



THE CONNECTION

Calvert County Office on Aging Bimonthly Newsletter

July/August 2024

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“And for the support of this Declaration, with a firm reliance on the protection of divine Providence, we mutually pledge to each other our lives, our fortunes and our sacred honor.” The closing line of our Declaration of Independence reminds us of the great courage & resolve that was necessary by those who started our nation. We trust you echo those sentiments to pledge our lives to our families and others. We hope you enjoy the 4th!

Partnering with ServingTogether to Assist Veterans

We are excited to announce that beginning in August we are partnering with ServingTogether, an agency that assists military veterans and their families. If you’re a veteran looking for services, ServingTogether can help.

ServingTogether can help you with benefits navigation and connect you to the services you need.

Drop-ins are welcome & encouraged.

For more information, call 240-240-9259.

Southern Pines Senior Center
(Begins August 2024)

2nd Wednesday of month, 8/14, 9/11
4th Friday of the month, 8/23, 9/27
9 a.m. – 4 p.m.



Board of County Commissioners

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

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:

- July 4 for Independence Day

Maryland Insurance Administration

In August, the Maryland Insurance Administration (MIA) will be setting up information tables at each senior center.

What is the MIA? It is a state agency that oversees the insurance industry in Maryland. Their job is to make sure consumers are treated fairly and that the insurance market runs smoothly and openly in the state of Maryland.

Visit their table to learn more about the MIA at your local center! Here are the dates:

- **Calvert Pines: August 13**
- **North Beach: August 20**
- **Southern Pines: August 23**

Each session will run from 11 a.m. to 1 p.m.

Farmers Market Coupons

Aging & Agriculture have teamed up again to offer coupons at participating farmers markets throughout the area. Coupons will purchase fruits and vegetables and must be used by October 31.



For more information and to check eligibility, please call Sheila Gallagher,

410-535-4606 ext. 8768

New to Medicare?

If you are new to Medicare, there can be a lot to learn around your enrollment and coverage options.

For assistance with Medicare enrollment, coverage, or other options, you can speak with a Medicare counselor from our State Health Insurance Assistance Program (SHIP) by calling 410-535-4606.

Ride Free in Calvert County

Starting Monday, July 1, Public Transportation buses in Calvert County will be fare free.

The bus routes and schedules will remain unchanged. You can find the schedules at Calvert Pines and on www.calvertcountymd.gov. Buses operate Monday through Friday, with limited service on Saturdays.

Seniors with bus passes will no longer need to carry them after June 30. For any questions, contact Public Transportation at 410-535-4268.



Safety Champion Award Recognition

The Safety Champion Award celebrates individuals who enhance Calvert County Government's safety culture through their assistance, knowledge, and exemplary safety awareness.

We are excited to announce that Kelly Jones, Buildings and Grounds Worker from the North Beach Senior Center, is the 2024 recipient! Kelly ensures the center remains safe by conducting daily inspections, identifying issues like water leaks and power outages, and securing damaged areas before public access.

Congratulations to Kelly!

Discover Living Well with Diabetes A Self-Management Workshop

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

North Beach Senior Center:

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

**Register by calling
410-535-5400 X 514**

Who Among Us Has Not Fallen? Take a Stepping On Workshop!

Stepping On is a proven Falls Prevention program designed to help you avoid hazardous and expensive falls, enabling you to continue enjoying your favorite activities. Over the course of seven weeks, you'll discover:

- To identify and remove or avoid fall hazards in your home and outside.
- How vision, hearing, medication, and footwear affect your risk of falling.
- Strength and balance exercises you can adapt to your individual level.
- To get back on your feet the right way if you fall.

Dates: Tuesdays, Aug. 6 - Sept. 17, 1-3 p.m.

Location: Calvert Pines Senior Center

Register by calling Program Manager, Kristy Owen at 410-535-4606 ext. 8751

Please note, this program is not designed for older adults who use a walker or wheelchair full-time or have dementia or cognitive impairments.

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

Nutrition News

As Summer heats up, it is an great time to remember to stay hydrated. But why? Sometimes, it helps to understand the "why behind the what!"



Why do we need water? Water is an essential nutrient. Water makes up about 60% of the body's weight. Water controls body temperature, helps the heart pump blood, aids in the digestion, acts as a lubricant, cushions organs, and acts as a cleansing agent by helping to remove waste from the body. That's why we need water!

If we don't get enough water, it can lead to dehydration. Thirst is the body's first defense, making us aware we need water. By the time we start to feel thirsty, our bodies are already slightly dehydrated. Don't ignore your thirst.

Yes, older people need more water to prevent dehydration. The thirst reflex gets less sensitive as we age. How much do we need? A man needs about 13 cups of fluid daily, and a woman needs about 9 cups of fluid per day. It can come from water, flavored water, and foods such as fruits, gelatin, and yogurt. Remember to avoid drinks like soda, juice, lemonade, and sweet tea.

