



THE CONNECTION

Calvert County Office on Aging Bimonthly Newsletter

March/April 2025

INSIDE

- Office on Aging News....1, 2, 3, 6
- Menus4, 5
- Calvert Pines News
- North Beach News
- Southern Pines News.....Inserts
- Services7
- Staff Directory 8



Older Americans Month: *Flip the Script on Aging*

Older Americans Month is observed each May. This year's theme encourages us to challenge stereotypes and celebrate aging as a time full of potential, purpose, and connection.

Your local senior center is the perfect place to do just that! Join us to explore new opportunities, stay active, learn something new, connect with others, and enjoy the many ways older adults continue to thrive.

Thank you!



Board of County Commissioners

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

Plan Ahead with Five Wishes

In collaboration with the Calvert Community Health Improvement Roundtable, we are proud to support the *500 Five Wishes* initiative. *Five Wishes* is a valuable tool that helps ensure your healthcare and personal preferences are known and respected in the event you're unable to speak for yourself.

You can complete the *Five Wishes* form for free when the **CalvertHealth Mobile Health Unit** visits your local senior center. Check the calendar pages for upcoming dates and times.

Questions? Contact the CalvertHealth Community Wellness Department at 410-535-8233.

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

World Elder Abuse Awareness Day

June 15 is World Elder Abuse Awareness Day (WEADD). Older people are mistreated more often than we realize. Perhaps you can help.

How can we report mistreatment? Programs such as our Long-Term Care Ombudsman program and Adult Protective Services (APS) are here to help. Call APS at 443-553-6900 when prompted, please dial the number 2.

If you believe that an older adult is in a life-threatening situation, contact 9-1-1 or the local police department.

My community,
Your community,
OUR community –
free of elder abuse!



#WEAAD

NCEA
National Center on Elder Abuse

Thank You to Tax-Aide Volunteers!

The AARP Tax-Aide Program would not be possible without volunteers. We thank all the volunteers for their efforts during the 2024 tax season!

Beth	Kati
Carol	Ken
Debbie	Linda
Donna P.	Lynn
Donna H.	Maureen
Dorothy	Pete
Edward	Steve
John	Tanya
Karen	Vicki

Important Observances

Throughout May and June, there are many special and significant observances in our national culture that we rightly esteem.

We remember and honor all who gave their lives in defense of our nation and for our freedom in the observance of Memorial Day.

We remember the ending of slavery in the United States in the observance of Juneteenth.

The Office on Aging will be closed:
Memorial Day, Monday, May 26
Juneteenth, Thursday, June 19

MAP, SHIP, SMP... What Do They Mean?

You may have heard these acronyms, but do you know what they are and what they do? Navigating services and benefits can be overwhelming, but these programs are here to help:

MAP (Maryland Access Point): Your go-to resource for long-term care planning, connecting you with services like housing, transportation, assistance and more.

SHIP (State Health Insurance Program): Provides free, unbiased guidance on Medicare, helping you understand coverage options and make informed decisions.

SMP (Senior Medicare Patrol): Empowers you to prevent, detect, and report Medicare fraud, ensuring your benefits are protected.

Call 410-535-4606 to make an appointment with our team to see how we can support you!

Mother's & Father's Day

We cherish and honor all mothers and fathers at Mother's Day and Father's Day.

We are most thankful for you.



Staff Announcement

We're pleased to welcome Claire Layman to the team as the Senior Rides Program Coordinator. She serves at Calvert Pines Wednesday-Friday.

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!

May: Mediterranean Diet

June: Seasonal Eating & Farmers Market Info.

Senior Council Fundraisers

Each Senior Center has its own Senior Council, made up of center participants who work together to support and raise money for programs and supplies for their respective center. During May, each council will be busy fundraising! See the programs below:

North Beach Senior Center:

Jewelry & Purse Sale, May 5 - 9, 9 a.m.- Noon

Calvert Pines Senior Center:

Jewelry & Purse Sale, May 5, 9 a.m.- Noon

Southern Pines Senior Center:

Mother's Day Purse Auction & Tea

Tickets on sale starting May 1, auction and tea will be held May 8 at 1 p.m.

Don't forget about each center's well stocked gift shops full of treasures. All proceeds from these shops also go back to funding programs, too!

Nursing Homes & Assisted Living 101 Presentation

Join us at your local center in May for an informative session about the important role of the Ombudsman Program, which helps protect the rights and well-being of people living in nursing homes and assisted living facilities. You'll learn how to find helpful resources when choosing a facility, understand the different ways to pay for care, and get a clear overview of the rights residents have once they move in.

Calvert Pines Senior Center: May 5 at 10:30 a.m.

North Beach Senior Center: May 7 at 11 a.m.

