



THE CONNECTION

Calvert County Office on Aging Bimonthly Newsletter

March/April 2024

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Nutrition News: Celebrating Nutrition & Community

March is a celebration as we blend the themes of National Nutrition Month® – "Beyond the Table" and Senior Nutrition Program Month – "Connection in Every Bite." These themes shine a spotlight on the impact of nutrition and its crucial role in building essential connections.

"Beyond the Table" encourages holistic nourishment, stressing the significance of informed food choices and knowing where our food comes from. Simultaneously, "Connection in Every Bite" highlights the social bonds formed around shared meals, offering a remedy to the isolation faced by older adults.

To join the festivities, we extend an invitation to dine with us or participate in the nutrition education programs scheduled throughout March. Connect with others at your local senior center over a delicious and nutritious lunch, and you might even have a chance to win a prize!



Board of County Commissioners

From Left: Commissioners Mike Hart, Catherine M. Grasso, Earl F. "Buddy" Hance, Mark Cox, and Todd Ireland.

Community Resources Day

Friday, March 1 | 11 a.m.-3 p.m.

College of Southern Maryland, Prince Frederick Campus

Over 50 local agencies, organizations, and businesses will offer free demonstrations, giveaways, and advice on housing, jobs, family needs, and more.

Meals by local churches, pantry options, and shuttle services can be provided. Sponsored by Calvert County Homeless Service Board, Non-profit Institute at College of Southern Maryland, Southern Maryland Local Homeless Coalition, and Calvert County Department of Community Resources.

For more information, call 410-535-1600 ext. 8803

We hope you will stop by our table and say "Hello!"

Senior Center Hours: Monday-Friday, 8:30 a.m. to 4:30 p.m.

www.calvertcountymd.gov ooamailbox@calvertcountymd.gov

Senior services are accessible to individuals with disabilities

Senior Center Closures

Calvert County Office on Aging will be closed on the following day:

- Friday, March 29, Good Friday

Southern Maryland Caregiver's Conference

The annual Southern Maryland Caregiver's Conference is scheduled for Friday, April 12 at University System of Maryland at Southern Maryland. This one-day event is designed for the family caregiver to gain knowledge and skills in caring for older people.

To register contact Rebecca Kessler by:
Phone: 301-475-4200 ext. 1050
Email: Rebecca.Kessler@stmaryscountymd.gov

Free Tax Assistance

Individuals seeking free tax assistance can contact the following:

Community Tax Experts Tax Site

3195 Old Washington Rd., Suite 102
Waldorf, MD 20602
240-585-5280

ALICE Awareness Club

St. Mary's Ryken High School
22600 Camp Calvert Rd.
Leonardtown, MD 20650
202-454-2560

Lifestyles of Maryland Foundation, Inc.

101 Catalpa Dr., Suite 103
Hollywood, MD 20636
301-609-9900

To find other **AARP Tax-Aide sites**, scan this QR code to access their site locator page:



Services are not affiliated with the Office on Aging.

Staff Announcements

Rochelle Butler, Aging Services Case Manager and Savannah Manning, Senior Rides Coordinator have moved on to other professional opportunities. We wish them well on their future endeavors!

Maryland Senior Call Check Program

MD has a free, opt-in, telephone service to check on MD's older residents. This free service will place a daily automated call to you at a regularly scheduled time. If the call is not picked up after 3 attempts, the service will then call an alternate person on your behalf to check on you.

To qualify:

- Must be a Maryland Resident
- 65 years of age, or older
- Have an active cell phone OR landline phone

Call 1(866)502-0560

Planning for Long-Term Care

Our Ombudsmen team support nursing home and assisted living residents and families in understanding and asserting their rights to excellent care while upholding dignity and quality of life.

Join us for a discussion on admissions procedures, facility comparisons, and addressing care concerns within a facility. Refer to the schedule below for presentation dates and times:

North Beach Senior Center:

Monday, April 15 | 11 a.m.

Calvert Pines Senior Center:

Monday, April 22 | 11 a.m.

Southern Pines Senior Center:

Tuesday, April 2 | 11 a.m.

In Need of a Walker? Shower Chair? Wheelchair?

We might have what you need! Our Loan Closet has many items waiting to be used.



Contact Calvert Pines Senior Center during our business hours, Monday to Friday, from 8:30 a.m. to 4:30 p.m. at 410-535-4606 ext. 8755.

For additional information, please reach out to Lisa Caudle at lisa.caudle@calvertcountymd.gov.

Let us know if we can help!

Ceramics Shopping Trip Colonial Beach, VA

Wednesday, May 29, 2024

Travel to Country Style Ceramics shop in Colonial Beach, VA and shop "til your heart's content." Unfinished ceramic pieces (bisque) for you to paint are available to purchase. After shopping, lunch will be at Wilkerson's Seafood Restaurant overlooking the scenic Potomac River. This trip ideal for those who participate or plan to participate in the Ceramics Program.

\$35 per person

Registration begins: Monday, March 12

Registration ends: Friday, April 26

Register at your local senior center, cash or check.

Senior Center Fun

Refer to each center's calendar inserts for more information.

Intergenerational Spring Break Programs

Calvert Pines Senior Center

March 26 & March 28

Bring your grandkids to Calvert Pines during their Spring Break and enjoy Bingo, easter egg hunt, a craft and pizza party!

Women Who Changed the World Trivia Hunt

Southern Pines Senior Center

March 12, 9 a.m.-3 p.m.

Journey through a self-guided trivia hunt to learn about 'invisible' women who changed the world.

Once complete, receive a prize!

National Poetry Day

North Beach Senior Center

Monday, April 1, 11 a.m.

Join us for an hour of poetry, sharing your own or perhaps something from your favorite poet.

Live Music Line Up:

March 6: Variety Players at SPSC

March 18: Irish Performer Kaitlyn Likas at CPSC

April 3: Unclouded Day at SPSC

April 12: The Basement Boys at CPSC

April 26: 24U at NBSC

We hope to see you at our centers soon!

AARP Smart Driver Course

Master safe driving techniques for you and your loved ones! Call your preferred center to sign up, and payment is due at the class (cash or check).

North Beach Senior Center:

Thursday, April 4 | 9 a.m.-3 p.m.

Calvert Pines Senior Center:

Friday, April 19 | 9 a.m.-3 p.m.

Southern Pines Senior Center:

Monday, April 29 | 9 a.m.-3 p.m.

Follow us on Facebook!

Stay up to date on programs and services! Simply search for "Calvert County Office on Aging" in the Facebook search bar, click on our page (identified



Calvert County Office on Aging

Discover Living Well with Diabetes A Self-Management Workshop!