So, stay healthy and drink enough fluids! Here are some tips:

- Add fruit to your water to give it flavor.
- Choose foods with a high water content, like cucumbers, watermelon, and celery.
- Keep a water handy.
- Reduce your alcohol intake.
- Make a schedule to drink a glass of water at certain times of the day.

Learn more about staying hydrated!

CalvertHealth's "Ask the Nurse" Program will present ways to stay hydrated during the month of July. Dates and times for each center are:

Calvert Pines: July 1, 10 a.m.

North Beach: July 2, 10 a.m.

Southern Pines: July 16, 10 a.m.

July 2024 MENU

Lunch is served Monday-Friday at 12 noon.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Stuffed Cabbage Tomato Sauce Peas & Onions Seasonal Fruit Dinner Roll</p>	<p>2</p> <p>Salmon Patty Sandwich Roasted Potatoes Seasoned Beets Honeydew V8 Juice</p>	<p>3</p> <p>Garlic & Sage Chicken Thighs Rice Pilaf Stewed Tomatoes Seasoned Spinach Italian Bread Grape Juice</p>	 <p>4</p> <p>CENTERS CLOSED FOR OBSERVANCE OF INDEPENDENCE DAY</p>	<p>5</p> <p>Smoked Pork Riblet Baked Beans Coleslaw Hot Spiced Apples Dinner Roll Orange Juice</p>
<p>8</p> <p>Oven Fried Chicken Au Gratin Potatoes Roasted Brussels Sprouts Fruit Cocktail Dinner Roll Cranberry Juice</p>	<p>9</p> <p>Pork Loin Roast Mashed Potatoes Brown Gravy Vegetable Blend Cherry Crisp Dinner Roll V8 Juice</p>	<p>10</p> <p>Cheeseburger Potato Wedges Garden Salad w/Ranch Watermelon Fruit Punch Juice</p>	<p>11</p> <p>Baked Chicken Thighs Brown Rice Cucumber Dill Salad Parslied Carrots Mandarin Oranges</p>	<p>12</p> <p>Beef & Cheese Macaroni Tomato Sauce Seasoned Kale Lima Beans Dinner Roll Apple Juice</p>
<p>15</p> <p>Beef & Broccoli Stir Fry Brown Rice Glazed Carrots Seasonal Fruit Dinner Roll</p>	<p>16</p> <p>Liver & Onions Mashed Potatoes Summer Squash Seasonal Fruit Dinner Roll Orange Juice</p>	<p>17</p> <p>Parmesan Baked Cod Lemon Dill Orzo Seasoned Spinach Parsley Cauliflower Dinner Roll Apple Juice</p>	<p>18</p> <p>BBQ Chicken Thighs Chickpea Salad Green Beans Almondine Diced Mangos Dinner Roll Cranberry Juice</p>	<p>19</p> <p>Pulled Pork Macaroni & Cheese Coleslaw Fresh Melon Dinner Roll Pineapple Juice</p>
<p>22</p> <p>Roast Beef Mashed Potatoes Brown Gravy Seasoned Cabbage Chilled Peaches Dinner Roll V8 Juice</p>	<p>23</p> <p>Pulled Pork Macaroni & Cheese Coleslaw Applesauce Dinner Roll Apple Juice</p>	<p>24</p> <p>Stuffed Green Peppers Mashed Potatoes Savory Carrots Whole Oranges Dinner Roll Cranberry Juice</p>	<p>25</p> <p>Baked Pork Chops Mashed Potatoes Stewed Tomatoes Chilled Pineapple Dinner Roll Apple Juice</p>	<p>26</p> <p>Hot Dog Baked Beans Coleslaw Fruit Cocktail Orange Juice</p>
<p>29</p> <p>Chicken Curry Steamed Rice Broccoli Chilled Pineapple Dinner Roll Pineapple Juice</p>	<p>30</p> <p>Savory Beef Tips Mashed Potatoes Mustard Greens Seasonal Fruit Dinner Roll Apple Juice</p>	<p>31</p> <p>Smothered Pork Rice Pilaf Pickled Beets Spiced Apples Dinner Roll Orange Juice</p>	<p>All meals are subject to change.</p> <p>Foods may contain allergens such as eggs, wheat, and soy.</p>	