Southern Pines Senior Center: May 13 at 11 a.m.

Call your chosen center to reserve your seat.

Senior Center Fun!

Refer to each center's calendar inserts for more information on program cost or registration.

We hope to see you soon!

Chesapeake Bay Railway History Talk

Learn about the history behind the old railway!

May 2 | 11 a.m.

North Beach Senior Center

Mother's Day Tea

Enjoy a cuppa and some sweet treats!

May 9 | 1 p.m.

Calvert Pines Senior Center

Hydrangea Apron Craft

Perfect gift for hydrangea lovers!

May 12 | 10 a.m.

North Beach Senior Center

Toadstool Clay Pot Craft

Create a toadstool pot for your garden!

May 16 | 1 p.m.

Southern Pines Senior Center

Billiards for Dads

A day of billiards and donuts in honor of dads!

June 2 | 9 a.m.- 11 a.m.

North Beach Senior Center

Live Music: John Luskey

Enjoy live music by this talented artist!

June 4 | 1 p.m.

Southern Pines Senior Center

Father's Day Car Meet

Show off your ride or swing by to check them out!

June 13 | 10 a.m.

Calvert Pines Senior Center

Welcome Summer Party

Enjoy live music by 24U as we welcome Summer!

June 20 | Noon

Calvert Pines Senior Center

Summer Sanctuaries for Butterflies

Learn to create safe havens for butterflies!

June 26 | 1 p.m.

Southern Pines Senior Center

MAY 2025

Lunch is served Monday-Friday at 12 noon.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All meals are subject to change.</p> <p>Foods may contain allergens such as eggs, wheat, and soy</p>			1 Savory Beef Tips Seasoned Egg Noodles Wheat Roll Seasoned Spinach Pear Crisp V8 Juice	2 Salmon Patty Whole Wheat Bun Chickpea-Garbanzo Salad Savory Carrots Tropical Fruit Cup Orange Juice
5 Turkey Tacos Spanish Rice Fiesta Vegetables Sliced Peaches Apple Juice <i>Cinco de Mayo</i>	6 Sausage & Sauerkraut Herbed Rice Wheat Roll Roasted Peppers Zucchini & Squash Fresh Banana	7 Liver & Onions Mashed Potatoes Wheat Roll Italian Green Beans Stewed Tomatoes Mandarin Oranges Gravy	8 Chicken Cordon Bleu Mashed Potatoes Wheat Roll Green Beans Parslied Carrots Apple Pie <i>Mother's Day Luncheon</i>	9 Cheese Tortellini Garlic Bread Marinara Sauce Brussels Sprouts Pineapple Tidbits
12 Salmon Patty Whole Grain Bun Potato Wedges Pickled Beets Apple Crisp Orange Juice	13 Beef Stroganoff Herbed Noodles Garlic Bread Seasoned Kale Fresh Orange Apple Juice	14 Baked Chicken Black Eyed Peas Wheat Roll Collard Greens Tropical Fruit Cup V8 Juice	15 Sweet & Sour Meatballs Steamed Rice Wheat Roll Fresh Broccoli Vichy Carrots Pineapple	16 Roasted Pork Loin Whole Kernel Corn Wheat Roll Brussels Sprouts Pear Halves Cranberry Juice
19 Chicken Parmesan Tomato Sauce Buttered Pasta Garlic Bread Lemon Broccoli Applesauce	20 Chicken Cordon Bleu Mashed Potatoes Wheat Roll Fresh Broccoli Mandarin Orange Cran-Apple Juice	21 Sliced Roast Beef Mashed Potatoes Wheat Roll Collard Greens Orange Juice Sliced Peaches	22 Sloppy Joe Whole Wheat Bun Mac & Cheese Baked Beans Herbed Zucchini Pineapple Chunks V8 Juice	23 Chicken Pot Pie Roasted Red Potatoes Pickled Beets Diced Pears Pineapple Juice
26 CENTERS CLOSED FOR OBSERVANCE OF MEMORIAL DAY	27 Cheeseburger Baked Beans Sliced Beets Coleslaw V8 Juice	28 Herbed Pork Loin Sweet Potatoes Wheat Roll Cauliflower Stewed Tomatoes Cinnamon Pears	29 Five-Spice Chicken Rice Pilaf Wheat Roll Mixed Vegetables Pineapple Chunks Apple Juice	30 Potato Crusted Pollock Pasta Primavera Italian Bread Green Beans Fresh Orange