In collaboration with the Calvert County Health Department, we plan to host free 6-week workshops throughout the year for individuals with Type-II Diabetes and pre-diabetes. This program empowers participants to take charge of their diabetes journey. See below for upcoming classes:

Southern Pines Senior Center:

Tuesdays, April 16-May 21 | 1-3:30 p.m.

Calvert Pines Senior Center:

Tuesdays, June 25-July 30 | 1-3:30 p.m.

North Beach Senior Center:

Tuesdays, Sept. 3-Oct. 8 | 9-11:30 a.m.

Register by calling

410-535-5400 X 514

Curious about becoming a Living Well with Diabetes Facilitator? Through online training, you can acquire the skills to lead engaging workshops, assisting older adults in managing Type-II or pre-diabetes. For more details, reach out to Kristy Owen at Kristy.owen@calvertcountymd.gov.

MARCH 2024 MENU

Lunch is served Monday-Friday at 12 noon.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All meals are subject to change.</p> <p>Foods may contain allergens such as eggs, wheat, and soy.</p>	 <p>Celebrate the Senior Nutrition Program 2024 · CONNECTION IN EVERY BITE</p>			<p>1</p> <p>Mediterranean Fish Wild Rice & Lentil Pilaf Cauliflower & Red Peppers Squash Medley Blushing Pineapple Dinner Roll</p>
<p>4</p> <p>Chicken Parmesan Buttered Spaghetti Italian Green Beans Tuscan Vegetables Chilled Pineapple Dinner Roll</p>	<p>5</p> <p>Sweet & Sour Pork Brown Rice Glazed Carrots Seasoned Broccoli Applesauce Dinner Roll</p>	<p>6</p> <p>Beef Lasagna Garden Salad Italian Dressing Brussels Sprouts Tropical Fruit Dinner Roll</p>	<p>7</p> <p>BBQ Chicken Macaroni & Cheese Snap Peas Seasoned Kale Apricots Dinner Roll</p>	<p>8</p> <p>Lemon Pepper Cod Rice Pilaf Kidney Bean Salad Lemon Asparagus Green Beans Seasoned Spinach Fresh Fruit</p>
<p>11</p> <p>Jambalaya Buttered Greens Maque Choux Apple Sauce Dinner Roll</p>	<p>12</p> <p>Apricot Glazed Pork Mashed Potatoes Collard Greens Seasoned Okra Pineapple Dinner Roll</p>	<p>13</p> <p>Swedish Meatballs Egg Noodles Cauliflower & Red Peppers Seasoned Carrots Seasonal Fruit Dinner Roll</p>	<p>14</p> <p>Rosemary Chicken Wild Rice Pilaf Steamed Broccoli Baked Winter Squash Blushing Pears Dinner Roll</p>	<p>15</p> <p>Parmesan Baked Cod Vegetable Pasta Primavera Green Beans Tossed Salad Mandarin Oranges Italian Bread</p>
<p>18</p> <p> Corned Beef Seasoned Cabbage Parslied Potatoes Irish Soda Bread Green Jell-O Apple Juice </p>	<p>19</p> <p>Honey Apple Pork Loin Mashed Potatoes Gravy Peas & Carrots Stewed Tomatoes Tropical Fruit Dinner Roll</p>	<p>20</p> <p>Lemon Glazed Chicken Rice Pilaf Green Beans Parslied Carrots Orange Sections Dinner Roll</p>	<p>21</p> <p>Cheese Ravioli Black-Eyed Peas Seasoned Kale Chilled Peaches French Bread</p>	<p>22</p> <p>Salmon Patty Mashed Sweet Potatoes Green Beans Seasoned Spinach Chilled Pears Dinner Roll</p>
<p>25</p> <p>Savory Beef Tips Mashed Potatoes Braised Cabbage Steamed Broccoli Pineapple Dinner Roll</p>	<p>26</p> <p>Chicken Patty Sandwich Three Bean Salad Savory Carrots Watermelon Orange Juice</p>	<p>27</p> <p>Herbed Penne Pasta Meat sauce Green Beans Almondine Caesar Salad Cantaloupe Breadstick</p>	<p>28</p> <p>Baked Pork Chop Roasted Potatoes Creamed Spinach Parslied Carrots Baked Apple Dinner Roll</p>	<p>29</p> <p>CLOSED FOR OBSERVANCE OF GOOD FRIDAY</p>

APRIL 2024 MENU

Lunch is served Monday-Friday at 12 noon.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>BBQ Riblette Macaroni & Cheese Baked Beans Succotash Grapefruit Fruit Punch</p>	<p>2</p> <p>Chicken & Sausage Gumbo Herbed Rice Green Beans Squash Medley Honeydew Cubes Dinner Roll</p>	<p>3</p> <p>Liver & Onions Garlic Mashed Potatoes Italian Green Beans Stewed Tomatoes Mandarin Oranges Dinner Roll</p>	<p>4</p> <p>BBQ Chicken Sweet Potatoes Steamed Broccoli Garden Salad Apricots Dinner Roll</p>	<p>5</p> <p>Cheese Tortellini Marinara Sauce Asparagus Almondine Green Beans Garlic Bread Pineapple</p>
<p>8</p> <p>Tuna Patty Sandwich Rosemary Potatoes Pickled Beets Apple Crisp Orange Juice</p>	<p>9</p> <p>Beef Stroganoff Egg Noodles Seasoned Spinach Fresh Orange Garlic Bread Apple Juice</p>	<p>10</p> <p>Chicken Drumsticks Roasted Potatoes Balsamic Brussels Sprouts Seasonal Fruit Dinner Roll</p>	<p>11</p> <p>Sweet & Sour Meatballs Steamed Rice Steamed Broccoli Carrot Vichy Pineapple Dinner Roll</p>	<p>12</p> <p>Stuffed Shells Three Bean Salad Tossed Salad Chilled Pears Tossed Salad Dinner Roll V8 Juice</p>
<p>15</p> <p>Chicken Marsala Buttered Spaghetti Lemon Broccoli Garden Salad Italian Dressing Apricots Dinner Roll</p>	<p>16</p> <p>Baked Glazed Ham Scalloped Potatoes Green Beans Hot Spiced Apples Grape Juice Dinner Roll</p>	<p>17</p> <p>Beef Stew Collard Greens Baby Lima Beans Banana Dinner Roll</p>	<p>18</p> <p>Sloppy Joe Sandwich Macaroni & Cheese Italian Green Beans Pineapple V8 Juice</p>	<p>19</p> <p>Chicken Pot Pie Roasted Potatoes Lemon Asparagus Green Beans Diced Pears Pineapple Juice</p>
<p>22</p> <p>Turkey Divan Fluffy Rice Seasoned Broccoli Seasonal Fruit Orange Juice Dinner Roll</p>	<p>23</p> <p>Hamburger BBQ Baked Beans Seasoned Beets Coleslaw V8 Juice</p>	<p>24</p> <p>Herb & Mustard Crusted Pork Sweet Potatoes Lemon Asparagus Green Beans Sautéed Spinach Cinnamon Pears Dinner Roll</p>	<p>25</p> <p>Teriyaki Chicken Brown Rice Asian Vegetable Mix Pineapple Apple Juice Dinner Roll</p>	<p>26</p> <p>Parmesan Baked Cod Vegetable Pasta Primavera Green Beans Tossed Salad Mandarin Oranges Italian Bread</p>
<p>29</p> <p>Meatloaf Patty Mashed Potatoes Brown Gravy Peas & Onions Mandarin Oranges Cranberry Juice Dinner Roll</p>	<p>30</p> <p>Pulled Pork Sandwich Macaroni & Cheese Lemon Broccoli Hot Spiced Apples V8 Juice</p>	<p>Please consider your contribution carefully to help the Office on Aging meet increased costs. Fee: <ul style="list-style-type: none"> • Aged 60+: \$3 suggested donation • Under 60: \$5 made at registration. <i>Reservations are required 24 hours in advance.</i></p>		