AUGUST 2024 MENU

Lunch is served Monday-Friday at 12 noon.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Please consider your contribution carefully to help the Office on Aging meet increased costs. Fee: • Aged 60+: \$3 suggested donation • Under 60: \$5 made at registration. <i>Reservations are required 24 hours in advance.</i></p>			<p>1 Chicken California Rancho Beans Whole Kernel Corn Mandarin Oranges Dinner Roll Fruit Punch</p>	<p>2 Pulled Pork Macaroni & Cheese Coleslaw Watermelon Dinner Roll Cranberry Juice</p>
<p>5 Stuffed Manicotti Tomato Sauce Steamed Broccoli Diced Pears Garlic Breadstick</p>	<p>6 Apricot Glazed Pork Chop Sweet Potatoes Roasted Cauliflower Peach Crisp Dinner Roll Apple Juice</p>	<p>7 Meatloaf Patty Mashed Potatoes Brown Gravy Green Beans Strawberries Dinner Roll Grape Juice</p>	<p>8 Tilapia Vera Cruz Rice Pilaf Navy Beans Garden Salad w/Italian Dressing Pineapple V8 Juice</p>	<p>9 Rosemary Chicken Macaroni & Cheese Brussels Sprouts Tomatoes Tropical Fruit Dinner Roll Pineapple Juice</p>
<p>12 Stuffed Cabbage Tomato Sauce Peas & Onions Seasonal Fruit Dinner Roll</p>	<p>13 Herb Baked Chicken Thighs Mashed Potatoes Chicken Gravy Bread Dressing Parslied Carrots Mand. Oranges Fruit Punch Juice</p>	<p>14 Garlic & Sage Chicken Thighs Rice Pilaf Stewed Tomatoes Seasoned Spinach Italian Bread Dinner Roll Grape Juice</p>	<p>15 Roast Beef Sweet Potatoes Whole Kernel Corn Garden Salad w/Italian Dressing Dinner Roll Apple Juice</p>	<p>16 Smoked Pork Riblet Baked Beans Coleslaw Hot Spiced Apples Dinner Roll Orange Juice</p>
<p>19 Oven Fried Chicken Au Gratin Potatoes Roasted Brussels Sprouts Fruit Cocktail Dinner Roll Cranberry Juice</p>	<p>20 Pork Loin Mashed Potatoes Brown Gravy Vegetable Blend Cherry Crisp Dinner Roll V8 Juice</p>	<p>21 Cheeseburger Potato Wedges Garden Salad w/Ranch Dressing Watermelon Fruit Punch Juice</p>	<p>22 Baked Chicken Thighs Brown Rice Cucumber Dill Salad Parslied Carrots Mandarin Oranges Dinner Roll</p>	<p>23 Stir Fry Pork Brown Rice Hawaiian Coleslaw Hawaiian Bread Tropical Fruit Pineapple Juice</p>
<p>26 Beef & Broccoli Stir Fry Brown Rice Glazed Carrots Seasonal Fruit Dinner Roll</p>	<p>27 Liver & Onions Mashed Potatoes Summer Squash Seasonal Fruit Dinner Roll Orange Juice</p>	<p>28 Parmesan Baked Cod Lemon Dill Orzo Seasoned Spinach Parsley Cauliflower Dinner Roll Apple Juice</p>	<p>29 BBQ Chicken Thighs Chickpea Salad Green Beans Almondine Diced Mangos Dinner Roll Cranberry Juice</p>	<p>30 Pulled Pork Macaroni & Cheese Coleslaw Fresh Melon Dinner Roll Pineapple Juice</p>

-UPCOMING BUS TRIPS-

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

Museum of Engraving & Printing | Washington, D.C. (Three-Shoe)

Date: Monday, September 16, 2024

Fee: \$50 (Transportation)

Bus Departs: SPSC: 7:45 a.m.

CPSC: 8:30 a.m.

NBSC: 9:15 a.m.

Registration Begins: July 8, 2024

Registration Ends: August 2, 2024

Approximate Return: NBSC: 3:45 p.m.

CPSC: 4:30 p.m.

SPSC: 5:15 p.m.

Since 1877, the Bureau of Engraving and Printing in Washington D.C. has exclusively produced all U.S. currency. We'll see how it's done after clearing security, starting with an introductory film, followed by exhibits, a guided tour of the production line, and a visit to the currency-themed gift shop. For lunch, we'll head to *Bob and Edith's*, a classic 50's-style diner in Arlington, VA. Each person will have a separate check. You can view the menu online or receive a copy when you register.

Addams Family at Toby's Dinner Theatre | Columbia, MD (One-Shoe)

Date: Wednesday, October 2, 2024

Fee: \$125 (Transportation, Lunch & Show)

Bus Departs: SPSC: 7:00 a.m.

CPSC: 8:00 a.m.

NBSC: 9:00 a.m.

Registration Begins: July 15, 2024

Registration Ends: August 22, 2024

Approximate Return: NBSC: 5:00 p.m.

CPSC: 5:45 p.m.

SPSC: 6:30 p.m.

Our beloved characters in this comical and wacky story come to life again in a musical scene depicting the life of "The Addams Family" at Toby's Dinner Theatre! Join in and become a part of this "family" dinner that will captivate you and give a new meaning to "normal."

