A Let's Move 10:45A Yin Yoga \$ 12:30P Penny Bingo 1:00P Bible Study | 8:30A Stability Ball Class 9:00A Open Sewing 9:00A Ceramics \$ 12:30P Hand and Foot (Cards) | 8:30A Behavioral Health Counselor + 8:30A Open Art Studio 10:30A Let's Move 12:30P Penny Bingo | 8:30A Mats Exercise Class 8:30A Open Art Studio 12:30P Hand and Foot (Cards) | 8:30A Information and Assistance 8:30A Open Art Studio 8:45A Susan's Boot Camp 10:30A Let's Move 12:30P Penny Bingo |

OTHER SCHEDULED ACTIVITIES

| | | | |
|---|--|---|---|
|  9:00 - 11:30A Ask the Nurse 11:00A Veterans Support Group 12:30P Calvert Library Bookmobile | 1:00P Grief & Loss Support | 10:45A Restorative Yoga \$ 1:00P Scribblers Creative Writing Group 2:00P Open Coffee Bar | 11:00A Increase Your Hold + |
| 10:45A Yin Yoga \$ 1:00P Living Well With Diabetes + | 10:00A Arm Chair Exploring: <i>The Fabulous Hummingbird</i> | 11:00A Did You Know? <i>History of the Umbrella</i> | 10:45A Restorative Yoga \$ 1:00P Legal Aid + 10:00A Morning Movie: <i>Yes Day</i> |
| 10:45A Yin Yoga \$ 1:00P Living Well With Diabetes + | 10:30A Senior Council Meeting 11:00A Nutrition Talk: <i>Eating Right for Older Adults</i> | 11:00A Nature Talk with Lisa Garrett: <i>Natures Wearing of Green</i> | 9:00A COA Meeting 10:00A St. Patrick's Day Prize Bingo and Luncheon + 1:00P Scribblers Creative Writing Group 9:00A Fitness Friday 11:00A Increase Your Hold + |
| 9:00 - 11:30A CalvertHealth Mobile Health Center 11:00A Real Conversations 1:00P Living Well With Diabetes + | 2:00P Open Coffee Bar | 11:00A Did You Know? 12:15P Monthly Birthday Party + | PAJAMA DAY 10:30A Face Yoga + 10:45A Restorative Yoga \$ 10:00A National Maryland Day Maryland Trivia |
| 10:45A Yin Yoga \$ | 2:00P Afternoon Delights + | 10:00A Tea-Cup Bird Feeder Craft +\$ | 9:00A Card Game Marathon + + = Pre-registration required \$ = Fee |

SPECIAL EVENTS

Mathematics and Statistics Awareness Month

Do you have math anxiety? Face your fears! Join us every morning for a math problem to solve. The problem will be posted at the front entrance. Get the correct answer and be entered into a drawing to win a mathematical prize at the end of the month.

International Black Women's History Month

Mondays in April, 11 a.m.

Join us as we celebrate the lives of Trailblazing Black Women.

- ◆ Monday, April 4 **Maya Angelo**
- ◆ Monday, April 11 **Michelle Obama**
- ◆ Monday, April 18 **Cicely Tyson**
- ◆ Monday, April 25 **Oprah Winfrey**

April Live Music Performances

- ◆ Wednesday, April 6 **JustUs2**
- ◆ Thursday, April 14 **Unclouded Day**

Nursing Home Assisted Living 101

Monday, April 18, 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.

Arm Chair Exploring Series

Tuesday, April 19, 10 a.m.

This series is an affordable, effortless, safe and stress free way to "travel". We will explore the *Wild Alaska*.

Magazine Mosaic Art

Wednesday, April 27, 10:30 a.m.

Create a unique piece of art with magazine clippings. Bring a magazine (or two) and we will supply the rest.

Great Poetry Reading Day

Thursday, April 28, 11:15 a.m.

Are you a poet? Join us as we share the beauty of poetry. Staff and seniors will share their love of poetry by reading one of their poems, or one they remember from long ago that brings back fond memories.

APRIL 2022



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OTHER SCHEDULED ACTIVITIES

| | | | |
|--|--|--|---|
| + = Pre-registration required \$ = Fee | "We do not inherit the earth from our ancestors, we borrow it from our children." -Native American Proverb | Coming in May Pet Portraits with Linda Stay tuned for more details.  | 10:00A Interactive Crossword Challenge |
| 10:45A Yin Yoga \$ 11:00A Real Conversations | 9:00 - 11:30A Ask the Nurse 11:00A Veterans Support Group 12:30P Calvert Library Bookmobile | 9:30A Let's Move 11:00A Live Music with <i>JustUs2</i> 1:00P Grief & Loss Support | 10:45A Restorative Yoga \$ 1:00P Scribblers Creative Writing Group 2:00P Open Coffee Bar |
| 10:45A Yin Yoga \$ | 10:30A Senior Council Meeting | 11:00A Wii Games | 10:00A <i>Unclouded Day</i> & Open Coffee Bar |
| 9:00 - 11:30A CalvertHealth Mobile Health Center 11:00A Nursing Home and Assisted Living 101 10:45A Yin Yoga \$ | 10:00A Arm Chair Exploring Series: <i>Wild Alaska</i> 2:00P Open Coffee Bar | 10:00A Wordy Wednesday | 10:45A Restorative Yoga \$ 11:00A Nature Talk with Lisa Garrett: <i>Egg Carton Seed Garden</i> 1:00P Scribblers Creative Writing Group |
| 10:45A Yin Yoga \$ 11:00A Real Conversations: | 10:00A Face Yoga + | 10:30A Magazine Mosaic Art | 10:45A Restorative Yoga \$ 11:15A Great Poetry Reading Day |