-UPCOMING TRIPS-

Register for trips at your nearby senior center. Payment is due at registration and must be cash or check.

Cinepolis Luxury Movie Cinemas, Gaithersburg, MD (One-Shoe)

Date: Wednesday, May 8, 2024

Fee: \$75 (Transportation, Lunch, & Tickets)

Bus Departs: SPSC: 7:15 a.m.
CPSC: 8:00 a.m.
NBSC: 9:00 a.m.

Registration Begins: March 4, 2024

Registration Ends: April 19, 2024

Approximate Return: NBSC: 4:00 p.m.
CPSC: 4:30 p.m.
SPSC: 5:00 p.m.

Immerse yourself in a luxurious experience with a delicious lunch and a special screening of the musical fantasy "WONKA" at Cinepolis Luxury Movie Cinemas! Relax in a plush leather recliner, savor a delightful meal, and delight in this enchanting new film!

B&O Railroad Museum & Harbor Cruise, Baltimore, MD (Three-Shoe)

Date: Thursday, June 27, 2024

Fee: \$95 (Transportation, Lunch, & Fees)

Bus Departs: SPSC: 7:15 a.m.
CPSC: 8:00 a.m.
NBSC: 8:45 a.m.

Registration Begins: April 22, 2024

Registration Ends: May 30, 2024

Approximate Return: NBSC: 5:00 p.m.
CPSC: 5:45 p.m.
SPSC: 6:30 p.m.

Explore one of the world's largest train collections at the B&O Railroad Museum in Baltimore with a knowledgeable guide leading the tour. Highlights include exploring historic trains, intricate miniature gardens, and enjoying a train ride. A gourmet boxed lunch is provided. Afterward, a ten-minute drive takes you to the glamorous Inner Harbor, where you can unwind with a narrated cruise before heading home. Note: This is a "three-shoe" trip due to the museum's spacious layout.

Daniel at Sight and Sound Theater, Lancaster, PA (Two-Shoe)

Date: Wednesday, July 31, 2024

Fee: \$175 (Transportation, Lunch & Show)

Bus Departs: SPSC: 7:30 a.m.
CPSC: 8:00 a.m.
NBSC: 9:00 a.m.

Registration Begins: April 29, 2024

Registration Ends: June 6, 2024

Approximate Return: NBSC: 9:00 p.m.
CPSC: 9:30 p.m.
SPSC: 10:00 p.m.

Travel to Lancaster, PA, for a lunch smorgasbord at Hershey Farm Restaurant and then experience the spectacular "Daniel" at Sight & Sound Theater. Follow the journey of Daniel, exiled in Babylon, navigating palace life amid golden statues and shifting empires. Faced with royal pressures, Daniel must make a dangerous choice, testing his unwavering trust in the one true God. From fiery furnaces to infamous lion dens, "DANIEL" is a captivating production at Sight & Sound Theater. This is a "two-shoe" trip due to the chance of moderate walking in the parking lot of the theater.

"One-Shoe": Little to no walking | **"Two-Shoe":** Moderate Walking | **"Three-Shoe":** Strenuous Walking

-REFUND POLICY-

Refunds will only be given if a replacement has been approved by OOA staff. We will make every effort to find a replacement for cancellations. However, if no replacement is found, a refund will not be given. Credits will not be carried to future trips. *Thank you for understanding.*

-SERVICES-

Call 410-535-4606 for more information.

Behavioral Health Counselor- In collaboration with Calvert County Health Department, a counselor is available Tuesday at Southern Pines Senior Center, Wednesday at North Beach Senior Center, Thursday and Friday at Calvert Pines Senior Center.

Caregiver Services - Information, a quarterly newsletter, and limited respite funds are available. Contact Lisa Caudle for more information.

Community First Choice - Assists adults aged 18-plus to remain in the community or return to the community from long-term care placement. Contact Lisa Caudle for more information.

Guardianship - Information is provided on private and/or public guardianship. Contact Amanda Seymour or Lisa Caudle.

Legal Aid Bureau - Attorney services are available by appointment for those aged 60-plus regarding SSI, benefit denials, disability payments, Social Security and SSI overpayments, debtor and consumer problems, advance directives, and tenant issues. **An attorney will be available at North Beach Senior Center, March 14 & April 11 at Southern Pines Senior Center. Call for an appointment.**

Long Term Care Ombudsman - An advocate is available for residents of long-term care facilities. For more information contact Amy Boucher.

Maryland Access Point - Provides options for counseling and information/assistance for senior services, benefits, and resources.

Calvert Pines: Jenna Cisse, Jessica Long, Kristy Matchett, Laura Hardesty

Southern Pines: Laura Hardesty -Thursdays & Fridays

North Beach: Kristy Matchett - Thursdays & Fridays

Meals On Wheels (MOW) - Midday meals are provided for persons who are homebound and unable to prepare a meal for themselves. For more information, contact Sheila Gallagher or Harry Markward.

