



THE CONNECTION

Calvert County Office on Aging Bimonthly Newsletter

May/June 2024

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Board of County Commissioners

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

OLDER AMERICANS MONTH



POWERED BY CONNECTION: MAY 2024

In May, we mark "Older Americans Month," with this year's theme being "Powered by Connection." It recognizes how important friendships and social bonds are for our health and happiness. Whether making new friends or enjoying time with old pals, we appreciate being able to connect with you at our Senior Centers!

Senior Center Fun

Celebrate the warmer season at our senior centers with fun activities and joyful connections! Here are just a few of the many exciting programs planned at your local senior center:

North Beach Senior Center:

Cornhole Tailgate Party | May 15, 10 a.m.
Johnny Cash Tribute Performance | June 5, 10 a.m.



Calvert Pines Senior Center:



Spring Tea | May 10, 2 p.m.
Summer Party with Music from Jimi Simon | June 21, 12 p.m.

Southern Pines Senior Center:

Cornhole | May 24, 1 p.m.
Father's Day Car Show | June 14, 12 p.m.



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:

- Monday, May 27 for Memorial Day
- Wednesday, June 19 for Juneteenth

Secretary of the MD Dept. of Aging, County Commissioner, visited Calvert County on April 11

Carmel Rocque, Secretary of the Maryland Dept. of Aging, and Todd Ireland, member of the Board of County Commissioners for Calvert County, visited our Southern Pines Senior Center on April 11. They joined us to honor and recognize the many dedicated volunteers who lead programs at our Southern Pines location.

We are most thankful for the volunteers at each of the Senior Centers. Without you, our Senior Centers cannot thrive. Our entire staff thanks you!



Stroke Smart-Calvert County

During May, we unite with other Maryland counties to promote stroke awareness through the "Stroke Smart" campaign. Educating the public about the signs and symptoms of a stroke is crucial, as they can vary for each individual. Remember to stay alert for the **BE FAST** indicators of a stroke and promptly dial 9-1-1 if you suspect someone may be experiencing a stroke.

HOW TO SPOT A STROKE

B	E	F	A	S	T
Balance Sudden loss of balance, dizziness	Eyes Sudden loss of vision or blurred vision	Face Uneven smile, one side of face is drooping or numb	Arm One arm is weak or numb	Speech Slurred speech or difficulty speaking	Time Time to call 911 immediately

Thank You to Tax-Aide Volunteers!

The AARP Tax-Aide Program would not be possible without volunteers. We thank all volunteers for their dedication and hard work during the 2023 tax season.

Beth	Dorothy	Ken
Carol	Edward	Lynn
Chaunte	John	Pete
Debbie	Karen	Steve
Donna	Kati	Vicki

THANK YOU

Law Day, Advance Directives, May 1

On Wednesday, May 1, meet with an attorney to prepare an Advance Directive at no cost to you. What is an "Advance Directive?" It is a legal document in which a person specifies what actions should be taken for their health if they can no longer make decisions for themselves because of illness or incapacity.

North Beach Senior Center:

10:30 a.m. - 12 p.m.

Calvert Pines Senior Center:

12:30 p.m. - 4 p.m.

Southern Pines Senior Center:

1 p.m. - 4 p.m.

Call the senior center you would like to make your appointment with to schedule.

World Elder Abuse Awareness Day

June 15 is World Elder Abuse Awareness Day (WEADD). Older people are mistreated more often than we realize. Perhaps you can help.

How can we report mistreatment? Programs such as our Long-Term Care Ombudsman program and the Adult Protective Services (APS) are here to help. Call APS at 443-553-6900 when prompted, please the number 2 (two).

If you believe that an older person is in a life-threatening situation, contact 9-1-1 or the local police department.

Thank you for your support!

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 by our orange tree), and hit the "Follow" button.



Calvert County Office on Aging

Intergenerational Summer Camps

Experience the joys of summer camp with your grandkids at Calvert or Southern Pines this summer! Engage in tons of planned activities and cherish valuable moments with your grandkids!

Southern Pines Senior Center:

July 16 - July 18 | 10 a.m. - 12 p.m.

Space Exploration, Bay Critters, and Culinary Fun!

Calvert Pines Senior Center:

July 24 - July 26 | 10:30 a.m. - 2 p.m.

Painting, ECO Adventures, Drumming, and Supersized Games!

Registration for both of these camps will begin on June 4. Call the center you would like to attend camp at to register. \$30 grandparent/grandkid \$5 each additional person (cash/check).

Senior Council Fundraisers

Each Senior Center has its own Senior Council made up of seniors who work together to support and raise money for programs, supplies, and sometimes equipment for their respective center. During May, each council will be busy fundraising! Take a look at the programs listed below:

North Beach Senior Center:

Jewelry Sale, May 6-10, 9 a.m.-12 p.m.