JUNE 2025

Lunch is served Monday-Friday at 12 noon.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Beef Meatloaf Gravy Mashed Potatoes Wheat Roll Green Beans Fresh Orange Cranberry Juice</p>	<p>3</p> <p>Pulled Pork Whole Wheat Bun Mac & Cheese Coleslaw Fresh Banana V8 Juice</p>	<p>4</p> <p>Enchiladas Spanish Rice Black Beans Seasoned Kale Red Gelatin Cranberry Juice</p>	<p>5</p> <p>Meat Lasagna French Bread Tomato Sauce Seasoned Spinach Sliced Peaches</p>	<p>6</p> <p>BBQ Chicken Sweet Potatoes Wheat Roll Pea & Carrots Stewed Tomatoes Hot Apple Slices</p>
<p>9</p> <p>Salisbury Steak Gravy Mashed Potatoes Wheat Roll Seasoned Carrots Green Beans Pineapple Slices</p>	<p>10</p> <p>Baked Pork Chop Mashed Potatoes Cornbread Creamed Spinach Yellow Squash Fresh Oranges</p>	<p>11</p> <p>Spaghetti & Meat Sauce Breadstick Mixed Vegetables Seasoned Kale Apple Slices Grape Juice</p>	<p>12</p> <p>Savory Beef Tips Seasoned Egg Noodles Wheat Roll Seasoned Spinach Pear Crisp V8 Juice</p>	<p>13</p> <p>BBQ Pork Loin Cornbread Baked Beans Mac & Cheese Coleslaw Apple Juice <i>Father's Day Luncheon</i></p>
<p>16</p> <p>BBQ Pork Riblette Mac & Cheese Baked Beans Green Beans Applesauce Orange Juice</p>	<p>17</p> <p>Sausage & Sauerkraut Herbed Rice Wheat Roll Roasted Peppers Zucchini & Squash Fresh Banana</p>	<p>18</p> <p>Liver & Onions Mashed Potatoes Wheat Roll Italian Green Beans Stewed Tomatoes Mandarin Oranges Gravy</p>	<p>19</p> <p>CENTERS CLOSED FOR OBSERVANCE OF JUNETEENTH</p>	<p>20</p> <p>Cheese Tortellini Garlic Bread Marinara Sauce Brussels Sprouts Pineapple Tidbits</p>
<p>23</p> <p>Salmon Patty Whole Grain Bun Potato Wedges Pickled Beets Apple Crisp Orange Juice</p>	<p>24</p> <p>Beef Stroganoff Herbed Noodles Garlic Bread Seasoned Kale Fresh Orange Apple Juice</p>	<p>25</p> <p>Baked Chicken Black Eyed Peas Wheat Roll Collard Greens Tropical Fruit Cup V8 Juice</p>	<p>26</p> <p>Sweet & Sour Meatballs Steamed Rice Wheat Roll Fresh Broccoli Vichy Carrots Pineapple</p>	<p>27</p> <p>Roasted Pork Loin Whole Kernel Corn Wheat Roll Brussels Sprouts Pear Halves Cranberry Juice</p>
<p>30</p> <p>Chicken Parmesan Tomato Sauce Buttered Pasta Garlic Bread Lemon Broccoli Applesauce</p>				

Please consider your contribution carefully to help the Office on Aging meet increased costs.

Fee:

- **Aged 60+:** \$3 suggested donation
 - **Under 60:** \$5 made at registration.
- Reservations required 24 hours in advance.*

Upcoming Adventures!



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

Medieval Times, Arundel Mills, MD (One-Shoe)

Date: Thursday, Aug. 7, 2025

Registration Begins: Monday, June 9, 2025

Fee: \$90 (Transportation, Show & Lunch)

Registration Ends: Friday, July 11, 2025

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

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

CPSC: 8:15 a.m.

CPSC: 4:15 p.m.

NBSC: 9 a.m.

SPSC: 5 p.m.

Experience the thrill of the Middle Ages at Medieval Times! Watch as knights compete in jousting and exciting medieval games of skill—all while enjoying a royal feast, just as they did in medieval times (no utensils included)! **Please note:** This is a live horse show in an enclosed arena. Those with respiratory conditions, allergies, or asthma should attend at their own discretion.

“NOAH” at Sight & Sound Theatre, Lancaster, PA (Two-Shoe)

Date: Thursday, Sept. 18, 2025

Registration Begins: Monday, June 30, 2025

Fee: \$185 (Transportation, Show & Lunch)

Registration Ends: Friday, August 1, 2025

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

Approximate Return: NBSC: 9 p.m.

CPSC: 8 a.m.

CPSC: 9:30 p.m.

NBSC: 8:30 a.m.

SPSC: 10:30 p.m.

Travel to Lancaster, PA, for a lunch smorgasbord at Hershey Farm Restaurant and then step aboard the Ark! As a great flood looms, Noah must build a massive vessel to save his family. Can he trust God's promises amid the rising waters? Returning for a limited time, this spectacular production of “NOAH” brings the ark to life with live animals and breathtaking storytelling in a special 30th-anniversary season! This is a “two-shoe” trip due to the chance of moderate walking in the parking lot of the theatre.

