



THE CONNECTION

Calvert County Office on Aging Bimonthly Newsletter

September/October 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.



September is National Senior Center Month!

Powering Connections

September is National Senior Center Month, a time to celebrate the essential role senior centers play in our communities. At North Beach Senior Center, Calvert Pines Senior Center, and Southern Pines Senior Center, we offer a welcoming space for older adults to explore their interests and talents. Below is a sneak peek of what your local center has planned for September and October. Be sure to check the calendar inserts for more information and more of the fun and engaging programs planned!

North Beach Senior Center:

- The Life of Humming Birds Presentation, Sept. 23
- Halloween Breakfast and 24U Music Performance, Oct. 31

Calvert Pines Senior Center:

- End of Summer Cookout, Sept. 20
- Pumpkin Painting, Oct. 17

Southern Pines Senior Center:

- Autumn Apple Tasting, Sept. 19
- Fall Sea Glass & Pebble Art, Oct. 4



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 days:

- Monday, September 2 for Labor Day
- Monday, October 14 for Columbus Day

Christmas In April Program

Christmas in April Calvert County, Inc. **will be accepting applications through September 30, 2024** for Christmas in April 2025. This volunteer, non-profit organization makes home repairs and improves the homes of low-income homeowners, particularly for those who are elderly, disabled, veterans, and are families with children. There is no cost for the homeowners who are selected to be part of this program. The goal of Christmas in April is for homeowners to live in warmth, safety, and independence. Homes must be located in Calvert County and all homeowners must live in the home. If you wish to refer someone other than yourself, please first obtain that homeowner's consent.

Applications are available online at the Christmas in April website and may also be submitted online: www.christmasinaprilcalvertcounty.org.

Applications can be found at your local senior center. To request an application by mail, call Christmas in April at 410-535-9044.

Chromebook Distribution to Eligible Households

In partnership with Calvert Library and Community Resources, Calvert Pines Senior Center will host two Chromebook Distribution events. To qualify, households must provide documentation from a government source showing current household income below 200% of the federal poverty level or proof of current enrollment in programs like SNAP, SSI, ACP, or Veterans Pension and Survivors Benefit. For more information or to make an appointment to receive a Chromebook, call 410-535-4606.

Distribution Dates:

September 10, 1-2 p.m.
September 13, 1-2 p.m.

Medicare Part-D Open Enrollment

(Oct. 15-Dec. 7)

Medicare Open Enrollment is when Medicare plan enrollees can make changes to their supplemental drug coverage or Medicare advantage plan. Limited appointments are available at each center. Call today to schedule your appointment.

- North Beach Senior Center: 410-257-2549
 - Calvert Pines Senior Center: 410-535-4606
 - Southern Pines Senior Center: 410-586-2748
- Telephone appointments are also available by speaking to trained Medicare staff at 1-800-633-4227.**

Farmers Market Coupon Distributions

Farmers Market Coupons are still available and can be picked up at the centers during the dates and times listed below. These coupons are for those 60 years and older to buy fruits and vegetables at local participating farmers markets.

Calvert Pines Senior Center:

Sept. 9, 10 a.m.-noon.

North Beach Senior Center:

Sept. 11, 2-4 p.m.

Southern Pines Senior Center:

Sept. 20, 2-4 p.m.

For more information, call Sheila Gallagher at 410-535-4606 ext. 8768

AARP Smart Driver Course

Master safe driving techniques for you and your loved ones! Call your preferred center to sign up, payment is due at the time of the course.

North Beach Senior Center:

Thursday, Oct. 10 | 9 a.m.-3 p.m.

Calvert Pines Senior Center:

Friday, Nov. 1 | 9 a.m.-3 p.m.

Southern Pines Senior Center:

Monday, Oct. 28 | 9 a.m.-3 p.m.

\$20 AARP Members | \$25 Non-AARP Members



SENIOR DAY AT THE FAIR

Thursday, Sept. 26

Join us for a special day at the hall with **free admission** for Calvert County residents aged 60+!

Schedule of Events:

- **Bingo:** 9:30 - 10:30 a.m.
- **Line Dancing Performance:** 10:45 a.m.
- **Live Music by 24U:** 11:30 a.m. - 1 p.m.
- **Free Hot Dog Lunch:** Noon

The programs above will be held inside the hall. Don't miss out on a fun-filled day of games, entertainment, and great food!

Nutrition News

Boost your immune system with foods!

It's that time of year when we wonder: *Is it a sore throat or allergies? Why am I so tired? Am I getting the flu?* With flu season just around the corner, it's time to prepare—with the right foods!

Do you know certain foods can boost your immune system by increasing white blood cell levels and providing antioxidants? Foods high in vitamin C, like oranges, can help produce more white blood cells. Red bell peppers have 3 times more vitamin C than oranges! Carrots, spinach, and kale, are rich in beta carotene, which helps fight off toxins.