Calvert Pines Senior Center:

Mother's Day Purse Sale, May 8, 9-11 a.m.

Southern Pines Senior Center:

Purse & Jewelry Auction, tickets on sale starting May 6, auction will be held May 9 at 1 p.m.

Don't forget about each center's well stocked gift shops full of treasures. All proceeds from these shops also go back to funding programs, too!

Nutrition News: Foodprint

You most likely know what a footprint is. But what is a foodprint? A foodprint is the result of everything it takes to get your food from the farm to your plate. Where did this food come from? How did it get here to my plate?

As Summer approaches, this is a great time to work towards a smaller foodprint by eating locally, seasonally, and shopping at local Farmer's Markets. Not only will you have a smaller foodprint, but you will save money and it can make you healthier.

How can simply shopping at the Farmer's Market make you healthier? Well, Farmer's Markets often carry food that is grown locally and is freshly harvested. Which means the food is at peak freshness and does not travel far which can lead to nutrient loss.

What's in season? Springtime favorites include strawberries, asparagus, and spinach; Summer brings blueberries, melons, and green beans; Fall brings broccoli, pears, and swiss chard; and let's not forget Winter when we are treated to sweet potatoes, kale and winter squash.

So take the dietitian's advice: Shop local and reduce your foodprint, save money, and improve your health all at the same time!



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:

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**

MAY 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>1</p> <p>Lemon Glazed Chicken Rice Pilaf Green Beans Parslied Carrots Orange Sections Dinner Roll</p>	<p>2</p> <p>Cheese Ravioli Blackeyed Peas Seasoned Kale Chilled Peaches Italian Bread</p>	<p>3</p> <p>Salmon Patty Mashed Sweet Potatoes Herbed Green Beans Seasoned Spinach Dinner Roll</p>
<p>6</p> <p>Savory Beef Tips Mashed Potatoes Brown Gravy Braised Cabbage Broccoli Pineapple Slices Dinner Roll</p>	<p>7</p> <p>Chicken Patty Sandwich Three Bean Salad Carrots Watermelon Orange Juice</p>	<p>8</p> <p>Herbed Pasta Meat Sauce Green Beans Almondine Caesar Salad Cantaloupe Breadstick</p>	<p>9</p> <p>Baked Pork Chop Roasted Potatoes Creamed Spinach Parslied Carrots Baked Apple Dinner Roll</p>	<p>10</p> <p>Chicken Cordon Bleu Mashed Potatoes Gravy Tossed Salad Spiced Apples Cran-Apple Juice Dinner Roll</p>
<p>13</p> <p>BBQ Riblette Macaroni & Cheese Baked Beans Succotash Grapefruit Fruit Punch Juice</p>	<p>14</p> <p>Chicken & Sausage Gumbo Herbed Rice Green Beans Squash Medley Honeydew Dinner Roll</p>	<p>15</p> <p>Liver & Onions Garlic Mashed Potatoes Italian Green Beans Stewed Tomatoes Mandarin Oranges Dinner Roll</p>	<p>16</p> <p>BBQ Chicken Thighs Glazed Sweet Potatoes Broccoli Garden Salad Apricots Dinner Roll</p>	<p>17</p> <p>Cheese Tortellini Marinara Sauce Asparagus Green Beans Chilled Pineapple Garlic Bread</p>
<p>20</p> <p>Tuna Patty Sandwich Rosemary Potatoes Pickled Beets Apple Crisp Orange Juice</p>	<p>21</p> <p>Beef Stroganoff Egg Noodles Seasoned Spinach Whole Orange Garlic Bread Apple Juice</p>	<p>22</p> <p>Chicken Drumsticks Garlic Potatoes Tossed Salad Seasonal Fruit Fruit Punch Juice Dinner Roll</p>	<p>23</p> <p>Sweet & Sour Meatballs Steamed Rice Broccoli Carrots Vichy Chilled Pineapple Dinner Roll</p>	<p>24</p> <p>Stuffed Shells Three Bean Salad Balsamic Brussels Chilled Pears V8 Juice Dinner Roll</p>
<p>27</p> <p>CENTERS CLOSED FOR OBSERVANCE OF MEMORIAL DAY</p>	<p>28</p> <p>Grilled Ham Steak Mashed Sweet Potatoes Brussels Sprouts Chilled Peaches Orange Juice Dinner Roll</p>	<p>29</p> <p>Beef Stew Collard Greens Baby Lima Beans Banana Dinner Roll</p>	<p>30</p> <p>Sloppy Joe Sandwich Macaroni & Cheese Garden Salad Chilled Pineapple V8 Juice</p>	<p>31</p> <p>Chicken Pot Pie Roasted Potatoes Lemon Asparagus Green Beans Chilled Pears Pineapple Juice</p>