Project Lifesaver - This electronic tracking system helps to quickly locate and return lost/wandering persons suffering from Alzheimer's disease or other related disorders. Contact Tunya Taylor for more information.

Senior Care - Limited funding is available for low-income and frail elderly for case management and assistance with some services. To find out whether you may be eligible, contact Lisa Caudle.

SHIP (State Health Insurance Program) -Staff are available to provide information and assistance with health insurance issues. For more information, contact Jessica Long, Jenna Cisse, or Kristy Matchett.

Senior Medicare Patrol (SMP) - Education and prevention against suspected Medicare abuse and fraud. For more information, contact Jessica Long.

Meals on Wheels Board Members

Fred Baumgartner, Lora Culver,
Donna Deale, Steven Dorman,
Bruce Hance, Michael Hawkins,
Randy Holt, Traci King, Karen
Lawrence, Charlie Pritchard,
Linda Rhodes, Corey Robertson,
Hope Sayles, John Stone

Commission on Aging Members

Deanna Carlson, Noelle Flaherty,
Elizabeth Foster, Loretta Grier,
Sudha Haley, Charles Harrell,
Christy Jones, Terry Long, Deb
Mikell, Margaret Phipps, Andrea
Thomas, Sarah Strauss, Anne
Weems, Christine Wilson,
Harriet Yaffe, Amber Yates

Friends of Calvert County Seniors Members

Beverly Butler, Vickey Balderson,
Noelle Flaherty,
Shelby Oller, Connie Watts



CALVERT COUNTY OFFICE ON AGING (OOA) STAFF DIRECTORY

450 West Dares Beach Road, Prince Frederick MD 20678

OOA Administration 410-535-4606

Director of Comm. Resources	Jennifer Moreland
Dep. Dir. of Comm. Resources	Jacquelyn Culver
Division Chief	Ed Sullivan
Client Services Manager	Tunya Taylor
Fiscal Manager	Patti Ryon
Long Term Care Manager	Lisa Caudle
Program Manager	Kristy Owen
Long Term Care Coord.	Amy Boucher
Long Term Care Advocate	Larry Harvey
Account Tech II	Suzy Meador
Office Specialist II	Liz Youngblood
Food Service Worker	Harry Markward
Aging Svcs. Case Manager	Amanda Seymour
Aging Svcs. Case Manager	Kimberly Dade
Aging Svcs. Case Manager	Terri Gunkel
CFC Supports Planner	Angalise Brinkley
CFC Supports Planner	Jean Muggli
Registered Dietician	Sheila Gallagher

Calvert Pines Senior Center 410-535-4606

Program Specialist	Grace Oller
Program Assistant	Aimee Badeaux-
Food Service Coord.	Tracey Endrusick
Office Assistant II	Andrew Jackson
Ceramics Instructor	Pat Dinota
Social Services MAP Coord.	Jenna Cisse
Social Services MAP Coord.	Jessica Long
Social Services MAP Coord.	Kristy Matchett
Social Services MAP Coord.	Laura Hardesty
Developmental Disabilities	Angela Nenno
Developmental Disabilities Aide	Crystal Jones
Building & Grounds Worker	Phillip Long, Sr.
Custodian	Brenda Jacks
Senior Rides Program	Vacant
Senior Employment Program	Julia Forte

North Beach Senior Center 410-257-2549

Program Specialist II	Linda Roberts
Program Assistant	Tammie Messer
Food Service Coord.	Karla Shauver
Office Assistant II	Susan Gorman
Ceramics Instructor	Pat Dinota
Social Services MAP Coord.	Kristy Matchett
Building & Grounds Worker	Kelly Jones

Southern Pines Senior Center 410-586-2748

Program Specialist	Melinda Gaines
Program Assistant	Anne Sledge
Food Service Coordinator	Sean Riordan
Office Assistant II	Marina Jackson
Ceramics Instructor	Pat Dinota
Social Services MAP Coord.	Laura Hardesty
Senior Employment Program	Vacant

Substitute Staff

Joan Carroll, Donna Edington, Amber Holson,
Barbara Knowles, Karen Moore, Rick Narvell

Senior Center Hours: Monday-Friday, 8:30 a.m. to 4:30 p.m.

www.calvertcountymd.gov ooamailbox@calvertcountymd.gov

Senior services are accessible to individuals with disabilities

SPECIAL EVENTS

Who Am I?

Friday, March 1, 11:15 a.m.

How well do you know your friends? Join us as we guess who's who by reading our life stories. Will your career give it away, or surprise us?

Intermediate Yoga **NEW**

Thursdays, 9:30 a.m.

Join our intermediate yoga class, perfect for those with some experience. \$5 per person.

Estate and Trust Planning

Wednesday, March 20, 11 a.m.

Law Firm, Council Baradel, will be guiding this seminar focusing on strategies for future planning and managing financial affairs effectively.

National Nutrition Month® Programs:

What's in Your Garden?

Monday, March 4, 11 a.m.

Come join us to discover the favorite plants of the region and get hands-on experience planting your own during our demonstration.

Nutrition Talk: Additives & Preservatives

Tuesday, March 12, 11 a.m.

Learn what they are, what they contribute to foods, how they are regulated, and how to identify them in the foods you eat. Presented by our Registered Dietician, Sheila!

From Garden to Table

Tuesday, March 26, 11 a.m.

Explore fresh ways to savor your summer bounty! Join us to discover innovative recipes to make the most of your harvest.

Canning Basics

Thursday, March 28, 10 a.m.

Unlock the art of preserving your garden's treasures! Join us to learn the fundamentals of canning.



MARCH 2024



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 Casual Scrabble 10:00A 5 Crowns (Cards) 12:30P Hand and Foot (Cards)	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 12:30P Penny Bingo	8:30A Information & Assistance 8:30A Open Art Studio 8:30A Mat Exercise 9:30A Intermediate Yoga \$ 10:30A Gentle Yoga \$ 10:00A Casual Scrabble 10:00A 5 Crowns (Cards) 12:30P Hand and Foot (Cards)	8:30A Information & Assistance 8:30A Open Art Studio 8:45A Susan's Boot Camp 10:30A Let's Move 11:00A Strength Training 12:30P Penny Bingo
+ = Pre-registration required \$ = Fee ^ = Video				