Vitamin E supports your immune system by promoting T cell production, crucial for preventing infections. You can find vitamin E in avocados, nuts, seeds, and garlic. Don't forget about vitamin D, which helps your body resist infections. Try salmon, tuna, egg yolks, and a daily dose of sunshine.

So, after you've seasoned your salmon with garlic and enjoyed a spinach and red pepper salad, take a walk outdoors, and go to bed earlier. Both exercise and rest will help your immune system!

Lions Club Hearing & Vision Screenings

We are excited to offer free vision & hearing screenings provided by the Lions Club. *Check each calendar insert for dates and times.*

CarFit

We are excited to announce that the Carfit program will be at Calvert Pines on Sept. 13! This is a fantastic opportunity to ensure your vehicle is properly adjusted for maximum comfort & safety.

Date: Sept. 13

Appointments Available: 9 a.m. to 2 p.m.

Learn how to adjust features like your seat, steering wheel, seat belt and head restraint that may keep you safer behind the wheel. A special thanks to the Maryland Department of Transportation for their support. For more information or to schedule an appointment, please call 410-535-4606.

Veterans Assistance - ServingTogether

Are you a veteran in Calvert County looking for assistance? ServingTogether is teaming up with us to provide support twice a month, every second Wednesday and fourth Friday. No appointment necessary.

ServingTogether meets at Southern Pines Senior Center.

Dates: Sept 11, 27 & Oct. 9, 25.

Time: 9 a.m.-4 p.m.

For more information call 240-240-9259.

Stay Steady on Your Feet Falls Prevention Presentation

September is Falls Prevention Awareness Month. Learn ways you can minimize fall risk in your home with this interactive and informative presentation at your local center. Dates and times are as follows:

North Beach Senior Center:
Monday, Sept. 9, 11 a.m.

Calvert Pines Senior Center:
Friday, Sept. 6, 11 a.m.

Southern Pines Senior Center:
Friday, Sept. 20, 11 a.m.



SEPTEMBER 2024 MENU

Lunch is served Monday-Friday at 12 noon.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
CENTERS CLOSED FOR OBSERVATION OF LABOR DAY	Lemon Chicken Herbed Rice Seasoned Kale Squash Medley Fresh Fruit Dinner Roll	Stuffed Green Peppers Mashed Potatoes Savory Carrots Orange Dinner Roll	Baked Pork Chop Mashed Potatoes Stewed Tomatoes Pineapple Dinner Roll	Hot Dog Baked Beans Coleslaw Chilled Fruit Cocktail
9	10	11	12	13
Chicken Curry Steamed Rice Steamed Broccoli Peaches Dinner Roll	Roast Beef Brown Gravy Mashed Potatoes Peas & Carrots Fresh Fruit Dinner Roll	Smothered Pork Rice Pilaf Pickled Beets Hot Spiced Apples Dinner Roll	Chicken California Ranchero Beans Kernel Corn Mandarin Oranges Dinner Roll	Kielbasa Sauerkraut Scalloped Potatoes Dilled Carrots Pears Dinner Roll
16	17	18	19	20
Stuffed Manicotti Steamed Broccoli Diced Pears Garlic Bread	Glazed Pork Loin Sweet Potatoes Cauliflower Peach Crisp Dinner Roll	Meatloaf Patty Brown Gravy Mashed Potatoes Green Beans Fresh Fruit Dinner Roll	Tilapia Vera Cruz Rice Pilaf Navy Beans Garden Salad w/Italian Dressing Pineapple	Rosemary Chicken Mac & Cheese Brussels Sprouts Tropical Fruit Dinner Roll
23	24	25	26	27
Stuffed Cabbage Tomato Sauce Peas & Onions Fresh Fruit Dinner Roll	Salmon Patty on a Bun Roasted Potatoes Seasoned Beets Fresh Fruit	Garlic Chicken Thighs Rice Pilaf Stewed Tomatoes Spinach Dinner Roll	Roast Beef Sweet Potatoes Kernel Corn Garden Salad w/Italian Dressing Dinner Roll	Smoked Pork Riblet Baked Beans Coleslaw Spiced Apples Dinner Roll
30	<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>			
Oven Fried Chicken Au Gratin Potatoes Brussels Sprouts Fruit Cocktail Dinner Roll				