JUNE 2024 MENU

Lunch is served Monday-Friday at 12 noon.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">3</p> <p>Chicken Divan Fluffy Rice Seasoned Broccoli Seasonal Fruit Orange Juice Dinner Roll</p>	<p style="text-align: right;">4</p> <p>Hamburger BBQ Baked Beans Seasoned Beets Coleslaw V8 Juice</p>	<p style="text-align: right;">5</p> <p>Herb & Mustard Crusted Pork Glazed Sweet Potatoes Tossed Salad Sauteed Spinach Cinnamon Pears</p>	<p style="text-align: right;">6</p> <p>Teriyaki Chicken Brown Rice Asian Vegetables Chilled Pineapple Apple Juice Dinner Roll</p>	<p style="text-align: right;">7</p> <p>Parmesan Baked Cod Vegetable Pasta Primavera Green Beans Asparagus Mandarin Oranges Italian Bread</p>
<p style="text-align: right;">10</p> <p>Meatloaf Patty Mashed Potatoes Brown Gravy Peas & Onions Mandarin Oranges Cranberry Juice Dinner Roll</p>	<p style="text-align: right;">11</p> <p>Pulled Pork Sandwich Macaroni & Cheese Lemon Broccoli Hot Spiced Apples V8 Juice</p>	<p style="text-align: right;">12</p> <p>Lemon Glazed Chicken Rice Pilaf Green Beans Parslied Carrots Orange Sections Dinner Roll</p>	<p style="text-align: right;">13</p> <p>Cheese Ravioli Blackeyed Peas Seasoned Kale Peaches French Bread</p>	<p style="text-align: right;">14</p> <p>Salmon Patty Mashed Sweet Potatoes Green Beans Seasoned Spinach Pears Dinner Roll</p>
<p style="text-align: right;">17</p> <p>Savory Beef Tips Mashed Potatoes Brown Gravy Braised Cabbage Broccoli Pineapple Slices Dinner Roll</p>	<p style="text-align: right;">18</p> <p>Baked Pork Chop Red Potatoes Creamed Spinach Parslied Carrots Baked Apple Dinner Roll</p>	<p style="text-align: right;">19</p> <p style="text-align: center;">CENTERS CLOSED FOR OBSERVANCE OF JUNETEENTH</p>	<p style="text-align: right;">20</p> <p>Chicken Patty Sandwich Three Bean Salad Savory Carrots Watermelon Orange Juice</p>	<p style="text-align: right;">21</p> <p>Cheeseburger Potato Wedges Baked Beans Coleslaw Chilled Pineapple Apple Juice</p>
<p style="text-align: right;">24</p> <p>BBQ Riblette Macaroni & Cheese Baked Beans Succotash Grapefruit Fruit Punch Juice</p>	<p style="text-align: right;">25</p> <p>Chicken & Sausage Gumbo Herbed Rice Green Beans Squash Medley Honeydew Dinner Roll</p>	<p style="text-align: right;">26</p> <p>Liver & Onions Garlic Mashed Potatoes Italian Green Beans Stewed tomatoes Mandarin Oranges Dinner Roll</p>	<p style="text-align: right;">27</p> <p>BBQ Chicken Thighs Glazed Sweet Potatoes Broccoli Garden Salad Apricots Dinner Roll</p>	<p style="text-align: right;">28</p> <p>Cheese Tortellini Marinara Sauce Asparagus Green Beans Chilled Pineapple Garlic Bread</p>
<p>Please consider your contribution carefully to help the Office on Aging meet increased costs.</p> <p>Fee:</p> <ul style="list-style-type: none"> • Aged 60+: \$3 suggested donation • Under 60: \$5 made at registration. <p><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.

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 Inner Harbor, where you can unwind with a narrated cruise before heading home.

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.

SOMD Blue Crabs Baseball Game & BINGO | Waldorf, MD (One-Shoe)

Date: Thursday, August 15, 2024

Fee: \$65 (Transportation, Lunch & Tickets)

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

Registration Begins: June 10, 2024

Registration Ends: July 25, 2024

Approximate Return: NBSC: 3:00 p.m.
CPSC: 3:45 p.m.
SPSC: 4:30 p.m.

Take me out to the ball game! Enjoy a Blue Crabs baseball game from the comfort of the climate controlled Legends Club Restaurant. A delicious lunch buffet is included and we will play bingo throughout the game.

