



THE CONNECTION

Calvert County Office on Aging Bimonthly Newsletter

March/April 2025

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32nd Annual Southern Maryland Caregivers Conference

Friday, April 11, 2025
8 a.m. - 2:30 p.m.
Southern Pines Senior Center

Join us for this one-day event designed to provide valuable insights from professionals, informative exhibits, and essential resources for both family and professional caregivers.

Connect with others, learn from experts, and find support for your caregiving journey.

Registration is required. Visit your local Senior Center to pick up a brochure to register.

For more information, please call Lisa Caudle at 410-535-4606 ext. 8755.

Presented by the Calvert County Office on Aging in partnership with the Charles County Department of Aging and Human Services and the St. Mary's County Department of Aging and Human Services.



Board of County Commissioners

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

A special thank you to our top sponsor:



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.

St. Patrick's Day Luncheon

Complete with Irish Dancers and Corned Beef!

March 17 | 11:30 a.m.

Calvert Pines Senior Center

Hummingbirds: Nature's Tiny Wonders

Learn all about these fascinating little birds!

March 24 | 1 p.m.

Southern Pines Senior Center

Mermaid Canvas Tote Bag

Create a tote perfect for summer adventures!

March 25 | 10 a.m.

North Beach Senior Center

Sea Glass Wreath

Create a wreath for your home out of sea glass!

April 4 | 1 p.m.

Southern Pines Senior Center

Bunco Games

Roll the dice and join the fun!

Wednesdays & Fridays | 12:30 p.m.

North Beach Senior Center

Eco Adventures

Meet & greet lots of critters with your grandkids!

April 16 | 10 a.m.

Calvert Pines Senior Center

Ceramics

Customize your own ceramic pieces!

9:30 a.m.-3:30 p.m.

North Beach: Tuesdays

Calvert Pines: Wednesdays & Fridays

Southern Pines: Mondays & Thursdays

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.



Calvert County Office on Aging

Maryland Senior Call Check Program

Maryland has a free, opt-in, telephone service to check on Maryland's older residents. This free service will place a daily automated call to you at a regularly scheduled time. If the call is not picked up after three attempts, the service will then call an alternative person on your behalf to check on you.

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

Staff Announcement: Liz Youngblood's Retirement

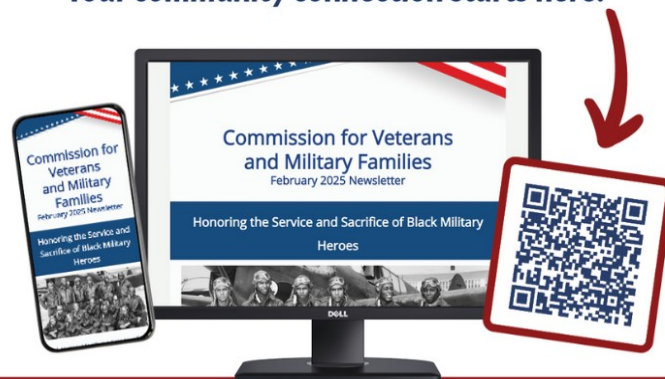
Please join us in celebrating the retirement of Liz Youngblood, Office Specialist! Liz has been a valued member of the Office on Aging for 24 years.

Thank you, Liz, for your faithful service!



CALVERT COUNTY
**COMMISSION FOR VETERANS
AND MILITARY FAMILIES**
HONOR · ADVOCACY · RESPECT

Stay updated on events and resources
for veterans and military families.
Your community connection starts here!



Scan the QR code or visit our website to
subscribe to our eNewsletter!

410-535-1600, ext. 8803 veterans@calvertcountymd.gov

www.calvertcountymd.gov/CVMF

Smart Choice: *Diabetes & Insurance*

We are excited to partner with the University of Maryland Extension to offer this workshop for people living with diabetes. The workshop will cover important topics like understanding health plans and how they affect costs, how to handle pre-authorizations and appeals, the difference between pharmacy and medical equipment, and tips for speaking up for yourself.

Southern Pines Senior Center:

April 1 | 11 a.m.

North Beach Senior Center:

April 7 | 11 a.m.

Calvert Pines Senior Center:

April 21 | 12:30 p.m.

This is a free workshop, however registration is needed. Call the center you would like to attend the workshop at to reserve your seat.

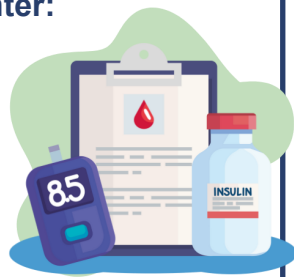
Living Well with Diabetes

In collaboration with the Calvert County Health Department, we plan to host free a 6-week workshop for individuals with Type-II Diabetes and pre-diabetes. This program empowers participants to take charge of their diabetes journey. See below for our upcoming class:

Southern Pines Senior Center:

Wednesdays, April 16 - May 21
1-3:30 p.m.