Arlington National Cemetery | Arlington, VA (Two-Shoe)

Date: Thursday, November 7, 2024

Fee: \$85 (Transportation, Lunch & Tickets)

Bus Departs: SPSC: 7:30 a.m.

CPSC: 8:00 a.m.

NBSC: 9:00 a.m.

Registration Begins: September 9, 2024

Registration Ends: October 18, 2024

Approximate Return: NBSC: 3:30 p.m.

CPSC: 4:00 p.m.

SPSC: 5:00 p.m.

Arlington National Cemetery invites you to explore its rich history. We'll start at the Welcome Center, which offers exhibits, maps, information services, a bookstore, and restrooms. Because of the cemetery's 639 acres, we'll use the enclosed live-narrated tour bus, stopping at John F. Kennedy's gravesite, the Tomb of the Unknown Soldier, John J. Pershing's gravesite, the Coast Guard Memorial, and other notable sites. After the tour, we'll have lunch at Tupelo Honey Restaurant in Arlington, VA, with several options available at registration. This trip involves moderate walking between bus stops.

“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 Southern Pines Senior Center on July 11, Calvert Pines Senior Center on Aug. 8, 10 a.m. –noon. 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, 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 Whitney
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

Firecracker Prize Bingo Wednesday, July 3, 10 a.m.

Join us in paying tribute to the USA with a friendly round of Prize Bingo! Registration closes once all spots are filled, so be sure to secure your spot as seating is limited. Please register for lunch separately.

Where Were You When?

Monday, July 8, 11 a.m.

Come join us as we share the earliest major news event that left a lasting impression on our memories.

Linda L. Kelly Animal Shelter Talk Thursday, July 11, 11 a.m.

Interested in volunteering, providing foster care, or learning about adoption opportunities? Discover how you can make a difference for our local shelter animals! Also, animal food donations will be accepted.

Fresh Fruit Friday

Friday, July 12, 9:30 a.m.

Start your day off right by joining us for a nutritious breakfast before we dive into an invigorating exercise session. Register by Monday, July 8.

Lighthouse Tote Painting

Monday, July 15, 10 a.m.

Unleash your creativity and paint a stunning lighthouse scene on a tote bag! All supplies will be provided. Register and pay July 10. \$15 per person.

Game Night

Tuesday, July 16, 4 - 7 p.m.

Enjoy an evening filled with games at our summertime game night! Be sure to register by July 9.

50's Week

Monday, July 29,- Friday, August 2

Step back in time to the fabulous 1950's! Dust off your poodle skirts and slick back your hair as we immerse ourselves in the nostalgia of this iconic era. Check the calendar each day to see what exciting events and activities await us. Register for each event by Friday, July 26.

JULY 2024



NORTH BEACH NEWS

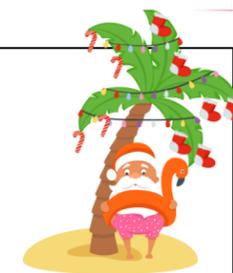
9010 Chesapeake Ave., North Beach MD 20714

Phone: 410-257-2549 Fax: 410-286-8095

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45A Susan's Boot Camp 9:00A Adventures in Art \$ 9:00A Rummy 500 9:30A Mahjong new 10:30A Let's Move 12:30P Penny Bingo 1:00P Bible Study + = Registration required \$ = Fee ^ = Video	8:30A Stability Ball Class 9:00A Open Sewing 9:30A Gentle Yoga \$ new 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 9:00A Hearts (Cards) 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) 12:30P Hand and Foot (Cards)	8:30A Info & Assistance 8:30A Open Art Studio 8:45A Susan's Boot Camp 9:00A Rummy 500 10:30A Let's Move 11:00A Strength Training 12:30P Penny Bingo <u>Wear Your Red, White & Blue on Fridays</u>