OCTOBER 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>Pork Loin Roast Brown Gravy Mashed Potatoes California Blend Vegetables Cherry Crisp</p>	<p>2</p> <p>Cheeseburger Potato Wedges Garden Salad w/Ranch Dressing Fresh Fruit</p>	<p>3</p> <p>Baked Chicken Thighs Brown Rice Cucumber Dill Salad Parslied Carrots Mandarin Oranges Dinner Roll</p>	<p>4</p> <p>Beef & Cheese Macaroni Tomato Sauce Seasoned Kale Baby Lima Beans Dinner Roll</p>
<p>7</p> <p>Beef & Broccoli Stir Fry Brown Rice Glazed Carrots Fresh Fruit Dinner Roll</p>	<p>8</p> <p>Liver & Onions Mashed Potatoes Steamed Squash Fresh Fruit Dinner Roll</p>	<p>9</p> <p>Parmesan Baked Cod Lemon Dill Orzo Seasoned Spinach Cauliflower Dinner Roll</p>	<p>10</p> <p>BBQ Chicken Thighs Chickpea Salad Green Beans Mangos Dinner Roll</p>	<p>11</p> <p>Pulled Pork Sandwich Coleslaw Mac & Cheese Melon</p>
<p>14</p> <p>CENTERS CLOSED FOR OBSERVATION OF COLUMBUS DAY</p>	<p>15</p> <p>Lemon Chicken Herbed Rice Seasoned Kale Squash Medley Fresh Fruit Dinner Roll</p>	<p>16</p> <p>Stuffed Green Peppers Mashed Potatoes Savory Carrots Orange Dinner Roll</p>	<p>17</p> <p>Baked Pork Chop Mashed Potatoes Stewed Tomatoes Chilled Pineapple Dinner Roll</p>	<p>18</p> <p>Bratwurst Sauerkraut Green Beans Carrots Apple Strudel</p>
<p>21</p> <p>Chicken Curry Steamed Rice Broccoli Chilled Peaches Dinner Roll</p>	<p>22</p> <p>Chicken Cordon Bleu Scalloped Potatoes Green Beans Tropical Fruit Dinner Roll</p>	<p>23</p> <p>Smothered Pork Rice Pilaf Pickled Beets Spiced Apples Dinner Roll</p>	<p>24</p> <p>Chicken California Ranchero Beans Kernel Corn Mandarin Oranges Dinner Roll</p>	<p>25</p> <p>Kielbasa Sauerkraut Dilled Carrots Pears Dinner Roll</p>
<p>28</p> <p>Stuffed Manicotti Broccoli Chilled Pears Garlic Bread</p>	<p>29</p> <p>Glazed Pork Loin Sweet Potatoes Cauliflower Peach Crisp Dinner Roll</p>	<p>30</p> <p>Meatloaf Patty Brown Gravy Mashed Potatoes Green Beans Fresh Fruit Dinner Roll</p>	<p>31</p> <p>Tilapia Vera Cruz Rice Pilaf Navy Beans Garden Salad w/Italian Dressing Pineapple</p>	

-UPCOMING BUS TRIPS-

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

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 a.m.
NBSC: 9 a.m.

Registration Begins: September 9, 2024

Registration Ends: October 18, 2024

Approximate Return: NBSC: 3:30 p.m.
CPSC: 4 p.m.
SPSC: 5 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.

Christmas Spectacular at Riverside Dinner Theatre | Fredericksburg, VA (One-Shoe)

Date: Wednesday, December 4, 2024

Fee: \$135 (Transportation, Lunch & Tickets)

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

Registration Begins: September 30, 2024

Registration Ends: November 1, 2024

Approximate Return: NBSC: 6 p.m.
CPSC: 6:30 p.m.
SPSC: 7:15 p.m.

Experience the excitement, memories, and joy of Christmas as the spectacular cast of singers and dancers present the very heart and essence of the holiday season. Escape cold, hustle, and stress by warming your Christmas spirit at Riverside Center with this glittering celebration of everything that makes this "the most wonderful time of the year!"

That's a Wrap for the 2024 Trip Season!

We hope you had the chance to or still plan to join us on one of our adventures this year. We are thankful to our three program assistants, Anne Sledge, Aimee Badeaux-Hamm, and Tammie Messer, who put the "ground work" in to plan, coordinate, and make these trips happen. It has been an incredible time filled with travel, learning, and exploration!

Keep an eye out for our 2025 Trip Brochure, coming your way this December. We can't wait to see where the next year will take us!

"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 on Sept. 12, Southern Pines Senior Center on Oct. 10, 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.

Meals on Wheels Board Members

Fred Baumgartner, Lora Culver,
Donna Deale, Steven Dorman,
Michael Hawkins, Randy Holt,
Alan King, Traci King,
Charlie Pritchard, Linda Rhodes,
Corey Robertson, Hope Sayles

Commission on Aging Members

Deanna Carlson, Noelle Flaherty,
Lauretta Grier, Sudha Haley,
Charles Harrell, Christy Jones,
Terry Long, Deb Mikell, Margaret
Phipps, Anne Weems, Harriet
Yaffe, Amber Yates

Friends of Calvert County Seniors Members

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

Substitute Staff

Barbara Knowles, Christal Pierce, Donna Edington, Joan Carroll,
Lawrence Brown, 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

iPhone 101

Tuesdays, 9:30 a.m.