Register by calling
410-535-5400 X 514



Senior Center Closures

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

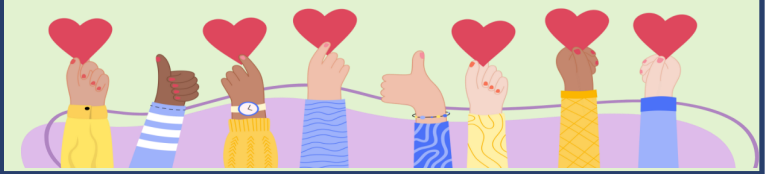
- Friday, April 18: Good Friday

Southern Pines Senior Center will be closed on Friday, April 11 for the Southern Maryland Caregivers Conference.

Celebrating Our Volunteers This April!

April is National Volunteer Appreciation Month, and we want to take this opportunity to express our gratitude to the volunteers who give their time and talents to support older adults in Calvert County. Whether you're serving meals, delivering Meals on Wheels, advocating for seniors, assisting with taxes, fundraising for programs, or helping at our senior centers, your dedication makes a lasting impact.

Thank you for all that you do!



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!

March: Dietary Fat | April: Omega-3s

Financial Mindset Classes

Boost your financial mindset with this engaging 6-week class! Led by the University of Maryland Extension, each session explores a different topic to help you build strong financial literacy skills.

Topics include:

Budgeting & Personal Finance
Financial Technology
Financial Exploitation
Investment Fraud and Scams
Unexpected Events
Identity Theft

Join us for this free 6-week workshop at Southern Pines Senior Center! Classes are scheduled for Thursdays from March 20 - April 24 at 1 p.m. Call 410-586-2748 to register.

Remember to set your clocks ahead one hour as we "Spring Forward" on March 9!

MARCH 2025

Lunch is served Monday-Friday at 12 noon.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Baked Chicken Thighs Brown Rice Seasoned Broccoli Apple Slices Dinner Roll	4 Chicken & Sausage Jambalaya Cajun Corn Peppers Green Beans Applesauce Dinner Roll	5 Meatless Lasagna Vegetable Sauce Peas & Onions Diced Pears Garlic Bread	6 Five Spice Chicken Rice Pilaf Vegetable Stir Fry Pineapple Chunks Apple Juice	7 Breaded Pollock Vegetable Primavera Green Beans Whole Orange Italian Bread
10 Meatloaf & Gravy Mashed Potatoes Green Beans Dinner Roll Whole Orange	11 Pulled Pork Sandwich Macaroni & Cheese Coleslaw Banana V8 Juice	12 Chicken Enchiladas Spanish Rice Black Beans Seasoned Kale Citrus Gelatin	13 Meat Lasagna Seasoned Spinach Chilled Peaches French Bread	14 Breaded Pollock Potato Wedges Coleslaw Stewed Tomatoes Tropical Fruit Dinner Roll
17 Corned Beef w/Cabbage Irish Soda Bread Seasoned Carrots Pear Gelatin Apple Juice <i>St. Patrick's Day</i>	18 Pork Chop Mashed Potatoes Creamed Spinach Seasoned Squash Whole Orange Cornbread	19 Spaghetti & Meat Sauce Vegetable Blend Seasoned Kale Apple Slices Breadstick	20 Beef Tips Egg Noodles Seasoned Spinach Pear Crisp Dinner Roll	21 Salmon Patty Sandwich Chickpea Salad Savory Carrots Tropical Fruit
24 BBQ Riblette Macaroni & Cheese Baked Beans Green Beans Applesauce	25 Crab Cake Potato Fries Coleslaw Garden Salad w/Ranch Dressing Dinner Roll <i>Maryland Day</i>	26 Liver & Onions Mashed Potatoes Italian Green Beans Stewed Tomatoes Mandarin Oranges Dinner Roll	27 Grilled Chicken Breast Sandwich Potato Wedges Broccoli Seasoned Carrots	28 Cheese Tortellini Marina Sauce Balsamic Brussels Pineapple Chunks Garlic Bread
31 Salmon Patty Sandwich Potato Wedges Pickled Beets Apple Pie			 <p>Celebrate the Senior Nutrition Program 2025 · A PLACE AT THE TABLE</p>	

