

SPECIAL EVENTS

Open Coffee Bar Dates

Thursday, January 5, 1 p.m.
Tuesday, January 17, 11 a.m.

Movie Showings In January

Thursday, January 12, 10 a.m.

- *Dr. Martin Luther King History*

Wednesday, January 18, 11 a.m.

- *A Day In The Life of Calvert County*

Tuesday, January 31, 10 a.m.

- *Armchair Touring: Graceland*

Elvis Day

Friday, January 6

Come dressed as Elvis, watch Elvis movies and listen to, you guessed it, Elvis music!

Lett-uce Talk

Monday, January 9, 11 a.m.

This month we will discuss refrigerator safety during power outages.

Cranium Fitness

Tuesday, January 10 & 24, 10 a.m.

The goal of this year-long program is to enhance your mental sharpness. To register for this program see Linda.

Civil Air Patrol Presentation

Wednesday, January 11, 11 a.m.

The Civil Air Patrol serves as the official civilian auxiliary of the United States Air Force. Learn about what these volunteers do for our community.

Estate and Trust Planning

Friday, January 13, 11 a.m.

Paralegal, Micah Shockney will present everything you need to know about effective estate and trust planning.

A Day in the Life of Calvert County Photographic Tour

Wednesday, January 18, 11 a.m.

Get an armchair tour of a day in the life of Calvert County. Register by January 16.

Greeting Card Creations

Friday, January 27, 10 a.m.

All supplies provided to create a card. \$8 per person.

JANUARY 2023



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 12:30P Penny Bingo 1:00P Bible Study	8:30A Stability Ball Class 9:00A Open Sewing 9:30A Ceramics \$ 10:00A Scrabble 12:30P Hand and Foot (Cards) 2:30P Fitness Room Orientations +	8:30A Behavioral Health Counselor + 8:30A Open Art Studio 8:45A Susan's Boot Camp 10:30A Let's Move 11:00A Strength Training 11:00A Cranium Crunches 12:30P Penny Bingo	8:30A Open Art Studio 8:30A Mat Exercise Class 10:00A Scrabble 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 Team Spirit Fridays 

OTHER SCHEDULED ACTIVITIES

2	3	4	5	6
CENTER CLOSED IN OBSERVANCE OF NEW YEAR'S DAY	9:00A-11:30A CalvertHealth Mobile Health Center & Ask the Nurse 12:30P Calvert Library Bookmobile Q&A with Library Staff	11:00A Beach Book Club + 1:00P Grief & Loss Support 3:00P Alzheimer's Support Group	1:00P Scribblers Writing Group 1:00P Open Coffee Bar	Elvis Day 11:00A Increase Your Hold
9	10	11	12	13
10:45A Yin Yoga \$ 11:00A Lett-uce Talk: Refrigerator Safety	10:00A Cranium Fitness +	11:00A Civil Air Patrol Presentation	10:45A Mindful Movements \$ 10:00A Dr. Martin Luther King History ^	11:00A Estate and Trust Planning Seminar +
16	17	18	19	20
CENTER CLOSED IN OBSERVANCE OF MARTIN LUTHER KING JR. DAY	10:00A Senior Council Meeting 11:00A Open Coffee Bar	11:00A A Day In The Life of Calvert County + 12:15P Monthly Birthday Dessert + ABC DAY	10:45A Mindful Movements \$ 1:00P Scribblers Writing Group	9:00A CalvertHealth Fitness Friday 11:00A Increase Your Hold
23	24	25	26	27
9:00A National Pie Day + 10:45A Yin Yoga \$	10:00A Cranium Fitness +	11:00A Nature Talk with Lisa Garrett: <i>Wooly Bears and Wood Chucks</i>	10:30A Presidential History: <i>Ronald Reagan</i> ^ 10:45A Mindful Movements \$	10:00A Greeting Card Creations with Tammie \$
30	31	Be the Snow King or Queen of 2023! Guess how many inches our region will get during this "snow season." Our guide will be the Reagan National Airport. Submit your guess at the front desk! "Snow season" is January 1- February 28. 		+ = Pre-registration required \$ = Fee ^ = Movie
10:45A Yin Yoga \$ 11:00A Interactive Crossword	9:00A Ask the Pharmacist + 10:00A Arm Chair Touring: <i>Graceland</i>			

SPECIAL EVENTS

Open Coffee Bar Dates

Thursday, February 2, 1 p.m.
Tuesday, February 21, 10 a.m.

