



# THE CONNECTION

Calvert County Office on Aging Bimonthly Newsletter

September/October 2025

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### September is National Senior Center Month!

This month, we're celebrating the important role senior centers play in supporting healthy aging, lifelong learning, and community connection.

We're proud to be part of your journey—thank you for making our centers such special places to gather, grow, and thrive!



### We Want to Hear From You!

Help shape the future of your Senior Center by completing our 2026 Program Interest Survey. Your feedback helps us plan activities, events, and improvements that matter most to you.

You can take the survey in one of two easy ways:

1. Scan the QR code to complete it online.



2. Stop by your local center and fill out a paper copy.

Your input is confidential and greatly appreciated. This survey will be open for all of September. *We hope to make 2026 our best year yet!*



### Board of County Commissioners

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

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

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

*Senior services are accessible to individuals with disabilities*

## Senior Center Closures

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

- Sept. 1: Labor Day
- Oct. 13: Columbus Day

### **Steady Steps: Falls Prevention Workshop**

In recognition of Falls Prevention Awareness Month, each center will host a free workshop this September.

Learn practical tips to reduce fall risks with Program Manager Kristy Owen, take part in simple exercises led by a CalvertHealth Physical Therapist, and receive *free* vision and hearing screenings provided by the Calvert Lions Club.

**Southern Pines Senior Center:** Sept. 22  
Vision & Hearing Screenings: 11 a.m. - 3 p.m.  
Workshop: 1 p.m.

**Calvert Pines Senior Center:** Sept. 23  
Vision & Hearing Screenings: 11 a.m. - 3 p.m.  
Workshop: 11 a.m.

**North Beach Senior Center:** Sept. 24  
Vision & Hearing Screenings: 11 a.m. - 3 p.m.  
Workshop: 11 a.m.



## EMPOWERED CAREGIVER SERIES

In partnership with the Alzheimer's Assoc., the Office on Aging will present a *free* monthly series to help caregivers navigate the challenges of dementia care.

Sessions are held virtually on the 2nd Wednesday each month, 6 p.m., through December. Topics include but are not limited to Effective Communication, Exploring Care & Support, and Responding to Dementia-Related Behaviors.

For more information or to register for sessions contact Lisa Caudle at 410-535-4606, ext. 8755 or [lisa.caudle@calvertcountymd.gov](mailto:lisa.caudle@calvertcountymd.gov).

## Calvert Pines is Getting a Makeover!

We're creating more space for programs and staff. Some rooms will be closed during renovations, but activities will continue. Thanks for your patience!

### **Maryland Insurance Admin. & People's Insurance Counsel Division Visits**

This fall, learn more about your rights and responsibilities as an insurance consumer! In September, the Maryland Insurance Administration will visit each senior center to share information. Then in October, the People's Insurance Counsel Division from the Maryland Office of the Attorney General will host an information table focused on homeowners' insurance and consumer protections.

Check each center's calendar for specific dates—and don't miss these great opportunities to get informed!

### **Christmas in April**

Christmas in April Calvert County is accepting applications through Sept. 30, 2025 for its 2026 home repair program. This volunteer-run nonprofit helps low-income homeowners—especially older adults, people with disabilities, veterans, and families with children—live in warmth, safety, and independence.

Homes must be in Calvert County and owner-occupied. Applications are available online at [www.christmasinaprilcalvertcounty.org](http://www.christmasinaprilcalvertcounty.org), at each senior center, or by calling 410-535-9044.

### **Technology Classes Coming Soon!**

In partnership with OATS Senior Planet, our OOA team is hard at work training to bring you exciting, hands-on technology programs. Stay tuned for our November and December calendars to see the class schedule.

## Nutrition Education Programs

Join us each month at your local senior center for engaging nutrition discussions led by our Registered Dietitian, Sheila Gallagher. Check the calendar for dates and times!

### September: Stress & Diet

*Learn how stress can affect your diet.*

### October: Fermented Foods

*Discover the benefits of fermented foods.*

## Medicare Open Enrollment & Education

### Medicare 101 Presentations

Learn the ins and outs of Medicare—including the different parts, costs, coverage, and how to enroll—during an upcoming presentation from our State Health Insurance Program (SHIP). SHIP staff will be on hand to answer your questions and help schedule follow-up appointments as needed.

Presentation dates are as follows, please call the center you would like to attend to register:

#### Southern Pines Senior Center

Sept. 4 at 1 p.m.

#### Calvert Pines Senior Center

Sept. 15 at 11 a.m.

#### North Beach Senior Center

Sept. 19 at 11 a.m.

### Medicare Part-D Open Enrollment (Oct. 15 - Dec. 7)

Medicare Open Enrollment is when Medicare plan enrollees can make changes to their supplemental drug coverage or Medicare Advantage plan.

Limited appointments are available at each center. Call today to schedule your appointment.

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

Telephone appointments are also available by speaking to trained Medicare staff at 1-800-633-4227.



## Senior Center Fun!

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

*We hope to see you soon!*

### Sip Through Time: Herbal Teas

*Sip & savor the rich history of teas!*

Sept. 11 | 1 p.m.