APRIL 2025

Lunch is served Monday-Friday at 12 noon.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>All meals are subject to change.</i></p> <p><i>Foods may contain allergens such as eggs, wheat, and soy.</i></p>	<p>1</p> <p>Beef Stroganoff Egg Noodles Seasoned Kale Whole Orange Garlic Bread</p>	<p>2</p> <p>Baked Chicken Thighs Black-Eyed Peas Collard Greens Fruit Cup Dinner Roll</p>	<p>3</p> <p>Sweet & Sour Meatballs Steamed Rice Carrot Vichy Broccoli Pineapple Chunks Dinner Roll</p>	<p>4</p> <p>Stuffed Shells Green Beans Glazed Carrots Fruit Cocktail Dinner Roll</p>
<p>7</p> <p>Chicken Parmesan Buttered Spaghetti Broccoli Applesauce Garlic Bread</p>	<p>8</p> <p>Baked Glazed Ham Sweet Potatoes Brussels Sprouts Banana Dinner Roll</p>	<p>9</p> <p>Roast Beef Mashed Potatoes Collard Greens Diced Peaches Dinner Roll</p>	<p>10</p> <p>Sloppy Joe Sandwich Macaroni & Cheese Baked Beans Zucchini Pineapple Chunks</p>	<p>11</p> <p>Tilapia Vera Cruz Rice Pilaf Seasoned Spinach Diced Mango Dinner Roll</p> <p><i>SPSC-Closed</i></p>
<p>14</p> <p>Baked Chicken Thighs Brown Rice Seasoned Broccoli Apple Slices Dinner Roll</p>	<p>15</p> <p>Cheeseburger BBQ Baked Beans Sliced Beets Coleslaw V8 Juice</p>	<p>16</p> <p>Herbed Pork Loin Sweet Potatoes Parslied Cauliflower Stewed Tomatoes Cinnamon Pears Dinner Roll</p>	<p>17</p> <p>Five Spice Chicken Rice Pilaf Vegetable Stir Fry Pineapple Chunks Apple Juice</p>	<p>18</p> <p>CENTERS CLOSED FOR OBSERVANCE OF GOOD FRIDAY</p>
<p>21</p> <p>Meatloaf & Gravy Mashed Potatoes Green Beans Whole Orange Dinner Roll</p>	<p>22</p> <p>Pulled Pork Sandwich Macaroni & Cheese Coleslaw Banana V8 Juice</p>	<p>23</p> <p>Chicken Enchiladas Spanish Rice Black Beans Seasoned Kale Citrus Gelatin</p>	<p>24</p> <p>Meat Lasagna Seasoned Spinach Sliced Peaches French Bread</p>	<p>25</p> <p>Glazed Ham Scalloped Potatoes Green Beans Tropical Fruit Dinner Roll</p>
<p>28</p> <p>Salisbury Steak Gravy Mashed Potatoes Seasoned Carrots Green Beans Almondine Dinner Roll</p>	<p>29</p> <p>Baked Pork Chop Mashed Potatoes Creamed Spinach Seasoned Squash Whole Orange Cornbread</p>	<p>30</p> <p>Spaghetti & Meat Sauce Vegetable Blend Seasoned Kale Apple Slices Breadstick</p>	<p>Please consider your contribution carefully to help the Office on Aging meet increased costs.</p> <p>Fee:</p> <ul style="list-style-type: none"> • Aged 60+: \$3 suggested donation • Under 60: \$5 made at registration. <p><i>Reservations are required 24 hours in advance.</i></p>	

-UPCOMING TRIPS-

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

Bay Lighthouse Cruise, Annapolis, MD (Two-Shoe)

Date: Thursday, June 12, 2025

Registration Begins: April 14, 2025

Fee: \$120 (Transportation, Lunch, & Cruise)

Registration Ends: May 16, 2025

Bus Departs: SPSC: 9:00 a.m.

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

CPSC: 9:30 a.m.

CPSC: 5:30 p.m.

NBSC: 10:00 a.m.

SPSC: 6:00 p.m.

Enjoy a memorable 3-hour cruise featuring stunning views as you sail beneath the iconic Bay Bridge and past three historic Chesapeake Bay lighthouses: Sandy Point Shoal, Baltimore Harbor, and Thomas Point. Throughout the journey, a costumed lighthouse keeper, or “wickie,” will delight you with humor, captivating stories, and fascinating tales of lighthouse history.

“Little Mermaid” at Toby’s Dinner Theatre, Columbia, MD (One-Shoe)

Date: Wednesday, July 30, 2025

Registration Begins: May 12, 2025

Fee: \$130 (Transportation, Dinner & Admission)

Registration Ends: June 13, 2025

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

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

CPSC: 8:00 a.m.

CPSC: 5:45 p.m.

NBSC: 9:00 a.m.

SPSC: 6:30 p.m.

Dive into a magical underwater kingdom where Ariel, a young mermaid with a big dream, longs to explore life above the waves with Prince Eric. Based on the beloved animated film and featuring the unforgettable music of eight-time Academy Award winner Alan Menken, this enchanting production will capture your heart with classic songs like *Under the Sea*, *Kiss the Girl*, and *Part of Your World*.

Mark your calendars for upcoming adventures!

Additional details for these trips will be provided in the May & June newsletter.

This August, step back into the excitement of the Middle Ages at Medieval Times! Cheer on your knight as they compete in jousting and thrilling medieval games of skill. This trip will be \$90 per person, which will include transportation, the show, and a royal meal served in true medieval fashion (no-utensils)!