Save the dates for the October & December Trips!

Additional details regarding registration dates for these trips will be provided in the next newsletter.

Get ready for a scenic adventure! On Oct. 15, we're setting sail on the Choptank River for a riverboat cruise—complete with a Maryland-themed crab cake or fried chicken lunch! For \$115 per person, includes transportation, a delightful boat ride, and a taste of the Eastern Shore.

Travel with us to one of our favorites—Toby's Dinner Theatre! On Dec. 17, we'll enjoy a festive lunch buffet and a performance of the musical *Elf*. \$130 per person, which includes transportation, a meal, and a heartwarming holiday 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.*

Office on Aging 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 May 8 and North Beach Senior Center June 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 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, ,
Charles Harrell, Terry Long, Deb
Mikell, Margaret Phipps, Jessica
Richards, Erik Thompson, Anne
Weems, Harriet Yaffe

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

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	Claire Layman
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

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

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

Chesapeake Beach Railway History Talk

Friday, May 2, 11 a.m.

John Riedesel and Mike Sweeney from the Friends of the Chesapeake Beach Railway Museum as they guide us through the fascinating history of the Chesapeake Beach Railway.

Nursing Home & Assisted Living

Wednesday, May 7, 11 a.m.

Join our Ombudsmen team and learn how to choose a facility, explore payment options, and understand resident rights.

Mother's Day Hydrangea Apron

Monday, May 12, 10 a.m.

Create a beautiful painting of a hydrangea flower on an apron. \$15 per person.

Nutrition Education:

Mediterranean Diet

Wednesday, May 14, 10 a.m.

Join Reg. Dietician, Sheila Gallagher, and learn about the Mediterranean Diet.

Anne Arundel Show Stoppers

Monday, May 19, 11 a.m.

Join us for an unforgettable performance as this fabulous senior group delights us with a variety show you won't want to miss!

Nature Talk with Paige

Wednesday, May 21, 9:30 a.m.

Discover the world of migratory birds, then test your knowledge with a fun game of bird trivia-prizes included!

Open Mic: Older Americans Month Writings

Wednesday, May 14, 11:15 a.m.

Take a moment to write a letter to your younger self, what would you say about growing older? Then let's "flip the script" and share the ways you stay active today.

We can't wait to hear your story!



FLIP THE SCRIPT ON AGING: MAY 2025

MAY 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) 12:30P Bunco 10:00A-12:00P Outdoor Games	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 PINK FRIDAYS <i>Wear your Pink!</i>
+ = Registration required \$ = Fee ^ = Video				

OTHER SCHEDULED ACTIVITIES

<h3>North Beach Senior Council Jewelry & Purse Sale</h3> <p>May 5 - May 9 9 a.m. - Noon</p> <p>Shop a lovely selection of jewelry and purses! All proceeds support the Senior Council, which helps enhance programming at the center. Purse & jewelry donations in support of the sale will be accepted throughout the entire week. Don't miss this chance to shop for a great cause!</p>		1 9:45A Morning Movie: <i>Prayer Never Fails</i> ^ 1:00P Scribblers Writing Group National Day of Prayer	2 9:00A Girls Java Talk 11:00A Chesapeake Railway Museum History Talk 	
5 9:00A-12:00P Purse & Jewelry Sale <i>Accepting Purse & Jewelry donations all week!</i>	6 9:00A-12:00P Purse & Jewelry Sale 10:00A Ask the Nurse: <i>Women's Health</i> 10:00A Cranium Fitness +	7 9:00A-12:00P Purse & Jewelry Sale 11:00A Did You Know?: <i>Nursing Home & Assisted Living 101</i> + 1:00P Grief & Loss Support	8 9:00A-12:00P Purse & Jewelry Sale 11:00A Would You Rather Group Discussion 2:00P Afternoon Card Games + No I&A Services	9 9:00A-12:00P Purse & Jewelry Sale 11:00A Pictionary 12:15P Mother's Day Dessert + No I&A Services BALTIMORE AQUARIUM TRIP
12 10:00A Mother's Day Hydrangea Apron Painting +\$	13 10:00A Cranium Fitness + Apple Pie Day	14 10:00A Nutrition Education: <i>Mediterranean Diet</i> 11:15A Open Mic: <i>Older Americans Month Writings</i> +	15 1:00P Scribblers Writing Group 2:00P Open Coffee Bar	16 9:00A Girls Java Talk 10:00A CalvertHealth Fitness Friday
19 9:30A - 12:00P CalvertHealth Mobile Health Center 10:00A Let's Move 11:00A Anne Arundel Show Stoppers Variety Show	20 10:00A Senior Council Meeting National Rescue Dog Day	21 9:30A Nature Talk with Paige: <i>Migratory Birds</i> 12:15P Monthly Birthday Dessert	22 10:00A Thursday Movie: ^ <i>Crappy Mother's Day</i> (Comedy)	23 9:00A Lattes & Muffins for Moms + No I&A Services
26 CENTER CLOSED FOR OBSERVANCE OF MEMORIAL DAY	27 10:00A Cranium Fitness +	28 10:00A-12:00P Highway 2 Health-Free Health Screenings 11:00A Questions to Ponder	29 10:00A Cranium Fitness +	30 11:00A Decade Trivia: 70's

