



# THE CONNECTION

Calvert County Office on Aging Bimonthly Newsletter

November/December 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.



May your holidays be filled with happiness, peace, and good health, and may the coming year bring you and your loved ones many blessings.

### Festive Holiday Programs

The holiday season is here, and it's time to celebrate! Your local center has a lineup of festive programs to get you in the spirit. Check out a few highlights below, and don't forget to browse the full schedule in the calendar inserts included with this newsletter.

#### North Beach Senior Center:

- Pumpkin Canvas Resin Art, November 12, 9:30 a.m.
- Cookie Decorating, December 12, 10 a.m.

#### Calvert Pines Senior Center:

- Thanksgiving Jeopardy & Luncheon, November 19, 11 a.m.
- Christmas Craft Day, December 4, 10 a.m.

#### Southern Pines Senior Center:

- Holiday Card Creations, November 15, 1 p.m.
- Christmas Carols with the Sunshine Band, December 19, 1 p.m.

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

[www.calvertcountymd.gov](http://www.calvertcountymd.gov) [ooamailbox@calvertcountymd.gov](mailto:ooamailbox@calvertcountymd.gov)

Senior services are accessible to individuals with disabilities



# Senior Center Fun!

## Line Dancing

*Dance together in sequence to lively music!*  
Wednesdays & Fridays | 10 a.m.  
Southern Pines Senior Center

## Drummercize!

*A fun way to exercise using an ball and drumsticks!*  
Tuesdays | 10 a.m.  
Calvert Pines Senior Center

## Open Mic

*A welcoming space for all to share their creativity!*  
Nov. 14 | 10 a.m.  
North Beach Senior Center

## Variety Players Performance

*Fa-La-La-La-La-along to holiday music classics!*  
Dec. 3 | 1 p.m.  
Calvert Pines Senior Center

## Christmas Tree Origami

*A perfect handmade holiday gift!*  
Dec. 16 | 1 p.m.  
Southern Pines Senior Center

## Holiday Charades

*A festive twist on a classic guessing game!*  
Dec. 30 | 11 a.m.  
North Beach Senior Center

*Visit the calendar inserts for all the details!*

## Join the AARP Tax-Aide Team:

### ***Volunteers Needed for 2024 Tax Season!***

Our AARP Tax-Aide program is seeking volunteers to serve as tax counselors to prepare, review, and e-file 2024 tax returns in 2025. The program is also in need of a volunteer district coordinator.

A kick-off meeting will be held on Tuesday, Dec. 3 at 9 a.m. at Calvert Pines Senior Center.

All Tax-Aide volunteers will need to pass the IRS & Maryland Certification tests. Training will be offered in January 2025. Call Patti Ryon at 410-535-4606 ext. 8778 for more information.

## Explore your Creativity

Join us this winter at your local senior center for an exciting journey into the world of painting! Whether you're just starting out or looking to enhance your skills, our art classes offer something for everyone. Check the calendar inserts for more details on our upcoming classes. Classes include

**Ceramics | All Centers**

**Oil Painting | Southern Pines**

**Adventures in Art | All Centers**

**Studio Art | Southern Pines**

**Open Art | Calvert Pines**



# Happy Veterans Day!

This Veterans Day, we honor the brave men and women in our community who have served our nation. Your sacrifices have helped to safeguard the freedoms we cherish, and we are grateful for your service.

Today and every day, we salute you!

## North Beach Senior Center

Nov. 8 | 11 a.m.

Students will share what a hero means to them, followed by a live performance of the National Anthem and a patriotic dessert.

## Calvert Pines Senior Center

Nov. 12 | 10 a.m.

Veterans Coffee with a Quilt of Valor Presentation

## Southern Pines Senior Center

Nov. 8 | 12:30 p.m.

Celebrate Veterans with Ice Cream Sundaes

# DEMENTIA Live®

Proven. Powerful. Essential.

*A powerful experience for Family Caregivers*

In collaboration with Hospice of the Chesapeake we are excited to provide this free workshop to Calvert's family caregivers.

Dementia Live® offers a unique inside-out understanding of dementia as well as the aging process. Participants will gain a heightened awareness of the challenges associated with living with dementia and leave with valuable tips and tools to improve communication and connection.

**Nov. 6 | 11 a.m. – 1 p.m.  
The Burnett Hospice House**

To register contact Lisa Caudle at 410-535-4606 ext. 8755 or [lisa.caudle@calvertcountymd.gov](mailto:lisa.caudle@calvertcountymd.gov)

## Celebrating Caregivers

National Family Caregivers Month is observed annually each November. It recognizes the 90+ million family caregivers in our nation who devote several hours of care and support to loved ones in their homes and communities.

This year, the theme is *I Care*. We commend all caregivers for the daily care they provide to their loved ones. For some caregivers, it can be a 24-hour, 7 day a week job and can cause caregiver burnout. The Office on Aging encourages all caregivers to first take care of themselves, so they have the strength to care for others.

Contact Lisa Caudle at 410-535-4606, ext. 8755 or [lisa.caudle@calvertcountymd.gov](mailto:lisa.caudle@calvertcountymd.gov)

### Shop & Support!

Explore the treasures at our senior centers' unique gift shops, thoughtfully curated and managed by the Senior Council. Your purchases aren't just about finding great gifts; they directly support programs and entertainment at your local center.

*This holiday season, consider shopping with us and help support our vibrant senior centers!*

### Senior Center Closures

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

- Tuesday, Nov. 5: Election Day
- Monday, Nov. 11: Veterans Day
- Thursday & Friday, Nov. 28 & 29: Thanksgiving
- Monday, Dec. 9: Centers closing at 12:30 p.m.
- Wednesday, Dec. 25: Christmas

### \* Inclement Weather Policy

If the Calvert County Courthouse is open, the Office on Aging will operate as usual. Stay updated through:

- Calvert County Government Website 
- Calling 410-535-1600
- Calvert County Office on Aging Facebook Page

Please note that some class instructors have their own weather policies. It's advisable to check with them directly regarding their specific procedures during inclement weather.