"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 Calvert Pines Senior Center on May 9, North Beach Senior Center on June 13, 10 a.m. –12 p.m. 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,
Lauretta Grier, Sudha Haley,
Charles Harrell, Christy Jones,
Terry Long, Deb Mikell, Margaret
Phipps, Andrea Thomas, Sarah
Strauss, Anne Weems,
Harriet Yaffe, Amber Yates

Friends of Calvert County Seniors Members

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



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-Hamm
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 Specialist	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

Lawrence Brown, 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

North Beach Senior Council Annual Jewelry Sale

**Monday, May 6 - Friday, May 10,
9 a.m. -12 p.m.**

Discover amazing treasures and uncover incredible bargains at our yearly jewelry sale. All purchases go back to funding programs at North Beach Senior Center.

Our Name, Our History

Wednesday, May 8, 11 a.m.

Learn how to share your stories and experiences to create a lasting legacy that can be cherished for years to come.

Mother's Day Nail Designs

Thursday, May 9, 9:30 a.m.

Jazz up your nails with a nail design from a licensed nail tech for free. Appointment time will be given at time of registration. Register by May 1.

Nature Talk: Spring Flowers

Wednesday, May 15, 11 a.m.

Learn about the popular spring flowers that are "springing up" around us with Lisa Garrett.

Summer Wreath Craft

Thursday, May 16, 9:30 a.m.

Create a beach themed wreath with beach accessories. Register by May 8. \$5 per person.

Pivot Physical Therapy Discussion

Wednesday, May 22, 11 a.m.

Our local Pivot Physical Therapy team will discuss issues related to incontinence.

Older Americans Month

Open House

Friday, May 24, 10 a.m.-1 p.m.

Celebrate National Older Americans Month with an Open House! Discover the services and activities we provide to help you stay connected with your community.

Color Splash Week

Tuesday, May 28-Friday, May 31

Experience the excitement of Color Splash Week as we wear a different color each day. Join us for this colorful transformation by wearing the color of the day.

MAY 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 1:00P Rummy 500 (Cards) new + = 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 9:30A Hearts (Cards) new 10:30A Let's Move 11:00A Strength Training 12:30P Penny Bingo	8:30A Info & Assistance 8:30A Open Art Studio 8:30A Mat Exercise 9:30A Intermediate Yoga \$ 10:00A Casual Scrabble 10:00A 5 Crowns (Cards) 10:30A Gentle Yoga \$ 12:30P Hand and Foot (Cards)	8:30A Info & 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 1:00P Rummy 500 (Cards) new

OTHER SCHEDULED ACTIVITIES

		1	2	3
		9:00A - 11:00A Law Day + 11:00A Beach Book Club + 1:00P Grief & Loss Support	9:00A M*A*S*H Marathon ^ 10:00A Coloring for Calm 1:00P Scribblers Writing Group	9:00A Girls Java Talk 10:00A Bingo Marathon <i>Plus</i>
6	7	8	9	10
9:00A-12:00P Senior Council Jewelry Sale <i>Begins!</i> 11:00A Senior Family Feud +	10:00A Ask the Nurse: <i>Women's Health</i> 10:00A Cranium Fitness + 2:30P Fitness Room Orientations +	11:00A Our Name, Our History +	9:30A - 11:30A Mother's Day Nail Designs +	9:00A Lattes with Linda 12:15P Mother's Day Ice Cream Social + <i>Last Day for the Jewelry Sale!</i>
13	14	15	16	17
9:30A Golden Girls Marathon ^	2:00P Afternoon Game Time Open Coffee Bar & Afternoon Delights +	10:00A Cornhole Tailgate Party + 11:00A Lisa Garrett's Nature Talk: <i>Spring Flowers</i> 12:15P Birthday Dessert + NO LET'S MOVE	9:30A Summertime Wreath Craft + \$ 1:00P Scribblers Writing Group	9:00A Girls Java Talk 10:00A CalvertHealth Fitness Friday
20	21	22	23	24
9:30A - 12:00P CalvertHealth Mobile Health Center 11:00A Open Mic +	10:00A Senior Council Meeting 10:00A Classic Movie: ^ <i>Summer of '42</i> 2:30P Fitness Room Orientations +	10:00A Senior Center Tour + 11:00A Pivot Physical Therapy: <i>Incontinence</i>	10:00A Healthy Smoothies 11:00A Rock 'n' Roll Trivia	10:00A -1:00P Open House +
27	28	29	30	31
CENTER CLOSED IN OBSERVANCE OF MEMORIAL DAY	Orange 10:00A Cranium Fitness +	Purple 11:00A Did You Know? U.S. Population CERAMICS TRIP	Green 10:00A "70's Country" A Decade of Music ^	Pink 10:00A Recycled Art +
				

SPECIAL EVENTS

Live Music: *Jed Duvall*

Wednesday, June 5, 10 a.m.