SPECIAL EVENTS

Open Billiards & Western Trivia

Monday, June 2, 9 a.m.

Swing by for a day of Billiards and enjoy some delicious donuts in honor of dads! Then, play some western movie trivia.

Craft: Flower/Plant Adornments

Tuesday, June 3, 9:30 a.m.

Create a charming garden stake to bring sparkle to your garden or flower pots.

Cranium Fitness

Tuesdays, 11 a.m.

Playing word puzzles and riddles, exercise your brain with fellow cranium fitness pals!

Would You Rather Group Discussion

Wednesday, June 4, 11 & 25, 11 a.m.

Choose between two options in a series of silly questions—then share why you picked your answer. It's a great way to laugh, reflect, and connect!

John Wayne Western Marathon

Monday, June 9, 9 a.m.

Stop by for a full day of classic Westerns starring the Duke himself.

Did You Know: Flag Day Etiquette

Thursday, June 12, 11 a.m.

Stand proud for the red, white, and blue as you learn how to properly honor our nation's flag.

Crab Tote Bag Painting

Monday, June 16, 10 a.m.

Paint a crab on a canvas bag. Perfect as a gift or for treating yourself! \$15 per person.

Nature Talk with Paige:

Superb Snakes

Wednesday, June 18, 11 a.m.

Discover snakes with Paige Stevens, Naturalist for the Town of North Beach. Meet a native snake, explore artifacts, and learn all about these superb reptiles.

Selfie Photo Booth

Friday, June 20, 10 a.m.- Noon

Celebrate Selfie Day with a photo booth with all the props you'll need to take selfies with your friends or on your own!

JUNE 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 + = Registration required \$ = Fee ^ = Video	8:30A Stability Ball Class 9:00A Open Sewing 9:30A Gentle Yoga \$ 9:30A Ceramics \$ 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	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 Fun Tie Fridays

OTHER SCHEDULED ACTIVITIES

2	3	4	5	6
9:00A Open Billiards 9:30A Donuts for Dads + 11:00A Western Movie Trivia	9:30A Craft: Flower/Plant Adornments + 10:00A Ask the Nurse: Brain Health 11:00A Cranium Fitness +	11:00A Would You Rather Group Discussion 1:00P Grief & Loss Support National Cheese Day	10:00A Open Mic 1:00P Scribblers Writing Group 2:00P Afternoon Card Games +	9:00A Girls Java Talk: Current Events 10:00A Bingo Marathon
9	10	11	12	13
9:00A John Wayne Western Marathon ^ NO LET'S MOVE	11:00A Cranium Fitness +	10:00A Nutrition Education: Seasonal Eating & Farmer's Market Voucher Information 11:00A Would You Rather Group Discussion	10:00A-12:00P Legal Aid + 11:00A Did You Know?: Flag Day Etiquette 2:00P Open Coffee Bar ANNAPOLIS CRUISE TRIP	12:15P Father's Day Dessert +
16	17	18	19	20
9:30A - 12:00P CalvertHealth Mobile Health Center 10:00A Crab Tote Bag Painting +\$ National Fudge Day	10:00A Senior Council Meeting NO CRANIUM FITNESS	11:00A Nature Talk with Paige: Superb Snakes 12:15P Monthly Birthday Dessert +	CENTER CLOSED FOR OBSERVANCE OF JUNETEENTH	9:00A Girls Java Talk 10:00A Selfie Photo Booth 10:00A CalvertHealth Fitness Friday
23	24	25	26	27
National Pink Day	11:00A Cranium Fitness +	11:00A Would You Rather Group Discussion		9:00A Lattes with Linda
30	30			
11:00A Open Mic	11:00A Cranium Fitness +	2:00P- 4:15P Card Games +		

SPECIAL EVENTS

Kentucky Derby Games

Friday, May 2, 11:30 a.m.

Play a derby game and learn more about the most watched horse race in the United States.

Adventures in Art

Tuesdays, 9 a.m.– Noon

Explore the vibrant world of acrylic painting. Create your own masterpiece while learning various techniques and styles. \$15 per class.