Southern Pines Senior Center

### Oktoberfest

*Don't forget your lederhosen and dirndl!*

Sept. 12 | Noon

Calvert Pines Senior Center

### Live Motown Performance

*Join us for some soulful rhythms!*

Sept. 12 | 10 a.m.

North Beach Senior Center

### Sunflower Tote Painting

*Paint and decorate a tote for fall!*

Sept. 15 | 10 a.m.

North Beach Senior Center

### Craft: Fall Napkin Rings

*Perfect for your holiday tablescapes!*

Sept. 19 | 1 p.m.

Southern Pines Senior Center

### Intergenerational Pumpkin Painting

*Grab the grandkids and paint some pumpkins!*

Oct. 17 | 12:30 p.m.

Calvert Pines Senior Center

### Pumpkin Spice Granola

*Learn how to make this seasonal snack!*

Oct. 23 | 1 p.m.

Southern Pines Senior Center

### Cornhole and Country Music

*Enjoy games and live music by JustUs2!*

Oct. 29 | 10 a.m.– Noon.

North Beach Senior Center

### Great Pumpkin Party

*Trick-or-Treat!*

Oct. 31 | 11 a.m.

Calvert Pines Senior Center

# SEPTEMBER 2025

Lunch is served Monday-Friday at 12 noon.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>  <b>CENTERS CLOSED FOR OBSERVANCE OF LABOR DAY</b>	<b>2</b>  Lemon Chicken Herbed Rice Spinach Sauteed Squash Fresh Fruit Dinner Roll	<b>3</b>  Stuffed Peppers Mashed Potatoes Savory Carrots Orange Dinner Roll	<b>4</b>  Baked Pork Chops Mashed Potatoes Stewed Tomatoes Pineapple Chunks Dinner Roll	<b>5</b>  Hot Dog Baked Beans Coleslaw Fruit Cocktail
<b>8</b>  Chicken Curry Steamed Rice Broccoli Peaches Dinner Roll	<b>9</b>  Savory Beef Tips Egg Noodles Mustard Greens Fresh Fruit Dinner Roll	<b>10</b>  Smothered Pork Rice Pilaf Pickled Beets Cinnamon Apple Slices Dinner Roll	<b>11</b>  Chicken California Navy Beans Green Beans Mandarin Oranges Dinner Roll	<b>12</b>  Bratwurst Sauerkraut Green Beans Parslied Carrots Apple Strudel
<b>15</b>  Manicotti Tomato Sauce Broccoli Diced Pears Garlic Breadstick	<b>16</b>  Apricot Glazed Pork Mashed Sweet Potatoes Roasted Cauliflower Peach Crisp Dinner Roll	<b>17</b>  Meatloaf Gravy Mashed Potatoes Green Beans Fresh Fruit Dinner Roll	<b>18</b>  Potato Crusted Cod Rice Pilaf Navy Beans Tossed Salad w/ Italian Dressing Pineapple Chunks	<b>19</b>  Roast Beef Mashed Potatoes Parslied Carrots Pineapple Chunks Dinner Roll
<b>22</b>  Stuffed Cabbage Tomato Sauce Peas & Onions Fresh Fruit Dinner Roll	<b>23</b>  Salmon Patty Sandwich Roasted Potatoes Sliced Beets Fresh Fruit	<b>24</b>  Garlic & Sage Chicken Thighs Rice Pilaf Stewed Tomatoes Seasoned Spinach Italian Bread	<b>25</b>  Bratwurst Potato Salad Three Bean Salad Spiced Apples	<b>26</b>  Pork Riblette Baked Beans Coleslaw Cinnamon Apples Dinner Roll
<b>29</b>  Herbed Baked Chicken Thighs Potato Au Gratin Roasted Brussels Fruit Cocktail Dinner Roll	<b>30</b>  Roasted Pork Loin Mashed Potatoes Gravy Vegetable Blend Cherry Crisp Dinner Roll	<p><b>Please consider your contribution to help the Office on Aging meet increased costs.</b></p> <p><b>Fee:</b></p> <ul style="list-style-type: none"> <li>• <b>Aged 60+:</b> \$3 <i>suggested</i> donation</li> <li>• <b>Under 60:</b> \$5 made at registration.</li> </ul> <p><i>Reservations are required 24 hours in advance.</i></p> 		