In September, join us for a trip to Sight & Sound Theatre in Lancaster, PA to experience *NOAH*. Set sail inside the massive ark as this unforgettable story comes to life on stage! This trip will cost \$185 which includes your lunch at Hershey Farms, transportation, and tickets to the show.



“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 North Beach Senior Center on March 13 and Southern Pines Senior Center April 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 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	Vacant
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
Dementia Care Navigator	Vacant

Calvert Pines Senior Center 410-535-4606

Program Specialist	Grace Oller
Program Assistant	Aimee Badeaux-Hamm
	Vacant
Food Service Coord.	Andrew Jackson
Office Assistant II	Pat Dinota
Ceramics Instructor	Jenna Cisse
Social Services MAP Coord.	Jessica Long
Social Services MAP Coord.	Kristy Matchett
Social Services MAP Coord.	Laura Hardesty
Social Services MAP Coord.	Angela Nenno
Developmental Disabilities Specialist	
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

**Senior Nutrition Month:
A Place at the Table
Home Cooked Memories
Daily, 12:15 p.m.**

Stay after lunch to share memories of family meals, laughter, and home-cooked traditions. Feel free to share a favorite family written recipe!

Bunco Games

Wednesdays & Fridays, 12:30 p.m.

Roll the dice and join the fun at our Bunco game program! Bunco is an easy-to-learn, fast-paced social dice game filled with laughter and friendly competition. No experience needed—just bring your enthusiasm!

St. Patrick's Day Bingo & Lunch Monday, March 17, 10 a.m.

Wear your green and get ready for a fun-filled day of prize bingo! All supplies are provided-you bring the fun! If you're staying for the delicious corned beef lunch, be sure to register separately and soon, space is limited.

Live Music: Just Us 2

Wednesday, March 19, 12:30 p.m.

Join us for lunch, then celebrate our March birthdays with the *Just Us 2* group! Bring your dancing shoes and singing voice for a fun-filled time. Registration for lunch is required.

Mermaid Canvas Bag

Tuesday, March 25, 10 a.m.

Create your own mermaid-themed canvas tote! The perfect accessory for summer adventures. \$15 per person – register by March 18.

Celebrate Maryland Day

Tuesday, March 25, 12 p.m.

Celebrate Maryland Day with a delicious luncheon featuring a local favorite - crab cakes! Registration for lunch is required.

Waffle Bar

Monday, March 31, 9:30 a.m.

Celebrate Senior Nutrition Month with a healthy twist on waffles! We'll have a toppings bar full of nutritious choices that are sure to please. Register by March 26.

MARCH 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 Ceramics \$ 9:30A Gentle Yoga \$ 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 12:30P Bunco NEW	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 12:30P Bunco NEW

OTHER SCHEDULED ACTIVITIES

9:30A Diamond Dot Craft +\$ 3	9:00A LWWD + 10:00A Ask the Nurse: <i>Colon Health</i> 10:00A Cranium Fitness + 10:30A and 2:30P NEW Fitness Room Orientations + 4	11:00A Open Mic 1:00P Grief & Loss Support 5	1:00P Scribblers Writing Group 6 National Oreo Cookie Day	9:00A Girls Java Talk 7 Denim for Dementia Day
10:00A Recycled Art +\$ 10	9:00A LWWD + 10:00A Movie: <i>The Life of Octopus</i> ^ 11	10:00A Nutrition Education: <i>Dietary Fats</i> 11:00A Did You Know?: <i>Sea Life</i> TOBY'S THEATRE TRIP 12	10:00A-12:00P Legal Aid + 11:00A Icons of the Century: <i>Elton John</i> ^ 13 National Popcorn Day	11:00A Pictionary 14
9:30A - 12:00P CalvertHealth Mobile Health Center: <i>Dietician</i> 10:00A-12:00P St. Patrick's Day Bingo & Lunch +\$ 17 Wear Your Green	10:00A Senior Council Meeting 18 10:00A Cranium Fitness +	9:30A Lisa Garrett's Nature Talk 19 12:15P Monthly Birthday Dessert 12:30P Live Music: <i>Just Us 2</i> National Let's Laugh Day	9:00A COA Meeting 20 1:00P Scribblers Writing Group 2:00P Open Coffee Bar	9:00A Girls Java Talk 21 10:00A CalvertHealth Fitness Friday 12:30P Spelling Bee + World Poetry Day
10:00A Mermaid Canvas Bag Painting Craft +\$ 24 11:00A Open Mic 12:00P Celebrate MD Day +	2:00P- 4:15P Card Games + 25 Wear Purple Day	10:00A Thursday Movie: <i>Field of Dreams</i> ^ 26 Baseball Opening Day	10:00A Thursday Movie: <i>Field of Dreams</i> ^ 27	9:00A Lattes with Linda 28
9:30A Waffle Bar +\$ 31	National Days in March & April Various Days, 12:15 p.m. Discover fun facts and celebrations of national days in the U.S. and beyond! Some days bring trivia, others a special treat. Call or visit the center for details!			+ = Registration required \$ = Fee ^ = Video

SPECIAL EVENTS

Spring Gift Shop Sale

Daily This Month 8:30 a.m. - 12 p.m.