Join us and experience the incredible talent of Jed Duval, a Johnny Cash tribute artist. If you plan to stay for lunch, register by June 3.

Recipe Swap

Tuesday, June 11, 11 a.m.

Bring in a favorite family recipe card that we hope to create in the upcoming months.

Nature Talk: *Butterflies & Moths*

Wednesday, June 12, 11 a.m.

Are moths and butterflies part of the same family? Discover fascinating facts about these beautiful creatures with Lisa Garrett.

Prepare and Prevent:

Summer Weather Safety & Planning Tips

Thursday, June 13, 11 a.m.

Emergency Management Specialist Kara Buckmaster will provide a presentation on summer threats and hazards, guiding you through household preparedness, including assembling an emergency kit, and enrolling in alerts and warnings.

Veterans Coffee Hour

Friday, June 14, 9 a.m.

Come and join us for a fun-filled coffee hour where you can connect with fellow veterans.

Father's Day Floats

Friday, June 14, 12:15 p.m.

Come together to honor fathers with a refreshing root beer float. Reserve your floats and lunch separately by June 12.

Rain Barrel Presentation

Wednesday, June 26, 11 a.m.

Discover the advantages of owning a rain barrel on your property and uncover the process of crafting your own alongside a seasoned Master Gardener.

Patriotic Wall Hanging Craft

Thursday, June 27, 9:30 a.m.

Create a patriotic wall decor to celebrate the USA! Register by June 12. \$5 per person.

JUNE 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 1:00P Rummy 500 (Cards) nEW + = 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 9:30A Hearts (Cards) nEW 10:30A Let's Move 11:00A Strength Training 12:30P Penny Bingo	8:30A Info & Assistance 8:30A Open Art Studio 8:30A Mat Exercise 9:30A Intermediate Yoga \$ 10:00A Casual Scrabble 10:00A 5 Crowns (Cards) 10:30A Gentle Yoga \$ 12:30P Hand and Foot (Cards)	8:30A Info & 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 1:00P Rummy 500 (Cards) nEW

OTHER SCHEDULED ACTIVITIES

9:30A I Love Lucy Marathon ^ 3	10:00A Ask the Nurse: <i>Men's Health</i> 10:00A Cranium Fitness + 2:30P Fitness Room Orientations + 4	10:00A Live Music: <i>Jed Duval</i> 11:00A Beach Book Club + 1:00P Grief & Loss Support NO LET'S MOVE 5	1:00P Scribblers Writing Group 2:00P Afternoon Game Time - Open Coffee Bar and Afternoon Delights + 6	9:00A Girls Java Talk 10:00A Bingo Marathon <i>Plus</i> 7
11:00A National Piña Colada Day + - <i>Enjoy a virgin Piña Colada to celebrate!</i> 10	10:00A Cranium Fitness + 11:00A Recipe Swap + 11	10:30A Coloring For Calm 11:00A Lisa Garrett's Nature Talk: <i>Butterflies & Moths</i> 12	10:00A Legal Aid + 10:00A Morning Movie: ^ <i>Forrest Gump</i> 11:00A Prepare and Prevent: <i>Summer Weather Safety and Planning Tips</i> 13	9:00A Lattes with Linda 9:00A Veterans Coffee Hour 12:15P Fathers Day Root Beer Floats + Wear Your Red, White & Blue 14
9:30A - 12:00P CalvertHealth Mobile Health Center 17	10:00A Senior Council Meeting 1:00P Open Coffee Bar 2:30P Fitness Room Orientations + 18	CENTER CLOSED IN OBSERVANCE OF JUNETEENTH 19	10:00A Seasonal Eating 11:00A Did You Know? 1:00P Scribblers Writing Group 20	9:00A Girls Java Talk 10:00A CalvertHealth Fitness Friday 21
11:00A Open Mic + 24	10:00A Classic Movie: ^ <i>On Golden Pond</i> 25	10:00A Senior Center Tour + 11:00A Rain Barrel Presentation 12:15P Monthly Birthday Dessert + 26	9:30A Patriotic Wall Hanging Craft +\$ 27 B&O RAILROAD MUSEUM TRIP	11:00A Family Feud + 28



SPECIAL EVENTS

Drummercize!

Wednesday, May 8 and 22, 9:30 a.m.

Check out this new fitness class using drumsticks and exercise balls. No rhythm required!

Muffins for Moms

Friday, May 10, 9 a.m.

Let's make today extra special for all the amazing moms! Swing by the Old Bay Café for some delicious muffins.

Spring Tea

Friday, May 10, 2 p.m.

You're invited to an afternoon tea. Come and enjoy sipping tea while cherishing each other's company. Register by May 3. \$20 per person.