### Annual Medication Review: A Smart Step for Your Health

Reviewing your medications, supplements, and over-the-counter drugs annually is a key step in making sure they're working effectively and that you're using them properly. A pharmacist can help identify potential side effects, interactions, or other issues that might impact your health.

Don't miss out on our **free medication review services** at Calvert Pines and Southern Pines Senior Centers. A CalvertHealth pharmacist will assess your prescriptions and supplements to ensure they meet your health needs.

**Calvert Pines Senior Center:** Nov. 19  
(Appointments available 9 a.m. – 11 a.m.)

**Southern Pines Senior Center:** Dec. 19  
(Appointments available 9 a.m. – 11 a.m.)

*Call today to schedule your appointment!*

# NOVEMBER 2024

Lunch is served Monday-Friday at 12 noon.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Please consider your contribution carefully to help the Office on Aging meet increased costs.</b></p> <p><b>Fee:</b></p> <ul style="list-style-type: none"> <li>• <b>Aged 60+:</b> \$3 suggested donation</li> <li>• <b>Under 60:</b> \$5 made at registration.</li> </ul>			<p><b>All meals are subject to change.</b></p> <p><b>Foods may contain allergens such as eggs, wheat, and soy.</b></p>	<p><b>1</b></p> <p>Rosemary Chicken Macaroni &amp; Cheese Brussels Sprouts Tomatoes Tropical Fruit Dinner Roll</p>
<p><b>4</b></p> <p>Chicken Fettuccine Alfredo Seasoned Broccoli Baked Winter Squash Dinner Roll</p>	<p><b>5</b></p> <p><b>CENTERS CLOSED IN OBSERVANCE OF ELECTION DAY</b></p>	<p><b>6</b></p> <p>Meatloaf Mashed Potatoes Buttered Greens Tropical Fruit Dinner Roll</p>	<p><b>7</b></p> <p>Rotisserie Chicken Glazed Sweet Potatoes Garden Salad Peas &amp; Onions Dinner Roll</p>	<p><b>8</b></p> <p>Salmon Patty Herbed Zucchini Macaroni &amp; Cheese Cauliflower Apple Slices</p>
<p><b>11</b></p> <p><b>CENTERS CLOSED IN OBSERVANCE OF VETERANS DAY</b></p>	<p><b>12</b></p> <p>Baked Chicken Bread Dressing Mashed Potatoes Green Beans Almondine Dinner Roll</p>	<p><b>13</b></p> <p>Turkey Chili Cornbread Garden Salad w/Ranch Dressing Balsamic Brussels</p>	<p><b>14</b></p> <p>Oven Fried Chicken Cinnamon Sweet Potatoes Baby Lima Beans Coleslaw Harvard Beets Spiced Apples</p>	<p><b>15</b></p> <p>Breaded Pollock Wild Rice Pilaf Seasoned Kale Stewed Tomatoes Blushing Pears</p>
<p><b>18</b></p> <p>Country Fried Steak Country Gravy Mashed Potatoes Green Beans Seasoned Spinach Pineapple Dinner Roll</p>	<p><b>19</b></p> <p>Sliced Turkey Bread Dressing Gravy Cinnamon Sweet Potatoes Cranberry Relish Seasoned Kale Pumpkin Pie</p>	<p><b>20</b></p> <p>Baked Ziti Marinated Broccoli Garden Salad w/Italian Dressing Garlic Breadstick</p>	<p><b>21</b></p> <p>Liver &amp; Onions Rice Pilaf Peas &amp; Onions Seasoned Zucchini Mandarin Oranges Dinner Roll</p>	<p><b>22</b></p> <p>Maple Glazed Ham Black-eyed Peas Brussels Sprouts Tomatoes Spiced Apples Dinner Roll</p>
<p><b>25</b></p> <p>Apricot Glazed Pork Au Gratin Potatoes Seasoned Cabbage Savoy Carrots Dinner Roll</p>	<p><b>26</b></p> <p>Roast Beef Navy Beans Mashed Potatoes Brussels Sprouts Fruit Cocktail</p>	<p><b>27</b></p> <p>Stuffed Shells Seasoned Broccoli Caesar Salad Peaches &amp; Pears Dinner Roll</p>	<p><b>28</b></p> <p><b>CENTERS CLOSED IN OBSERVANCE OF THANKSGIVING</b></p>	<p><b>29</b></p>

