



THE CONNECTION

Calvert County Office on Aging Bimonthly Newsletter

January/February 2025

INSIDE

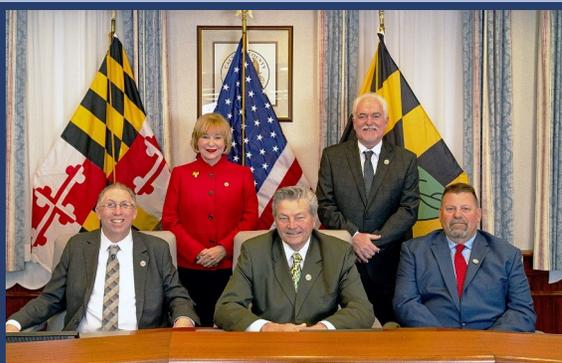
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Happy New Year!

As we bid farewell to 2024, we want to take a moment to wish all of you a very happy and healthy new year.

May 2025 be a year where we mend relationships and cultivate new ones, love our families more deeply, and be of greater service to others. May it be our best year yet!

As we step into 2025, please let us know if we can be of service.



Board of County Commissioners

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

Start the New Year with Wellness Workshops!



We're excited to offer two free Evidenced-Based Health Promotion programs proven to promote health and well-being for those 60+:

Living Well with Diabetes: In partnership with the Calvert County Health Department, this 6-week workshop is for individuals with Type II or Pre-Diabetes. Learn how to better manage your condition.

When: Tuesdays, Feb. 4 – March 11, 9 –11:30 a.m.

Where: North Beach Senior Center

Register: Call 410-535-5400 ext. 514

Stepping On: This 7-week falls prevention program builds confidence and teaches ways to stay safe and steady at home.

When: Tuesdays, March 11 – April 22, 1–3 p.m.

Where: Calvert Pines Senior Center

Register: Registration opens Feb. 3. Call Kristy Owen at 410-535-4606 ext. 8751 or kristy.owen@calvertcountymd.gov

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 Fun!

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

Elvis Impersonation: Jed Duvall

Don't forget your Blue Suede Shoes!

Jan. 8 | 10 a.m.

North Beach Senior Center

Live Music: Folk Salad

Enjoy new and old songs!

Jan. 10 | 12 p.m.

Calvert Pines Senior Center

Stained Glass Votive Craft

Create a stained glass votive!

Jan. 17 | 1 p.m.

Southern Pines Senior Center

Chocolate Fondue Strawberry Making

Make your own delicious treats for Valentines!

Feb. 14 | 1 p.m.

Southern Pines Senior Center

Craft Corner: St. Patty's Gnome

Create a seasonal gnome for your home!

Feb. 20 | 10 a.m.

Calvert Pines Senior Center

Spelling Bee

How well can you S-P-E-L-L?

Feb. 21 | 1 p.m.

North Beach Senior Center

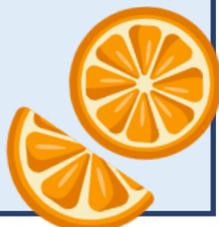
Nutrition Education Programs

Join us each month at your local senior center for engaging nutrition discussions led by our Registered Dietitian, Sheila Gallagher. Learn about a new topic every month—check the calendar for dates and times!

January: Vitamin D

February: Heart-Healthy Foods

Don't miss this opportunity to boost your knowledge and well-being!



Discover Ceramics!

Find the joy of painting ceramic pieces and connecting with others at your local senior center. This program welcomes all skill levels and basic supplies are provided. Stop by during ceramic time to join in the fun or learn more!

North Beach Senior Center:

Tuesdays, 9:30 a.m. - 3:00 p.m.

Calvert Pines Senior Center:

Wednesdays & Fridays, 9:30 a.m. - 3:00 p.m.

Southern Pines Senior Center:

Mondays & Thursdays, 9:30 a.m. - 3:00 p.m.

Staff Announcements

Julia Forte, Office Specialist from the Senior Employment Program, and Tracey Endrusick, Food Service Coordinator at Calvert Pines Senior Center, have transitioned to new professional opportunities. *We wish them the best in their future endeavors!*

Computer Classes

We're thrilled to continue partnering with the University of Maryland Extension to provide Computer classes at our Senior Centers. These sessions are designed to help participants build confidence in using a laptop, covering everything from powering it on to sending emails.

It's a great opportunity to learn and master the fundamentals. See below for the next courses, call the center you would like to attend the course at to register. Spots fill up quickly, so don't delay!