# OCTOBER 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>All meals are subject to change.</b></p> <p><b>Foods may contain allergens such as eggs, wheat, and soy</b></p>		1	2	3
		<p>Cheeseburger Potato Wedges Tossed Salad w/ Ranch Dressing Fresh Fruit</p>	<p>Baked Chicken Thighs Brown Rice Cucumber &amp; Dill Salad Parslied Carrots Mandarin Oranges</p>	<p>Tomato &amp; Cheese Baked Ziti Baby Lima Beans Seasoned Kale Garlic Bread</p>
6	7	8	9	10
<p>Beef &amp; Broccoli Stir Fry Brown Rice Glazed Carrots Fresh Fruit Dinner Roll</p>	<p>Liver &amp; Onions Mashed Potatoes Seasoned Squash Fresh Fruit Dinner Roll</p>	<p>Parmesan Cod Lemon &amp; Dill Orzo Seasoned Spinach Parslied Cauliflower Dinner Roll</p>	<p>BBQ Chicken Thighs Chickpea Salad Green Beans Almondine Diced Mango Dinner Roll</p>	<p>BBQ Pulled Pork Sandwich Mac &amp; Cheese Coleslaw Melon</p>
13	14	15	16	17
<p><b>CENTERS CLOSED FOR OBSERVANCE OF COLUMBUS DAY</b></p>	<p>Polish Sausage Sauerkraut Green Beans Apple Crisp Dinner Roll</p>	<p>Stuffed Peppers Mashed Potatoes Savory Carrots Orange Dinner Roll</p>	<p>Baked Pork Chop Mashed Potatoes Stewed Tomatoes Pineapple Chunks</p>	<p>Hot Dog Baked Beans Coleslaw Fruit Cocktail</p>
20	21	22	23	24
<p>Chicken Curry Steamed Rice Broccoli Peaches Dinner Roll</p>	<p>Savory Beef Tips Egg Noodles Mustard Greens Fresh Fruit Dinner Roll</p>	<p>Smothered Pork Rice Pilaf Pickled Beets Cinnamon Apple Slices Dinner Roll</p>	<p>Chicken California Navy Beans Green Beans Mandarin Oranges Dinner Roll</p>	<p>Bratwurst Sauerkraut Green Beans Parslied Carrots Apple Strudel</p>
27	28	29	30	31
<p>Manicotti Tomato Sauce Broccoli Diced Pears Garlic Breadstick</p>	<p>Apricot Glazed Pork Mashed Sweet Potatoes Roasted Cauliflower Peach Crisp Dinner Roll</p>	<p>Meatloaf Gravy Mashed Potatoes Green Beans Fresh Fruit Dinner Roll</p>	<p>Potato Crusted Cod Rice Pilaf Navy Beans Tossed Salad w/ Italian Dressing Pineapple Chunks</p>	<p>Maple Glazed Ham Scalloped Potatoes Parslied Carrots Cinnamon Applesauce Dinner Roll</p>

# Upcoming Adventures!



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

## “Elf The Musical” at Toby’s Dinner Theatre, Columbia, MD (One-Shoe)

**Date:** Wednesday, Dec. 17

**Registration Begins:** Monday, Sept. 29, 2025

**Fee:** \$130 (Transportation, Show, & Lunch)

**Registration Ends:** Friday, Oct. 31, 2025

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

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

CPSC: 8 a.m.

CPSC: 5:45 p.m.

NBSC: 9 a.m.

SPSC: 6:30 p.m.

Join us for a festive outing to Toby’s to see *Elf: The Musical!* Follow Buddy, a young orphan raised at the North Pole, as he journeys to New York City in search of his birth father. This heartwarming and humorous holiday show is sure to lift your spirits and spread plenty of holiday cheer!

## That’s a wrap for the 2025 Trip Season!

We hope you've enjoyed traveling with us this year! From museums and theatres to cruises, it's been a year full of adventure. A big thank you to our Program Assistants who work tirelessly behind the scenes to plan and coordinate these memorable trips. Be sure to check out the November & December newsletter for a sneak peek at our 2026 travel plans!

“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.*

#### Staff Announcements

##### Welcome Aboard!

We’re excited to introduce three new additions to the Office on Aging team:

**Sheri Surels**, Office Specialist at Calvert Pines Senior Center

**Robyn Simpson**, Dementia Care Navigator

**Sean Riordan**, Program Assistant at Southern Pines Senior Center

*Please join us in giving them a warm welcome!*

#### Save These Dates!

Thanksgiving Luncheon: November 20

Christmas Luncheon: December 12

#### Energy Assistance

The Office of Home Energy Programs offers grants to eligible individuals to assist with utility costs in the home.

Income guidelines and supporting documents are required. Limited appointments are now available at each senior center. Call for information and to schedule an appointment with a MAP staff person.



Apply Online: <https://marylandbenefits.gov>

Request a form by mail. Call 1-800-332-6347.

#### Monthly Income Limits:

\$2,608 for one person | \$3,525 for two people

# Office on Aging Services:

Call 410-535-4606 or visit [Calvertcountymd.gov/Aging](http://Calvertcountymd.gov/Aging) or more information.



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

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

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

**Legal Aid Bureau** - Attorney services are available by appointment for those aged 60-plus regarding SSI, benefit denials, disability payments, Social Security and SSI overpayments, debtor and consumer problems, advance directives, and tenant issues. **An attorney will be available at North Beach Senior Center on Sept. 11 and Southern Pines Senior Center Oct. 9, 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.