Live Music: The Variety Players

Friday, May 17, 11 a.m.

Get ready to tap your toes to the music of the Variety Players, a group of seniors who love to sing together and entertain you.

Connected Conversations

Monday, May 20, 12:30 p.m.

Celebrating Older Americans Month we invite you to share with us where you came from and what brought you to Southern Maryland.

Healthy Smoothies

Tuesday, May 28, 12:30 p.m.

Join registered Dietician, Sheila, to learn how to make delicious and healthy smoothies!

Ask the Pharmacist

Thursday, May 30, 9-11:30 a.m.

Schedule a free consultation with a CalvertHealth Pharmacist to review your medications and supplements to ensure they work the way they are intended to. Call to make your appointment.

Meet & Greet: Pets On Wheels

Friday, May 31, 11 a.m.

Few things compare to the joy of puppy love! Come meet the adorable furry companions (and their handlers) from Pets on Wheels.

MAY 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 Pool 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) + = Registration required \$ = Fee	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 9:30A 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 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 9:30A 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

		1 12:15P Birthday Luncheon + 12:30-4:00P Law Day + 1:00P Adaptive Yoga \$	2 9:30A Senior Council Meeting 10:00A Ask the Nurse: Women's Health NO STRENGTH TRAINING	3
6 12:30P Book Club: <i>The Maid</i> 12:30P-1:30P Calvert Library Bookmobile	7 1:00P Falls Prevention: Stepping On +	8 9:00-11:00A Senior Council Purse Sale 9:30A Drummercize!+ NEW	9 10:00A-12:00P Legal Aid + 10:00A CREATE Bingo 2:00P What's Cookin'?+ NO STRENGTH TRAINING	10 9:00A Muffins for Moms + 10:00A CalvertHealth Fitness Friday 2:00P Spring Tea \$ +
13 10:30A Contract Bridge 1:00P MOW Meeting	14 1:00P Falls Prevention: Stepping On + AUDITORIUM CLOSED (No Yoga)	15 1:00P Adaptive Yoga \$	16 9:00A COA Meeting 10:00A Diamond Dot Magnet +	17 11:00A Live Music: The Variety Players 1:00P Project Linus
20 12:30P Connected Conversations: <i>Where Are You From?</i> +	21 1:00P Grief and Loss Support Group	22 9:30A Drummercize!+ NEW	23 10:30A Contract Bridge	24
27 CENTER CLOSED FOR OBSERVANCE OF MEMORIAL DAY	28 10:00A Bingo 12:30P Healthy Smoothies	29 1:00P Adaptive Yoga \$ CERAMICS TRIP	30 9:00A-11:30A Ask the Pharmacist +	31 11:00A Meet & Greet: <i>Pets on Wheels</i> 12:00P Lunch and a Movie: <i>Love & Mercy</i> +

SPECIAL EVENTS

Summer Reading Program & Book Club

Monday, June 3, 12:30 p.m.

Discover the ins and outs of the Calvert Library's Summer Reading Program during this month's Book Club. This month we will delve into Fredrik Blackman's charming novel, "A Man Called Ove."

Flag Day Trivia

Friday, June 14, 11 a.m.

Are you familiar with the significance behind the colors of the American flag? Join us for a Flag Day celebration filled with trivia fun!

Floats For Fathers

Friday, June 14, 12:30 p.m.

Nothing but the best for our Dads! Join us for root beer floats after lunch.

What is "Organic?"

Monday, June 17, 12:30 p.m.

Join registered Dietitian, Sheila, and learn exactly what the term "organic" means when discussing food.

Welcome Summer Tailgate Party

Friday, June 21, 12 p.m.

It's summertime! Soak up the sun outside at our tailgating party, which will include lunch and entertainment by Jimi Simon. Register for lunch by June 14.

Living Well with Diabetes

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

This free six-week program helps empower participants to take charge of their Type-II or pre-diabetes. Register by calling 410-535-5400 ext. 514.

Coffee and Coloring

Thursday, June 20, 10 a.m.

Coloring isn't just enjoyable; it's also a fantastic way to relax, improve hand-eye coordination, and fine-tune your skills. You can use our coloring tools or bring your own!