OTHER SCHEDULED ACTIVITIES

11:00A Lunch and a Movie <i>Wonka</i> +\$^ 1	9:30A Textured Painting + 10:00A Ask the Nurse: <i>Hydration</i> 2:30P Fitness Room Orientations + 2	10:00A Firecracker Prize Bingo + 1:00P Grief & Loss Support 3	CENTER CLOSED FOR OBSERVANCE OF INDEPENDENCE DAY 4	9:00A Girls Java Talk 10:00A Bingo Marathon <i>Plus</i> 5
11:00A Where Were You When? 8	10:00A Cranium Fitness + 11:00A Recipe Tasting + 9	9:30A Soul Train Marathon ^ 10 NO LET'S MOVE	11:00A Linda L. Kelly Animal Shelter Talk 11	9:00A Girls Java Talk 9:30A Fresh Fruit Friday + 11:00A Increase Your Hold 12
9:30A - 12:00P CalvertHealth Mobile Health Center 15 10:00A Lighthouse Tote Painting +\$	10:00A Senior Council Meeting 16 10:30A Morning Movie ^ <i>Some Like it Hot</i> 4:00-7:00P Game Night+	11:00A Lisa Garrett's Nature Talk: <i>Natural Hazards & Outdoor Fun</i> 17 11:00A Nutrition Education: <i>Diabetes & Nutrition</i> 12:15P Monthly Birthday Dessert +	1:00P Scribblers Writing Group 18 2:00P Open Coffee Bar	9:00A Girls Java Talk 19 10:00A CalvertHealth Fitness Friday
9:30A Recycled Jewelry: <i>Jeweled Crab</i> +\$ 22	2:00P Open Coffee Bar 23 2:30P Fitness Room Orientations +	10:00A Senior Center Tour + 11:00A Open Mic 24	9:30A Ask The Pharmacist + 11:00A Country Music Trivia 25	9:00A Lattes with Linda 11:00A Increase Your Hold 26
11:00A Retro Vibes Ice Cream Truck +\$ 29	9:00A Happy Days Marathon ^ 30 10:00A Cranium Fitness + 12:15P 50's Cola Floats +	11:00A 50's Music A Decade of Music 31 SIGHT & SOUND TRIP	Senior Council's "Christmas in July" Sale July 1-31 Stock up on your holiday decorations! All proceeds benefit the NBSC Senior Council.	



SPECIAL EVENTS

Ask The Nurse:

"Fun in the Sun" Skin Care

Tuesday, August 6, 10 a.m.

Gain valuable insights into sun skincare! Learn essential tips for protecting your skin from harmful UV rays, including the importance of sunscreen, proper application techniques, and how to recognize signs of sun damage.

Mahjong

Mondays, 10 a.m.

Put your eye and strategy skills to the test by playing this fun tile game. All levels welcome.

The History of Alcatraz

Thursday, August 8, 10 a.m.

Embark on a journey to uncover the captivating history of Alcatraz! The prison was once home to some of America's most notorious criminals. Prepare to be intrigued by its rich and complex history.

Pictionary

Tuesday, August 20, 11 a.m.

Unleash your creativity and have a blast with Pictionary! Join us for a morning of fun and laughter as we draw and guess our way through this classic game. It's a great way to meet new friends and enjoy a lively time together.

Apple Basket Tote/Canvas Painting

Monday, August 26, 10 a.m.

Make your selection between a charming tote bag or a delightful canvas apple basket painting. Whichever you choose, it's sure to make a perfect gift or a lovely addition to your own collection. Register and pay by August 21. Cost: Tote \$15, Canvas \$10.

The History Of Time Magazine's Person of the Year, 1927 to Now

Thursday, August 29, 10 a.m.
Travel through Time Magazine's "Person of the Year" history to witness its changing faces and the world around us.

AUGUST 2024



NORTH BEACH NEWS

9010 Chesapeake Ave., North Beach MD 20714

Phone: 410-257-2549 Fax: 410-286-8095

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8:45A Susan's Boot Camp 9:00A Adventures in Art \$ 9:00A Rummy 500 10:00A MahJong NEW 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 Sign Language 101 NEW 10:00A 5 Crowns (Cards) 12:30P Hand and Foot (Cards) Gentle Yoga will return in September.	8:30A Behavioral Health Counselor + 8:30A Open Art Studio 8:45A Susan's Boot Camp 9:30A Hearts (Cards) 10:30A Let's Move 11:00A Strength Training 12:30P Penny Bingo 1:00P Cribbage NEW	8:30A Info & Assistance 8:30A Open Art Studio 8:30A Mat Exercise 10:00A Casual Scrabble 10:00A 5 Crowns (Cards) 12:30P Hand and Foot (Cards) Gentle Yoga will return in September.	8:30A Info & Assistance 8:30A Open Art Studio 8:45A Susan's Boot Camp 9:00A Rummy 500 10:30A Let's Move 11:00A Strength Training 12:30P Penny Bingo