Learn the basics of navigating an iPhone in this introductory class. Registration required.

Recycled Art: *Jeweled Crab*

Monday, September 9, 9:30 a.m.

Enjoy a fun crafting session where you will create a jeweled crab using jewelry! Bring your own pieces or use ours. This makes a perfect gift. \$10 per person, due at the time of registration.

Let's Make a Deal

Thursday, September 12, 10 a.m.

It will be a fun day of the classic TV game, "Let's Make a Deal!" Don't forget to bring the goods! Register by Monday, September 9.

Nautical Cork Art

Monday, September 16, 10 a.m.

Create a one-of-a-kind piece of nautical art using wine corks! \$10 per person, due at the time of registration.

Assistive Devices and Safety

Wednesday, September 18, 10 a.m.

Learn the best techniques to ensure safety and mobility as a physical therapist guides us through the proper use of assistive devices.

The Life of Hummingbirds

Monday, September 23, 9:30 a.m.

Enjoy an informative and beautiful exploration of the journey of hummingbirds.

Variety Players Performance

Tuesday, September 24, 11 a.m.

Join us as we welcome back the popular entertainment group, The Variety Players! Sit back, relax, and enjoy the immense talent they bring!

Reverse Mortgage "The Ins and Outs"

Friday, September 27, 11 a.m.

Stop by for an informative talk about reverse mortgages. This session will be incredibly helpful if you're considering the reverse mortgage program. Register by Wednesday, September 25.

SEPTEMBER 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 \$ 10:00A Mahjong 10:30A Let's Move 12:30P Penny Bingo 1:00P Bible Study	8:30A Stability Ball Class 9:00A Open Sewing 9:30A Gentle Yoga \$ 9:30A Ceramics \$ 10:00A 5 Crowns/Rummy 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/Rummy 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
+ = Registration required \$ = Fee ^ = Video				

OTHER SCHEDULED ACTIVITIES

2	3	4	5	6
CENTERS CLOSED IN OBSERVATION OF LABOR DAY	9:00A Living Well with Diabetes (LWWD) + 9:30A iPhone 101+ <i>nEW</i> 10:00A Ask the Nurse: Medication Safety	11:00A Did You Know? + 1:00P Grief & Loss Support	11:00A Password Game 11:00A Writers Talk with Jim Anderson 1:00P Scribblers Writing Group	9:00A Girls Java Talk 10:00A Bingo Marathon <i>Plus</i> 11:00A Increase Your Hold
9:30A Recycled Art: <i>Jeweled Crab</i> +\$ 11:00A Falls Prevention Presentation	9:00A LWWD + 9:30A iPhone 101+ <i>nEW</i> 10:00A Cranium Fitness + 2:30P Fitness Room Orientations +	11:00A Where Were You? 10:00A Nutrition Talk: <i>Sugar</i> Red White & Blue Day	10:00A Legal Aid + 10:00A Let's Make a Deal + 3:30P - 7:00P Game Night +	9:00A Girls Java Talk 11:00A Pictionary
9:30A - 12:00P CalvertHealth Mobile Health Center: <i>Dietitian</i> 10:00A Nautical Cork Art +\$ BUREAU OF ENGRAVING & PRINTING TRIP	9:00A LWWD + 9:30A iPhone 101+ <i>nEW</i> 10:00A Senior Council Meeting	10:00A Assistive Devices Safety 11:00A Lisa Garrett's Nature Talk 12:15P Monthly Birthday Dessert +	9:00A COA Meeting 1:00P Scribblers Writing Group 2:00P Open Coffee Bar	9:00A Girls Java Talk 10:00A CalvertHealth Fitness Friday 11:00A Increase Your Hold
9:30A The Life of Hummingbirds	9:00A LWWD + 9:30A iPhone 101+ <i>nEW</i> 10:00A Cranium Fitness + 11:00A The Variety Players 2:30P Fitness Room Orientations +	11:00A Doll Club Collectors Presentation	10:00A Open Mic + SENIOR DAY AT THE FAIR	9:00A Lattes with Linda 11:00A Reverse Mortgage + "The Ins and Outs" Let's Move at 10:00A
11:00A Interactive Crossword				

SPECIAL EVENTS

NBSC Beach Scavenger Hunt Tuesday, October 1.

October kicks off our annual North Beach Senior Scavenger Hunt! Stop by to pick up your packet and get started. Play safe and have fun!

Android 101 Thursdays, 9:30 a.m.