JUNE 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 Pool 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) + = Registration required \$ = Fee	8:30A Pool Room Open 8:30A Fitness Room Open 9:00A Adventures in Art +\$ 10:00A Drummercize! 11:00A Gentle Yoga 2:00P Bible Study	8:30A Gift Shop Crafting 8:30A Pool Room Open 8:30A Fitness Room Open 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 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 9:30A 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

<i>Fitness Room Orientations are by appointment only, please call 410-535-4606</i>		<p>Save the date for Intergenerational Camp: July 24-26 Enjoy 3 days with your grandkid(s) while drumming, playing supersize games, crafting, learning about animals, and making tons of memories! \$30 for grandparent /child pair, \$5 for each additional person Registration opens June 4.</p>		
3 12:30P Summer Reading Program & Book Club: <i>A Man Called Ove</i> 12:30P-1:30P Calvert Library Bookmobile	4 10:00A Drummercize! + NEW	5 12:15P Birthday Luncheon + 1:00P Adaptive Yoga \$	6 9:30A Senior Council Meeting 10:00A Ask the Nurse: <i>Men's Health</i>	7
10 10:30A Contract Bridge 1:00P MOW Meeting	11 10:00A Drummercize! + NEW	12	13 10:00A CREATE Bingo 2:00P What's Cookin'? +	14 10:00A CalvertHealth Fitness Friday 11:00A Flag Day Trivia 12:30P Floats for Fathers +
17 12:30P What is "Organic?"	18 10:00A Drummercize! + NEW 1:00P Grief and Loss Support Group	19 CENTER CLOSED FOR OBSERVANCE OF JUNTEENTH	20 10:00A Coffee and Coloring + 10:30A Contract Bridge	21 12:00P Welcome Summer Tailgate Party + 1:00P Project Linus
24 9:30A -12:00P CalvertHealth Mobile Health Center	25 10:00A Drummercize! + NEW 10:00A Bingo 1:00P-3:30P Living Well with Diabetes +	26 10:00A-12:00P Highway 2 Health	27 RAILROAD MUSEUM TRIP	28 12:00P Lunch and a Movie: <i>The Pistol: The Birth of a Legend</i> +

SPECIAL EVENTS

Prayer in the Garden

Thursday, May 2, 11 a.m.

Gather for a time of collective prayer in the garden on National Day of Prayer.

Mother's Day Purse & Jewelry Auction

Thursday, May 9, 1 p.m.

Celebrate Mother's Day with our dazzling purse and jewelry auction—an afternoon of elegance and excitement awaits!

Healthy Smoothies!

Friday, May 10, 10:30 a.m.

Discover the incredible nutritional benefits of smoothies and delight in a sample to kickstart your journey to wellness.

Origami: Grad Caps & Dad Shirts

Thursday, May 16, 1 p.m.

Create unforgettable Graduation and Father's Day gifts, making origami grad caps and dad shirts. Bring your own crisp dollar bills.

Eco-Series: 'Shell'ebrate Turtles

Thursday, May 23, 1 p.m.

Make your own turtle candy to enjoy as we watch the documentary, *Turtle: The Incredible Journey* produced by Sea World.

History Presentation:

Charles Lindbergh

Tuesday, May 28, 11 a.m.

Join Barry for an inspirational journey through history and learn about this aviation pioneer's spirit that conquered the skies.

Passport to Wellness

Embark on a wellness journey and celebrate National Senior Health and Fitness Day @! Learn about center activities that support the pillars of health and participate in interactive activities promoting vitality & well-being for all.

Pick up your passport starting May 1, collect stamps through the month, receive a gift & see who wins the grand prize on: Wednesday, May 29, 1 p.m.



MAY 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 \$ 10:00A Advanced Line Dancing 10:00A Walk for Fun 10:00A Sewing Projects 11:00A Bone Builders 11:00A Board Games 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 10:00A Line Dancing += Registration needed \$ = Fee

OTHER SCHEDULED ACTIVITIES

 <p>Mother's Day Purse & Jewelry Auction Thursday, May 9, 1 p.m. Tickets on sale Monday, May 6, 9 a.m.</p>		1	2	3
		1:00-4:00P Law Day + 12:30P Birthday Party 1:00P Music: Just Us 2 + OLDER AMERICANS MONTH 'Powered by Connection'	11:00A Prayer in the Garden + NATIONAL DAY OF PRAYER	10:00A Calvert Health Fitness Friday 1:00P Diamond Art Spring Flowers \$+
6	7	8	9	10
1:00P Creative Writing	1:00P Card Creations + NEW 1:00-3:30P Living Well with Diabetes + NO YOGA	10:30A Center Info & Fitness Orientation + 1:00P Song Circle	11:00A Senior Council Meeting 1:00P Mother's Day Purse & Jewelry Auction +	10:30A Healthy Smoothies + 1:00P Wii Bowling
13	14	15	16	17
9:00A - 12:00P CalvertHealth Mobile Health Center	11:00A Handpan Music & Guided Relaxation + 1:00-3:30P Living Well with Diabetes + 2:00P Grief & Loss Support	1:00P Book Club: <i>All the Little Hopes</i> by Leah Weiss	1:00P Origami: Grad Caps & Dad Shirts with Cards+	1:00P Movie: <i>Mamma Mia!</i> <i>Here We Go Again</i> +
20	21	22	23	24
1:00P Creative Writing	10:00A Ask the Nurse: <i>Women's Health</i> 12:30P Calvert Library Bookmobile 1:00-3:30P Living Well with Diabetes +	10:30A Center Info & Fitness Orientation + 1:00P Song Circle	1:00P Eco-Series: 'Shell'ebrate Turtles +	1:00P Cornhole +
27	28	29	30	31
CENTER CLOSED FOR OBSERVANCE OF MEMORIAL DAY	10:00A Veterans Coffee 11:00A History Presentation: <i>Charles Lindbergh</i> +	1:00P Passport to Wellness + NATIONAL SENIOR HEALTH & FITNESS DAY ® CERAMICS TRIP	1:00P PBS Documentary: <i>Return of the Cicadas</i> & Game Sheet +	