# DECEMBER 2024

*Lunch is served Monday-Friday at 12 noon.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Turkey Burger w/Lettuce & Tomato Red Potatoes Broccoli Pineapple	<b>3</b> BBQ Riblette Macaroni & Cheese Glazed Carrots Collard Greens Dinner Roll	<b>4</b> Lasagna Bolognese Garden Salad w/Italian Dressing Brussels Sprouts Garlic Bread	<b>5</b> Chicken Florentine Scalloped Potatoes Peas & Carrots Seasoned Kale Oranges Dinner Roll	<b>6</b> Herbed Chicken Thigh Bread Dressing Gravy Mashed Potatoes Parslied Carrots
<b>9</b> Turkey Pot Pie Sauteed Spinach Pickled Beets Dinner Roll  <b>Lunch served at 11 a.m.</b>	<b>10</b> Roast Beef Mashed Potatoes Peas & Carrots Mandarin Oranges Dinner Roll	<b>11</b> Swedish Meatballs Egg Noodles Cauliflower & Red Peppers Carrots Fresh Fruit	<b>12</b> Rosemary Chicken Lima Beans Steamed Broccoli Baked Winter Squash Blushing Pears Dinner Roll	<b>13</b> Chicken Cordon Bleu Mashed Sweet Potatoes Green Beans Applesauce Dinner Roll
<b>16</b> Chicken Fettuccine Alfredo Seasoned Broccoli Baked Winter Squash Dinner Roll	<b>17</b> Baked Pork Chop Navy Beans Parslied Carrots Brussels Sprouts Diced Pears Dinner Roll	<b>18</b> Meatloaf Mashed Potatoes Buttered Greens Tropical Fruit Dinner Roll	<b>19</b> Rotisserie Chicken Sweet Potatoes Garden Salad w/Italian Dressing Peas & Onions Mandarin Oranges Dinner Roll	<b>20</b> Salmon Patty Herbed Zucchini Macaroni & Cheese Cauliflower Apple Slices
<b>23</b> Kielbasa & Sauerkraut Red Peppers Parslied Cauliflower Tropical Fruit Dinner Roll	<b>24</b> Beef Goulash Egg Noodles Glazed Carrots Green Beans Dinner Roll	<b>25</b>  <b>CENTERS CLOSED IN OBSERVANCE OF CHRISTMAS</b>	<b>26</b> Oven Fried Chicken Cinnamon Sweet Potatoes Baby Lima Beans Coleslaw Harvard Beets Spiced Apples	<b>27</b> Breaded Pollock Wild Rice Pilaf Seasoned Kale Stewed Tomatoes Blushing Pears
<b>30</b> Apricot Glazed Pork Au Gratin Potatoes Seasoned Cabbage Savoy Carrots Dinner Roll	<b>31</b> Roast Beef Navy Beans Mashed Potatoes Brussels Sprouts Fruit Cocktail	<p><b><i>Holiday Luncheons</i></b>                      Thanksgiving Luncheon: Nov. 19  <i>Registration ends Nov. 12</i>                       Christmas Luncheon: Dec. 13  <i>Registration ends Nov. 25</i>   <i>Register by calling or stopping by your local center.</i></p>		

## 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.**

## Grief & Loss Support Groups

In partnership with Hospice of the Chesapeake, our senior centers provide a compassionate and supportive space for older adults navigating grief and loss, especially during the holiday season.

Led by Hospice staff, these support groups offer understanding, guidance, and valuable resources. Please see below for specific dates and times at each senior center.

**North Beach Senior Center:**  
Nov. 6 & Dec. 4 | 1 p.m.

**Calvert Pines Senior Center:**  
Nov. 19 & Dec. 17 | 1 p.m.

**Southern Pines Senior Center:**  
Nov. 12 & Dec. 10 | 2 p.m.

## Daylight Savings



Set your clocks  
**BACK** one hour  
*on*  
Sunday, Nov. 3

## 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, and hit the "Follow" button.

## Nutrition News

Stress! From a hectic lifestyle to worrying over finances, we all have stress. The upcoming holidays will most likely add to the stress! Did you know that how you handle your stress could impact your risk for cancer, heart disease, and diabetes? Stress can cause inflammation, which leads to joint pain, depression, anxiety, and abdominal pain.

Besides stress, low physical activity, being overweight, disrupted gut microbiome, altered sleep habits, and excessive alcohol can all lead to inflammation. You can predict where this is heading: control your stress with getting to your goal weight, increasing your activity, and healthy food choices.

Tips for healthy food choices to reduce inflammation? Include antioxidants! Try a Turmeric tea, the active ingredient is Curcumin; research suggests it may be a powerful antioxidant. Have a few grapes—they contain Resveratrol, a polyphenol, which works as an antioxidant in the body. Don't forget your blueberries; which have a compound called bioflavonoids which are linked with improved cardiovascular health. Cut out fast foods and processed foods; stick with fresh foods prepared at home.

Talk to your doctor and dietitian about healthy ways to handle stress and follow through with these healthy food choices. *Happy Holidays!*

## Maryland Senior Call Check Program

MD has a free, opt-in, telephone service to check on MD's older residents. This free service will place a daily automated call to you at a regularly scheduled time.

### To qualify:

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

**Call 1(866)502-0560**

# -SERVICES-

Call 410-535-4606 for more information.

**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 Nov. 14 and Dec. 12, 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,  
Michael Hawkins, Randy Holt,  
Alan King, Traci King,  
Charlie Pritchard, Linda Rhodes,  
Corey Robertson, Hope Sayles

## Commission on Aging Members

Bruce Berkley, Joseph Carr,  
Noelle Flaherty, Laretta Grier,  
Sudha Haley, Charles Harrell,  
Terry Long, Deb Mikell, Margaret  
Phipps, Jessica Richards, Erik  
Thompson, Anne Weems, Harriet  
Yaffe, Amber Yates

## Friends of Calvert County Seniors Members

Vickey Balderson, Noelle Flaherty,  
Mary Golway, Charles Harrell,  
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](http://www.calvertcountymd.gov) [ooamailbox@calvertcountymd.gov](mailto:ooamailbox@calvertcountymd.gov)

Senior services are accessible to individuals with disabilities

# SPECIAL EVENTS

## Diamond Dot Christmas Cardinal Monday, November 4, 9:30 a.m.

Dive into the art of diamond painting and create a stunning Christmas cardinal, perfect as a gift or to enjoy yourself. Register by Nov. 1, \$10 per person.

## Pivot Physical Therapy Foot Care Wednesday, November 6, 11 a.m.

Led by a local Physical Therapist, learn how to care for your feet and choose the right shoes to improve comfort, mobility, and overall foot health.

## Tribute to Heroes

### Friday, November 8, 11 a.m.

Join us as local students share what a hero means to them in honor of Veterans Day. The program includes a live performance of the National Anthem and concludes with a patriotic dessert. Celebrate with us as we recognize our Veterans!