Learn the basics of navigating an Android device in this introductory class. Register by September 19.

Recycled Art: Wine Cork Craft Monday, October 7, 9:30 a.m.

Join us for a free creative experience where we'll turn wine bottle corks into unique pieces of art. Space is limited. Registration ends October 3.

Pumpkin Canvas Art

Monday, October 21, 10 a.m.

Enjoy a morning of painting a beautiful pumpkin on canvas, perfect to give as a gift or to keep. Register by October 16. \$10 at registration.

Floral Pumpkin Arrangement Thursday, October 24, 10 a.m.

Unleash your creativity and design a beautiful floral arrangement to celebrate the fall season. Limited space available. Registration is required.

Halloween Breakfast and Dance Thursday, October 31, 9:15 a.m.

This year's Halloween party comes with a fun twist! Kick off your day with a delicious breakfast, followed by lively dancing with music from the 24U Band. Whether you arrive in costume or as yourself, a spooktacular time awaits!

Please note, registration is required, and breakfast and lunch reservations must be made separately. Be sure to register by October 24 or before spots fill up! Monetary donations to the Senior Council for breakfast will be gladly accepted.



OCTOBER 2024



NORTH BEACH NEWS

9010 Chesapeake Ave., North Beach MD 20714

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

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OTHER SCHEDULED ACTIVITIES

	Annual Scavenger Hunt Begins! 1 10:00A Ask the Nurse: Breast Cancer 10:30A Pictionary	11:00A Password Game 2 1:00P Grief & Loss Support THE ADDAMS FAMILY TOBY'S TRIP	9:30A Android 101 + new 3 1:00P Scribblers Writing Group	9:00A Girls Java Talk 4 11:00A Pictionary
9:00A Veterans Coffee Hour 7 9:30A Recycled Art: Wine Cork Craft +	10:00A Cranium Fitness + 8 2:30P Fitness Room Orientations +	10:00A Nutrition Talk: Foods That Fight Cancer 9 11:00A Who Said That?	9:00A-3:00P AARP Smart Drivers Course +\$ 10 9:30A Android 101 + new 10:00A Open Mic	9:00A Pumpkin Spice Lattes 11 11:00A Did You Know? 11:00A-3:00P Lions Club Hearing & Vision Screening
CENTERS CLOSED IN OBSERVANCE OF COLUMBUS DAY 14	10:00A Senior Council Meeting 15	11:00A Lisa Garrett's Nature Talk 16 12:15P Monthly Birthday Dessert +	9:30A Android 101 + new 17 1:00P Scribblers Writing Group 2:00P Open Coffee Bar	9:00A Girls Java Talk 18 10:00A CalvertHealth Fitness Friday
9:30A - 12:00P CalvertHealth Mobile Health Center: Cholesterol and A1c Screenings 21 10:00A Pumpkin Canvas Art +\$	9:00A Ask The Pharmacist + 22 10:00A Classic Movie: ^ Night at the Museum	9:30A Halloween Gingerbread House Competition +\$ 23	9:30A Android 101 + new 24 10:00A Floral Pumpkin Arrangement +	9:00A Girls Java Talk 25 10:00A Bingo Marathon Plus
11:00A Interactive Crossword 28	10:00A Cranium Fitness + 29 2:30P Fitness Room Orientations +	10:00A Sequence Game + 30	9:15A Halloween Breakfast + & Live Music by 24U 31	

SPECIAL EVENTS

Veterans Coffee **NEW**

Tuesday, September 3, 10 a.m.

Join fellow veterans for coffee and conversation with Mark Brickell from the Honor Flight organization.

Football Kick-Off Party

Thursday, September 5, 12:30 p.m.

Wear your favorite team jersey today because football season is here! Make your predictions each week for a chance to win a prize.

Bible Study **NEW**

Thursdays, 1 p.m.

Explore and deepen your understanding of the Bible, share insights, and build community with this group.

Falls Prevention Presentation

Friday, September 6, 11 a.m.

Join us for an interactive Falls Prevention Presentation and discover how to stay steady on your feet. Learn about common home hazards and practical tips to stay falls-free this fall (and beyond)!

CarFit

Friday, September 13, 9 a.m.-2 p.m.

Safe driving isn't just about how you drive—how you fit in your car matters too. During this program, trained technicians will show you how to enhance your comfort, safety, and fit in your car. Don't delay and make your appointment at the front desk today!

Craft Corner: *Diamond Dot Coaster*

Thursday, September 19, 10 a.m.

Enjoy this relaxing craft with friends. Today we will work on sea life and floral coasters.

End of Summer Cookout

Thursday, September 20, 12:30 p.m.

Lets celebrate the last few moments of summer with a cookout with grilled hot dogs and hamburgers! Register by September 16.