Computer Basics:

Southern Pines Senior Center

Mondays, March 3 - April 7 | 9 a.m.-1:30 p.m.

Chromebook Essentials:

Calvert Pines Senior Center

Wednesdays & Fridays

March 26 - May 9 | 1 p.m.-3 p.m.

Free Legal Aid Services

In a collaborative effort between the Office on Aging and Maryland Legal Aid, those aged 60 and above have access to legal assistance at our three Calvert County Senior Centers.

This valuable service aims to empower older adults by providing support and guidance on various legal matters. Services include but not limited to:

- Advance Directives/Living Wills
- Benefit Denials
- Power of Attorney
- Custody
- Foreclosure
- Landlord/Tenant Disputes (tenants only)

The schedule for Legal Aid services from January to June 2025 is below. Appointments are available from 10 a.m. - noon. To book your appointment, simply call the Senior Center you would like to have your appointment at.

Jan. 9 - Calvert Pines Senior Center
Feb. 13 - Calvert Pines Senior Center
March 13 - North Beach Senior Center
April 10 - Southern Pines Senior Center
May 8 - Calvert Pines Senior Center

Senior Center Closures

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

- Wednesday, Jan 1: New Year's Day
- Monday, Jan. 20: Martin Luther King Jr. Day
- Monday, Feb. 17: Presidents' Day

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.

Save the Date!

32nd Annual Southern Maryland Caregivers Conference

Caregivers, we hope that you can join us for the annual Southern Maryland Caregiver's Conference, scheduled for Southern Pines Senior Center on April 11, 2025.

This one-day event is designed for family caregivers to gain essential knowledge and skills for caring for older adults.

Sponsor and exhibitor opportunities are available! Contact Lisa Caudle at 410-535-4606 ext. 8755 or via email at lisa.caudle@calvertcountymd.gov for details.

Stay tuned—registration information and brochures will be available in February.

AARP Tax-Aide Program

Tax time is right around the corner and the AARP Tax-Aide Program in Calvert County is here to help. Certified Tax-Aide Counselors will be available at each Senior Center by appointment in early February to assist in the preparation and filing of individual Federal and State income tax returns. The program's focus is to assist low-to-moderate income citizens ages 50+.

Please gather all the necessary documents to complete your 2024 income tax return, including:

- Full Federal and State tax returns for 2023
- Any IRS letters or amendments
- Wage, pension, bank, or other income statements
- Brokerage statements
- Records of medical expenses, mortgage payments, real estate taxes paid, and receipts for deductible charitable donations

Additionally, bring a canceled or voided check to verify your account for any electronic refunds or payments.

Contact your local Senior Center **beginning Jan. 27, 2025** to schedule your in-person appointment. Appointment dates and times may vary:

North Beach Senior Center – 410-257-2549
Calvert Pines Senior Center – 410-535-4606
Southern Pines Senior Center – 410-586-2748