## Pumpkin Canvas Resin Art

### Tuesday, November 12, 9:30 a.m.

Create a beautiful hand-painted pumpkin canvas, complete with a glossy resin finish-the perfect autumn décor for your home. \$15 per person, register by Nov. 4.

## Photography 101

### Tuesday, November 12 & 26 10 a.m.

In this introductory class, unlock the world of photography: transform everyday scenes into art. Bring your camera or smartphone.

## Card Creations

### Thursday, November 14 & 21, 10 a.m.

Create your own personalized greeting cards for any holiday you celebrate, or even for birthdays! Register by Friday, Nov. 1, \$8 per person.

*What are you thankful for? Join us and share your gratitude at our Thanksgiving luncheon.*

*November 19 | Noon*



# NOVEMBER 2024



# NORTH BEACH NEWS

9010 Chesapeake Ave., North Beach MD 20714

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8:45A</b> Susan's Boot Camp <b>9:00A</b> Adventures in Art \$ <b>9:30A</b> Mahjong <b>10:00A</b> Wii Games <b>10:30A</b> Let's Move <b>12:30P</b> Penny Bingo <b>1:00P</b> Bible Study <b>2:00P</b> Sequence Game (NEW)	<b>8:30A</b> Stability Ball Class <b>9:00A</b> Open Sewing <b>9:30A</b> Gentle Yoga \$ <b>9:30A</b> Ceramics \$ <b>10:00A</b> Casual Scrabble <b>10:00A</b> 5 Crowns (Cards) <b>12:30P</b> Hand and Foot (Cards)	<b>8:30A</b> Behavioral Health Counselor + <b>8:30A</b> Open Art Studio <b>8:45A</b> Susan's Boot Camp <b>10:30A</b> Let's Move <b>11:00A</b> Strength Training <b>12:30P</b> Penny Bingo <b>2:00P</b> Sequence Game (NEW)	<b>8:30A</b> Info & Assistance <b>8:30A</b> Open Art Studio <b>8:30A</b> Mat Exercise <b>9:30A</b> Intermediate Yoga \$ <b>10:00A</b> Wii Games <b>10:00A</b> 5 Crowns (Cards) <b>12:30P</b> Hand and Foot (Cards)	<b>8:30A</b> Info & Assistance <b>8:30A</b> Open Art Studio <b>8:45A</b> Susan's Boot Camp <b>10:30A</b> Let's Move <b>11:00A</b> Strength Training <b>12:30P</b> Penny Bingo <b>2:00P</b> Sequence Game (NEW)

## OTHER SCHEDULED ACTIVITIES

+ = Registration required \$ = Fee ^ = Video		 <b>How Much Candy Corn is There?</b> <b>Begins Friday, November 1, 8:30 a.m.</b> Guess how many candy corns are in the jar and win a sweet surprise! Winners will be announced on Nov. 27. Prizes awarded for 1st and 2nd place.		<b>9:00A</b> Girls Java Talk <b>9:30A</b> Veterans Coffee <b>10:00A</b> Bingo Marathon <i>Plus</i>	
<b>9:30A</b> Diamond Dot Christmas Cardinal +\$ <b>10:00A</b> Cranium Fitness +	<b>4</b>	<b>5</b> <b>CENTER CLOSED FOR ELECTION DAY</b>	<b>6</b> <b>11:00A</b> Pivot Health Solutions Foot Care/Wear <b>1:00P</b> Grief & Loss Support	<b>7</b> <b>9:30A</b> Indoor Scavenger Hunt + <b>1:00P</b> Scribblers Writing Group <b>1:00P</b> Living a Poetic Life <b>ARLINGTON NATIONAL CEMETERY TRIP</b>	<b>8</b> <b>9:00A</b> Girls Java Talk <b>9:30A</b> Recycled Art +\$ <b>11:00A</b> Increase Your Hold <b>11:00A</b> Tribute to Heroes
<b>CENTER CLOSED FOR OBSERVANCE OF VETERANS DAY</b>	<b>11</b>	<b>12</b> <b>9:30A</b> Pumpkin Resin Art +\$ <b>10:00A</b> Senior Council Meeting <b>10:00A</b> Photography 101 +	<b>13</b> <b>10:00A</b> Nutrition Trivia <b>11:00A</b> Cranium Fitness + <b>11:00A</b> Lisa Garrett's Nature Talk: <i>Lets Talk Turkey</i>	<b>14</b> <b>10:00A</b> Open Mic <b>10:00A</b> Card Creations +\$	<b>15</b> <b>9:00A</b> Girls Java Talk <b>10:00A</b> Charades <b>10:00A</b> CalvertHealth Fitness Friday
<b>9:30A - 12:00P</b> CalvertHealth Mobile Health Center: <i>Health Educator</i>	<b>18</b>	<b>19</b> <b>12:00P</b> Thanksgiving Luncheon +	<b>20</b> <b>10:00A</b> Cranium Fitness + <b>12:15P</b> Monthly Birthday Dessert +	<b>21</b> <b>10:00A</b> Card Creations +\$ <b>1:00P</b> Scribblers Writing Group <b>2:00P</b> Open Coffee Bar	<b>22</b> <b>9:00A</b> Lattes with Linda <b>11:00A</b> Increase Your Hold
<b>11:00A</b> Cranium Fitness +	<b>25</b>	<b>26</b> <b>10:00A</b> Photography 101+ <b>2:30P</b> Fitness Room Orientations +	<b>27</b> <b>10:00A</b> Animal Password	<b>28</b> <b>CENTERS CLOSED FOR OBSERVATION OF THANKSGIVING</b>	<b>29</b>



# SPECIAL EVENTS

## Holiday Senior Portraits

**Wednesday, December 4, 10 a.m.**

Join us for holiday Senior Portraits! Someone who loves you would cherish having a photo of you this holiday season. Get a photo printed for \$10, or have it emailed to you for free!

