



THE CONNECTION

Calvert County Office on Aging Bimonthly Newsletter

November/December 2025

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Board of County Commissioners

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

From the Division Chief

We certainly have entered a special time of year! National Caregivers Month, Veterans Day, and the holidays are upon us.

In 1789, both houses of Congress recommended to President George Washington "a day of public thanksgiving and prayer." The President accepted the Congressional guidance and recommended this to the new nation. With this in mind...

We give thanks to so many dedicated volunteers. The Senior Councils, Meals on Wheels Drivers, Tax-Aide volunteers, Commission on Aging, and many leaders of various programs inside our Senior Centers make them special places to gather.

We thank our nation's veterans. Like so many of you, as a son, a grandson, and a brother of veterans, I give thanks for them, their spouses, and their families who have sacrificed so much for us.

Caregivers are an inspiration to us, also, as they sacrifice for their loved ones daily. They are great examples for us as they love their families sacrificially; we are encouraged to do likewise.

Finally, I am thankful for our wonderful staff and local leaders. While our staff is imperfect, as they have an imperfect Division Chief, they work hard to be worthy of the privilege to serve you.

Happy Hanukkah to those who celebrate this holiday. May this be a special time for you and yours. And Merry Christmas to those who worship Jesus Christ, Emmanuel, "God with us." As Charlie Brown and the Peanuts gang sang "Hark the Herald Angels Sing" in that famous Christmas special, "God and Sinners Reconciled!"—many are thankful for his birth as all have a chance to be reconciled to Him. "Glory to the new-born king!" as the song declares.

Happy Holidays to you! We are thankful for you.

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 Closures

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

- Nov. 11: Veterans Day
- Nov. 27-28: Thanksgiving
- Dec. 25: Christmas
- Jan. 1: New Years

Inclement Weather Policy

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

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

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

Veterans Day

We want to thank every veteran who has served in our nation's armed forces, along with their families, Your sacrifice so that we might live in freedom is worthy of our honor.

As a small measure of our appreciation, we are hosting Quilts of Valor presentations to honor a few veterans in our community.

Southern Pines, Nov. 7, 11 a.m.
Calvert Pines, Nov. 10, 9:30 a.m.

Calvert Pines is hosting a complimentary breakfast for veterans and their spouses on Nov. 10, 9 a.m. Please register by calling 410-535-4606 by Nov. 5!

Grief & Loss Support Groups

The holidays can be difficult for those grieving the loss of a loved one. You don't have to face it alone. Join us each month at your local senior center for a compassionate Greif & Loss Support Group, hosted by Hospice of the Chesapeake.

Please check your senior center's insert for specific dates and times.

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!

Coming in 2026!

We're thrilled about what's to come in the new year! Our evidence-based programs — *Living Well with Diabetes* and *Stepping On* — will continue to be offered throughout 2026, helping our community stay healthy, active, and independent.

We're also excited to share that two of our staff members are now trained to lead Senior Planet technology classes! These sessions will help older adults build confidence with technology and stay connected in today's digital world.

And get ready for some fun adventures — our travel plans are already underway (think museums, boat cruises, and dinner theaters!).

Finally, we can't wait to celebrate the completion of the Calvert Pines renovation! The upgrades will include a brand-new fitness room, computer lab, and an additional multipurpose space for even more programs and activities.

Shop & Support!

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

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



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!

November: Diabetes

Learn ways to manage diabetes and control your blood sugar levels.

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

Open Enrollment is your chance to add, drop, or change your Medicare Advantage or Part D plan for 2026.

Take time to compare plans—you might find better coverage or lower costs. Review any notices from your current plan about 2026 changes, and make sure your doctors, pharmacies, and prescriptions are still covered.

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 available by trained Medicare staff at 1-800-633-4227

Protect Yourself During Medicare Open Enrollment

Medicare has rules about how plans can contact you. Keep these tips in mind:

- Plans may send mail, but can't call, email, or visit you unless you give permission.
- They cannot claim to represent Medicare or use its name or logo in ads.
- If you meet with an agent, you must first complete a Scope of Appointment (SOA) form—
- Agents must clearly explain how a plan affects your current coverage, costs, and provider network.

If you suspect a violation, contact your Senior Medicare Patrol (SMP) or State Health Insurance Assistance Program (SHIP) for help, 410-535-4606.

Senior Center Fun!

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

We hope to see you soon!

Veterans Breakfast

Enjoy breakfast with fellow veterans!

Nov. 10 | 9 a.m.

Calvert Pines Senior Center

Harvest Moon Painting

Create a seasonal painting!

Nov. 10 | 10 a.m.

North Beach Senior Center

Song Circle

Play your instrument with fellow musicians!

Nov. 12 | 1 p.m.

Southern Pines Senior Center

Open Mic: Comedy Show

Calling all stand-ups, time to take the stage!

Dec. 2 | 10 a.m.

North Beach Senior Center

Christmas Craft Day

Spend the day crafting holiday items!

Dec. 3 | 10 a.m.

Calvert Pines Senior Center

Gingerbread House Decorating Contest

Time to show off your icing skills!

Dec. 3 | 1 p.m.

Southern Pines Senior Center

Holiday Music Showcase

Enjoy holiday favorites performed by local pianist!

Dec. 15 | 11 a.m.

North Beach Senior Center

Ugly Sweater Party & Sing-Along

Fa-la-la-la-la in your favorite holiday sweater!