Spring has sprung! Visit our Senior Council's "Old Crab Gift Shop" for seasonal goodies that bring the spring vibes. Every purchase supports our senior council and helps fund exciting programs. We are also accepting donations—please note, we cannot accept books, clothing, or puzzles. Want to donate? Just ask a Senior Council member for details.

Smart Choice: Diabetes

Monday, April 7, 11 a.m.

This diabetes-focused workshop covers current challenges, insurance plans, out-of-pocket costs, pre-authorization, appeals, pharmacy vs. DME, and self-advocacy. Presented by University of Maryland Extension. Register by April 3.

Easter Bunny Craft

Tuesday, April 8, 9:30 a.m.

Create an adorable easter bunny craft to decorate your home for spring! \$5 per person, please pay at time of registration.

Energy Saving Tips

Wednesday, April 9, 11 a.m.

Learn practical tips and techniques to save money while promoting energy efficiency in your home or business.

Live Music: Just Us 2

Wednesday, April, 16, 12:30 p.m.

Join us for lunch, then celebrate our April birthdays with *Just Us 2*! Bring your dancing shoes and singing voice for a fun-filled time. Don't forget to register for lunch and a special birthday dessert.

Volunteer Appreciation Party

Wednesday, April 23, 10 a.m.

Join us in honoring the volunteers who help make North Beach Senior Center a vibrant and welcoming place! Enjoy a lively performance by 24U!

Color SPLASH Week

Monday, April 21-Friday, April 25

Celebrate the arrival of spring with a colorful week of fun! Each day, we'll transform into a vibrant splash of color. Get in the spring spirit by wearing the color of the day!

APRIL 2025



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

	10:00A Ask the Nurse 11:00A Cranium Fitness + 10:30A and 2:30P NEW Fitness Room Orientations + April Fools Day	1:00P Grief & Loss Support National Peanut Butter & Jelly Day	10:00A Open Mic 1:00P Scribblers Writing Group	9:00A Girls Java Talk Current Events 10:00A Bingo Marathon
9:30A Laverne and Shirley Marathon ^ 11:00A Smart Choice: Diabetes + LET'S MOVE CANCELLED	9:30A Easter Bunny Craft + \$ 11:00A Cranium Fitness +	10:00A Nutrition Education: Omega-3 11:00A Energy Saving Tips	11:00A Did You Know?: Baseball Facts 2:00P Open Coffee Bar	9:00A Girls Java Talk 11:00A Open Mic No Info. & Assistance National Pet Day
National Gardening Day	10:00A Movie: <i>Atlantic: A Year In the Wild</i> ^	11:00A Lisa Garrett's Nature Talk 12:15P Monthly Birthday Dessert + 12:30P Live Music: <i>Just Us 2</i>	10:00A Crab String Art +\$ 1:00P Scribblers Writing Group National High Five Day	CENTER CLOSED FOR OBSERVANCE OF GOOD FRIDAY
Color SPLASH Week Blue	10:00A Senior Council Meeting 10:30A and 2:30P Fitness Room Orientations + National Jelly Bean Day Jelly Bean Colors	9:30A Oyster Shell Art +\$ 10:00A Volunteer Appreciation Party with Live Music by 24U + Pink	9:00A-11:30A Ask the Pharmacist + 10:00A Icons of the Century: Katherine Hepburn ^ MUSEUM OF THE BIBLE TRIP Purple	9:00A Lattes with Linda Arbor Day Green
11:00A Open Mic National Great Poetry Day	11:00A Cranium Fitness +	2:00P- 4:15P Card Games + National Honesty Day		+ = Registration required \$ = Fee ^ = Video

SPECIAL EVENTS

Book Club: *Educated*

Monday, March 3, 1 p.m.

This month's book is an autobiographical memoir by *Tara Westover*, follows her journey from rural Idaho to the PhD program at Cambridge University.

Scrapbooking Workspace **NEW**

Tuesdays, 1 p.m. - 4 p.m.

Love to scrapbook but lacking space to work? Introducing our new self-led "open studio" for scrapbookers to work on your latest book. Bring your own supplies!

Fat Tuesday Pancake Breakfast

Tuesday, March 4, 9:30 a.m.

Indulge in a free pancake feast before the Lenten season.

Computer Classes

Maria, from University of Maryland Extension is back to teach us new skills.

Monday, March 10, 1 p.m. - 3 p.m.

Topic: "Organizing Your Computer Files"

Wednesday, March 12, 1 p.m. - 3 p.m.

Topic: "Using Google Drive"

Pi Day

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

Pi Day is a celebration of the mathematical constant pi. It's a great excuse to eat pie!