## 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.

### Meals on Wheels Board Members

Fred Bumgarner, Lora Culver  
Bruce Hance, Michael Hawkins  
Randy Holt, Charlie Pritchard  
Linda Rhodes, Hope Sayles

### Commission on Aging Members

Joseph Carr, Noelle Flaherty,  
Lauretta 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	Vacant
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	Sheri Surels
Dementia Care Navigator	Robyn Simpson
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
Food Service Worker	Harry Markward

## Calvert Pines Senior Center 410-535-4606

Program Specialist	Grace Oller
Program Assistant	Aimee Badeaux-Hamm
Food Service Coord.	Barbara Knowles
Office Assistant II	Andrew Jackson
Ceramics Instructor	Pat Dinota
Social Services MAP Coord.	Jenna Cisse
Social Services MAP Coord.	Jessica Long
Social Services MAP Coord.	Kristy Matchett
Social Services MAP Coord.	Laura Hardesty
Developmental Disabilities Specialist	Angela Nenno
Developmental Disabilities Aide	Crystal Jones
Building & Grounds Worker	Phillip Long, Sr.
Custodian	Brenda Jacks
Senior 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	Sean Riordan
Food Service Coordinator	Vacant
Office Assistant II	Marina Jackson
Ceramics Instructor	Pat Dinota
Social Services MAP Coord.	Laura Hardesty

### Substitute Staff

Lawrence Brown, Joan Carroll, Donna Edington, Rick Narvell, Christal Pierce, Patti Ryon

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

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

Senior services are accessible to individuals with disabilities

# SPECIAL EVENTS

## Nutrition Education

**Wednesday, September 10, 10 a.m.**  
Learn how a healthy diet can help you manage stress more effectively.

## Pipe Cleaner Craft

**Thursday, September 11, 10 a.m.**  
Create a floral arrangement out of pipe cleaners. \$10 due at registration. Register by Sept. 4.

## Live Motown Performance

**Friday, September 12, 10 a.m.**  
Join us for a soulful celebration as Rondell Byrd brings the house down with his smooth sounds.

## Sunflower Tote Painting

**Monday, September 15, 10 a.m.**  
Join us for an artsy time as we paint a beautiful sunflower on a canvas bag! \$15 due at registration. Register by Sept. 8.

## Nature Talk With Paige: Migration of Monarchs

**Wednesday, September 17, 11 a.m.**  
Discover how these tiny travelers make their epic trip and why their story is one of nature's greatest adventures!

## Medicare 101

**Friday, September 19, 11 a.m.**  
Learn the ins and outs of Medicare from our State Health Insurance Program team. Don't forget to bring your questions!

## Shell Photo Frame

**Monday, September 22, 9:30 a.m.**  
Craft a charming photo frame using your beautiful seashells! \$8 due at registration. Register by Sept. 15.

## Vision & Hearing Screenings

**Wednesday, September 24, 11 a.m.-3 p.m.**  
Calvert Lions Club will be here to provide free vision and hearing screenings.

## Steady Steps: Falls Prevention

**Wednesday, September 24, 11 a.m.**  
Learn ways to prevent falls and meet with a physical therapist to discover simple exercises you can do to stay steady—and how to safely get up if a fall does happen.

# SEPTEMBER 2025



# NORTH BEACH NEWS

9010 Chesapeake Ave., North Beach MD 20714  
Phone: 410-257-2549 Fax: 410-286-8095

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

## OTHER SCHEDULED ACTIVITIES

1 <b>CENTER CLOSED FOR OBSERVANCE OF LABOR DAY</b>	2 <b>9:00A</b> Living Well with Diabetes (LWWD) + <b>10:00A</b> Ask the Nurse <b>10:00A</b> Cranium Fitness + <b>SCAVENGER HUNT BEGINS</b>	3 <b>1:00P</b> Grief & Loss Support	4 <b>11:00A</b> Did You Know?: Coffee <b>1:00P</b> Scribblers Writing Group	5 <b>9:00A</b> Girls Java Talk <b>11:00A</b> Open Mic
8	9 <b>9:00A</b> LWWD + <b>10:00A</b> Cranium Fitness + <b>11:00A</b> Questions to Ponder	10 <b>10:00A</b> Nutrition Education: <i>Managing Stress Through Your Diet</i>	11 <b>9:30A</b> Pipe Cleaner Craft +\$ <b>10:00A-12:00P</b> Legal Aid +	12 <b>9:00A</b> Girls Java Talk <b>10:00A</b> Live Music: <i>Motown Performance</i>  <b>NO LET'S MOVE</b>
15 <b>9:30A - 12:00P</b> CalvertHealth Mobile Health Center <b>10:00A</b> Sunflower Tote Painting +\$	16 <b>9:00A</b> LWWD + <b>10:00A</b> Senior Council Meeting <b>11:00A</b> Cranium Fitness & Questions to Ponder	17 <b>11:00A</b> Nature Talk with Paige: <i>Migration of Monarchs</i> <b>12:15P</b> Monthly Birthday Dessert	18 <b>9:00A</b> COA Meeting <b>10:00A</b> Thursday Movie: <i>The Birds</i> ^ <b>1:00P</b> Scribblers Writing Group <b>SIGHT AND SOUND TRIP</b>	19 <b>9:00A</b> Girls Java Talk <b>11:00A</b> Medicare 101 +
22 <b>9:30A</b> Shell Photo Frame Craft +\$	23 <b>9:00A</b> LWWD + <b>10:00A</b> Cranium Fitness + <b>11:00A</b> Questions to Ponder +	24 <b>11:00A -1:00P</b> Maryland Insurance Administration I&A <b>11:00A-3:00P</b> Vision & Hearing Screenings <b>11:00A</b> Steady Steps: <i>Falls Prevention</i>	25 <b>10:00A</b> Open Mic 	26 <b>9:00A</b> Lattes with Linda
29	30 <b>9:00A</b> LWWD + <b>10:00A</b> Cranium Fitness + <b>11:00A</b> Questions to Ponder +	<div style="border: 1px solid orange; border-radius: 15px; padding: 10px; background-color: #fff9c4;"> <h3 style="text-align: center; margin: 0;">North Beach Scavenger Hunt</h3> <p style="text-align: center; margin: 0;">Pick up your clue pack starting Tuesday, September 2, and explore the town in search of hidden treasures. Be the first to complete the challenge and win a gift card to a favorite local spot!</p> </div>		

# SPECIAL EVENTS

## Fall Harvest Painting

**Monday, October 6, 10 a.m.**

Paint a fall masterpiece featuring a vibrant pumpkin and cheerful sunflower.