JANUARY 2025

Lunch is served Monday-Friday at 12 noon.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|---|
| <p><i>Please Note:</i></p> <p>If Calvert County schools are closed or if there are government delays, staff-prepared meals will be provided. In case of school delays, the planned menu will still be served.</p> | | <p>1</p> <p>CENTERS CLOSED IN OBSERVANCE OF NEW YEARS DAY</p> | <p>2</p> <p>Liver & Onions Rice Pilaf Peas & Mushrooms Seasoned Zucchini Mandarin Oranges Dinner Roll</p> | <p>3</p> <p>Maple Glazed Ham Black-eyed Peas Brussels Sprouts Spiced Apples Tomato Juice Dinner Roll</p> |
| <p>6</p> <p>Pork Roast Steamed Rice Black-eyed Peas Seasoned Spinach Mandarin Oranges</p> | <p>7</p> <p>Roast Beef Mashed Potatoes Navy Beans Brussels Sprouts Fruit Cocktail</p> | <p>8</p> <p>Stuffed Shells Seasoned Broccoli Caesar Salad Peaches & Pears Dinner Roll</p> | <p>9</p> <p>Roasted Turkey Bread Dressing Gravy Seasoned Kale Tangerine Dinner Roll</p> | <p>10</p> <p>Honey Mustard Chicken Rice & Lentil Pilaf Cauliflower Squash Medley Blushing Pineapple Dinner Roll</p> |
| <p>13</p> <p>Turkey Burger w/ Lettuce & Tomato Roasted Potatoes Broccoli Pineapple</p> | <p>14</p> <p>BBQ Riblette Macaroni & Cheese Glazed Carrots Collard Greens Tomato Juice</p> | <p>15</p> <p>Lasagna Bolognese Garden Salad w/Italian Dressing Brussels Sprouts Garlic Bread</p> | <p>16</p> <p>Chicken Florentine Scalloped Potatoes Peas & Carrots Seasoned Kale Mandarin Oranges Dinner Roll</p> | <p>17</p> <p>Maple Glazed Ham Scalloped Potatoes California Vegetable Mandarin Oranges Dinner Roll</p> |
| <p>20</p> <p>CENTERS CLOSED IN OBSERVANCE OF MARTIN LUTHER KING JR. DAY</p> | <p>21</p> <p>Italian Sausage Peppers on a Hoagie Bun Roasted Potatoes Collard Greens Apple Juice</p> | <p>22</p> <p>Swedish Meatballs Egg Noodles Cauliflower & Red Peppers Seasoned Carrots Fresh Fruit</p> | <p>23</p> <p>Rosemary Chicken Baby Lima Beans Steamed Broccoli Baked Squash Blushing Pears</p> | <p>24</p> <p>Tilapia Vera Cruz Rice Pilaf Parslied Carrots Tangerine Dinner Roll</p> |
| <p>27</p> <p>Chicken Fettuccine Alfredo Seasoned Broccoli Baked Squash Dinner Roll</p> | <p>28</p> <p>Baked Pork Chop Navy Beans Parslied Carrots Brussels Sprouts Diced Pears Dinner Roll</p> | <p>29</p> <p>Meatloaf Mashed Potatoes Buttered Greens Tropical Fruit Dinner Roll</p> | <p>30</p> <p>Rotisserie Chicken Sweet Potatoes Garden Salad w/Italian Dressing Peas & Onions Dinner Roll</p> | <p>31</p> <p>Salmon Patty Mac & Cheese Herbed Zucchini Parsley Cauliflower Apple Slices Dinner Roll</p> |

FEBRUARY 2025

Lunch is served Monday-Friday at 12 noon.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|--|
| 3 | 4 | 5 | 6 | 7 |
| Kielbasa & Sauerkraut Roasted Potatoes Parsley Cauliflower Tropical Fruit Dinner Roll | Beef Goulash Egg Noodles Glazed Carrots Green Beans Dinner Roll | Turkey Chili w/Beans Balsamic Brussels Garden Salad w/Ranch Dressing Cornbread | Oven Fried Chicken Cinnamon Sweet Potatoes Lima Beans Coleslaw Harvard Beets Spiced Apples | Breaded Pollock Rice Pilaf Seasoned Kale Stewed Tomatoes Blushing Pears Dinner Roll |
| 10 | 11 | 12 | 13 | 14 |
| Country Fried Steak Mashed Potatoes Country Gravy Green Beans Seasoned Spinach Dinner Roll | Garlic & Sage Chicken Thighs Herbed Orzo Buttered Greens Parslied Carrots Dinner Roll | Baked Ziti Garden Salad w/Italian Dressing Marinated Broccoli Garlic Breadstick | Liver & Onions Rice Pilaf Peas & Mushrooms Seasoned Zucchini Mandarin Oranges |  Manicotti Garden Salad w/Dressing Steamed Broccoli Tropical Fruit Garlic Bread |
| 17 | 18 | 19 | 20 | 21 |
| CENTERS CLOSED IN OBSERVANCE OF PRESIDENTS' DAY | Roast Beef Mashed Potatoes Navy Beans Roasted Brussels Fruit Cocktail | Stuffed Shells Seasoned Broccoli Caesar Salad Peaches & Pears Dinner Roll | Roasted Turkey Bread Dressing Gavy Seasoned Kale Tangerine Dinner Roll | Honey Mustard Chicken Rice & Lentil Pilaf Cauliflower Squash Medley Blushing Pineapple Dinner Roll |
| 24 | 25 | 26 | 27 | 28 |
| Turkey Burger w/ Lettuce & Tomato Roasted Potatoes Broccoli Pineapple | BBQ Riblette Macaroni & Cheese Glazed Carrots Collard Greens Tomato Juice | Lasagna Bolognese Garden Salad w/Italian Dressing Brussels Sprouts Garlic Bread | Chicken Florentine Scalloped Potatoes Peas & Carrots Seasoned Kale Mandarin Oranges Dinner Roll | Maple Glazed Ham Scalloped Potatoes California Vegetable Mandarin Oranges Dinner Roll |
| All meals are subject to change. Foods may contain allergens such as eggs, wheat, and soy. | | <p>Please consider your contribution carefully to help the Office on Aging meet increased costs.</p> <p>Fee:</p> <ul style="list-style-type: none"> • Aged 60+: \$3 suggested donation • Under 60: \$5 made at registration. <p><i>Reservations are required 24 hours in advance.</i></p> | | |