Starry Night

Monday, September 30, 1 p.m.

Local Photographer Ray Bogle shares insight about the wonders that illuminate the night sky.

SEPTEMBER 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! 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 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 1:00P Bible Study NEW	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

CENTERS CLOSED IN OBSERVANCE OF LABOR DAY	2	10:00A Veterans Coffee with Honor Flight NEW 12:30P Computer Basics + 1:00P Stepping On +	3	12:00P Birthday Party Luncheon +	4	9:30A Senior Council Meeting 10:00A Ask the Nurse: Medication Safety 12:30P Football Kick-Off Party 12:30P Computer Basics + 1:00P Bible Study NEW	5	9:30A Drummercize! 11:00A Falls Prevention Presentation	6
10:30A Contract Bridge 12:30P Book Club: <i>The All Girl Filling Station's Last Reunion</i> 1:00P MOW Annual Meeting NO LINE DANCING	9	12:30P Computer Basics + 1:00P-2:00P Chromebook Distribution + 1:00P Stepping On +	10	8:30A Sr. Council Workday 12:00P Moment of Silence for 9/11 1:00P Adaptive Yoga \$	11	10:00A CREATE! Bingo 12:30P Computer Basics + 1:00P Bible Study NEW 2:00P What's Cookin'?: + <i>An Apple A Day</i>	12	9:00A-2:00P CarFit + 10:00A Calvert Health Fitness Friday 1:00P-2:00P Chromebook Distribution +	13
11:00A-3:00P Lions Club Vision & Hearing Screening BUREAU OF ENGRAVING & PRINTING TRIP	16	12:30P Computer Basics + 1:00P Grief & Loss Support Group 1:00P Stepping On +	17	18	18	10:00A Craft Corner: <i>Diamond Dot Coasters</i> + 12:30P Computer Basics + 1:00P Bible Study NEW 2:00P Malnutrition Awareness Presentation +	19	11:00A Relaxation with Joel 12:30P End of Summer Cookout + 1:00P Project Linus	20
9:30A-12:00P CalvertHealth Mobile Health Center: <i>Health Education & Resources</i>	23	10:00A Bingo	24	10:00A-12:00P Highway to Health 1:00P Adaptive Yoga \$	25	10:30A Contract Bridge 1:00P Bible Study NEW SENIOR DAY AT THE FAIR	26	12:00P Lunch and a Movie: <i>If</i>	27

1:00P Starry Night with Local Photographer, Ray Bogle+

30
 + = Pre-Registration
 \$ = Fee
 Pre-registration can be done at front desk, or over the phone.

Interested in using our Fitness Room?
 Call us at 410-535-4606 to schedule your one-time Fitness Room Orientation. During this orientation you'll learn how to safely and properly use the machines.

SPECIAL EVENTS

Veterans Coffee

Tuesday, October 1, 10 a.m.

Gather with other military veterans as Donnie Williams shares resources from the ServingTogether Program.

Walk Maryland Day

Wednesday, October 2, 9:30 a.m.

Join the Maryland Department on Aging and senior centers around the state in recognizing that walking is an accessible way to improve your physical activity and health. Start your day with a walk around the center led by staff.

Financial Mindset

Thursdays, October 3-November 14, 12:30 p.m.-1:30 p.m.

During this 7-week workshop, discover essential strategies for securing and managing your finances with guidance from Dr. Troy Anderson of the University of Maryland Extension. Each week, explore a new topic to boost your financial literacy.

What's Cookin'? Soup Season

Thursday, October 10, 2 p.m.

Chilly air and cool weather makes it a perfect time for soup! Enjoy a recipe demonstration and tastings of popular yet easy soups for you to cook this fall.

Craft Corner: Pumpkin Painting

Thursday, October 17, 10 a.m.

Join in the Fall spirit by painting a pumpkin and decorating trick or treat bags as we prepare for our Halloween party.

Oktoberfest

Friday, October 18, 12 p.m.

Take part in our Oktoberfest celebration. A German themed lunch complete with pretzels and non-alcoholic beer. Don't forget to wear your Lederhosen or Dirndl!

Great Pumpkin Party

Thursday, October 31, 11 a.m.

Put on a fun costume and join us Trick-or-Treating through the halls of the Calvert Pines. Stay to find out the winners for best costumes and a spooky movie during lunch! Be sure to pre-register for lunch.