\$10 at registration. Register by Sept. 26.

## Ask The Nurse: Breast Cancer

**Tuesday, October 7, 10 a.m.**

Join a CalvertHealth nurse for a breast cancer discussion. Learn about risk factors, warning signs, and the importance of screenings.

## Would You Rather?

**Tuesdays October 7 & 28, 11 a.m.**

Join us for a fun game of *Would You Rather*—you'll be surprised what you learn about your friends (and yourself)!

## Nutrition Education

**Wednesday, October 8, 10 a.m.**

Discover the power of fermented foods! Learn how these flavorful bites can boost gut health and add zest to your meals.

## Clay Pot Scarecrow

**Thursday, October 9, 9:30 a.m.**

Create an adorable scarecrow using clay pots perfect for a seasonal decoration! \$10 at registration. Register by Sept. 26.

## Halloween Gingerbread House Craft

**Friday, October 24, 10 a.m.**

Build a spooky gingerbread house that's frightfully fun. \$12 at registration. Register by Oct. 10.

## Cornhole & Country Music

**Wednesday, October 29, 10 a.m.**

Enjoy Cornhole games and country music by local band, JustUs2.

## Open Mic

**Thursday, October 30, 10 a.m.**

The mic is open! Share your favorite songs, stories, or poems—or just come by and enjoy!

## Boo Bingo

**Friday, October 31, 10 a.m.**

Join us for a fun Halloween morning of Prize Bingo. Don't forget to say **Boo!**

# OCTOBER 2025



# NORTH BEACH NEWS

9010 Chesapeake Ave., North Beach MD 20714

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

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

## OTHER SCHEDULED ACTIVITIES

		<b>11:00A</b> Did You Know?: <i>History of Motorcycles</i> <b>1:00P</b> Grief & Loss Support	<b>10:00A</b> Open Mic <b>1:00P</b> Scribblers Writing Group	<b>10:00A</b> Bingo Marathon +
<b>10:00A</b> Fall Harvest Painting +\$	<b>9:00A</b> LWWD + <b>10:00A</b> Ask the Nurse: <i>Breast Cancer</i> <b>11:00A</b> Would You Rather? +	<b>10:00A</b> Nutrition Education: <i>Benefits of Fermented Foods</i> <b>11:00A-1:00P</b> People's Insurance Counsel Division I&A	<b>9:30A</b> Clay Pot Scarecrow +\$	<b>9:00A</b> Girls Java Talk <b>11:00A</b> Would You Rather? Group Discussion
<b>CENTER CLOSED FOR OBSERVANCE OF COLUMBUS DAY</b>	<b>10:00A</b> Cranium Fitness +	<b>11:00A</b> Nature Talk with Paige: <i>Champions of Color</i> <b>12:15P</b> Monthly Birthday Dessert <b>RIVERBOAT CRUISE TRIP</b>	<b>1:00P</b> Scribblers Writing Group <b>2:00P</b> Open Coffee Bar	<b>9:00A</b> Lattes with Linda
<b>9:30A - 12:00P</b> CalvertHealth Mobile Health Center: <i>Free Cholesterol &amp; A1c Screenings</i>	<b>10:00A</b> Ask the Pharmacist— <i>Free Medication Review</i> + <b>10:00A</b> Senior Council Meeting <b>11:00A</b> Cranium Fitness +		<b>10:00A</b> Thursday Movie: <i>Hocus Pocus</i> ^	<b>9:00A</b> Girls Java Talk <b>10:00A</b> Halloween Gingerbread House Craft +\$ <b>11:00A</b> Would You Rather?
	<b>10:00A</b> Cranium Fitness + <b>11:00A</b> Would You Rather? +	<b>10:00A-12:00P</b> Cornhole & Country Music with JustUs2 <b>10:30A</b> Let's Move	<b>10:00A</b> Open Mic	<b>10:00A</b> Boo Bingo +  <b>NO LET'S MOVE</b>



# SPECIAL EVENTS

## Football Kick-Off Party

Thursday, September 4, 11:30 a.m.

Wear your favorite jersey and make predictions on who the big winners will be for your chance to win a prize!

## Nutrition Education:

### Managing Stress Through Diet

Tuesday, September 9, 12:30 p.m.

Eat your way to Calm! Join our registered dietician for a fun and informative session on how the foods you eat can help you stress less and feel your best!

## Oktoberfest

Friday, September 12, 12 p.m.

Enjoy a German themed lunch complete with pretzels and nonalcoholic beer. Don't forget your lederhosen and dirndl! Register by 9/9.

## Medicare 101

Monday, September 15, 11 a.m.