-UPCOMING TRIPS-

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

“9 to 5” at Toby’s Dinner Theatre, Columbia, MD (One-Shoe)

Date: Wednesday, March 12, 2025

Fee: \$130 (Transportation, Lunch, & Tickets)

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

Registration Begins: January 6, 2025

Registration Ends: January 24, 2025

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

Featuring music and lyrics by Dolly Parton, “9 to 5” is inspired by the beloved hit movie. The story follows three unlikely friends who join forces to take charge of their workplace, proving there's nothing they can't accomplish. Fed up with their horrible boss, they hatch a plan to teach him a lesson. In a hilarious twist, Violet, Judy, and Doralee turn their wildest dreams into reality – and their boss's worst nightmare!

Museum of the Bible, Washington, D.C. (Two-Shoe)

Date: Thursday, April 24, 2025

Fee: \$60 (Transportation & Admission)

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

Registration Begins: January 13, 2025

Registration Ends: January 31, 2025

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

Embark on a personalized journey with the Bible at the Museum of the Bible, exploring its rich history and ongoing impact on the world. Using cutting-edge technology and displaying rare artifacts spanning 4,000 years, the museum brings the Bible to life. Enjoy lunch at one of the two dining options within the museum (on your own). Note that this is a “2-shoe” trip, as touring the museum requires some walking.

National Aquarium & Phillips Seafood, Baltimore, MD (Three-Shoe)

Date: Friday, May 9, 2025

Fee: \$95 (Transportation, Dinner & Admission)

Bus Departs: SPSC: 12:45 p.m.
CPSC: 1:30 p.m.
NBSC: 2:15 p.m.

Registration Begins: January 21, 2025

Registration Ends: February 7, 2025

Approximate Return: NBSC: 8:30 p.m.
CPSC: 9:00 p.m.
SPSC: 9:30 p.m.

Join us for an unforgettable experience at the National Aquarium! Our journey begins with an early dinner at the iconic Phillips Restaurant, known for its fresh seafood and classic charm. Afterward, we'll take a leisurely stroll to the aquarium for *Fridays After 5*, a special evening dedicated to exploring the wonders of our planet. Dive into captivating exhibits featuring creatures from the ocean's mysterious depths to the vibrant canopy of the rainforest. This unique outing promises fascinating discoveries, great food, and a chance to connect with the natural world.

“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, and Thursday at Calvert Pines Senior Center.

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

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

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

Legal Aid Bureau - Attorney services are available by appointment for those aged 60-plus regarding SSI, benefit denials, disability payments, Social Security and SSI overpayments, debtor and consumer problems, advance directives, and tenant issues. **An attorney will be available at Calvert Pines Senior Center on Jan. 9 and Feb. 13, 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, Lauretta 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- |
| Food Service Coord. | Vacant |
| Office Assistant II | Andrew Jackson |
| Ceramics Instructor | Pat Dinota |
| Social Services MAP Coord. | Jenna Cisse |
| Social Services MAP Coord. | Jessica Long |
| Social Services MAP Coord. | Kristy Matchett |
| Social Services MAP Coord. | Laura Hardesty |
| Developmental Disabilities | Angela Nenno |
| Developmental Disabilities Aide | Crystal Jones |
| Building & Grounds Worker | Phillip Long, Sr. |
| Custodian | Brenda Jacks |
| Senior Rides Program | Vacant |
| Senior Employment Program | Vacant |

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

Healthy Eating with Linda Mondays, 11 a.m.

Join us for an hour of learning how to eat healthier! Discover tips and tricks for making better food choices and swap easy, healthy recipes.

Jed Duvall: Elvis Impersonator Wednesday, January 8, 10 a.m.

Elvis is back! Join us for a lively, music-filled morning as Jed Duvall brings Elvis to life. Invite a friend, but don't forget to reserve your spot - seating is limited!

Continental Breakfast

Monday, January 13, 9:30 a.m.

Join us for a delightful and healthy continental breakfast! Reservations are required. Secure your spot by January 9.

Crab String Art

Thursday, January 16, 10 a.m.

Unleash your creativity and craft a unique work of art with string! All supplies will be provided. Cost \$5, register by January 10.