OTHER SCHEDULED ACTIVITIES

+ = Registration required \$ = Fee ^ = Video	Summer Safety Stay savvy this summer: stay hydrated and shield your skin from the scorching sun. Choose shaded areas for walks and bear in mind that our furry friends are susceptible to heatstroke too, so keep them cool and safe.		10:00A 50's Sock Hop Music & Dance + 1:00P Scribblers Writing Group 50's Week Continues	9:00A Girls Java Talk 11:00A American Bandstand Marathon ^
9:00A Veterans Coffee Hour 11:00A Nutrition Education: <i>Healthy Smoothies</i>	10:00A Ask the Nurse: "Fun in the Sun" Skin Care 10:00A Cranium Fitness + 2:30P Fitness Room Orientations +	10:00A Password Game 1:00P Grief & Loss Support	10:00A The History of Alcatraz	9:00A Lattes with Linda 9:30A Fresh Fruit Friday +
11:00A Open Mic	10:00A Classic Movie: ^ <i>Fried Green Tomatoes</i>	11:00A Did You Know?: <i>Who Said That?</i>	1:00P Scribblers Writing Group 2:00P Open Coffee Bar BASEBALL & BINGO TRIP	9:00A Girls Java Talk 10:00A CalvertHealth Fitness Friday
9:30A - 12:00P CalvertHealth Mobile Health Center	10:00A Senior Council Meeting 11:00A Pictionary + 11:00A-1:00P MD Insurance Information	11:00A Lisa Garrett's Nature Talk: <i>Colors of Summer</i> 12:15P Monthly Birthday Dessert +	10:30A An Open Discussion: <i>How Did You Find Us?</i>	9:00A Girls Java Talk 10:00A Bingo Marathon Plus
10:00A Apple Basket Painting +\$	9:30A Diamond Dot Craft +\$ 2:00P Open Coffee Bar 2:30P Fitness Room Orientations +	10:00A Senior Center Tour + 10:00A-12:00P Highway 2 Health	10:00A History of Time Magazine's Person of the Year	9:00A Girls Java Talk 10:00A People's Insurance Counsel Division

SPECIAL EVENTS

Bookclub

Monday, July 1, 12:30 p.m.

A new month means a new book. Discuss with the group what you enjoyed about "The Giver of Stars" by Jojo Moyes.

Independence Day Trivia

Wednesday, July 3, 11:30 a.m.

Test your knowledge about the Fourth of July holiday. You may know more than you think!

Walking Aerobics

Wednesdays, 9:30 a.m.

Join us for an invigorating Walking Aerobics class! This class uses engaging exercise videos to guide you through a fun and effective workout. Walking Aerobics is a fantastic way to boost your cardiovascular health, improve your stamina, and stay active!

What's Cookin'?

Thursday, July 11, 2 p.m.

Classic Jell-O® Desserts are on the menu this month. Watch a demonstration and taste a sample of yummy treats. Take a recipe home and make your own this weekend.

Card Making for Operation Gratitude

Thursday, July 18, 10 a.m.
Join us to make cards and write letters for Operation Gratitude, an organization that delivers heartfelt messages and thank you notes to first responders and those who serve in the military.

Intergenerational Camp:

Experience the joys of summer camp with your grandkids. Engage in tons of planned activities and cherish valuable moments!
Must register by July 12.

Cost: \$30 for 2 people, \$5 each additional person

Fee includes all materials, session activities and pizza/ice cream.

 **Session I: 10:30 a.m. - 12 p.m.** 
Session II: 12:30 p.m. - 2 p.m.

Wednesday, July 24:

Sharpie Shirts and Super-Sized Games

Thursday, July 25:

Drummercize!, Line Dancing and Bingo

Friday, July 26:

Animal Adventures, Movie: *Migration* & Pizza

JULY 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)	8:30A Pool Room Open 8:30A Fitness Room Open 9:00A Adventures in Art \$ 10:00A Drummercize! + NEW 11:00A Gentle Yoga	8:30A Gift Shop Crafting 8:30A Pool Room Open 8:30A Fitness Room Open 9:30A Ceramics \$ 9:30A Duplicate Bridge 9:30A Walking Aerobics- NEW 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	2	3	4	5
10:00A Ask the Nurse: Hydration 12:45P Bookclub: <i>The Giver of Stars</i> by Jojo Moyes	1:00P-3:30P Living Well With Diabetes +	11:30A Independence Day Trivia 12:15P Birthday Luncheon + 1:00P Adaptive Yoga \$	CENTER CLOSED FOR OBERVANCE OF INDEPENDENCE DAY 	9:30A Drummercize! + 12:00P Lunch and a Movie: <i>Wonka</i> NO CERAMICS
8	9	10	11	12
10:30A Contract Bridge 1:00P MOW Meeting	1:00P-3:30P Living Well With Diabetes +		9:30A Senior Council Meeting 10:00A CREATE Bingo 2:00P What's Cookin'?: Classic Jell-O® Desserts +	10:00A CalvertHealth Fitness Friday
15	16	17	18	19
	1:00P Grief and Loss Support Group 1:00P-3:30P Living Well With Diabetes +	1:00P Adaptive Yoga \$	9:00A COA Meeting 10:00A Card Making for Operation Gratitude	11:00A Relaxation with Joel 1:00P Project Linus
22	23	24	25	26
9:30A-12:00P CalvertHealth Mobile Health Center	10:00A Bingo 1:00P-3:30P Living Well With Diabetes +	INTERGENERATIONAL CAMP AUDITORIUM CLOSED	INTERGENERATIONAL CAMP AUDITORIUM CLOSED	INTERGENERATIONAL CAMP AUDITORIUM CLOSED
29	30	31		
	1:00P-3:30P Living Well With Diabetes +	1:00P Adaptive Yoga \$ SIGHT AND SOUND TRIP		+=Registration \$=Fee Registration can be done at front desk, or over phone.