Our State Health Insurance Program team will explain different parts of Medicare, costs, coverage options and how to enroll.

## Grief and Loss Support Group

Tuesday, September 16, 1 p.m.

This support group offers a valuable resources for those experiencing grief and loss.

## Steady Steps: Falls Prevention

Tuesday, September 23, 11 a.m.

Learn ways to prevent falls and meet with a physical therapist to discover simple exercises you can do to stay steady—and how to safely get up if a fall does happen.

## Vision & Hearing Screenings

Tuesday, September 23,

11 a.m.-3 p.m.

Calvert Lions Club will be here to provide free vision and hearing screenings.

## Lunch and a Movie:

### The Penguin Lessons

Friday, September 26, 12 p.m.

Watch the heartwarming story of a Englishman whose life is turned upside down after rescuing a penguin from a beach. Register for lunch.

CALL FOR FITNESS ROOM ORIENTATIONS:

410-535-4606

# SEPTEMBER 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		
<b>8:30A</b> Pool Room Open <b>8:30A</b> Fitness Room Open <b>8:30A</b> Gift Shop Crafting <b>9:30A</b> Walk to the Beat <b>10:00A</b> Open Art \$ <b>10:30A</b> Let's Move <b>11:00A</b> Line Dancing <b>12:30P</b> Hand, Knee & Foot (cards)	<b>8:30A</b> Pool Room Open <b>8:30A</b> Fitness Room Open <b>11:00A</b> Gentle Yoga	<b>8:30A</b> Pool Room Open <b>8:30A</b> Fitness Room Open <b>8:30A</b> Gift Shop Crafting <b>9:30A</b> Ceramics \$ <b>9:30A</b> Duplicate Bridge <b>9:30A</b> Walking Aerobics <b>10:30A</b> Let's Move <b>11:00A</b> Yoga Basics \$ <b>12:30P</b> Hand, Knee & Foot (cards)	<b>8:30A</b> Pool Room Open <b>8:30A</b> Fitness Room Open <b>10:00A</b> Strength Training <b>11:00A</b> Gentle Yoga <b>1:00P</b> Bible Study	<b>8:30A</b> Pool Room Open <b>8:30A</b> Fitness Room Open <b>9:30A</b> Ceramics \$ <b>9:30A</b> Walk to the Beat <b>10:30A</b> Let's Move		
OTHER SCHEDULED ACTIVITIES						
<b>CENTER CLOSED FOR OBSERVANCE OF LABOR DAY</b>	1	2	3	4	5	
		<b>12:15P</b> Birthday Party Luncheon +\$	<b>9:30A</b> Senior Council Meeting <b>10:00A</b> Ask the Nurse <b>11:30A</b> Football Kick-Off Party  <b>NO STRENGTH TRAINING</b>	<b>9:30A</b> Drummercize		
<b>10:30A</b> Contract Bridge <b>1:00P</b> Book Club: <i>The Next Always</i> by Nora Roberts	8	<b>12:30P</b> Nutrition Education: <i>Managing Stress Through Your Diet</i>	10	<b>10:00A</b> CREATE Bingo	11	<b>9:00A-11:00A</b> CalvertHealth Fit Friday-Meet with a Personal Trainer! <b>12:00P</b> Oktoberfest \$+
<b>8:30A</b> Senior Council Workday <b>11:00A</b> Medicare 101 +	15	<b>12:30P</b> Lunch Bunch \$+ <b>1:00P</b> Grief and Loss Support Group	16	<b>11:00A - 1:00P</b> Maryland Insurance Administration I&A	17	<b>11:00A</b> Relaxation w/ Joel <b>1:00P</b> Project Linus
<b>9:30A - 12:00P</b> CalvertHealth Mobile Health Unit <b>1:00P</b> MOW Annual Meeting  <b>NO AUDITORIUM CLASSES</b>	22	<b>NO YOGA</b> <b>10:00A</b> Bingo <b>11:00A</b> Steady Steps: <i>Falls Prevention</i> <b>11:00A - 3:00P</b> Vision & Hearing Screenings	23	<b>10:00A</b> Highway2Health-Free Health Screenings	24	<b>10:30A</b> Contract Bridge
	29	30		25	26	<b>12:00P</b> Lunch and a Movie: <i>The Penguin Lessons</i> \$^+

## Pardon Our Dust—Exciting Changes Ahead!

Calvert Pines Senior Center is getting a makeover to create more room for programs and staff! While some rooms will be closed during this time, we're still full steam ahead with activities. Thanks for your patience as we build a better space for you!

# SPECIAL EVENTS

## Line Dancing

**Mondays, 11 a.m.**

It's a toe tapping good time as we practice our favorites and learn new ones. No experience needed!

## Drummercize

**Fridays, October 3, 9:30 a.m.**

Drummercize is a high-energy, low-impact workout that turns drumming into a fun fitness party! No rhythm required—just bring your enthusiasm and get ready to move!

## Book Club

**Monday, October 6, 1 p.m.**

This month's book, *Kin: Rooted in Hope*, is a powerful portrait of a Black family shaped by enslavement and freedom, told through moving, lyrical poems.

## Ceramics

**Wednesdays & Fridays**

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

Find the joy of painting ceramic pieces and connect with others. This program welcomes all skill levels.