## Recycled Art: Christmas Tree

**Thursday, December 5, 9:30 a.m.**

Using recycled jewelry and other shiny things, create a beautiful Christmas tree on canvas. \$10 per person.

## Holiday Cookie Decorating

**Thursday, December 12, 10 a.m.**

Return to the days of helping your mom decorate cookies and create new memories with us! Register by Nov. 30.

## Home for the Holidays Luncheon and Holiday Sing - Along

**Friday, December 13, 9 a.m.**

Get into the holiday spirit as we sing festive tunes together! Then, stick around for a delightful lunch with friends - sit back and relax! Registration is required for lunch and will close on Nov. 25, or when all spots are filled.

## Ugliest Christmas Sweater Day

**Tuesday, December 17, 10 a.m.**

Do you own the ugliest Christmas sweater? Let us be the judges! Join us for some fun as we share our ugliest sweaters. Our winner will receive a \$20 gift card to the Old Crab Gift Shop.

## Holiday Game Days

**Join us for some holiday-themed games and fun!**

December 3, 10 a.m., Holiday Trivia  
December 10, 10 a.m., Cranium Fitness  
December 27, 11 a.m., Holiday Pictionary  
December 30, 11 a.m., Holiday Charades

## Holiday Movies

**Daily Throughout December, 10 a.m.**

Join us for a holiday movies each day this month - there's sure to be one or two you'll love!

*Happy Holidays from all of us to you!*

# DECEMBER 2024



# NORTH BEACH NEWS

9010 Chesapeake Ave., North Beach MD 20714

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8:45A</b> Susan's Boot Camp <b>9:00A</b> Adventures in Art \$ <b>10:00A</b> Mahjong <b>10:30A</b> Let's Move <b>12:30P</b> Penny Bingo <b>1:00P</b> Bible Study <b>2:00P</b> Sequence Game (NEW)	<b>8:30A</b> Stability Ball Class <b>9:00A</b> Open Sewing <b>9:30A</b> Ceramics \$ <b>9:30A</b> Gentle Yoga \$ <b>10:00A</b> Sign Language 101 <b>10:00A</b> 5 Crowns (Cards) <b>12:30P</b> Hand and Foot (Cards)	<b>8:30A</b> Behavioral Health Counselor + <b>8:30A</b> Open Art Studio <b>8:45A</b> Susan's Boot Camp <b>10:30A</b> Let's Move <b>11:00A</b> Strength Training <b>12:30P</b> Penny Bingo <b>2:00P</b> Sequence Game (NEW)	<b>8:30A</b> Info & Assistance <b>8:30A</b> Open Art Studio <b>8:30A</b> Mat Exercise <b>9:30A</b> Intermediate Yoga \$ <b>10:00A</b> Wii Games <b>10:00A</b> 5 Crowns (Cards) <b>12:30P</b> Hand and Foot (Cards)	<b>8:30A</b> Info & Assistance <b>8:30A</b> Open Art Studio <b>8:45A</b> Susan's Boot Camp <b>10:30A</b> Let's Move <b>11:00A</b> Strength Training <b>12:30P</b> Penny Bingo <b>2:00P</b> Sequence Game (NEW)

## OTHER SCHEDULED ACTIVITIES

<b>11:00A</b> Open Mic <span style="float:right">2</span>  <b>Home Alone</b> ^	<b>10:00A</b> Holiday Trivia <span style="float:right">3</span> <b>10:00A</b> Ask the Nurse: <i>Mental Health</i>  <b>Elf</b> ^	<b>10:00A</b> Holiday Senior Portraits + <span style="float:right">4</span> <b>1:00P</b> Grief & Loss Support  <b>RIVERSIDE THEATRE TRIP</b> <b>Christmas Chronicles</b> ^	<b>9:30A</b> Recycled Art + \$ <span style="float:right">5</span> <b>1:00P</b> Scribblers Writing Group  <b>Christmas with the Kranks</b> ^	<b>9:00A</b> Girls Java Talk <span style="float:right">6</span> <b>9:30A</b> Veterans Coffee  <b>A Christmas Carol</b> ^
<b>LUNCH SERVED AT 11:00A</b> <b>CENTER CLOSSES AT 12:30P</b> <span style="float:right">9</span>  <b>Christmas Story</b> ^	<b>10:00A</b> Cranium Fitness + <span style="float:right">10</span> <b>2:30P</b> Fitness Room Orientations +  <b>How the Grinch Stole Christmas</b> ^	<span style="float:right">11</span>  <b>A Madea Christmas</b> ^	<b>10:00A</b> Cookie Decorating + <span style="float:right">12</span>  <b>White Christmas</b> ^	<span style="float:right">13</span> <b>9:00A</b> Home for the Holidays <b>10:00A</b> Holiday Sing Along <b>12:00P</b> Christmas Luncheon + <b>NO LETS MOVE</b>  <b>Home for Christmas</b> ^
<b>10:00A</b> Holiday Pillow or Tote +\$ <span style="float:right">16</span> <b>11:00A</b> Open Mic	<b>10:00A</b> Ugly Christmas Sweater Day <span style="float:right">17</span> <b>10:00A</b> Senior Council Meeting  <b>It's a Wonderful Life</b> ^	<b>11:00A</b> Lisa Garrett's Nature Talk: <i>Wonders of Winter</i> <span style="float:right">18</span> <b>12:15P</b> Monthly Birthday Dessert	<b>1:00P</b> Scribblers Writing Group <span style="float:right">19</span> <b>2:00P</b> Open Coffee Bar	<b>9:00A</b> Girls Java Talk <span style="float:right">20</span> <b>10:00A</b> CalvertHealth Fitness Friday  <b>Christmas of Many Colors</b> ^
<b>9:30A - 12:00P</b> CalvertHealth Mobile Health Center: <i>Dietician</i> <span style="float:right">23</span>	<span style="float:right">24</span>	<span style="float:right">25</span> <b>CENTERS CLOSED FOR OBSERVATION OF CHRISTMAS</b>  	<span style="float:right">26</span>  <b>Jingle All the Way</b> ^	<span style="float:right">27</span> <b>9:00A</b> Girls Java Talk <b>11:00A</b> Holiday Pictionary  <b>Prancer</b> ^
<b>11:00A</b> Holiday Charades <span style="float:right">30</span>	<b>12:00P</b> Happy "Noon" Year + <span style="float:right">31</span>			<b>+ = Registration required</b> <b>\$ = Fee</b> ^ = Video
<b>11:00A</b> Holiday Charades <span style="float:right">30</span>  <b>Scrooged</b> ^	<b>12:00P</b> Happy "Noon" Year + <span style="float:right">31</span>  <b>A New Years Resolution</b> ^			