SPECIAL EVENTS

Creative Writing

1st & 3rd Mondays, 1 p.m.

Boost your memory and unleash your creativity with a dynamic blend of brain games and creative writing exercises designed to stimulate your mind and enhance cognitive function.

Maryland Butterflies

Thursday, June 6, 1 p.m.

Explore the captivating world of butterflies native to Maryland while collectively assembling a metamorphosis kit to witness their incredible transformation up close each day at the center!

Patriotic Garden Bricks

Friday June 7, 1 p.m.

Add a touch of patriotism to your garden or home as we paint bricks into vibrant flags for a charming and colorful decoration.

Handpan Music & Guided Relaxation

Tuesday, June 11, 11 a.m.

Enjoy the soothing sounds of the handpan while being guided through a relaxation practice.

Father's Day Donuts & Car Show

Friday, June 14, 10 a.m.

Rev up Father's Day with a thrilling car show featuring classic rides and delicious donuts!

Quilt of Valor

Friday, June 21, 11 a.m.

Celebrate Flag Day, Juneteenth, and the Fourth of July with a heartfelt Quilt of Valor, honoring our nation's heroes and the spirit of freedom.

History of the American Flag

Tuesday, June 25, 10:30 a.m.

David Lassman, National Park Service speaker, takes us through the journey to uncover the rich heritage and significance behind our nation's iconic symbol.

Eco-Series Documentary: Our Planet: Jungles

Thursday, June 27, 1 p.m.

Embark on a breathtaking journey through the world's most captivating jungles with the documentary 'Our Planet: Jungles,' revealing the extraordinary beauty and biodiversity of these vital ecosystems.

JUNE 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 \$ 10:00A Advanced Line Dancing 10:00A Walk for Fun 10:00A Sewing Projects 11:00A Bone Builders 11:00A Board Games 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 10:00A Line Dancing += Registration needed \$ = Fee

OTHER SCHEDULED ACTIVITIES

3	4	5	6	7
1:00P Creative Writing	1:00P Card Creations + NEW	12:30P Birthday Party 1:00P Movie: <i>Grumpy Old Men</i> +	1:00P Maryland Butterflies +	10:00A Calvert Health Fitness Friday 1:00P Patriotic Garden Bricks \$+
10	11	12	13	14
9:00A-12:00P CalvertHealth Mobile Health Center	11:00A Handpan Music & Guided Relaxation + 2:00P Grief & Loss Support	10:30A Center Info & Fitness Orientation + 1:00P Song Circle	11:00A Senior Council Meeting 1:00P Movie: <i>The Greatest Night in Pop</i> +	10:00A Father's Day Donuts & Car Show + 1:00P Wii Bowling
17	18	19	20	21
1:00P Creative Writing	10:00A Ask the Nurse: <i>Men's Health</i> 12:30P Calvert Library Bookmobile	CENTER CLOSED FOR OBSERVANCE OF JUNETEENTH	9:00A COA Meeting 1:00P Book Club: <i>Shocking the Conscience</i> : by Simeon Booker & Carol McCabe Booker	11:00A Quilt of Valor + 1:00P Patriotic Jewelry \$+
24	25	26	27	28
	9:00-11:30A Ask The Pharmacist + 10:00A Veterans Coffee 10:30A History of the American Flag +	10:30A Center Info & Fitness Orientation + 1:00P Song Circle	1:00P Eco-Series Documentary: <i>Our Planet: Jungles</i> + NO LET'S MOVE B&O RAILROAD MUSEUM TRIP	1:00P Cornhole +



Intergenerational Camp

Tuesday, July 16 - Thursday, July 18
10:00 a.m. - 12:00 p.m.

Space Exploration Day, Bay Critters & Animals, Culinary Fun