St. Patrick's Day Luncheon

Monday, March 17, 11:30 a.m.

Celebrate St. Patty's Day with a performance by the students of O'Grady-Quinlan Academy of Irish Dance and Irish Performer, Kaitlyn Likas. Registration is required for lunch.

Chromebook Essentials

Wed. & Fridays, 1 - 3 p.m. Starts March 26

Led by University of MD Extension, learn how to effectively use your Chromebook.

Baseball Opening Day Bingo

Thursday, March 27, 12:30 p.m.

Celebrate opening day with peanuts, cracker jacks, and baseball bingo. Wear your favorite jersey or hat to support your team!

MARCH 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 \$ 11:00A Gentle Yoga 1:00P Scrapbooking Workspace NEW	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 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

1:00P Book Club: <i>Educated</i> <i>Puzzle Giveaway Day!</i>	9:30A Fat Tuesday Pancake Breakfast +  <i>Puzzle Giveaway Day!</i>	12:15P Birthday Party Luncheon + 1:00P Adaptive Yoga \$	9:30A Senior Council Meeting 10:00A Ask the Nurse 10:00A Veteran's Coffee NEW DAY	9:30A Drummercize!
10:30A Contract Bridge 1:00P MOW Meeting 1:00-3:00P Organizing Your Computer Files +	11:30A Nutrition Education: <i>Dietary Fats</i> 1:00P-3:00P Stepping On+	8:30A Senior Council Workday 1:00-3:00P Using Google Drive + TOBY'S THEATRE TRIP	10:00A CREATE Bingo 2:00P What's Cookin'?: <i>Breads</i> +	10:00A CalvertHealth Fitness Friday 12:30P Pi Day +
11:30A St. Patrick's Day Luncheon+ Wear Your Green!	1:00P Grief and Loss Support Group 1:00P-3:00P Stepping On +	1:00P Adaptive Yoga \$	10:00A Craft Corner: Spring Suncatchers+	11:00A Relaxation with Joel 12:00P Lunch and a Movie: <i>Leap Year</i> + ^ 1:00P Project Linus
9:30A-12:00P Calvert Health Mobile Health Unit	10:00A Bingo 12:00P Maryland Day Luncheon + 12:30P Bucket Raffle Drawings 1:00P-3:00P Stepping On +	10:00A-12:00P Highway2Health 1:00-3:00P Chromebook Essentials +	10:30A Contract Bridge 12:30P Baseball Opening Day Bingo	1:00-3:00P Chromebook Essentials +

March 25 is Maryland Day-let's celebrate our beautiful state. Join in a game of Bingo with MD themed prizes. Enjoy a delicious lunch that includes a MD crabcake. Lastly, support our senior council in their bucket raffle fundraiser with lots of prizes. Buy a ticket and take a chance!



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

SPECIAL EVENTS

April Fool's Day

Tuesday, April 1, 9:30 a.m. and 12:30 p.m.
See what tricks we have up our sleeves today! Foolin' Around with Phil will get you moving in the morning. And after lunch we dare you to test your riddle solving ability!

National Walking Day

Wednesday, April 2, 9:30 a.m.
Let's stretch our legs and get our hearts pumping for National Walking Day. Join staff for an outside stroll.

Bruce Thomas & Volunteer Appreciation Day

Monday, April 7, 12:30pm
Enjoy the sweet sounds of Bruce Thomas as we celebrate our volunteers!

What's Cookin'?: All About Herbs

Thursday, April 10, 2 p.m.
Master Gardener Jessalyn Mehrkam will be on hand to teach us all about herbs.

Smart Choice: Diabetes Presentation

Monday, April 21, 12:30 p.m.
Join this diabetes-focused workshop to learn about current challenges, insurance plans, out-of-pocket costs, and more. Presented by Univ. of MD Extension. Register by April 16.

Flower Planting

Tuesday, April 29, 12:30 p.m.
Nothing says Spring more than planting flowers! Help us plant our flowers for the dining room and take one home for your home.

Spring Break Programs.

April 15 & 16
Intergenerational Activities:
Grandkids welcome, but open to all!

Tuesday, April 15, 10 a.m. - Bingo
Tuesday, April 15, 12:30 p.m. - Spring Craft
Wednesday, April 16, 10 a.m. - Eco Adventures: A morning of learning and fun with live animals.
Wednesday, April 16, 12 p.m. - Lunch and a Movie
Join us for a pizza party and a movie! \$5 fee for lunch. Please sign-up by 4/11.