OTHER SCHEDULED ACTIVITIES

21 American Women who Shaped History				
We're inviting you to join us on a journey celebrating 21 incredible American women who have made a lasting impact on the world. Every day during lunch, we'll be shining a spotlight on one of these trailblazers, sharing their stories, and honoring their achievements. To secure your spot, register for lunch.				
11:00A What's in Your Garden? + ⁴	9:00A LWWD + ⁵ 10:00A Ask the Nurse: <i>Colon Health</i> 10:00A Cranium Fitness + 12:30P Calvert Library Bookmobile	11:00A Beach Book Club + ⁶ 1:00P Grief & Loss Support 3:00P Alzheimer's Support	10:00A Coloring for Calm + ⁷ 1:00P Scribblers Writing Group 1:00P Open Coffee Bar	9:00A Girls Java Talk 11:15A Who Am I + ¹
11:00A What's in Your Garden? + ⁴	9:00A LWWD + ⁵ 10:00A Ask the Nurse: <i>Colon Health</i> 10:00A Cranium Fitness + 12:30P Calvert Library Bookmobile	11:00A Beach Book Club + ⁶ 1:00P Grief & Loss Support 3:00P Alzheimer's Support	10:00A Coloring for Calm + ⁷ 1:00P Scribblers Writing Group 1:00P Open Coffee Bar	9:00A Lattes with Linda ⁸ 10:00A Recycled Art +\$
11:00A The History of Hops: ^ ¹¹ <i>How Beer Changed the World</i>	9:00A LWWD + ¹² 10:00A Cranium Fitness + 11:00A Nutrition Talk: <i>Additives & Preservatives</i> 4:00P-7:00P Game Night +	10:00A Outdoor Games + ¹³	10:00A Legal Aid + ¹⁴ 10:30A Garden Club Floral Arrangements +	10:00A CalvertHealth Fitness Friday ¹⁵ 11:00A Culinary Pictionary +
9:30A - 12:00A CalvertHealth Mobile Health Center ¹⁸ 10:00A St. Patrick's Day Bingo +	10:00A Senior Council Meeting ¹⁹ 10:00A Classic Movie: ^ <i>The Quiet Man</i>	11:00A Lisa Garrett's Nature Talk: ²⁰ <i>Natures Green</i> 11:00A Estate and Trust Planning 12:15P Monthly Birthday Dessert + HILLWOOD MUSEUM TRIP	9:00A COA Meeting ²¹ 10:00A Coloring for Calm + 1:00P Scribblers Writing Group	9:00A Girls Java Talk ²² 9:30A Bingo Marathon Plus +
10:00A Coloring for Calm + ²⁵ 11:00A Open Mic	11:00A From Garden to Table + ²⁶	10:00A Center Tour & Fitness Room Orientations + ²⁷ 11:00A Cranium Fitness +	10:00A Canning Basics + ²⁸	CENTER CLOSED FOR OBSERVANCE OF GOOD FRIDAY ²⁹

SPECIAL EVENTS

National Poetry Day

Monday, April 1, 11 a.m.

Join us for an hour of poetry, sharing your own poetry or perhaps something from your favorite poet.

AARP Smart Driver Course

Thursday, April 4, 9 a.m.-3 p.m.

Learn essential safe driving skills to try to stay safe on the road! Register by April 1. \$20 for AARP members, \$25 for non-members.

Coloring for Calm

Thursday, April 4 & Monday, April 29 10 a.m.

Coloring provides a beneficial outlet for stress relief, promoting a sense of tranquility by soothing the mind and facilitating relaxation. Why not drop in for an hour or two of serene coloring?

Long-Term Care Planning

Monday, April 15, 11 a.m.

Meet with our Ombudsman team to learn about admissions processes, how to compare facility reviews, and how to resolve care issues within a facility.

Cornhole & Tailgating Party

Wednesday, April 17, 10 a.m.

Spring is here, and we are back outside! Join us for outdoor games, comradery, snacks and drinks. Weather permitting.

Card Party

Thursday, April 18, 1 p.m.

Whether you're a serious card game enthusiast or simply looking to have a good time, we'll pair you with a team for an enjoyable afternoon. Light refreshments and beverages will be provided. Don't forget to register by Friday, April 12!

Volunteer Appreciation Luncheon & Entertainment

Friday, April 26, 10 a.m.

Let's come together to celebrate and express our deepest gratitude to our invaluable volunteers. Get ready to groove to the beats of the 24U Band as we dance the afternoon away! Register by Friday, April 19, to secure your spot.



APRIL 2024



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 + = Pre-registration required \$ = Fee ^ = Video	8:30A Stability Ball Class 9:00A Open Sewing 9:30A Ceramics \$ 10:00A Casual Scrabble 10:00A 5 Crowns (Cards) 12:30P Hand and Foot (Cards)	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 12:30P Penny Bingo	8:30A Information & Assistance 8:30A Open Art Studio 8:30A Mat Exercise 9:30A Intermediate Yoga \$ 10:30A Gentle Yoga \$ 10:00A Casual Scrabble 10:00A 5 Crowns (Cards) 12:30P Hand and Foot (Cards)	8:30A Information & Assistance 8:30A Open Art Studio 8:45A Susan's Boot Camp 10:30A Let's Move 11:00A Strength Training 12:30P Penny Bingo

OTHER SCHEDULED ACTIVITIES

11:00A National Poetry Day + 1	10:00A Ask the Nurse: <i>Stress Awareness</i> 10:00A Cranium Fitness + 12:30P Calvert Library Bookmobile 2	11:00A Beach Book Club + 1:00P Grief & Loss Support 3:00P Alzheimer's Support 3	9:00A AARP Smart Driver Course +\$ 10:00A Coloring for Calm + 1:00P Scribblers Writing Group 4	9:00A Girls Java Talk 10:00A Bingo Marathon <i>Plus+</i> 5
11:00A Senior Pictionary + 8	10:00A Cranium Fitness + 9	11:00A Lisa Garrett's Nature Talk: <i>April Foolery - Camouflage</i> 10	1:00P Open Coffee Bar & Afternoon Delights 11	9:00A Lattes with Linda 11:00A Women's History: ^ <i>WWII</i> 12
9:30A - 12:00A CalvertHealth Mobile Health Center 11:00A Long-Term Care Planning 15	10:00A Senior Council Meeting 1:00P Open Coffee Bar 4:00P-7:00P Game Night + 16	10:00A Cornhole Tailgate Party + 12:15P Monthly Birthday Dessert + 17	1:00P Card Party + 1:00P Scribblers Writing Group 18 BIBLE MUSEUM TRIP	9:00A Girls Java Talk 10:00A CalvertHealth Fitness Friday 19
11:00A Open Mic + 22	10:00A Classic Movie: ^ <i>Dead Poets Society</i> 23	10:00A Center Tour & Fitness Room Orientations + 24	10:00A Presidential History: <i>Rutherford Hayes</i> 25	10:00A Volunteer Appreciation Luncheon with the 24U Band + 26
10:00A Coloring for Calm + 29	9:00A-11:30A Ask the Pharmacist + 10:00A Team Trivia/Cranium Fitness + 30			

SPECIAL EVENTS

Nutrition Talk: *Additives & Preservatives*

Friday, March 1, 11 a.m.