OCTOBER 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! 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 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 1:00P Bible Study	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				
<p><i>Pink Fridays</i> Wear Pink on Fridays for Breast Cancer Awareness Month.</p>	10:00A Veterans Coffee with ServingTogether	9:30A Walk Maryland Day 12:15P Birthday Party Luncheon + THE ADDAMS FAMILY TOBY'S TRIP	9:30A Senior Council Meeting 10:00A Ask the Nurse: Breast Cancer 12:30P Financial Mindset +	9:30A Drummercize!
12:30P-1:30P Calvert Library Bookmobile 12:30P Bookclub: <i>Rebecca</i>		8:30A Sr. Council Workday 1:00P Adaptive Yoga \$	10:00A CREATE! Bingo 12:30P Financial Mindset + 2:00P What's Cookin'?: + <i>Soup Season</i>	10:00A CalvertHealth Fitness Friday 12:00P Lunch and a Movie: <i>Rebecca</i>
CENTER CLOSED IN OBSERVANCE OF COLUMBUS DAY	1:00P Grief & Loss Support Group		10:00A Craft Corner: <i>Pumpkin Painting</i> + 12:30P Financial Mindset + 12:45P NARFE Meeting	12:00P Oktoberfest + 1:00P Project Linus
1:00P MOW Meeting	10:00A Bingo 10:00A-1:00P MD Insurance Administration Information	1:00P Adaptive Yoga \$	10:30A Contract Bridge 12:30P Financial Mindset +	11:00A Relaxation with Joel
9:30A-12:00P Calvert Health Mobile Health Center: <i>Dietician</i>			11:00A Great Pumpkin Party + 12:30P Financial Mindset + NO AUDITORIUM CLASSES	+ = Pre-Registration \$ = Fee <i>Pre-registration can be done at front desk, or over the phone.</i>

SPECIAL EVENTS

Brain Games Kick Off Day

Everyday, 9 a.m.

Enjoy a little mental gymnastics and strengthen your memory with a daily brain game!

Just Us 2

Wednesday, September 4, 1 p.m.

Sing along with the dynamic Just Us 2 band for an afternoon of fun!

Monarch Butterfly Release

Thursday, September 5, 1 p.m.

Witness the enchanting beauty of nature as we release butterflies to remember the cycle of life.

The Scoop on Sugars & Other Natural Substitutes

Friday, September 13, 10:30 a.m.

Learn the truths about sugars and natural substitutes, and how they impact your health.

Autumn Apples & Tastings

Thursday, September 19, 1 p.m.

Explore the diverse world of apple varieties, their uses and savor their unique flavors.

Fall Equinox Celebration

Monday, September 23, 1 p.m.

Fall into autumn as you sip a pumpkin spice latte and enjoy the company of friends!

Battle of Midway

Tuesday, September 24, 11 a.m.

Join Barry's discussion to uncover the riveting details and strategies of the Battle of Midway and its impact on World War II.

Sewing Projects

WEDNESDAYS, 10A - 12P

ANGEL GOWNS

To honor preemie babies born at Childrens NMC, Calvert Health, Medstar St. Marys and AAMC.

WOMEN'S HYGIENE PRODUCTS

Reusable products to be delivered by Samaritans Purse to women around the globe who do not have access to these products.

T-SHIRT QUILTS

Bring your favorite T-shirts and make a keepsake T-Shirt Quilt.

SEPTEMBER 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 9:00A Dull Blades Quilters 9:30A Ceramics \$ 10:00A Walk for Fun 11:00A Bone Builders 12:00P Duplicate Bridge 1:00P Oil Painting \$ 1:00P Wii Bowling	8:30A Computer Lab 8:30A Fitness Room Open 8:30A Billiards Room Open 8:30A Behavioral Health Counselor + 9:30A Studio Art \$ 10:00A Gentle Yoga 12:00P Duplicate Bridge 12:30P 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 MAP 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 MAP Info & Assistance 10:00A Walk for Fun 10:00A Line Dancing

OTHER SCHEDULED ACTIVITIES

CENTER CLOSED FOR OBSERVANCE OF LABOR DAY	2	9:00A Brain Games Kick Off Day! 1:00P Card Creations WORLD ALZHEIMER'S MONTH	3	10:00A Sewing: Angel Gowns 12:30P Birthday Party 1:00P Just Us 2 +	4	1:00P Monarch Butterfly Release \$+	5	10:00A Calvert Health Fitness Friday 1:00P Fall Diamond Art \$+	6	
9:30A - 12:00P CalvertHealth Mobile Health Center: Cholesterol & A1c Screenings	9	2:00P Grief & Loss Support	10	ServingTogether 10:00A Sewing: Women's Hygiene Products 10:30A Center Info & Fitness Orientation + 12:00P 9/11 Remembrance 1:00P Song Circle	11	11:00A Senior Council 1:00P Movie: Sweet Home Alabama +	12	10:30A The Scoop on Sugars & Other Natural Substitutes + 1:00P Corn Hole +	13	
1:00P Creative Writing	16	10:00A Ask the Nurse 11:30A Medication Safety Talk 12:30P Calvert Library Bookmobile	17	10:00A Sewing: T-Shirt Quilts 1:00P Book Club: Tom Lake, by Ann Patchett	18	1:00P Autumn Apples & Tastings +	19	11:00A Falls Prevention Presentation 1:00P Fall Bracelet \$+	20	
1:00P Fall Equinox Celebration +	23	9:00A Ask the Pharmacist + 10:00A Veterans Coffee 11:00A History Presentation: Battle of Midway +	24	10:00A Sewing: T-Shirt Quilts 10:30A Center Info & Fitness Orientation + 1:00P Song Circle	25	SENIOR DAY AT THE FAIR		26	ServingTogether 1:00P Corn Hole +	27