Oyster Shell Art

Wednesday, January 22, 10 a.m.

Transform a bay creature into a stunning piece of art! All supplies are provided. Be sure to reserve your spot by January 10!

Looking for a cozy way to spend your day?

Join us for an inspiring lineup of movies that explore love, resilience, and powerful stories.

Jan. 9, 11 a.m.: *Love Stories of the Holocaust*

Jan. 14, 10 a.m.: *Tuesdays with Morrie*

Jan. 15, 10 a.m.: *Martin Luther King Jr.*

Jan. 23, 10:30 a.m.: *Cher*

If staying for lunch please make a reservation.



JANUARY 2025



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 Casual Scrabble 10:00A 5 Crowns (Cards) 12:30P Hand and Foot (Cards) | 8:30A Open Art Studio 8:45A Susan's Boot Camp 10:30A Let's Move 11:00A Strength Training 12:30P Penny Bingo | 8:30A Info & Assistance 8:30A Open Art Studio 8:30A Mat Exercise 9:30A Intermediate Yoga \$ 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 10:30A Let's Move 11:00A Strength Training 12:30P Penny Bingo |

OTHER SCHEDULED ACTIVITIES

| | | | |
|---|---|---|--|
| + = Registration required \$ = Fee ^ = Video |  Happy New Year! Center Closed for New Year's Day. | 10:00A Open Mic 1:00P Scribblers Writing Group | 9:00A Girls Java Talk 10:00A Bingo Marathon |
| 11:00A Healthy Eating with Linda + | 10:00A Ask the Nurse: <i>Safe Antibiotic Use</i> 11:00A Cranium Fitness + 2:30P Fitness Room Orientations + | 10:00A Elvis Impersonator: Jed Duvall + 10:00A Nutrition Education: <i>Vitamin D</i> NO LET'S MOVE | 11:00A International Holocaust Remembrance: <i>Love Stories of the Holocaust</i> ^ |
| 9:30A Continental Breakfast + 11:00A Healthy Eating with Linda + | 10:00A Tuesday Movie: ^ <i>Tuesdays with Morrie</i> 11:00A Cranium Fitness + | 10:00A <i>Martin Luther King Jr.</i> Documentary ^ 11:00A Lisa Garrett's Nature Talk 12:15P Monthly Birthday Dessert + | 10:00A Crab String Art +\$ 1:00P Scribblers Writing Group 2:00P Open Coffee Bar |
| CENTERS CLOSED IN OBSERVANCE OF MARTIN LUTHER KING DAY | 10:00A Senior Council Meeting 11:00A Cranium Fitness + 2:30P Lattes with Linda | 9:30A Oyster Shell Art + | 10:30A Icons of the Century: <i>Cher</i> ^ |
| 11:00A Healthy Eating with Linda + | 9:00A-11:30A Ask the Pharmacist + 11:00A Cranium Fitness + 2:30P Fitness Room Orientations + | 2:00P - 4:15P Card Games + | 10:00A Indoor Game Day + |

SPECIAL EVENTS

Black History Month Poetry Thursday, February 6, 10 a.m.

The Scribblers writing group will share their poetry with us, highlighting themes related to Black History.

Did You Know? *SOMD*

Wednesday, February 12, 11 a.m.

Southern Maryland is famous for its stuffed ham and crabs, but there's so much more to discover about this charming region. Join us for an interactive presentation and learn more about what makes Southern Maryland special!

Valentines Day Afternoon Delights and Coffee Bar

Friday, February 14, 2:30 p.m.

Spend part of your Valentine's Day with us and enjoy a delightful dessert and coffee bar. You won't want to miss this sweet celebration!

Spelling Bee

Friday February 21, 1 p.m.

Join us for our newest program, the Spelling Bee! Just for fun, let's test how good our spelling skills are. Bring a friend and join the E-X-C-I-T-E-M-E-N-T!

Card Games

Wednesday, February 26, 2 p.m.

Play card games with others all afternoon.

Snowflake Bingo

Friday, February 28, 10 a.m.

Prize Bingo is back! Great prizes, great friends, and a great time awaits!

Movies of the Month

Join us for an inspiring and entertaining lineup of films:

Feb. 13, 11 a.m.: *The Theory of Everything* – The incredible story of Stephen Hawking's life and brilliance.

Feb. 26, 10 a.m.: *Beatles 64*– Relive the magic of Beatlemania and their iconic 1964 journey.

Feb. 27, 10 a.m.: *I Can Only Imagine* – A tale behind the song that touched millions.