Presentation: Nursing Homes & Assisted Living 101

Monday, May 5, 10:30 a.m.

Join our Ombudsman team and learn how to choose a facility, explore payment options, and understand resident rights in nursing homes and assisted living facilities.

Ceramics Class

Wed. & Fridays, 9:30 a.m.– 3:30 p.m.

Enjoy painting ceramic pieces with others. This program welcomes all skill levels. Some supplies provided.

What's Cookin'?: Microgreens

Thursday, May 8, 2 p.m.

Explore the world of these tiny edible greens with guest speaker Tresor Thomas.

Mother's Day Tea

Friday, May 9, 1 p.m.

It's tea time! Grab your friends and enjoy a cuppa with goodies. Register by May 5. \$15 per person.

Older Americans Month Celebration Ice Cream Social & Live Music

Friday, May 23, 12 p.m.

Join us for an ice cream social featuring live music by Jimi Simon. Expect laughter, sprinkles, and a guaranteed good time. Register by May 20.

Cornhole

Friday, May 28 12:30 p.m.

Enjoy friendly games of Cornhole!

MAY 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	8:30A Gift Shop Crafting 8:30A Pool Room Open 8:30A Fitness Room Open 9:30A Ceramics \$ 9:30A Duplicate Bridge 9:30A Walk to the Beat 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 2:00P 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 9:30A Senior Council Meeting 10:00A Ask the Nurse 10:00A Veterans Coffee	2 9:30A Drummercize! 11:30A Kentucky Derby Games 1:00 - 3:00P Chromebook Essentials
5 9:00 - 11:00A Purse Sale 10:30A Nursing Homes & Assist. Living 101 12:30P Book Club: <i>Mother-Daughter Murder Night</i> by Nina Simon	6 12:30P Nutrition Education: <i>Mediterranean Diet</i>	7 12:15P Birthday Party Luncheon 1:00P Adaptive Yoga \$	8 10:00A CREATE Bingo 10:00A-12:00P Legal Aid + 2:00P What's Cookin'?: + <i>Microgreens with Tresor Thomas</i>	9 10:00A CalvertHealth Fitness Friday 1:00P Mother's Day Tea \$+ BALTIMORE AQUARIUM TRIP	
12 10:30A Contract Bridge 1:00P MOW Meeting	13 10:00A Craft Corner: <i>Bicycle Wheel Wreath</i> +	14 8:30A Senior Council Workday 11:00A Wagging Wellness	15	16 11:00A Relaxation w/Joel 1:00P Project Linus	
19 11:00A Wagging Wellness 12:30P Live Music: <i>Variety Players</i>	20 9:00-11:30A Ask the Pharmacist <i>Medication Review</i> + 1:00P Grief and Loss Support Group	21 1:00P Adaptive Yoga \$	22 10:30A Contract Bridge	23 12:00P Older Americans Month Ice Cream Social & Live Music by <i>Jimi Simon</i> +	
26 CENTER CLOSED FOR OBSERVANCE OF MEMORIAL DAY	27 10:00A Bingo	28 12:30P Cornhole Games	29	30 12:00P Lunch and a Movie: <i>Beautiful Day in the Neighborhood</i> ^+	

SPECIAL EVENTS

Book Club

Monday, June 2, 1 p.m.

Join us as we discuss the book, "The Vanishing Half" by Brit Bennett. Stop by the Calvert Library for your copy.

Wagging Wellness

Tuesday, June 3 & Wed., June 25, 11 a.m.

Enjoy a heartwarming visit from our four-legged friends, and experience the power of unconditional love!

Seasonal Eating & Farmers Market

Tuesday, June 10, 12:30 p.m.

Join Registered Dietician, Sheila Gallagher, for information on seasonal eating and the Farmers Market Voucher program.

Father's Day Car Meet

Friday, June 13, 10 a.m. - 12 p.m.

We're revving up for Father's Day with a car meet! Show off your ride or swing by to check out the cars and enjoy a donut (or two).

Flag Day Trivia & Star Spangled Banner Presentation

Monday, June 16, 12:15 p.m. & 12:30 p.m.

Play a round of Flag Day trivia, followed by a presentation by Margie Riordian, former docent of the Star-Spangled Banner Flag House.

Craft Corner: Diamond Dots

Tuesday, June 17, 10 a.m.

Diamond Dots are back! Enjoy making a cute sunflower bookmark for your summer reads.

Welcome Summer Party with 24U

Friday, June 20, 12 p.m.

Let's welcome the summer season with local band, 24U!

Living Well with Diabetes

Tuesdays, June 24- July 29, 1-3:30 p.m.

Learn ways to better manage diabetes with this free 6-week class. Call the Calvert County Health Dept. at 410-535-5400 ext. 514 to register.