SPECIAL EVENTS

Stepping On

Tuesdays, Aug. 6-Sept. 17, 1-3 p.m.

Stepping On is a free Falls Prevention program designed to help you avoid hazardous and expensive falls, enabling you to continue enjoying your favorite activities. Registration is required, please contact Kristy Owen to register, 410-535-4606 ext. 8751.

National Night Out

Tuesday, August 6, 4:30-6:30 p.m.

This is a community event that promotes police and community partnerships. Come out and enjoy hamburgers and hot dogs, chips, soda and ice cream. Free while it lasts! No rain date.

Computer Basics

Tuesdays, Aug. 13, 20 & Sept. 3, 10, 19

Thursdays, Aug. 15, 22 & Sept. 5, 12, 21
12:30-1:30 p.m.

In partnership with the University of Maryland Extension. This 5-week program will cover everything from turning on a computer to setting up your own email account. Classes will meet twice a week, with new skills added each week. Practice computers will be provided for use during class. Limited seats are available, so do not delay to register!

Luau

Friday, August 23, 11 a.m.

You're invited to our annual Luau party! Enjoy a special Hawaiian themed lunch and live entertainment, wear your favorite tropical shirt and learn to hula dance. Registration required for lunch.

Adaptive Yoga

Wednesday, August 14 & 28, 1 p.m.

Adaptive Yoga aims to promote physical, mental, and emotional well-being while accommodating the unique needs and abilities of those requiring wheel chairs and other walking aids.

Craft Corner

Crabby Bushel Basket Lid

Thursday, August 29, 10 a.m.

Craft a delightful wreath using a crab bushel basket lid! It's the perfect Maryland summer door décor for your home or to give as a gift to a loved one. Register by August 23.

AUGUST 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)	8:30A Pool Room Open 8:30A Fitness Room Open 9:00A Adventures in Art \$ 10:00A Drummercize! +NEW 11:00A Gentle Yoga	8:30A Gift Shop Crafting 8:30A Pool Room Open 8:30A Fitness Room Open 9:30A Ceramics \$ 9:30A Duplicate Bridge 9:30A Walking Aerobics- NEW 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

+=Registration =\$=Fee Registration can be done at front desk, or over phone.			1 9:30A Senior Council Meeting 10:00A Ask the Nurse: Skin Care	2 9:30A Drummercize! +
5 12:45P Bookclub: <i>Where the Crawdads Sing</i> , by Delia Owens	6 1:00P Stepping On + 4:30-6:30P National Night Out	7 12:15P Birthday Luncheon +	8 10:00A-12:00P Legal Aid + 10:00A CREATE Bingo 2:00P What's Cookin'?: Keeping Cool +	9 10:00A Calvert Health Fitness Friday 12:00P Lunch and a Movie: <i>Sight and Sound's Moses</i>
12 10:30A Contract Bridge 1:00P MOW	13 11:00A-1:00P MD Insurance Information 12:30P Computer Basics + 1:00P Stepping On +	14 1:00P Adaptive Yoga \$	15 9:00A COA Meeting 12:30P Computer Basics + BINGO AND BASEBALL TRIP	16 11:00A Live Music: <i>Variety Players</i> 1:00P Project Linus
19	20 12:30P Computer Basics + 1:00P Grief and Loss Support Group 1:00P Stepping On +	21 12:15P This Day in History	22 10:00A Ask the Pharmacist + 10:30A Contract Bridge 12:30P Computer Basics +	23 11:00A Luau +
26	27 10:00A Bingo 1:00P Stepping On + NO COMPUTER CLASS	28 1:00P Adaptive Yoga \$	29 10:00A Craft Corner: <i>Crabby Bushel Basket Lid</i> + NO COMPUTER CLASS	30 11:00A Relaxation with Joel



SPECIAL EVENTS

The Birthday of Calvert County

Wednesday, July 3, 1 p.m.

Kirsti Uunila will discuss the rich history and vibrant heritage of Calvert County as we celebrate its birthday!

Trending Nutrition Research

Friday, July 12, 10:30 a.m.

Explore the latest breakthroughs in nutritional science as we discuss cutting-edge research to empower healthier lifestyles.

Flower Pot Windchime

Friday, July 19, 1 p.m.

Add a whimsical touch to your outdoor space with this fun DIY windchime project!

History Presentation:

Sherman's March to the Sea

Tuesday, July 23, 11 a.m.

Journey through history with Barry as he unravels the strategic brilliance of Sherman's March to the Sea, and profound impact of this pivotal Civil War campaign.

Eco Series: Coral Reefs

Thursday, July 25, 1 p.m.

Dive into the mesmerizing world of coral reefs with expert Jim McVey, as he unveils the wonders and challenges facing these vital ecosystems across the globe.