FEBRUARY 2025



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 \$ 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 Ceramics \$ 9:30A Gentle Yoga \$ 10:00A Sign Language 101 10:00A 5 Crowns (Cards) 12:30P Hand and Foot (Cards) | 8:30A Behavioral Health Counselor + 8:30A Open Art Studio 8:45A Susan's Boot Camp 10:30A Let's Move 11:00A Strength Training 12:30P Penny Bingo | 8:30A Info & Assistance 8:30A Open Art Studio 8:30A Mat Exercise 9:30A Gentle Yoga \$ 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 10:30A Let's Move 11:00A Strength Training 12:30P Penny Bingo |
| OTHER SCHEDULED ACTIVITIES | | | | |
| 11:00A Healthy Eating with Linda + ³ | 9:00A Living Well with Diabetes (LWWD) + 10:00A Ask the Nurse 10:00A Cranium Fitness + 2:30P Fitness Room Orientations + ⁴ | 10:00A Recycled Art +\$ 1:00P Grief & Loss Support ⁵ | 10:00A Black History Month Poetry/Scribblers Readings 1:00P Scribblers Writing Group ⁶ | 9:00A Girls Java Talk 11:00A Pictionary ⁷ |
| 11:00A Healthy Eating with Linda + ¹⁰ | 9:00A LWWD ¹¹ 10:00A Cranium Fitness + 11:00A February Fun Facts and Folklore | 9:30A Open Mic ¹² 10:00A Nutrition Education: <i>Heart Health</i> 11:00A Did You Know? <i>Southern Maryland</i> | 11:00A Icons of the Century: <i>Stephen Hawking</i> ^ ¹³ | 2:30P Valentines Afternoon Delights & Open Coffee Bar ¹⁴  |
| CENTERS CLOSED IN OBSERVANCE OF PRESIDENT'S DAY ¹⁷ | 9:00A LWWD ¹⁸ 10:00A Senior Council Meeting 10:00A Cranium Fitness + 2:30P Fitness Room Orientations + | 9:30A Lisa Garrett's Nature Talk ¹⁹ 12:15P Monthly Birthday Dessert | 1:00P Scribblers Writing Group ²⁰ 2:00P Open Coffee Bar | 9:00A Girls Java Talk ²¹ 10:00A CalvertHealth Fitness Friday 1:00P Spelling Bee + |
| 11:00A Healthy Eating with Linda + ²⁴ | 9:00A LWWD ²⁵ 10:00A Cranium Fitness + 11:00A Open Mic | 10:00A Highway to Health ²⁶ 10:00A Movie: <i>Beatles 64</i> ^ 2:00P- 4:15P Card Games + | 10:00A Thursday Movie: <i>I Can Only Imagine</i> ^ ²⁷ | 10:00A Snowflake Prize Bingo + ²⁸ NO LET'S MOVE |
| | | | | + = Registration required \$ = Fee ^ = Video |

SPECIAL EVENTS

Android and iPhone Essentials

Tuesday, February 4, 10 a.m. and 1 p.m.

Learn the essentials for your cell phone model in these classes taught by Maria from University of Maryland Extension. 10 a.m. will be for Android Phones and 1 p.m. will be for Apple (iOS) phones.

Superbowl Predictions

Friday, February 7, 12:15 p.m.

Vote for your favorite team to win Superbowl LIX, wear your jersey and join in the fun!

Valentine's Day Prom

Friday, February 14, 11:30 a.m.

Bring your sweetheart and join us for a delightful afternoon! Enjoy a delicious stuffed shells lunch paired with a sweet treat, then hit the dance floor as Crow Entertainment keeps the music flowing through lunch. Pre-registration is required—don't miss out!

Craft Corner

Thursday, February 20, 10 a.m.

Make an adorable St. Patty's Day Gnome Craft to get ready for the holiday.

Zoom Classes

Monday, February 24 & Wednesday, February 26, 1 p.m. - 3 p.m.

Maria from the University of Maryland Extension is back to teach all things Zoom! Join these classes to learn how to use this essential tool for online communication.

Celebrate Black History Month with Lunch & a Movie

Showings:

Join us as we honor the achievements and stories of Black history through two remarkable films, paired with a delicious lunch:

Feb. 12, noon: *Tuskegee Airman* - Experience the courage and heroism of the first African American higher pilots in WWII.

Feb. 28, noon: *Hidden Figures* - Discover the true story of brilliant women who broke barriers at NASA during the space race.

