

SPECIAL EVENTS

Line Dancing

Mondays, 11 a.m.

Learn new dance moves and get exercise while having fun in this beginner line dancing class.

Bible Study

Tuesdays, 2 p.m.

Join others each Tuesday for Bible Study, all are welcome!

Ceramics

Wednesdays and Fridays

Create your own ceramics masterpiece.

Nature Talk: Adaptations

Monday, January 9, 11 a.m.

Learn about winter adaptations of local wildlife from a Calvert County Naturalist.

Fitness Friday

Friday, January 13, 9 a.m.-11 a.m.

Set your new fitness goals! A CalvertHealth Personal Trainer is available to offer fitness consultations in our fitness room. Appointments are recommended.

Police K-9 Demonstration

Friday, January 20, 10 a.m.

The Calvert County Sherriff's Office K-9 Unit will give a demonstration with their highly trained K-9 officers.

In-House Pool Tournament

Wednesday, January 25, 10 a.m.

Who will be named the Calvert Pines Pool Champion? Players must register by Jan.18.

Relaxation with Joel

Friday, January 27, 11 a.m.

Come enjoy and relax to the sounds of the handpan.

Craft Corner with Grace and Aimee

Thursday, January 5, 1 p.m.

Create the cutest snowman to brighten your winter days! Pre-registration required.

Thursday, January 26, 10 a.m.

Celebrate love with this Valentine inspired craft to keep or gift to a friend.

JANUARY 2023



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 Pool Room Open 8:30A Fitness Room Open 9:30A Walk to the Beat 10:30A Let's Move 11:00A Line Dancing NEW 12:30P Hand, Knee & Foot	8:30A Pool Room Open 8:30A Fitness Room Open 9:00A Adventures in Art +\$ 11:00A Gentle Yoga 2:00P Bible Study	8:30A Gift Shop Crafting 8:30A Pool Room Open 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, Knee & Foot	8:30A Behavioral Health Counselor + 8:30A Pool Room Open 8:30A Fitness Room Open 10:00A Strength Training 11:00A Gentle Yoga	8:30A Behavioral Health Counselor + 8:30A Pool Room Open 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				
2	3	4	5	6
CENTER CLOSED IN OBSERVANCE OF NEW YEAR'S DAY		11:00A Chair Yoga \$ 12:15P Birthday Luncheon	9:00A Ask the Nurse 9:30A Senior Council Meeting 10:00A-12:00P Legal Aid + 1:00P Snowman Craft +	11:00A Yoga Basics \$ 1:00P Elvis Movie
9	10	11	12	13
10:00A Contract Bridge 11:00A Nature Talk: Adaptations 1:00P MOW Meeting		11:00A Chair Yoga \$	10:00A CREATE! Bingo	9:00A CalvertHealth Fitness Friday
16	17	18	19	20
CENTER CLOSED IN OBSERVANCE OF MARTIN LUTHER KING JR. DAY	1:00P Grief and Loss Support Group	11:00A Chair Yoga \$	9:00A COA Meeting 1:00P NARFE Meeting	10:00A Police K-9 Demo 1:00P Yoga Basics \$ 1:00P Project Linus NO LET'S MOVE
23	24	25	26	27
9:00A-11:30A CalvertHealth Mobile Health Unit	10:00A Bingo	10:00A Pool Tournament +	10:00A Contract Bridge 10:00A Valentine Craft +	11:00A Relaxation with Joel
30	31	Elvis Birthday Movie Celebration Friday, January 6, 1 p.m. Celebrate the King of Rock n' Roll's birthday with the movie, <i>Jailhouse Rock</i> , complete with popcorn and snacks!		+=Pre-Registration \$=Fee <i>Pre-registration can be done at front desk, or over phone.</i>

SPECIAL EVENTS

Heart Health Discussion

February 2, 9 a.m.

February is Heart Health Awareness month. A CalvertHealth Nurse will speak on how to keep your heart healthy as you age.

Groundhog Day Movie

Thursday, February 2, 1 p.m.

Bill Murray, a smug and selfish weatherman, who must live through the same day over and over again until he learns the value of caring about others, is a must see! Popcorn and snacks make this afternoon movie complete.

Hot Cocoa Bar

Tuesday, February 7 10 a.m. - 11 a.m.

Come by the dining room to enjoy a cup of hot cocoa to warm up.

Super Bowl LVII

Friday, February 10, 11:30 a.m.

Wear your favorite team colors and make a prediction on who is going to win the game.

Monday, February 13, 11 a.m.

Find out who the big winner is and watch some of the best commercials while enjoying football snacks!

Valentines Luncheon with Jimi Simon

Tuesday, February 14, 12 p.m.

Celebrate love with a special luncheon and entertainment by Jimi Simon. Register for lunch by Monday, February 13.

Fat Tuesday Pancake Feast

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

Indulge in a pancake feast on *Fat Tuesday*. Register by February 17.

Tile Coaster Craft

Thursday, February 23, 10 a.m.

Today is National Tile Day. What better way to celebrate by creating coasters made of tile!

Celebrate Black History Month

Friday February 24, 1 p.m.

Movie: *The Help*

An aspiring author during the civil rights movement of the 1960's decides to write a book detailing the African American maids' point of view on the families for which they work, and the hardships they go through on a daily basis.

FEBRUARY 2023



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OTHER SCHEDULED ACTIVITIES				
		1	2	3
		11:00A Chair Yoga \$ 12:15P Birthday Luncheon	9:00A-11:00A Ask the Nurse: <i>Heart Health</i> 9:30A Senior Council Meeting 1:00P Groundhog Day Movie	11:00A Yoga Basics \$
6	7	8	9	10
12:30-1:30P Calvert Library Bookmobile with Q&A Presentation	10:00A Hot Cocoa Bar	11:00A Chair Yoga \$	10:00A-12:00P Legal Aid + NO BINGO	9:00A CalvertHealth Fitness Friday 11:30A Superbowl Predictions
13	14	15	16	17
10:00A Contract Bridge 11:00A Superbowl Winners 1:00P MOW Meeting	11:00A Music Performance by Jimi Simon 12:00P Valentines Luncheon	11:00A Chair Yoga \$	9:00A COA Meeting	1:00P Yoga Basics \$ 1:00P Project Linus
20	21	22	23	24
CENTER CLOSED IN OBSERVANCE OF PRESIDENTS' DAY	9:00A Fat Tuesday Pancake Feast + 1:00P Grief and Loss Support Group		9:00A Ask the Pharmacist + 10:00A Contract Bridge 10:00A Tile Coaster Craft +	1:00P Movie: <i>The Help</i>
27	28	Yoga Basics Friday, February 3, 11 a.m. & Friday, February 17, 1 p.m. New to Yoga? Learn to reduce stress, limit anxiety, and naturally improve your mood. First class is free, then \$5 per class.		+=Pre-Registration \$=Fee <i>Pre-registration can be done at front desk, or over phone.</i>
9:00A-11:30A CalvertHealth Mobile Health Unit	10:00A Bingo			