

SPECIAL EVENTS

Music Performance: JustUs2

Wednesday, January 4, 12:45 p.m.

Kick-off the New Year with live music from SoMD's JustUs2 Band!

Birds of Winter

Thursday, January 5, 1 p.m.

Join Bob Boxwell as he discusses Southern Maryland's birds of winter and how to create a healthy habitat for them.

Fitness Friday

Friday, January 6, 10 a.m.- Noon

Meet with a CalvertHealth Personal Trainer and create a personalized fitness routine you can use in our Fitness Room.

Beading Workshop

Friday, January 13, 1 p.m.

Make and take your very own piece of jewelry!

Ask the Nurse **NEW TIME**

Tuesday, January 17, 10a.m.- Noon

A CalvertHealth nurse is available for questions, blood pressure checks, and can connect you to resources in the community.

Bookmobile Presentation

Tuesday, January 17, 12:30 p.m.

Learn what resources are available on Calvert Library's Bookmobile and how to access them.

Oil Painting Workshop: *Cardinals*

Friday, January 20, 1 p.m.

Learn the basic techniques of oil painting as you paint a cardinal in this beginner workshop.

History Presentation: *The Challenger*

Tuesday, January 24, 11 a.m.

Join Barry to discuss the first space shuttle that was destroyed in a mission accident.

Wii Snow Sports: Staff vs. Seniors

Friday, January 27, 1 p.m.

Join us for some "Friday Fun," and compete against the SPSC staff in winter snow sports!

Winter Special Bingo

Monday, January 30, 1 p.m.

Enjoy an afternoon of bingo and see if you have the card that takes the special prizes!

JANUARY 2023



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 NEW	8:30A Computer Lab 8:30A Fitness Room Open 8:30A Pool Room Open 9:30A Studio Art \$ 10:00A Gentle Yoga 12:30P Duplicate Bridge 1:00P Needlepoint/ Embroidery 1:00P Let's Move 2:00P Pool Games	8:30A Computer Lab 8:30A Fitness Room Open 8:30A Pool Room Open 8:30A Sewing Room Open 9:00A Adventures in Art \$ 10:00A Walk for Fun 10:00A Line Dancing 11:00A Bone Builders	8:30A Computer Lab 8:30A Fitness Room Open 8:30A Pool Room Open 8:30A Sewing Room Open 9:00A Info & Assistance 9:30A Ceramics \$ 10:00A Let's Move 11:00A Bible Study 12:30P Chess 1:00P Knitting & Crocheting	8:30A Computer Lab 8:30A Fitness Room Open 8:30A Pool Room Open 8:30A Sewing Room Open 8:30A Open Art Studio 10:00A Walk for Fun 1:00P Oil Painting Studio

OTHER SCHEDULED ACTIVITIES

2	3	4	5	6
CENTER CLOSED IN OBSERVANCE OF NEW YEAR'S DAY		12:30P Birthday Party 12:45P Music Performance: JustUs2 + 50/50 BIRTHDAY RAFFLE	1:00P Birds of Winter + NATIONAL BIRD DAY	10:00A CalvertHealth Fitness Friday
9:00A-11:30A CalvertHealth Mobile Health Center 1:00P Creative Writing		10:30A Center Tour & Fitness Orientation + 1:00P Song Circle	11:00A Senior Council Meeting 1:00P Monthly Musical: <i>Sound of Music</i> +	1:00P Bead Workshop +
CENTER CLOSED IN OBSERVANCE OF MARTIN LUTHER KING JR. DAY	10:00A Ask the Nurse 12:30P Bookmobile Presentation 12:45P Calvert Library Bookmobile 2:00P Grief & Loss Support	1:00P Book Club: <i>The Giver Of Stars</i> , by Jojo Moyes		1:00P Oil Painting Workshop: Cardinals +
	10:00A Veterans Support Group 11:00A History Presentation: <i>The Challenger</i> +	10:30A Center Tour & Fitness Orientation + 1:00P Song Circle		1:00P Wii Snow Sports: Staff vs. Seniors +
1:00P Special Bingo			<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> + = Pre-registration required \$ = Fee </div>	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> For Center & Fitness Orientation, Call 410-586-2748 </div>

SPECIAL EVENTS

Sewing Outreach: Angel Gowns **NEW** Wednesdays, 10 a.m.

Gifted at sewing? Join this outreach program to make preemie baby "angel gowns" to donate to local hospitals.

Shocking the Conscience by Simeon Booker

Wednesday, February 1, 1 p.m.

Carol Booker will discuss her late husband's book from a reporters viewpoint of the civil rights movement.

Craft Workshop: Origami Hearts

Friday, February 10, 1 p.m.

Bring some crisp dollar bills and learn how to make origami hearts for Valentine's Day!

Quilt of Valor

Friday, February 17, 11 a.m.

Join us as we honor and present a few veterans with a Quilt of Valor.

Fat Tuesday Pancakes

Tuesday, February 21, 9:30 a.m.

Enjoy a pancake breakfast for *Fat Tuesday!*

Presidents Pet Trivia

Thursday, February 23, 12:45 p.m.

Learn some fun facts about the presidential pets that were loved at the White House.

Wii Bowling: Staff vs. Seniors

Friday, February 24, 1 p.m.

Join us for a "Friday Fun," game of Wii Bowling against the SPSC staff.

The Universe Through the Eyes of a Paleontologist

Tuesday, February 28, 11 a.m.

Calvert Marine Museum paleontologist Stephen Godfrey will discuss his views on how the universe was understood during biblical times.

Valentine's Day

Tuesday, February 14

The love of a pet is like no other! Pets on Wheels will bring furry friends to love on. Bring your favorite picture of your pet; past or present.

11 a.m. - Puppy Love

12 p.m. - Lunch (must register)

12:30 p.m. - Valentine's Dessert



FEBRUARY 2023



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		10:00A Sewing Outreach: Angel Gowns + 12:30P Birthday Party 1:00P <i>Shocking the Conscience</i> Book Presentation + 50/50 BIRTHDAY RAFFLE	10:00A CalvertHealth Fitness Friday	
1:00P Creative Writing		10:00A Sewing Outreach: Angel Gowns + 10:30A Center Tour & Fitness Orientation + 1:00P Song Circle	11:00A Senior Council Meeting 1:00P Monthly Musical: <i>Hairspray</i> +	1:00P Craft Workshop: <i>Origami Hearts</i> +
9:00A-11:30A CalvertHealth Mobile Health Center	11:00A Puppy Love + 2:00P Grief & Loss Support VALENTINE'S DAY	10:00A Sewing Outreach: Angel Gowns + 1:00P Book Club: <i>A Gentleman in Moscow</i> , by Amor Towles	11:00A Quilt of Valor +	
CENTER CLOSED FOR OBSERVANCE OF PRESIDENTS' DAY	9:30A Fat Tuesday Pancakes + 10:00A Ask the Nurse 11:30A Heart Health Presentation 12:30P Calvert Library Bookmobile	10:00A Sewing Outreach: Angel Gowns + 10:30A Center Tour & Fitness Orientation + 1:00P Song Circle	12:45P President's Pets Trivia +	1:00P Wii Bowling: Staff vs. Seniors +
	11:00A The Universe Through the Eyes of the Paleontologist +		<div style="border: 1px solid black; padding: 5px; text-align: center;"> + = Pre-registration required \$ = Fee </div>	<div style="border: 1px solid black; padding: 5px; text-align: center;"> For Center & Fitness Orientation, Call 410-586-2748 </div>