Learn what they are, what they contribute to foods, how they are regulated, and how to identify them in the foods you eat. Presented by our Registered Dietician, Sheila.

Book Club *New*

Monday, March 4, 12:30 p.m.

Meet your fellow readers as we embark on this new book club adventure with Calvert Library. The first book will be announced at this meeting.

Apps, DAPS, & LBPD - *Oh my!*

Monday, March 4, 12:30 p.m. - 1:30 p.m.

Learn how to download library materials on your device and access the library 24/7 with the new Calvert Library app. Bring your device for hands-on assistance!

What is Pickleball?

Tuesday, March 12, 1 p.m.

Curious about the Pickleball craze? Join us for a demo! It's a blast and perfect for older adults: easy, social, and gentle on the body.

Snack & Learn: *Clear Captions*

Wednesday, March 13, 12 p.m.

Do you have trouble hearing on your home phone? Sit in on this informative session about a phone captioning service available for low or no cost.

St. Patrick's Day Luncheon with Irish Performer Kaitlyn Likas

Monday, March 18, 11:30 a.m.

Celebrate St. Patty's Day with a corned beef lunch and entertainment by Irish Performer, Kaitlyn Likas. Wear your Green! Remember to register for lunch by March 4.

Baseball Opening Day Bingo

Friday, March 22, 12:30 p.m.

Join us in celebrating opening day with peanuts, cracker jacks, and a lively game of baseball bingo! Wear your favorite jersey or hat to show support for your team and have a chance to win a prize.

MARCH 2024



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 Billiards Room Open 8:30A Fitness Room Open 9:30A Walk to the Beat 10:30A Let's Move 11:00A Line Dancing 12:30P Hand, Knee & Foot (cards)	8:30A Billiards Room Open 8:30A Fitness Room Open 9:00A Adventures in Art +\$ 11:00A Gentle Yoga 2:00P Bible Study	8:30A Billiards Room Open 8:30A Fitness Room Open 8:30A Gift Shop Crafting 9:30A Ceramics +\$ 9:30A Duplicate Bridge 9:30A Walk to the Beat 10:30A Let's Move 11:00A Yoga Basics \$ 12:30P Hand, Knee & Foot (cards)	8:30A Billiards Room Open 8:30A Fitness Room Open 8:30A Behavioral Health Counselor + 10:00A Strength Training 11:00A Gentle Yoga	8:30A Billiards Room Open 8:30A Fitness Room Open 8:30A Behavioral Health Counselor + 9:30A Ceramics +\$ 9:30A Walk to the Beat 10:00A Open Art \$ 10:30A Let's Move 1:00P Behavioral Health Support Group

OTHER SCHEDULED ACTIVITIES

+ = Registration needed
 \$ = Fee
 ^ = Video
 Registration can be done at front desk, or over phone.

Spring Break Programs
 : March 26 & 28:
 Intergenerational Activities
 Grandkids welcome, but open to all!

Bingo
 Tuesday, March 26, 10 a.m.
 Chance to win cool prizes!
Easter Egg Hunt
 Tuesday, March 26, 12:30 p.m.

Spring Craft
 Thursday, March 28, 10 a.m.
Pizza Party & Movie
 Thursday, March 28, 12 p.m.
 Join us for a pizza party and the movie, HOP! \$5/fee for lunch. Please sign-up by 3/26.

11:00A Nutrition Talk: *Additives & Preservatives*

12:30P Book Club NEW 12:30P-1:30P Calvert Library Bookmobile 12:30P Apps, DAPS, & LBPD - <i>Oh my!</i>		12:15P Birthday Luncheon + 1:00P Adaptive Yoga \$	9:30A Senior Council Meeting 10:00A Ask the Nurse: <i>Colon Health</i>	10:00A CalvertHealth Fitness Friday
10:00A Contract Bridge 1:00P MOW Meeting	1:00P What is Pickleball?	12:00P Snack & Learn: <i>Clear Caption Phones +</i>	10:00A CREATE Bingo 12:30P Pi Day Pie 2:00P What's Cookin'? +	11:00A Relaxation with Joel 1:00P Project Linus
11:30A St. Patrick's Day Luncheon + Wear Your Green!	1:00P Grief & Loss Support Group	1:00P Adaptive Yoga \$	10:00A Craft Corner: <i>Diamond Dot Coasters</i>	12:30P Baseball Opening Day Bingo
9:30A-12:00P CalvertHealth Mobile Health Center 12:00P Maryland Day	INTERGENERATIONAL DAY 10:00A Bingo 12:30P Easter Egg Hunt NO AUDITORIUM CLASSES	10:00A-12:00P Highway2Health	INTERGENERATIONAL DAY 10:00A Contract Bridge 10:00A Spring Craft 12:00P Pizza Party & Movie +\$	CENTER CLOSED FOR OBSERVANCE OF GOOD FRIDAY

SPECIAL EVENTS

National Walking Day

Wednesday, April 3, 9:30 a.m.

Let's get out, stretch our legs and get our hearts pumping for National Walking Day. Meet staff in the lobby then we will venture outside for a celebratory stroll.

Adaptive Yoga

Wednesday, April 3 & April 17, 1 p.m.

Join our Adaptive Yoga class for older adults! Improve flexibility, balance, and well-being in a supportive environment. Suitable for all mobility levels. \$5 per person.

Volunteer Appreciation Celebration

Live Music with the Basement Boys!

Friday, April 12, 11:30 a.m.

Join us in honoring our incredible volunteers by enjoying live music by the Basement Boys! Register by April 11 to secure your lunch.

Earth Day Activity

Wednesday, April 17, 12:30 p.m.

Join us in celebrating Earth Day a few days early by planting flowers to adorn our dining room tables. Then, plant your own herb seeds in a terra cotta pot to take home with you!

AARP Smart Driver Course

Friday, April 19, 9 a.m.– 3 p.m.

Master safe driving techniques for you and your loved ones! \$20 AARP Members and \$25 Non-AARP members. Register by April 15, payment due at time of class.

Coffee with AARP

Monday, April 22, 10 a.m.

Meet with Dale and Kathy from AARP to gain insights into the array of services they offer and explore volunteer possibilities within AARP.