FEBRUARY 2025



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 11:30A Scrabble NEW 1:00P Bible Study 1:00P Behavioral Health Support Group | 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 3:00P Drummercize |
| OTHER SCHEDULED ACTIVITIES | | | | |
| 3 1:00P Book Club: <i>Love & Saffron</i> | 4 10:00A Veterans Coffee 10:00A-12:00P Android Essentials 1:00P-3:00P iPhone Essentials NO AUDITORIUM CLASSES | 5 12:15P Birthday Party Luncheon + | 6 9:30A Senior Council Meeting 10:00A Ask the Nurse: <i>Heart Health</i> | 7 9:30A Drummercize! 12:15P Superbowl Predictions National Wear Red Day |
| 10 10:30A Contract Bridge 11:30A Wagging Wellness 1:00P MOW Meeting | 11 11:30A Nutrition Education: <i>Heart Health</i> | 12 1:00P Adaptive Yoga \$ | 13 10:00A CREATE! Bingo 10:00A-12:00P Legal Aid 2:00P What's Cookin'?: <i>Chef's Choice</i> | 14 11:30A Valentine's Day Prom with Crow Entertainment + NO AUDITORIUM CLASSES |
| 17 CENTER CLOSED IN OBSERVANCE OF PRESIDENTS' DAY | 18 1:00P Grief and Loss Support Group | 19 1:00P Adaptive Yoga \$ | 20 9:00A COA Meeting 10:00A Craft Corner: St. Patrick's Day Gnome + | 21 12:00P Lunch and a Movie: <i>The Tuskegee Airmen</i> + 1:00P Project Linus |
| 24 9:00A-12:00P CalvertHealth Mobile Health Unit 1:00P-3:00P Getting Started with Zoom | 25 9:00A-11:30A Ask the Pharmacist + 10:00A Bingo NO DRUMMERCIZE | 26 1:00P-3:00P Hosting with Zoom | 27 10:30A Contract Bridge 11:30A Wagging Wellness NO SCRABBLE | 28 12:00P Lunch and a Movie: <i>Hidden Figures</i> + |

SPECIAL EVENTS

Bridge Basics

Thursdays, 1 p.m.

Master the fundamentals of bridge and elevate your card game, perfect for beginners!

Mullen Spices & Cider

Thursday, January 9, 1 p.m.

Sip on cider and discover the rich history and warm, fragrant world of Mullen spices.

Importance of Vitamin D

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

Learn how this essential nutrient supports your health and well-being and learn practical tips to boost your levels.

Northern Lights Trivia

Thursday, January 16, 1 p.m.

Explore the magic of the Northern Lights, uncovering fascinating facts and the science behind nature's most dazzling show!

Stained Glass Votive Craft

Friday, January 17, 1 p.m.

Create a beautiful, personalized stained glass votive to add a stunning glow to your home. \$3 Per person.

Android Basics

Thursday, January 23, 10 a.m.

Unlock the full potential of your Android phone with this user - friendly class on essential tips.

iPhone (iOS) Basics

Thursday, January 23, 12:30 p.m.

Join this beginner-friendly class where you will master the basics and navigate your iPhone with confidence.

Winter Special Bingo

Monday, January 27, 1 p.m.

Join us for an afternoon of fun and prizes, warming up your heart on a chilly day!

Exploration of the Arctic

Tuesday, January 28, 11 a.m.

Discover the incredible contributions of Matthew Henson in Arctic exploration, celebrating his pioneering role in reaching the North Pole.