## Intergenerational Pumpkin Painting

**Friday, October 17, 12:30 p.m.**

Grab the grandkids and decorate a pumpkin for fall. Register by Oct. 14.

## Craft Corner: Spooky Coasters

**Thursday, October 23, 10 a.m.**

Create your own spooky tile coasters using Halloween stamps-perfect for your home or as a unique gift.

## Variety Players Performance

**Wednesday, October 29, 12 p.m.**

Enjoy a performance during lunch by this group of seniors who love to sing together! Registration required for lunch only.

## Great Pumpkin Party

**Friday, October 31, 11 a.m.**

It's spooky season, wear your scariest or silliest costume for our contest and trick-or-treat the halls of Calvert Pines for candy!

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

## OTHER SCHEDULED ACTIVITIES

<div style="border: 1px dashed pink; border-radius: 15px; padding: 10px; text-align: center;"> <b>PINK FRIDAYS</b>                      Wear Pink to Support Breast Cancer Awareness Month!                 </div>	+ =Pre-Registration \$ =Fee ^ = Video <i>Pre-registration can be done at front desk or over the phone.</i>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>12:15P</b> Birthday Party Luncheon +\$	<b>9:30A</b> Senior Council Meeting <b>10:00A</b> Ask the Nurse: Breast Cancer	<b>9:30A</b> Drummercize
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>8:30A</b> Senior Council Workday <b>1:00P</b> Book Club: <i>Kin: Rooted in Hope</i> by Carole Boston Weatherford			<b>10:00A</b> CREATE! Bingo <b>12:30P</b> Nutrition Education: Benefits of Fermented Foods	<b>9:00A-11:00A</b> CalvertHealth Fit Friday-Meet with a Personal Trainer!
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>CENTER CLOSED FOR OBSERVANCE OF COLUMBUS DAY</b>	<b>1:00P</b> National Dessert Day- Stop by to celebrate! +	<b>RIVERBOAT CRUISE TRIP</b>	<b>NO STRENGTH TRAINING</b>	<b>12:30P</b> IG Pumpkin Painting + <b>1:00P</b> Project Linus
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>9:30A-11:30A</b> People's Insurance Counsel Division I&A	<b>1:00P</b> Grief and Loss Support Group		<b>10:00A</b> Craft Corner: Spooky Coasters + <b>10:30A</b> Contract Bridge	<b>11:00A</b> Relaxation with Joel <b>12:00P</b> Lunch and a Movie: <i>Knives Out</i> +\$^
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
<b>9:30A - 12:00P</b> CalvertHealth Mobile Health Unit	<b>10:00A</b> Bingo <b>12:30P</b> Lunch Bunch \$+	<b>12:00P</b> Live Music: Variety Players Performance		<b>11:00A</b> Great Pumpkin Party +



# SPECIAL EVENTS

## Card Creations

**First & Third Tuesday, 1 p.m.**

Bring your supplies and join us for a fun afternoon crafting personalized cards for all your favorite holidays and celebrations!

## Cornhole

**Second & Fourth Fridays, 1 p.m.**

Join us for a lively afternoon of cornhole—fun, friendly competition, and great company guaranteed!

## Medicare 101

**Thursday, September 4, 1 p.m.**

Join us for an informative session covering all the ins and outs of Medicare to help you navigate your options with confidence.

## A Sip Through Time: Herbal Teas

**Thursday, September 11, 1 p.m.**

Discover the rich history and healing traditions of herbal teas in this flavorful journey through the past, one cup at a time.

## Managing Stress Through Diet

**Friday, September 12, 10:30 a.m.**

Learn how to manage stress naturally by nourishing your body with the right foods and essential nutrients.

## Craft: Fall Napkin Rings

**Friday, September 19, 1 p.m.**

Make and take charming fall-themed napkin rings to add a festive touch to your table!

## Steady Steps: Falls Prevention

**Monday, September 22, 1 p.m.**

Learn ways to prevent falls and meet with a physical therapist to discover simple exercises you can do to stay steady—and how to safely get up if a fall does happen.

## The Americas: The Atlantic Coast

**Thursday, September 25, 1 p.m.**

Enjoy a captivating viewing of *The Americas: The Atlantic Coast* episode and explore the landscapes and wildlife of this dynamic region.

## Alzheimer's Walk

**Friday, September 26, 10 a.m.**

Join us for the Alzheimer's Walk—honor those affected, raise awareness, and learn more about the journey through this disease, one step at a time.