APRIL 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 +\$ 11:00A Gentle Yoga 1:00P Scrapbooking Workspace	8:30A Gift Shop Crafting 9:30A Ceramics +\$ 9:30A Duplicate Bridge 9:30A Walk to the Beat 9:30A Walking Aerobics 10:30A Let's Move 12:30P Hand, Knee & Foot (cards)	8:30A Pool Room Open 8:30A Fitness Room Open 8:30A Behavioral Health Counselor + 10:00A Strength Training 11:00A Gentle Yoga 11:30A Scrabble 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				
+=Pre-Registration \$=Fee ^ = Video <i>Pre-registration can be done at front desk, or over phone</i>	1 9:30A Foolin' Around w/ Phil 12:30P April Fool's Day Riddles 1:00P-3:00P Stepping On +	2 9:30A National Walking Day 12:15P Birthday Luncheon+ 1:00P Adaptive Yoga \$ 1:00P-3:00P Chromebook Essentials+	3 9:30A Senior Council Meeting 10:00A Ask the Nurse 10:00A Veteran's Coffee	4 9:30A Drummercize! 1:00P-3:00P Chromebook Essentials+
7 12:30P Bruce Thomas Performance & Volunteer Appreciation+ 1:00P Book Club: <i>The Alice Network</i> by Kate Quinn	8 11:30A Nutrition Education: <i>Omega-3</i> 1:00P-3:00P Stepping On +	9 8:30A Senior Council Workday 1:00P-3:00P Chromebook Essentials+	10 10:00A CREATE Bingo 2:00P What's Cookin'?: <i>All About Herbs</i> with Jessalyn Mehrkam +	11 10:00A CalvertHealth Fitness Class 1:00P-3:00P Chromebook Essentials+ No Info & Assistance
14 10:30A Contract Bridge 1:00P MOW Meeting	15 INTERGENERATIONAL DAY 10:00A Bingo + 12:30P Spring Craft + 1:00P Grief and Loss Support Group 1:00P-3:00P Stepping On +	16 INTERGENERATIONAL DAY 10:00A Eco Adventures + 12:00P Lunch & a Movie + \$ ^ 1:00P Adaptive Yoga \$ NO AUDITORIUM CLASSES	17 12:45-4:00P NARFE Meeting	18 CENTER CLOSED FOR OBSERVANCE OF GOOD FRIDAY
21 12:30P Smart Choice: Diabetes+	22 10:00A Bingo 1:00P-3:00P Stepping On+	23 1:00P-3:00P Chromebook Essentials+ No Yoga	24 10:30A Contract Bridge MUSEUM OF THE BIBLE TRIP	25 11:00A Relaxation with Joel 1:00P - 3:00P Chromebook Essentials+
28 9:30A Calvert Health Mobile Health Unit	29 12:30P Flower Planting +	30 1:00P-3:00P Chromebook Essentials +	Senior Council is now accepting donations of gently used purses and jewelry for our annual Mother's Day sale in May. Please drop off your donations at the front desk.	

SPECIAL EVENTS

Computer Basics

Mondays & Thursdays, 10 a.m.

Learn the fundamentals of computers in our 6-week course, designed to build your skills and boost your confidence.

Fat Tuesday Pancake Feast

Tuesday, March 4, 9:30 a.m.

Enjoy a festive Mardi Gras pancake feast and indulge before the Lenten season begins.

Bootleggers Band

Wednesday, March 5, 1 p.m.

Join us for an afternoon of fun and lively tunes with the all-women's Bootleggers Band!

Coprolites: Time Capsules of Ancient Marine Life

Thursday, March 6, 1 p.m.

Join Calvert Marine Museum's paleontologist Stephen Godfrey for an exciting afternoon exploring coprolites—ancient time capsules of marine life—and discover the secrets they reveal about our world today!

Nutrition Education: Dietary Fat

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

Discover the different types of dietary fat and how they impact your health.

Hummingbirds: Nature's Tiny Wonders

Monday, March 24, 1 p.m.

Join Barb Whipkey from Wild Birds Unlimited, for an engaging program to learn about hummingbirds, their fascinating behaviors and how to attract them to your back yard.

Financial Mindset

Budgeting & Personal Finance

Thursday, March 20, 1 p.m.

Learn practical budgeting skills and strategies to take control of your finances and build a secure future.

Financial Technology

Thursday, March 27, 1 p.m.

Explore the latest in financial technology and gain skills to navigate the digital finance world with confidence!

Must register for each class!

MARCH 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 for Beginners	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