JUNE 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 Fitness Room Open 8:30A Pool 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 Fitness Room Open 8:30A Pool Room Open 9:00A Adventures in Art \$ 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 Walk to the Beat 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 Fitness Room Open 8:30A Pool Room Open 10:00A Strength Training 11:00A Gentle Yoga 11:30A Scrabble 1:00P Bible Study 2:00P 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>The Vanishing Half</i> , by Brit Bennett	11:00A Wagging Wellness	12:15P Birthday Luncheon + 1:00P Adaptive Yoga \$	9:30A Senior Council Meeting 10:00A Ask the Nurse 10:00A Veterans Coffee	9:30A Drummercize!
10:30A Contract Bridge 1:00P MOW Meeting	12:30P Nutrition Education: <i>Seasonal Eating & Farmers Market Voucher Info</i>	8:30A Senior Council Workday	10:00A CREATE Bingo 2:00P What's Cookin'?: + <i>Food Upcycling</i> ANNAPOLIS CRUISE TRIP	10:00A Calvert Health Fitness Class 10:00A Father's Day Car Meet +
12:15P Flag Day Trivia 12:30P Star Spangled Banner Presentation	10:00A Craft Corner: <i>Diamond Dots</i> + 1:00P Grief and Loss Support Group	1:00P Adaptive Yoga \$	CENTER CLOSED FOR OBSERVANCE OF JUNTEENTH	12:00P Welcome Summer Party With 24U + 1:00P Project Linus 
9:30A - 12:00P CalvertHealth Mobile Health Center	10:00A Bingo 1:00P - 3:30P Living Well with Diabetes (LWWD) +	10:00A - 12:00P Highway to Health - <i>Free Health Screenings</i> 11:00A Wagging Wellness 12:30P Cornhole Games	10:30A Contract Bridge	11:00A Relaxation w/Joel 12:00P Brunch for Lunch and a Movie: <i>Greatest Showman</i> ^+\$
30	 Interested in using our Fitness Room? Schedule your one-time fitness room orientation by calling today - 410-535-4606!			+=Pre-Registration \$= Fee ^=Video <i>Pre-registration can be done at front desk, or over phone</i>

SPECIAL EVENTS

National Day of Prayer

Thursday, May 1, 11 a.m.

Join us for a special gathering, where older adults can come together to reflect, pray, and unite in hope for our community and beyond.

Mother's Day Bracelet

Monday, May 5, 1 p.m.

Craft a beautiful, personalized bracelet for yourself or a loved one, \$3 per person.

Card Creations

Tuesday, May 6, 1 p.m.

Bring your own supplies and join fellow scrapbookers for a fun-filled afternoon of card making, creativity, and connection.

Mother's Day Tea & Purse Auction

Thursday, May 8, 1 p.m.

Join us for a delightful Mother's Day Tea as we celebrate with sweet treats, warm company, and the drawings of our purse auction winners!

Nutrition Education:

Mediterranean Diet

Friday, May 9, 10:30 a.m.

Discover the delicious health benefits of the Mediterranean diet.

Live to 100: Secrets of Blue Zones

Thursday, May 15 & 22, 1 p.m.

Join us for a viewing of a captivating documentary exploring the keys to longevity from the world's healthiest communities.

PASSPORT TO WELLNESS

Passport Pick-Up

On May 6th, begin collecting stamps in your Passport by completing activities tied to the four pillars of healthy living.

Must complete 20 spaces; 3 in each row. Once complete, return to the front office to be entered into the prize drawings!

Parfaits & Drawings

On May 28th, 12:45 p.m., enjoy a parfait as we draw the winners of three exciting prizes!

MAY 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 +=Pre-Registration \$= Fee