# SEPTEMBER 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 \$ 1:00P Board Games <b>NEW</b>	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 Mahjong <b>NEW</b> 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

<b>CENTER CLOSED FOR OBSERVANCE OF LABOR DAY</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
		1:00P Card Creations	12:30P Birthday Party	1:00P Medicare 101+	1:00P Scarecrow Wine Bottle Art \$+
<b>9:00A - 12:00P CalvertHealth Mobile Health Center: Free Cholesterol &amp; A1c Screenings!</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
		2:00P Grief & Loss Support	9:00A - 4:00P Veteran Services 10:30A Center Info & Fitness Orientation + 1:00P Song Circle	12:00P 9/11 Moment of Silence 1:00P A Sip Through Time: Herbal Teas +	10:30A Nutrition Education: Managing Stress Through Diet + 11:30A Calvert Health Fitness Friday 1:00P Cornhole
<b>11:00A - 1:00P MD Insurance Administration I&amp;A 1:00P Creative Writing</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
		10:00A Ask the Nurse: Prostate Health 12:30P Calvert Library Bookmobile 1:00P Card Creations	1:00P Book Club: <i>The Woman</i> , by Kristin Hannah	<b>SIGHT &amp; SOUND TRIP</b>	1:00P Craft: Fall Napkin Rings \$+
<b>11:00A-3:00P Vision &amp; Hearing Screenings 1:00P Steady Steps: Falls Prevention +</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
		9:00A - 11:00A Ask the Pharmacist +	10:30A Center Info & Fitness Orientation + 1:00P Song Circle	1:00P Documentary: <i>The Americas: The Atlantic Coast</i> +	9:00A - 4:00P Veteran Services 10:00A Alzheimer's Walk + 1:00P Cornhole <b>ALZHEIMER'S WALK</b>
<b>29</b>	<b>30</b>	<b>THANKSGIVING AUCTION</b>		<b>SANTAS WORKSHOP CRAFT FAIR</b>	
		<b>THURSDAY, 11/20, 1 PM</b> PLEASE DROP OFF NEW OR LIKE NEW GIFT ITEMS BY MONDAY, 11/10		<b>THURSDAY, 12/4, 9AM - 1:30PM</b> TABLE RESERVATIONS BEGIN 11/1	

# SPECIAL EVENTS

## Walk Maryland Day

**Wednesday, October 1, 10 a.m.**

Celebrate Walk Maryland Day by stepping out for a refreshing group walk to boost your health and community spirit!

## Daytime Predators

**Thursday, October 2, 1 p.m.**

Join naturalist Gene Groshon for an engaging program to discover and learn about fascinating daytime bird predators in our area.

## Craft: Fall Aprons

**Friday, October 3, 1 p.m.**

Design a fall apron—perfect for the season and your autumn gatherings!

## Nutrition Education: Benefits of Fermented Foods

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

Discover the powerful health benefits of fermented foods and how they can support your gut and overall wellness.

## The Americas: Mexico

**Thursday, October 16, 1 p.m.**

Explore the vibrant culture and stunning landscapes in the documentary *The Americas: Mexico* episode.

## Pumpkin Spice Granola

**Thursday, October 23, 1 p.m.**

Learn how to make delicious homemade pumpkin spice granola—perfect for autumn snacking or gifting with a personal touch!

## Breast Cancer Awareness Walk

**Friday, October 24, 10 a.m.**

Join us for a walk to honor survivors and raise awareness for early detection and support.

## Pumpkin Folklore & Decorating

**Thursday, October 30, 1 p.m.**

Discover the fascinating myths and folklore behind Jack-o'-lanterns, then decorate your own pumpkin for a chance to win a treat in our Halloween contest!

## 'Boo'tastic Bingo

**Friday, October 31, 1 p.m.**

Join us for a spooktacular Halloween Bingo afternoon—wear your best costume, enjoy tasty treats, and play for thrilling prizes!

# OCTOBER 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 \$ 1:00P Board Games <b>NEW</b>	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 Mahjong <b>NEW</b> 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

<b>BOARD GAMES</b> We've added another day this fall for games! Join the group for an afternoon of fun and laughter, with different games selected each game day.		1 10:00A Walk for Fun + 12:30P Birthday Party	2 1:00P Daytime Predators + 	3 1:00P Craft: Fall Aprons \$+
6 1:00P Creative Writing	7 1:00P Card Creations	8 9:00A - 4:00P Veteran Services 10:30A Center Info & Fitness Orientation + 1:00P Song Circle	9 10:00A-12:00P Legal Aid + 11:00A-1:00P People's Insurance Counsel Division Information	10 10:30A Nutrition Education: Benefits of Fermented Foods + 11:30A Calvert Health Fitness Friday ( <b>New time</b> ) 1:00P Cornhole
13 CENTER CLOSED IN OBSERVANCE OF COLUMBUS DAY	14 2:00P Grief & Loss Support	15 1:00P Book Club: <i>The Crossing Places</i> , by Elly Griffiths 1:00P - 3:30P Living Well with Diabetes (LWWD) + <b>RIVERBOAT CRUISE TRIP</b>	16 9:00A COA Meeting 1:00P Documentary: <i>The Americas: Mexico</i> +	17 1:00P Fall Jewelry \$+
20 1:00P Creative Writing	21 10:00A Ask the Nurse: <i>Breast Cancer</i> 12:30P Calvert Library Bookmobile 1:00P Card Creations	22 10:00A - 12:00P Highway2Health 10:30A Center Info & Fitness Orientation + 1:00P Song Circle 1:00P - 3:30P LWWD +	23 1:00P Pumpkin Spice Granola +	24 9:00A - 4:00P Veteran Services 10:00A Breast Cancer Awareness Walk + 1:00P Cornhole <b>WEAR PINK</b>
27	28	29 1:00P - 3:30P LWWD +	30 1:00P Pumpkin Folklore & Decorating +	31 1:00P 'Boo'tastic Bingo + 