10:00A Computer Basics + 1:00P Creative Writing	9:30A Fat Tuesday Pancake Feast + 1:00P Card Creations	12:30P Birthday Party 1:00P Bootleggers Band +	10:00A Computer Basics + 1:00P Coprolites: Time Capsules of Ancient Marine Life + 	10:00A Calvert Health Fitness Friday 1:00P Embellished Sea Shell \$+
9:00A - 12:00P CalvertHealth Mobile Health Center 10:00A Computer Basics +	2:00P Grief & Loss Support	9:00A - 4:00P ServingTogether 10:30A Center Info & Fitness Orientation + 1:00P Song Circle TOBY'S THEATRE TRIP	10:00A Computer Basics + 1:00P Movie: <i>The Six Triple Eight</i> +	10:30A Nutrition Education: Dietary Fat + 1:00P Corn Hole +
10:00A Computer Basics + 1:00P Creative Writing 1:00P Spring Special Bingo + ST. PATTY'S DAY 	10:00A Ask the Nurse 12:30P Calvert Library Bookmobile	1:00P Book Club: <i>The Woman in Cabin 10</i> , by Ruth Ware	10:00A Computer Basics + 1:00P Financial Mindset: <i>Budgeting & Personal Finance</i> +	1:00P Tea Towel Applique \$+
10:00A Computer Basics + 1:00P Hummingbirds: Nature's Tiny Wonders + 	9:00A - 11:00A Ask the Pharmacist + 9:00A - 12:00P Crab Hunt 10:00A Veterans Coffee MARYLAND DAY	10:30A Center Info & Fitness Orientation + 1:00P Song Circle	10:00A Computer Basics + 1:00P Financial Mindset: <i>Financial Technology</i> +	9:00A - 4:00P ServingTogether 1:00P Corn Hole +

MOTHER'S DAY PURSE AUCTION



Cleaning out your closet and unsure what to do with those purses? We're collecting new and gently used purses in March and April for our annual Mother's Day Purse Auction in May. Drop off your donations at the front office.



SPECIAL EVENTS

Variety Players

Wednesday, April 2, 1 p.m.

Enjoy an afternoon of fun and excitement for all with a lively performance by the Variety Players!

Sea Glass Wreath

Friday, April 4, 1 p.m.

Create your own stunning sea glass wreath and add a coastal touch to your home.

Living Well with Diabetes (LWWD)

Wednesdays, April 16-May 21, 1-3:30 p.m.

Learn ways to manage your Type-II Diabetes in this free 6-week workshop. Call 410-535-5400 to register.

Naturally Dyed Easter Eggs

Thursday, April 17, 10 a.m.

Explore the art of dyeing eggs with natural plants in this creative, eco-friendly workshop!

Recycling 101

Tuesday, April 22, 11 a.m.

Learn the essentials of recycling and how to make a positive impact on the environment.

Nutrition Education: Omega-3

Friday, April 25, 10:30 a.m.

Discover the health benefits of Omega-3s and how to incorporate them into your diet.

Financial Mindset

Financial Exploitation

Thursday, April 3, 1 p.m.

Empower yourself with essential skills to recognize, prevent, and protect against exploitation.

Investment Fraud and Scams

Thursday, April 10, 1 p.m.

Protect your investments and financial future—learn how to spot and avoid investment fraud and scams.

Unexpected Events

Thursday, April 17, 1 p.m.

Learn tips to prepare for the unexpected, teaching you how to navigate emergencies and secure your financial future.

Identity Theft

Thursday, April 24, 1 p.m.

Learn essential strategies to detect, prevent, and recover from identity theft.

APRIL 2025



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

+=Registration Needed \$=Fee	11:00A Smart Choice: Diabetes + 1:00P Card Creations	12:30P Birthday Party 1:00P Variety Players +	10:00A Computer Basics + 1:00P Financial Mindset: <i>Financial Exploitation</i> +	10:00A Calvert Health Fitness Friday 1:00P Sea Glass Wreath \$+
10:00A Computer Basics + 1:00P Creative Writing	2:00P Grief & Loss Support	9:00A - 4:00P Serving Together 10:30A Center Info & Fitness Orientation + 1:00P Song Circle	10:00A Computer Basics + 10:00A-12:00P Legal Aid + 1:00P Financial Mindset: <i>Investment Fraud and Scams</i> +	CENTER CLOSED FOR CAREGIVER'S CONFERENCE
9:00A-12:00P CalvertHealth Mobile Health Center 10:00A Computer Basics +	10:00A Ask the Nurse 12:30P Calvert Library Bookmobile	1:00P Book Club: <i>A Walk in the Woods</i> , by Bill Bryson 1:00P - 3:30P Living Well with Diabetes (LWWD) +	10:00A Naturally Dyed Easter Eggs + 1:00P Financial Mindset: <i>Unexpected Events</i> +	CENTER CLOSED FOR OBSERVANCE OF GOOD FRIDAY
1:00P Creative Writing	10:00A Veterans Coffee 11:00A Recycling 101 + EARTH DAY	10:00A - 12:00P Highway2Health 10:30A Center Info & Fitness Orientation + 1:00P Song Circle 1:00P - 3:30P LWWD +	1:00P Financial Mindset: <i>Identity Theft</i> + MUSEUM OF THE BIBLE TRIP	9:00A - 4:00P Serving Together 10:30A Nutrition Education: <i>Omega-3</i> + 1:00P Corn Hole +
		1:00P - 3:30P LWWD +	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <h3>Volunteer Appreciation Month</h3> <p>We'd like to extend a heartfelt thank you to all our incredible volunteers who share their talents, making Southern Pines Senior Center a vibrant place for everyone! THANK YOU!</p> </div>	