Lunch & Movie: NOAH

Friday, April 26, 12 p.m.

Filmed in front of a live audience, NOAH is an original stage production from Sight & Sound Theatres that takes you on board one of the world's best-known voyages. Register for lunch by April 25.

Fitness Room Orientations by appointment only. Call 410-535-4606.

APRIL 2024



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 9:30A Walk to the Beat 10:30A Let's Move 11:00A Line Dancing 12:30P Hand, Knee & Foot (cards)	8:30A Billiards 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 9:30A Ceramics +\$ 9:30A Duplicate Bridge 9:30A Walk to the Beat 10:30A Let's Move 12:30P Hand, Knee & Foot (cards)	8:30A Billiards Room Open 8:30A Fitness Room Open 8:30A Behavioral Health Counselor + 10:00A Strength Training 11:00A Gentle Yoga	8:30A Behavioral Health Counselor + 9:30A Ceramics +\$ 9:30A Walk to the Beat 10:00A Open Art \$ 10:30A Let's Move 1:00P Behavioral Health Support Group

OTHER SCHEDULED ACTIVITIES

12:30P-1:30P Calvert Library Bookmobile 12:30P Book Club	1:00P Stepping On Falls Prevention +	9:30A National Walking Day 12:15P Birthday Luncheon 1:00P Adaptive Yoga \$	9:30A Senior Council Meeting 10:00A Ask the Nurse: Stress Awareness	11:00A Great Puzzle Giveaway
	1:00P Stepping On Falls Prevention +	12:15P This Day in History	10:00A CREATE Bingo 12:00P National Pet Day 2:00P What's Cookin'? +	10:00A CalvertHealth Fitness Friday 11:30A Volunteer Appreciation Celebration- <i>Live Music!</i>
10:30A Contract Bridge 1:00P MOW Meeting	1:00P Stepping On Falls Prevention + 1:00P Grief & Loss Support Group	12:30P Earth Day Activity + 1:00P Adaptive Yoga \$	9:00A COA Meeting 12:45A-3:00P NARFE Meeting BIBLE MUSEUM TRIP	9:00A-3:00P AARP Smart Driver Course \$+ 11:00A Relaxation with Joel 1:00P Project Linus
10:00A Coffee with AARP 11:00A Long-Term Care Planning	10:00A Bingo 1:00P Stepping On Falls Prevention +		10:00A Spring Banner Craft + 10:30A Contract Bridge NO STRENGTH TRAINING	12:00P Lunch & Movie: Sight & Sound's <i>Noah</i>
9:30A-12:00P CalvertHealth Mobile Health Center	1:00P Stepping On Falls Prevention +	+=Registration needed \$=Fee ^ = Video Registration can be done at front desk, or over phone	Book Club-NEW Monday, April 1, 12:30 p.m. Join us for a discussion with the Calvert Library about our latest book pick, "The Guernsey Literary and Potato Peel Society" by Mary Ann Shaffer & Ann Barrows.	



SPECIAL EVENTS

Board Games — **NEW**

Wednesdays, 11 a.m.

Enjoy endless fun and friendly competition with a diverse selection of board games.

Beautiful Bows

Tuesday, March 5, 1 p.m.

Learn the art of crafting beautiful bows that add the perfect touch to presents or wreaths. Bring your own wired 2.5 or 3 inch ribbon.

Universe Through Eyes of a Paleontologist

Thursday, March 7, 1 p.m.

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

Nutrition Talk: Additives & Preservatives

Friday, March 8, 10:30 a.m.

Lets celebrate National Nutrition Month® by unraveling the science of these ingredients so you can make informed choices for a healthier and more mindful lifestyle.

Women Who Changed the World

Tuesday, March 12, 9 a.m. - 3 p.m.

Journey through a self-guided trivia hunt to learn about 'invisible' women who changed the world. Once complete, receive a prize!

Open Letters From a Closed Culture

Thursday, March 14, 1 p.m.

Artist and author, Jay Anderson, shares his experience traveling that unveils the unspoken narratives, challenges, and aspirations of a concealed world, especially for women.

Origami Dollar Bill Bunnies

Thursday, March 21, 1 p.m.

Learn the art of transforming dollar bills into adorable bunnies. Bring your own dollar bills!

Maryland Jeopardy

Monday, March 25, 1 p.m.

Celebrate Maryland Day with this fun game!

Movie: *Miss Potter*

Thursday, March 28, 1 p.m.

Embrace the legacy of Beatrix Potter in this captivating film. Rediscover the enchanting world she created and the resilience that defines her inspiring journey.

MARCH 2024



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 Billiards Room Open 8:30A Sewing Room Open 9:30A Ceramics \$ 10:00A Walk for Fun 11:00A Bone Builders 12:00P Duplicate Bridge 1:00P Oil Painting \$	8:30A Computer Lab 8:30A Fitness Room Open 8:30A Billiards Room Open 8:30A Behavioral Health Counselor + 9:00A Studio Art \$ 10:00A Gentle Yoga 12:00P Duplicate Bridge 1:00P Needlepoint 1:00P Let's Move	8:30A Computer Lab 8:30A Fitness Room Open 8:30A Billiards Room Open 9:00A Adventures in Art \$ 9:30A Line Dancing 10:00A Walk for Fun 10:00A Sewing Projects 11:00A Bone Builders 11:00A Board Games NEW 12:30P Sewing Room Open	8:30A Computer Lab 8:30A Fitness Room Open 8:30A Billiards Room Open 9:00A Info & Assistance 9:30A Ceramics \$ 10:00A Let's Move 11:00A Bible Study 1:00P Knitting & Crocheting	8:30A Computer Lab 8:30A Fitness Room Open 8:30A Billiards Room Open 8:30A Sewing Room Open 9:00A Info & Assistance 10:00A Walk for Fun 10:30A Advanced Line Dancing