Save the date **Thanksgiving Auction**

Thursday, November 21, 1 p.m.

We are seeking new or gently used gift items for donations. Please drop them off by November 8.

Santa's Workshop Craft Fair *Save the date*

Tuesday, December 10, 9 a.m.-1:30 p.m.

Table reservations begin, Nov. 1. \$20 per table.
Proceeds go to the Southern Pines Senior Council

SPECIAL EVENTS

Variety Players

Wednesday, October 2, 1 p.m.

Join us for non-stop entertainment with live music from the Variety Players!

Whales & Fossil Records

Thursday, October 3, 1 p.m.

Paleontologist Dr. Stephen Godfrey reveals fascinating insights about whales and these magnificent creatures' ancient past.

Fall Sea Glass & Pebble Art

Friday, October 4, 1 p.m.

Create a festive fall-themed piece of art using sea glass and pebbles. Cost: \$3 per person.

My Story!

Monday, October 7, 1 p.m. (Journal)

Tuesday, October 8, 1 p.m. (Illustrate)

Capture the essence of your unique story with this two-part program designed to help you preserve your life's memories through journaling and illustrating.

Foods that Fight Cancer

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

Discover delicious and nutritious ways to boost health and reduce cancer risks through diet.

Charcuterie "Cheese Board" Fun

Wednesday, October 30, 1 p.m.

Learn how to create stunning charcuterie boards that will impress at any gathering! Enjoy a snack sure to tantalize your taste buds!

OCTOBER 2024



SOUTHERN PINES NEWS

20 Appeal Lane, Lusby MD 20657
Phone: 410-586-2748 Fax: 410-326-0673

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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OTHER SCHEDULED ACTIVITIES

	1 1:00P Breast Cancer Card Creations +	2 10:00A Sewing: <i>Angel Gowns</i> 12:30P Birthday Party 1:00P Variety Players + THE ADDAMS FAMILY TOBY'S TRIP	3 1:00P Eco Series: <i>Whales & Fossil Records</i> + 	4 10:00A Calvert Health Fitness Friday 1:00P Fall Sea Glass & Pebble Art \$+
7 1:00P Creative Writing 1:00P My Story! - Part 1+ MY STORY!	8 1:00P My Story! - Part 2 + 2:00P Grief & Loss Support MY STORY!	9 ServingTogether 10:00A Sewing: <i>Women's Hygiene Products</i> 10:30A Center Info & Fitness Orientation + 1:00P Song Circle	10 10:00A - 12:00P Legal Aid + 11:00A Senior Council	11 10:30A Foods that Fight Cancer + 1:00P Corn Hole +
14 CENTER CLOSED FOR OBSERVANCE OF COLUMBUS DAY	15 10:00A Ask the Nurse 11:30A Breast Cancer Talk 12:30P Calvert Library Bookmobile	16 10:00A Sewing: <i>T-Shirt Quilts</i> 1:00P Book Club: <i>The Practice House</i> by Laura McNeal	17 9:00A COA Meeting	18 1:00P Pumpkin Craft \$+ 
21 11:00A-3:00P Lions Club Hearing & Vision Screening 1:00P Creative Writing	22 10:00A Veterans Coffee 11:00A History Presentation: <i>Electoral College</i> +	23 10:00A Sewing: <i>T-Shirt Quilts</i> 10:00A-12:00P Highway 2 Health 10:30A Center Info & Fitness Orientation + 1:00P Song Circle	24 1:00P Movie: <i>October Sky</i> +	25 ServingTogether 1:00P Corn Hole +
28 9:00A-3:00P AARP Smart Driver Course \$+ 1:00P Fall Special Bingo +	29	30 10:00A Sewing: <i>T-Shirt Quilts</i> 1:00P Charcuterie "Cheese Board" Fun +	31 1:00P Halloween Party with Barb & Boys Music + HALLOWEEN	



Halloween Party

THURSDAY, OCTOBER 31 1 P.M.

Come dressed in your favorite Halloween attire and enjoy an afternoon of music with local favorites, Barb & the Boys!