# SPECIAL EVENTS

## AARP Smart Driver Course

Friday, November 1, 9 a.m. - 3 p.m.

Become a safer & more confident driver by learning about skills and strategies you can use on the road every day. \$20 for AARP members and \$25 for non-members. Pre-registration required.

## Book Club: *Daughters of Nantucket*

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

Set during Nantucket's devastating Great Fire of 1846, Julie Gerstenblatt's sweeping and emotional novel follows the intertwined lives of three brave women as they fight to protect all they hold dear.

## Veterans Coffee and Quilts of Valor

Tuesday, November 12, 10 a.m.

Veterans, we invite you to join us for coffee and snacks as we honor your service to our country. A special presentation by Quilts of Valor will recognize two local veterans.

## What's Cookin'?

Thursday, November 14, 2 p.m.

Lets get "to the root of vegetables" with healthy living tips and recipes you can make at home!

## Pétanque Demonstration

Friday, November 15, 11 a.m.

Join us to learn the fun game of Pétanque, a French sport similar to bocce. Easy to learn and perfect for all skill levels; it's a great way to stay active and socialize. Equipment provided!

## Wagging Wellness

Friday, November 15, 11:30 a.m.

Certified therapy dogs from the Alliance of Therapy Dogs are coming to provide comfort, companionship, and emotional support. Don't miss this chance to experience the joy these loving pups bring!

## Thanksgiving Jeopardy and Lunch

Tuesday, November 19, 11 a.m.

Find out who knows their holiday trivia during this friendly game of staff-vs-seniors Jeopardy before our Thanksgiving Luncheon at noon. Reservation required for lunch.

# NOVEMBER 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
<b>8:30A</b> Gift Shop Crafting <b>8:30A</b> Pool Room Open <b>8:30A</b> Fitness Room Open <b>9:30A</b> Walk to the Beat <b>10:30A</b> Let's Move <b>11:00A</b> Line Dancing <b>12:30P</b> Hand, Knee & Foot (cards)	<b>8:30A</b> Pool Room Open <b>8:30A</b> Fitness Room Open <b>9:00A</b> Adventures in Art \$ <b>10:00A</b> Drummercize! <b>11:00A</b> Gentle Yoga	<b>8:30A</b> Gift Shop Crafting <b>8:30A</b> Pool Room Open <b>8:30A</b> Fitness Room Open <b>9:30A</b> Ceramics \$ <b>9:30A</b> Duplicate Bridge <b>9:30A</b> Walking Aerobics <b>10:30A</b> Let's Move <b>11:00A</b> Yoga Basics \$ <b>12:30P</b> Hand, Knee & Foot (cards)	<b>8:30A</b> Behavioral Health Counselor + <b>8:30A</b> Pool Room Open <b>8:30A</b> Fitness Room Open <b>10:00A</b> Strength Training <b>11:00A</b> Gentle Yoga <b>1:00P</b> Bible Study <b>1:00P</b> Behavioral Health Support Group	<b>8:30A</b> Pool Room Open <b>8:30A</b> Fitness Room Open <b>9:30A</b> Ceramics \$ <b>9:30A</b> Walk to the Beat <b>10:00A</b> Open Art \$ <b>10:30A</b> Let's Move
OTHER SCHEDULED ACTIVITIES				
Fitness Room Orientations & "Tech Time" are available by appointment. Please call 410-535-4606 to make your appointment.		+ = Pre-Registration    \$ = Fee Pre-registration can be done at front desk, or over phone		<b>9:00A - 3:00P</b> AARP Smart Driver Course \$+ <b>9:30A</b> Drummercize!
<b>12:30P</b> Book Club: <i>Daughters of Nantucket</i> <b>1:00P - 3:00P</b> Chromebook Essentials AUDITORIUM CLOSED AT NOON	CENTER CLOSED FOR ELECTION DAY	<b>12:15P</b> Birthday Party Luncheon + <b>1:00P</b> Adaptive Yoga \$ <b>1:00P - 3:00P</b> Chromebook Essentials	<b>9:30A</b> Senior Council Meeting <b>10:00A</b> Ask the Nurse: Diabetes ARLINGTON NATIONAL CEMETERY TRIP	<b>10:00A</b> CalvertHealth Fitness Friday <b>11:00A</b> Relaxation with Joel
CENTER CLOSED IN OBSERVANCE OF VETERANS DAY	<b>10:00A</b> Veterans Coffee with Quilts of Valor Presentation	<b>8:30A</b> Sr. Council Workday <b>1:00P - 3:00P</b> Chromebook Essentials	<b>10:00A</b> CREATE Bingo <b>10:00A - 12:00P</b> Legal Aid + <b>2:00P</b> What's Cookin'?: Root Vegetables +	<b>11:00A</b> Pétanque Demonstration <b>11:30A</b> Wagging Wellness NO PROJECT LINUS
<b>1:00P</b> MOW Meeting <b>1:00P - 3:00P</b> Chromebook Essentials	<b>9:00A</b> Ask the Pharmacist + <b>11:00A</b> Thanksgiving Jeopardy & Luncheon + <b>1:00P</b> Grief & Loss Support Group NO AUDITORIUM CLASSES	<b>1:00P</b> Adaptive Yoga \$ <b>1:00P - 3:00P</b> Chromebook Essentials	<b>9:00A</b> COA Meeting	<b>12:00P</b> Lunch and Laughter: James Gregory +
<b>9:00A - 11:30A</b> CalvertHealth Mobile Health Center: Cholesterol & A1c Testing	<b>10:00A</b> Bingo		CENTER CLOSED IN OBSERVANCE OF THANKSGIVING	CENTER CLOSED IN OBSERVANCE OF THANKSGIVING