JANUARY 2025

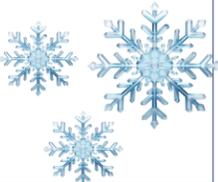


SOUTHERN PINES NEWS

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

| | | | |
|--|--|--|---|
| NEW YEAR'S GOALS Register for a Center Information & Fitness Orientation to learn about programs and partnerships that can support your overall well being & New Year's goals! | | CENTER CLOSED FOR OBSERVANCE OF NEW YEARS DAY | 10:00A Calvert Health Fitness Friday 1:00P Diamond Art: You Pick It \$+ |
| 1:00P Creative Writing | 1:00P Card Creations | 9:00A - 4:00P Serving Together 10:30A Center Info & Fitness Orientation + 12:30P Birthday Party 1:00P Song Circle | 11:00A Senior Council Meeting 1:00P Bridge Basics+ NEW 1:00P Mullen Spices & Cider +  |
| 9:00A - 12:00P CalvertHealth Mobile Health Center | 2:00P Grief & Loss Support | 1:00P Book Club: Women at Gettysburg, by Eileen Conklin | 1:00P Northern Lights Trivia + 1:00P Bridge Basics+ NEW |
| CENTER CLOSED FOR OBSERVANCE OF MARTIN LUTHER KING JR. DAY | 10:00A Ask the Nurse 12:30P Calvert Library Bookmobile  | 10:00A-12:00P Highway2Health 10:30A Center Info & Fitness Orientation + 1:00P Song Circle | 10:00A Android Basics + 12:30P iPhone (iOS) Basics + 1:00P Bridge Basics+ NEW |
| 1:00P Winter Special Bingo + | 10:00A Veterans Coffee 11:00A Exploration of the Arctic +  | 1:00P Documentary: Gates of the Arctic - America's Most Remote National Park + 1:00P Bridge Basics+ NEW | 9:00A - 4:00P Serving Together 1:00P Corn Hole +  |

SPECIAL EVENTS

Calvert County's U.S. Colored Troops Thursday, February 6, 1 p.m.

Join Chris Sterling, Calvert County historian, for an enlightening program that honors the African Americans from Calvert County who served in the U.S. Colored Troops during the Civil War, shedding light on their bravery and contributions.

Superbowl Fun

Friday, February 7, 11 a.m.

Join the exciting games, pick your winning team, and sport your favorite football team colors for a day full of fun and team spirit!

Movie: *Loving*

Thursday, February 13, 1 p.m.

Experience the powerful true story of love and courage in "Loving," a film about an interracial couple's fight for justice in 1960s America.

Nutrition Education: Heart Health

Friday, February 14, 10:30 a.m.

Learn how to nourish your body for better heart health with expert tips and delicious, heart-healthy foods.

Chocolate Fondue Strawberry Making

Friday, February 14, 1 p.m.

Celebrate Valentine's Day by exploring the sweet history of chocolate-covered strawberries and create your own delicious treats.

Owls in Southern Maryland

Thursday, February 20, 1 p.m.

Gene Groshon, Calvert County Natural Resources' Naturalist, will share information about the fascinating owls native to Southern Maryland and their vital role in the ecosystem.

Tuskegee Airmen: Part II

Tuesday, February 25, 11 a.m.

Join Barry to explore the remarkable life and legacy of the Tuskegee Airmen after their groundbreaking recognition for their heroic contributions to winning WWII.

Bizarre, Loving Animal Bonds

Thursday, February 27, 1 p.m.

Explore the fascinating and heartwarming world of animals' unique bonds in this documentary showcasing their extraordinary relationships!

FEBRUARY 2025



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 1:00P Bridge Basics+ NEW | 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 3 | 1:00P Card Creations 4 | 12:30P Birthday Party 5 | 1:00P Calvert County's U.S. Colored Troops + 6 | 10:00A Calvert Health Fitness Friday 11:00A Superbowl Fun + 12:00P Superbowl Chili + 1:00P Jewelry Making \$+ 7 |
| 9:00A-12:00P CalvertHealth Mobile Health Center 10 | 2:00P Grief & Loss Support 11 | 9:00A - 4:00P ServingTogether 10:30A Center Info & Fitness Orientation + 1:00P Song Circle 12 | 11:00A Senior Council Meeting 1:00P Movie: <i>Loving</i> + 13 | 10:30A Nutrition Education: Heart Health + 1:00P Chocolate Fondue Strawberry Making + VALENTINE'S DAY  14 |
| CENTER CLOSED FOR OBSERVANCE OF PRESIDENTS' DAY 17 | 10:00A Ask the Nurse 12:30P Calvert Library Bookmobile 18 | 1:00P Book Club: <i>Being Henry, The Fonz and Beyond</i> , by Henry Winkler 19 | 1:00P Owls in Southern Maryland +  20 | 1:00P Sugar Hand Scrub \$+ 21 |
| 24 | 10:00A Veterans Coffee 11:00A History Presentation: Tuskegee Airmen: Part II + 25 | 10:30A Center Info & Fitness Orientation + 1:00P Song Circle 26 | 1:00P Bizarre, Loving Animal Bonds + 27 | 9:00A - 4:00P ServingTogether 1:00P Corn Hole + 28 |



Feb. 6: History Presentation: Calvert County's U.S. Colored Troops
Feb. 13: Movie Showing of *Loving*
Feb. 25: History Presentation: Tuskegee Airman, Part II

+ = Registration Required
\$ = Fee

You can register at the center or over the phone. Please note, that if a program has a fee, payment must be made at the time of registration.