OTHER SCHEDULED ACTIVITIES

OLDER AMERICANS MONTH					
Embark on the <i>Passport to Wellness</i> journey - celebrating four pillars of Healthy Aging - physical, intellectual, spiritual, and social well-being - to "Flip the Script on Aging!"					
	5	6	7	8	9
	1:00P Creative Writing 1:00P Mother's Day Bracelet \$+	9:00A Passport to Wellness Pick-up 1:00P Card Creations	10:30A Center Info & Fitness Orientation + 12:30P Birthday Party 1:00P - 3:30P LWWD +	11:00A National Day of Prayer Mother's Day Purse Auction Tickets go on sale! NO LET'S MOVE	10:00A Calvert Health Fitness Friday 10:30A Nutrition Education: <i>Mediterranean Diet</i> + 1:00P Cornhole + BALTIMORE AQUARIUM TRIP
	12	13	14	15	16
	9:00A - 12:00P CalvertHealth Mobile Health Center 1:00P Stress & Self Care +	11:00A Nursing Homes & Assistive Living 101 + 2:00P Grief & Loss Support	9:00A - 4:00P Serving Together 10:30A Center Info & Fitness Orientation + 1:00P - 3:30P LWWD + 1:00P Song Circle	1:00P Documentary: <i>Live to 100: Secrets of the Blue Zones</i> (Episodes 1 & 2) +	1:00P Craft: <i>Patriotic Jewelry</i> \$+
	19	20	21	22	23
	1:00P Creative Writing	10:00A Ask the Nurse: <i>Women's Health</i> 12:30P Calvert Library Bookmobile NO YOGA	1:00P Book Club: <i>The First Ladies</i> , by Marie Benedict & Victoria Christopher Murray 1:00P - 3:30P LWWD +	1:00P Documentary: <i>Live to 100: Secrets of the Blue Zones</i> (Episodes 3 & 4) +	9:00A - 4:00P Serving Together 1:00P Cornhole +
	26	27	28	29	30
	CENTER CLOSED FOR OBSERVANCE OF MEMORIAL DAY	10:00A Veterans Coffee NO YOGA	12:45P Passport to Wellness Parfaits & Drawings 1:00P Song Circle NATIONAL SENIOR HEALTH & FITNESS DAY ®	NO LET'S MOVE	

SPECIAL EVENTS

Live Music: John Luskey
Wednesday, June 4, 1 p.m.

It will be an afternoon of live music featuring talented local musician John Luskey as he brings his unique sound to our community!

Book Talk: *The Farmer's Wife*
Thursday, June 5, 1 p.m.

Join us for an engaging book talk with local author, Carol Booker, as she shares insights on her book, bringing local history to life.

Patriotic Spinner Craft
Friday, June 6, 1 p.m.

Add a splash of color to your yard by creating a patriotic outdoor garden spinner using red, white, and blue beads! \$3 per person.

Donuts & Dads Car Show
Friday, June 13, 10 a.m.

Rev up Father's Day weekend with a morning of classic cars and sweet treats. Then stick around for a pulled pork lunch. Be sure to register for lunch by June 11.

Terrapins in a Changing Climate
Monday, June 23, 1 p.m.

Join Jessica McGlinsey, UMD Center of Environmental Science research assistant from the Chesapeake Biological Lab, as she explores how a changing climate is impacting terrapins, their habitat and their future.

Apollo Landing
Tuesday, June 24, 11 a.m.

Learn about the history of the Apollo Landing, uncovering the monumental journey that changed space exploration forever.

Summer Sanctuaries: Creating Safe Havens for Butterflies

Thursday, June 26, 1 p.m.

Join naturalist Paige Stevens for an inspiring program on how to create a summer sanctuary for butterflies, attracting and supporting these pollinators in your backyard!

JUNE 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 +=Pre-Registration \$= Fee

OTHER SCHEDULED ACTIVITIES

1:00P Creative Writing 2	1:00P Card Creations 3 NO YOGA	12:30P Birthday Party 4 1:00P Live Music: <i>John Luskey</i> +	1:00P <i>The Farmer's Wife</i> Book Talk with Carol Booker + 5	10:00A Calvert Health Fitness Friday 1:00P Craft: <i>Patriotic Spinner</i> \$+ 6
9:30A - 12:00P CalvertHealth Mobile Health Center 9	2:00P Grief & Loss Support 10	9:00A - 4:00P Serving Together 11 10:30A Center Info & Fitness Orientation + 1:00P Song Circle	11:00A Senior Council Meeting 12 11:45A Flag Day Trivia Sheet ANNAPOLIS CRUISE TRIP	10:00A Donuts & Dads Car Show + 13 1:00P Cornhole + 
1:00P Creative Writing 16	10:00A Ask the Nurse: <i>Brain Health</i> 12:30P Calvert Library Bookmobile 17	11:45A Juneteenth Trivia Sheet 18 1:00P Book Club: <i>Remarkably Bright Creatures</i> , by Shelby Van Pelt	CENTER CLOSED FOR OBSERVANCE OF JUNETEENTH 19	1:00P Toadstool Clay Pots \$+ 20
1:00P Diamondback Terrapins in a Changing Climate +  23	9:00-11:30A Ask the Pharmacist— <i>Med. Review</i> + 24 10:00A Veterans Coffee 11:00A History Presentation: <i>Apollo Landing</i> +	10:30A Center Info & Fitness Orientation + 25 1:00P Song Circle	1:00P Summer Sanctuaries: <i>Creating Safe Havens for Butterflies</i> + 26	9:00A - 4:00P Serving Together 27 10:30A Nutrition Education: <i>Seasonal Eating/Farmers Market Voucher Info</i> + 1:00P Cornhole +



Save the Date:
National Senior Citizens Day
 Thursday, Aug. 21 | Luau Fun!