# SPECIAL EVENTS

## Veterans Coffee

**Tuesday, December 3, 10 a.m.**

Pat McCoy from the American Legion and Veterans Affairs Commission will discuss the roles these organizations play in the community and how you can get involved.

## Variety Players Sing-a-long

**Tuesday, December 3, 1 p.m.**

Get in the holiday spirit with a good, old fashioned sing-a-long. We will sing some old favorites along with new songs.

## Christmas Craft Day

**Wednesday, December 4, 10 a.m. - 2 p.m.**

*It's our favorite craft day of the year!* Sign-up to spend the day making beautiful holiday crafts to take home. Plan to enjoy lunch together by pre-ordering a catered boxed lunch for \$15 or enjoy the congregate lunch! Registration required by November 27.

## Guinea Pig Presentation

**Friday, December 6, 12:30 p.m.**

Join us for a fun talk with April Coleman from the Linda L. Kelley Animal Shelter as she shares the perks of having a guinea pig as a pet! Discover why these adorable furballs make perfect companions for older adults. Get ready for some laughs as we explore the secret lives of guinea pigs!

## BINGO

**Thursday, December 12 & Tuesday, December 24, 10 a.m.**

Lots of ways to win an awesome prize. Free for everyone to play. Grab a card and join the fun!

## Christmas Luncheon

**Friday, December 13, 12 p.m.**

It's the most wonderful time of the year! Celebrate with your friends at lunch served with holiday cheer. Enjoy a performance by the Jesus the Good Shepherd Church Choir.

## Cookie & Cocoa Party

**Friday, December 20, 2 p.m.**

What's better than a cup of hot cocoa on a cold winter day? Maybe a cup served with cookies! Join us for a "tea" party with a holiday twist to celebrate the season. Cost: \$10



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

## OTHER SCHEDULED ACTIVITIES

<b>11:30A</b> Wagging Wellness <b>12:30P</b> Bookclub: <i>Skipping Christmas</i> by John Grisham	<b>10:00A</b> Veterans Coffee with Veterans Affairs Commission <b>1:00P</b> Variety Players	<b>10:00A - 2:00P</b> Christmas Craft Day + <b>12:15P</b> Birthday Party Luncheon + <b>NO AUDITORIUM CLASSES</b> <b>RIVERSIDE THEATRE TRIP</b>	<b>9:30A</b> Senior Council Meeting <b>10:00A</b> Ask the Nurse: <i>Mental Health</i>	<b>9:30A</b> Drummercize! <b>11:00A</b> Relaxation with Joel <b>12:30P</b> Guinea Pig Presentation
<b>NO CONTRACT BRIDGE</b> <b>LUNCH SERVED AT 11:00AM</b> <b>CENTER CLOSED AT 12:30PM</b>		<b>1:00P</b> Adaptive Yoga \$	<b>10:00A</b> CREATE! Bingo <b>10:00A - 12:00P</b> Legal Aid + <b>2:00P</b> What's Cookin'?: <i>Holiday Sweets</i> +	<b>12:00P</b> Christmas Luncheon <b>NO AUDITORIUM CLASSES</b>
<b>11:30A</b> Wagging Wellness <b>1:00P</b> MOW Meeting	<b>1:00P</b> Grief & Loss Support Group	<b>10:00A-12:00P</b> Highway 2 Health <b>1:00P</b> Adaptive Yoga \$	<b>9:00A</b> COA Meeting	<b>2:00P</b> Cookie & Cocoa Party \$ <b>NO PROJECT LINUS</b>
		<b>CENTER CLOSED IN OBSERVANCE OF CHRISTMAS</b>	<b>10:30A</b> Contract Bridge	<b>12:00P</b> Lunch and a Movie: <i>Journey to Bethlehem</i> + <b>NO CERAMICS</b>
		+ = Pre-Registration \$ = Fee <i>Pre-registration can be done at front desk, or over phone.</i>		

# SPECIAL EVENTS

## Fall Earrings

Friday, November 1, 1 p.m.

Create festive, handmade earrings perfect for the fall season!

## Nutrition Trivia

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

Test your knowledge of healthy eating, discover fun facts about nutrition, and enjoy a lively, interactive game.

## Celebrate Veterans

Friday, November 8, 12:30 p.m.

Join us for an ice cream social to honor veterans!

## Native American Experience in Calvert County

Thursday, November 14, 1 p.m.

Chris Sterling from the Calvert County Historical Society will share the rich history and heritage of the Native Americans that once lived in Calvert County.

## Holiday Card Creations

Friday, November 15, 1 p.m.

Create personalized cards for your family and friends, adding a heartfelt touch to your season's greetings!

## History Presentation: Trail of Tears

Tuesday, November 26, 11 a.m.