+ = Registration Needed
\$ = Fee

OTHER SCHEDULED ACTIVITIES

 Celebrate Women's History				
3/11, 1 p.m. - Movie: <i>Little Women</i> 3/12, 9 a.m. - 3 p.m. - Women Who Changed the World Trivia Hunt		3/13, 10:30 a.m. - Outreach: Sew Women's Hygiene Products for Samaritans Purse Non-Profit 3/14, 1 p.m. - Open Letters From a Closed Culture		10:00A Calvert Health Fitness Friday 1:00P Craft: Eyeglass Necklace Holder \$+
1:00P Creative Writing 4	1:00P Beautiful Bows + 5	12:30P Birthday Party 6 1:00P Music: Variety Players+	1:00P Universe through Eyes of a Paleontologist + 7	10:30A Nutrition Talk: Additives & Preservatives + 8 1:00P Wii Bowling
9:00A - 12:00P CalvertHealth Mobile Health Center 11 1:00P Movie: <i>Little Women</i> +	9:00A - 3:00P Women Who Changed the World Trivia Hunt 12 11:15A Handpan Guided Relaxation 2:00P Grief & Loss Support	10:30A Outreach: Women's Hygiene Product for Samaritan's Purse + 13 10:30A Center Info & Fitness Orientation + 1:00P Song Circle	11:00A Senior Council Meeting 14 1:00P Open Letters From a Closed Culture +	1:00P Prayer Bead Workshop \$+ 15
1:00P Creative Writing 18 1:00P St. Patty's Day Special Bingo +  WEAR GREEN	10:00A Ask the Nurse: <i>Colon Health</i> 19 12:30P Calvert Library Bookmobile	1:00P Book Club: <i>Destiny of the Republic</i> , by Candice Millard 20 HILLWOOD ESTATE TRIP	9:00A - 11:30A Ask The Pharmacist + 21 1:00P Origami Dollar Bill Bunnies +	1:00P Corn Hole + 22
1:00P Maryland Jeopardy + 25 MARYLAND DAY	10:00A Veterans Coffee 26 NO YOGA	1:00P Song Circle 27	 1:00P Movie: <i>Miss Potter</i> + 28	CENTER CLOSED FOR OBSERVANCE OF GOOD FRIDAY 29

SPECIAL EVENTS

Celebrate Poetry

Monday, April 1, 1 p.m.

Celebrate the beauty and power of poetic expression as we commemorate World Poetry Day. Sign up to share a poem!

Unclouded Day

Wednesday, April 3, 1 p.m.

Relax and enjoy the beautiful harmonies and soul-soothing melodies of this local band.

Solar Eclipse

Monday, April 8, 1 p.m.

Join NASA's worldwide celebration of the sun, learn facts, and witness the wonder of the longest and most visible solar eclipse in the US in the last 100 years.

Stress Awareness Trivia & Tips

Thursday, April 18, 1 p.m.

Amid the hustle and bustle of daily life, gain understanding of your body's stress symptoms and learn what *you* can do about it.

Embellished Mother's Day Cards

Friday, April 19, 1 p.m.

Craft unique and meaningful cards to share with the special mothers in your life.

History Presentation: Fort Sumter

Tuesday, April 23, 11 a.m.

Journey back in time with Barry to explore pivotal moments of American history and delve into the significance of this historic fortress.

Fossil Dolphins of Calvert Cliffs

Thursday, April 25, 1 p.m.

Dive into the fascinating world of ancient marine life with Calvert Marine Museum paleontologist Stephen Godfrey and discover mysteries of prehistoric oceans and these brilliant creatures that once graced the shores of SOMD.

Blooming with Appreciation

Thursday, April 11, 1 p.m.

Help us honour our volunteers, whose generosity has bloomed into vibrant programs and has helped our community flourish!



APRIL 2024



SOUTHERN PINES NEWS

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Phone: 410-586-2748 Fax: 410-326-0673

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30A Computer Lab 8:30A Fitness Room Open 8:30A Billiards Room Open 8:30A Sewing Room Open 9:30A Ceramics \$ 10:00A Walk for Fun 11:00A Bone Builders 12:00P Duplicate Bridge 1:00P Oil Painting \$	8:30A Computer Lab 8:30A Fitness Room Open 8:30A Billiards Room Open 8:30A Behavioral Health Counselor + 9:00A Studio Art \$ 10:00A Gentle Yoga 12:00P Duplicate Bridge 1:00P Needlepoint 1:00P Let's Move	8:30A Computer Lab 8:30A Fitness Room Open 8:30A Billiards Room Open 9:00A Adventures in Art \$ 9:30A Line Dancing 10:00A Walk for Fun 10:00A Sewing Projects 11:00A Bone Builders 11:00A Board Games NEW 12:30P Sewing Room Open	8:30A Computer Lab 8:30A Fitness Room Open 8:30A Billiards Room Open 9:00A Info & Assistance 9:30A Ceramics \$ 10:00A Let's Move 11:00A Bible Study 1:00P Knitting & Crocheting	8:30A Computer Lab 8:30A Fitness Room Open 8:30A Billiards Room Open 8:30A Sewing Room Open 9:00A Info & Assistance 10:00A Walk for Fun 10:30A Advanced Line Dancing

+ = Registration Needed
\$ = Fee

OTHER SCHEDULED ACTIVITIES

1:00P Creative Writing 1:00P Celebrate Poetry + WORLD POETRY DAY	11:00A Long-Term Care Planning + NO YOGA	10:00A Sewing Outreach: Angel Gowns 12:30P Birthday Party 1:00P Unclouded Day +	11:30A Bird Migration Awareness	10:00A Calvert Health Fitness Friday 1:00P Craft: Wine Charms \$+
9:00A-12:00P CalvertHealth Mobile Health Center 1:00P Solar Eclipse	11:15A Handpan Guided Relaxation 2:00P Grief & Loss Support	10:30A Center Info & Fitness Orientation + 1:00P Song Circle	10:00A Legal Aid + 11:00A Senior Council Meeting 1:00P Blooming with Appreciation +	1:00P Wii Bowling
1:00P Creative Writing	10:00A Ask the Nurse: Stress Awareness 12:30P Calvert Library Bookmobile 1:00-3:30P Living Well with Diabetes +	1:00P Book Club: <i>Prodigal Summer</i> by Barbara Kingsolver	1:00P Stress Awareness Trivia & Tips + BIBLE MUSEUM TRIP	1:00P Embellished Mother's Day Cards \$+
10:00A Litter Pick Up: Beautify the Walking Trail + 11:00A Meditation in the Garden+ EARTH DAY	10:00A Veterans Coffee 11:00A History Presentation: Fort Sumter + 1:00-3:30P Living Well with Diabetes +	10:00A-12:00P Highway 2 Health 10:30A Center Info & Fitness Orientation + 1:00P Song Circle	1:00P Eco Series: Fossil Dolphins of Calvert Cliffs +	1:00P Corn Hole +

National Stress Awareness Month

Tuesdays, 10 a.m. - Yoga
 4/9, 11:15 a.m. - Handpan Guided Relaxation
 4/18, 1 p.m. - Stress Awareness Trivia & Tips
 4/22, 11 a.m. - Meditation in the Garden