Movie Showings in February

Thursday, February 2, 10 a.m.

- *Groundhog Day*

Thursday, February 23, 10:30 a.m.

- *Barack Obama*

Tuesday, February 28, 10 a.m.

- *The Bridges of Madison County*

Lett-uce Talk

Monday, February 6, 11 a.m.

Learn about the benefits of Chocolate.

Ask The Nurse

Tuesday, February 7, 10 a.m.

A CalvertHealth Nurse will present ways to keep your heart healthy, as well as provide free blood pressure screenings.

Open Mic & Lip Sync Contest

Wednesday, February 8, 11 a.m.

Along with Open Mic, enjoy a lip sync contest between staff and seniors. See Linda to register for this event.

Super Bowl LVII Party

Friday, February 10, 10 a.m.

Take your guess at who will win Super Bowl LVII. Wear your team's attire and enjoy some old football videos.

24U Band Valentine's Day Dance

Tuesday, February 14, 10:30 a.m.

Spend your Valentine's Day with us! The 24U Band will be here to get things hopping. Don't forget your dancing shoes!

Nature Talk with Lisa Garrett

Wednesday, February 15, 11 a.m.

Lisa Garrett, North Beach Director of Eco-Tourism will share Animal Valentines.

Black History Month & Presidential History: Barack Obama

Thursday, February 23, 10:30 a.m.

Explore the life of our first African American President, Barack Obama.

FEBRUARY 2023



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 12:30P Penny Bingo 1:00P Bible Study	8:30A Stability Ball Class 9:00A Open Sewing 9:30A Ceramics \$ 10:00A Scrabble 12:30P Hand and Foot (Cards) 2:30P Fitness Room Orientations +	8:30A Behavioral Health Counselor + 8:30A Open Art Studio 8:45A Susan's Boot Camp 10:30A Let's Move 11:00A Strength Training 11:00A Cranium Crunches 12:30P Penny Bingo	8:30A Open Art Studio 8:30A Mat Exercise Class 10:00A Scrabble 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				
+ = Pre-registration required \$ = Fee ^ = Movie	We Need You! North Beach Senior Center is looking for a book club leader. See Linda for more information.	11:00A Beach Book Club + 1:00P Grief & Loss Support 3:00P Alzheimer's Support Group	10:00A Groundhog Day ^ 10:45A Mindful Movements 1:00P Scribblers Writing Group 1:00P Open Coffee Bar	11:00A Increase Your Hold Team Spirit Friday
9:00A-11:30A CalvertHealth Mobile Health Center 11:00A Lett-uce Talk: <i>Chocolate</i> 10:45A Yin Yoga \$	9:00A - 11:00A Ask the Nurse: "Heart Health" Talk 10:00A Cranium Fitness + 12:30P Calvert Library Bookmobile	11:00A Open Mic & Staff vs. Senior Lip Sync Contest +	10:45A Mindful Movements \$ 2:00P Afternoon Delights	9:00A Living Well With Diabetes + 10:00A Super Bowl Party + Team Spirit Friday
10:45A Yin Yoga \$ 11:00A Interactive Crossword	10:30A 24U Band Valentine's Dance +	11:00A Nature Talk with Lisa Garrett: <i>Animal Valentines</i> 12:15P Monthly Birthday Dessert + ABC DAY	10:00A Greeting Card Creations with Tammie \$ 10:45A Mindful Movements \$ 1:00P Scribblers Writing Group	9:00A CalvertHealth Fitness Friday 9:00A Living Well With Diabetes + Red Friday
CENTER CLOSED IN OBSERVANCE OF PRESIDENTS' DAY	10:00A Senior Council Meeting 10:00A Cranium Fitness + 10:00A Open Coffee Bar	11:00A USA Trivia	10:30A Presidential History: <i>Barack Obama</i> ^	9:00A Living Well With Diabetes + 11:00A Increase Your Hold Red Friday
10:45A Yin Yoga \$	10:00A Morning Movie ^ <i>The Bridges of Madison County</i>	Stuffed Animal Donations Needed! The North Beach Senior Center is collecting <i>new</i> stuffed animals for the Calvert County Sheriff's Department. Drop-off donations will be accepted throughout the month of February, 8:30 a.m.-4:30 p.m.		