Join Barry as he explores the harrowing journey and lasting impact of this pivotal moment in Native American history.

# THANKSGIVING AUCTION

TUESDAY, NOVEMBER 19

12 p.m. - Lunch (Must Register)  
1 p.m. - Auction Drawings



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

## OTHER SCHEDULED ACTIVITIES

<b>THANK VETERANS &amp; WISH LIST COLLECTION</b>				
<p>Thank Charlotte Hall Veterans for their service! Beginning November 1st, we'll be collecting the following items from the Charlotte Hall Veterans Home wish list: <u>body wash</u>, <u>deodorant</u>, and <u>shampoo</u>. Sign a quilted banner with gratitude and well wishes that will be displayed in the common area of the veterans home in honor of Veterans Day.</p>				
1:00P Creative Writing	<b>CENTER CLOSED FOR ELECTION DAY</b>	12:30P Birthday Party	1:00P Movie: <i>Top Gun: Maverick</i> +	10:00A Calvert Health Fitness Friday 1:00P Fall Earrings \$+ <b>CRAFT FAIR TABLE REGISTRATION BEGINS</b>
	<b>CENTER CLOSED FOR OBSERVANCE OF VETERANS DAY</b>	1:00 - 3:30P Living Well with Diabetes (LWWD) + 2:00P Grief & Loss Support	9:00A - 4:00P ServingTogether 10:30A Center Info & Fitness Orientation + 1:00P Song Circle <b>AUCTION TICKETS ON SALE</b>	10:30A Nutrition Trivia + 12:30P Celebrate Veterans + 
		10:00A Ask the Nurse 12:30P Calvert Library Bookmobile 1:00 - 3:30P LWWD + 1:00P Auction Drawings <b>THANKSGIVING LUNCH</b>	1:00P Native American Experience in Calvert County + <b>AUCTION TICKETS ON SALE</b>	1:00P Holiday Card Creations \$+ <b>AUCTION TICKETS ON SALE</b>
1:00P Creative Writing			1:00P Book Club: <i>Ride of Her Life</i> by Elizabeth Letts	9:00A - 4:00P ServingTogether 1:00P Cornhole +
			<b>CENTER CLOSED FOR OBSERVANCE OF THANKSGIVING</b>	<b>CENTER CLOSED FOR OBSERVANCE OF THANKSGIVING</b>

# SPECIAL EVENTS

## Wine Bottle Holiday Art

Friday, December 6, 1 p.m.

Create fun and festive wine bottle art to brighten your celebrations!

## Santa's Workshop Craft Fair

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

Enjoy the spirit of Christmas and local artisans to purchase one-of-a-kind gifts.

## Christmas Tree Origami

Monday, December 16, 1 p.m.

Learn to create festive Christmas tree origami using dollar bills, perfect for holiday gifts and decoration. Bring crisp dollar bills!

## Christmas Carols - Sunshine Band

Thursday, December 19, 1 p.m.

Fill your heart with joy and cheer as we sing some favorite Christmas carols.

## Fresh Green Workshop

Friday, December 20, 1 p.m.

Brighten your holiday season and make a fresh, festive green swag—perfect for adding a touch of natural cheer to your home!

## Crazy Gift Exchange

Monday, December 23, 1 p.m.

Join our Crazy Gift Exchange for an afternoon of fun and laughter! Bring a gift valued at \$10.

## Toast in 2025

Tuesday, December 31, 12:45 p.m.

Celebrate the highlights of 2024 and raise a toast to promising new beginnings of 2025!

# DECEMBER 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 \$	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 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 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

## OTHER SCHEDULED ACTIVITIES

1:00P Creative Writing <sup>2</sup>	1:00P Holiday Card Creations <sup>3</sup> 1:00 - 3:30P LWWD +	12:30P Birthday Party <sup>4</sup> <b>RIVERSIDE DINNER THEATER TRIP</b>	1:00P Movie: <i>The Ultimate Gift</i> + <sup>5</sup>	10:00A Calvert Health Fitness Friday 1:00P Wine Bottle Holiday Art \$+ <sup>6</sup>
9:00A-12:00P CalvertHealth Mobile Health Center: <i>Cholesterol &amp; A1c Testing</i> <sup>9</sup> <b>LUNCH SERVED AT 11AM CENTER CLOSSES AT 12:30PM</b>	9:00A - 1:30P Craft Fair + <sup>10</sup> 1:00 - 3:30P LWWD + 2:00P Grief & Loss Support <b>SANTA'S WORKSHOP CRAFT FAIR</b>	9:00A - 4:00P ServingTogether <sup>11</sup> 10:30A Center Info & Fitness Orientation + 1:00P Song Circle	<sup>12</sup>	12:00P Christmas Luncheon + <sup>13</sup> 1:00P 24U Band <b>CHRISTMAS PARTY</b>
1:00P Creative Writing <sup>16</sup> 1:00P Christmas Tree Origami +	10:00A Ask the Nurse <sup>17</sup> 12:30P Calvert Library Bookmobile 1:00 - 3:30P LWWD +	1:00P Book Club Holiday Fun <sup>18</sup>	9:00A Ask the Pharmacist + <sup>19</sup> 1:00P Christmas Carols with the Sunshine Band +	1:00P Fresh Green Workshop \$+ <sup>20</sup>
1:00P Crazy Gift Exchange + <sup>23</sup>	1:00P Holiday Charades + <sup>24</sup>	<b>CENTER CLOSED FOR OBSERVANCE OF CHRISTMAS</b> <sup>25</sup>	<sup>26</sup>	1:00P Cornhole + <sup>27</sup>

+ =Registration Required  
\$ = Fee

You can register at the front desk or over the phone. Please note that if the program has a fee, and payment is required at the time of registration