Intergenerational Camp
10A - 12p
16-18 July 2024

Create cherished memories through adventure filled experiences!
Must Register!
\$30 Grandparent/Grandchild;
\$5 Each Additional Person.

JULY 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 12:30P Sewing Room Open 1:00P Board Games	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 required \$ = Fee

OTHER SCHEDULED ACTIVITIES

1:00P Creative Writing 1	1:00P Card Creations 2 NO LET'S MOVE	12:30P Birthday Party 3 1:00P The Birthday of Calvert County +	CENTER CLOSED FOR OBSERVANCE OF INDEPENDENCE DAY 4	10:00A Calvert Health Fitness Friday 5
9:30A - 12:00P CalvertHealth Mobile Health Center 8	2:00P Grief & Loss Support 9	10:30A Center Info & Fitness Orientation + 10 1:00P Song Circle 3:00P Alzheimer's Caregiver's Group	10:00A - 12:00P Legal Aid + 11	10:30A Trending Nutrition Research + 12 1:00P Wii Bowling
1:00P Creative Writing 15	10:00A Ask the Nurse: Hydration 12:30P Calvert Library Bookmobile IG CAMP 16	1:00P Book Club: <i>The Midnight Library</i> by Matt Haig 17 IG CAMP	1:00P Documentary: <i>Sly</i> (An Escape from a Rocky Childhood) + 18 IG CAMP	1:00P Flower Pot Windchime \$+ 19
1:00P Summer Special Bingo + 22	10:00A Veterans Coffee 11:00A History Presentation: <i>Sherman's March to the Sea</i> + 23	10:00A-12:00P Highway 2 Health 10:30A Center Info & Fitness Orientation + 1:00P Song Circle 24	1:00P Eco Series: <i>Coral Reefs</i> + 25	1:00P Corn Hole + 26
29	30	31 SIGHT & SOUND TRIP	Intergenerational Camp Tuesday, July 16 - Space Exploration Wednesday, July 17 - Bay Critters Thursday, July 18 - Culinary Fun	

SPECIAL EVENTS

Board Games *NEW TIME*

Wednesdays, 1 p.m.

Sharpen your memory while enjoying a delightful afternoon of board games with others!

Creative Writing

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

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

Tea Towel Prints

Friday, August 2, 1 p.m.

Craft a beautiful tea towel by stamping it with natural leaves, adding a touch of organic elegance to your kitchen decor!

Old Bay: The Spice of Summer

Thursday, August 15, 1 p.m.

Delve into the flavorful history of Maryland's iconic Old Bay seasoning, uncovering its origins and culinary significance. Enjoy a snack sure to tantalize your taste buds!

Senior Celebration

Wednesday, August 21, 1 p.m.

Celebrate National Senior Citizens Day with an afternoon of country and original music by local musician & songwriter Tom Goucher.

Cornhole

Friday, August 23, 1 p.m.

Join us for fun and friendly competition! Enjoy this popular game, perfect for all skill levels. Stay active and have a great time!



NORTH BEACH:
Yesterday & Today

TUESDAY, AUGUST 27, 11 A.M.

Travel through time with author Grace Mary Brady as she shares the history of North Beach, Maryland, in the book "North Beach, Yesterday and Today."



AUGUST 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 \$ 10:30A Advanced Line Dancing 10:00A Walk for Fun 10:00A Sewing Projects 11:00A Bone Builders 12:30P Sewing Room Open 1:00P Board Games	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 required \$ = Fee

OTHER SCHEDULED ACTIVITIES

			1:00P Movie: <i>Under the Tuscan Sun</i> +	10:00A Calvert Health Fitness Friday 1:00P Tea Towel Prints \$+
1:00P Creative Writing 5	1:00P Card Creations 6	12:30P Birthday Party 7		1:00P Wii Bowling 9
9:30A-12:00P CalvertHealth Mobile Health Center 12	2:00P Grief & Loss Support 13	10:30A Center Info & Fitness Orientation + 1:00P Song Circle 14	9:00A COA Meeting 15 1:00P Old Bay: The Spice of Summer in MD + BINGO & BASEBALL TRIP	1:00P Corded Bracelet \$+ 16
1:00P Creative Writing 19	10:00A Ask the Nurse: <i>Sun Skin Care</i> 12:30P Calvert Library Bookmobile 20	1:00P Book Club: <i>Those Who Wish Me Dead</i> , by Michael Koryta 1:00P Senior Celebration + NATIONAL SENIOR CITIZEN'S DAY 21	1:00P Movie: <i>My Octopus Teacher</i> + 22	11:00A - 1:00P MD Insurance Administration Info 1:00P Cornhole + 23
	10:00A Veterans Coffee 11:00A North Beach: Yesterday and Today + 27	10:30A Center Info & Fitness Orientation + 1:00P Song Circle 28	10:00A-12:00P People's Insurance Counsel Division Info 29	30