Dec. 17 | 12:30 p.m.

Calvert Pines Senior Center

Seasonal Songs with the Sunshine Band

Spread holiday cheer with the Sunshine Band!

Dec. 18 | 1 p.m.

Southern Pines Senior Center

NOVEMBER 2025

Lunch is served Monday-Friday at 12 noon.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Baked Chicken Rice Pilaf Carrots & Onions Chilled Pineapple Dinner Roll	4 Salmon Patty Sandwich Three Bean Salad Seasoned Beets Fruit Cocktail	5 Spaghetti Meat Sauce Green Beans Mandarin Oranges Garlic Bread	6 Shrimp Creole Rice Spinach Chilled Pineapple Dinner Roll	7 Roasted Turkey Sweet Potatoes Bread Dressing Gravy Steamed Broccoli Cinnamon Pears
10 Roast Beef Mashed Potatoes Gravy Peas & Onions Mandarin Oranges Dinner Roll	11 CENTERS CLOSED FOR OBSERVANCE OF VETERANS DAY	12 Baked Ziti Seasoned Kale Chilled Peaches French Bread	13 BBQ Chicken Brown Rice Parslied Carrots Green Beans Orange Dinner Roll	14 Baked Chicken Mashed Potatoes Bread Dressing Gravy Carrots
17 Salisbury Steak Mashed Potatoes Gravy Carrots Tropical Fruit Dinner Roll	18 Chicken California Roasted Potatoes Zucchini w/Tomatoes Chilled Peaches Dinner Roll	19 Lemon Pepper Fish Rice Pilaf Spinach Mandarin Oranges Dinner Roll	20 Roasted Turkey Mashed Potatoes Bread Dressing Green Beans Carrots Cranberry Sauce Pumpkin Pie	21 Turkey Burger Baked Beans Stewed Tomatoes Hot Spiced Apples
<i>Thanksgiving Luncheon</i>				
24 Marinated Pork Steamed Rice Kidney Bean Salad Sauteed Cabbage Applesauce	25 Chicken Dijon Herbed Rice Squash Medley Cinnamon Pears Dinner Roll	26 Cheeseburger French Fries Coleslaw Mandarin Oranges	CENTERS CLOSED FOR OBSERVANCE OF THANKSGIVING	

Come Dine With Us!

Join us for a delicious lunch!

Please register by **noon the day before** you plan to eat.

- **Ages 60+:** Suggested donation of **\$3**
- **Under 60:** **\$5** due at registration

Festive Luncheons Await!

Join us for two delicious celebrations this season—our

Thanksgiving & Holiday Luncheons!

Don't miss out on the fun, food, and festive cheer. Be sure to reserve your spot by the deadlines listed below by calling or visiting the center of your choice:

Thanksgiving Luncheon: Register by Nov. 7

Holiday Luncheon: Register by Dec. 1

DECEMBER 2025

Lunch is served Monday-Friday at 12 noon.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Parmesan Spaghetti Seasoned Broccoli Diced Pears Dinner Roll	2 Lemon Tilapia Scalloped Potatoes Vegetable Blend Chilled Peaches Dinner Roll	3 Chili with Beans Cornbread Seasoned Kale Applesauce	4 BBQ Pulled Pork Sandwich Mac & Cheese Collard Greens Fresh Fruit	5 Baked Chicken Sweet Potatoes Cabbage Tomatoes Fruit Cocktail Dinner Roll
8 Stuffed Manicotti Green Beans Chilled Pineapple Garlic Bread	9 Meatloaf Mashed Potatoes Gravy Seasoned Broccoli Hot Spiced Apples Dinner Roll	10 Stuffed Bell Pepper Mashed Potatoes Sauteed Spinach Applesauce	11 Oven-Fried Chicken Baked Beans Dilled Carrots Tropical Fruit Dinner Roll	12 Chicken Cordon Bleu Sweet Potatoes Seasoned Broccoli Chilled Pineapple Apple Pie w/Ice Cream Dinner Roll
<i>Holiday Luncheon</i>				
15 Baked Chicken Rice Pilaf Carrots & Onions Chilled Pineapple Dinner Roll	16 Salmon Patty Sandwich Three Bean Salad Seasoned Beets Fruit Cocktail	17 Spaghetti Meat Sauce Green Beans Mandarin Oranges Garlic Bread	18 Shrimp Creole Rice Seasoned Spinach Chilled Pineapple Dinner Roll	19 Roasted Pork Loin Sweet Potatoes Green Beans Hot Spiced Apples Dinner Roll
22 Roast Beef Mashed Potatoes Gravy Peas & Onions Mandarin Oranges Dinner Roll	23 Baked Ham Gravy Lima Beans Steamed Broccoli Hot Spiced Apples Dinner Roll	24 Baked Ziti Seasoned Kale Chilled Peaches French Bread	CENTERS CLOSED IN OBSERVANCE OF CHRISTMAS	26 Herbed Pork Loin Rice Pilaf Broccoli w/Cauliflower Chilled Pears Dinner Roll
29 Salisbury Steak Gravy Mashed Potatoes Parslied Carrots Tropical Fruit Dinner Roll	30 Chicken California Roasted Potatoes Zucchini w/Tomatoes Chilled Peaches Dinner Roll	31 Lemon Pepper Fish Rice Pilaf Seasoned Spinach Mandarin Oranges Dinner Roll	All meals are subject to change. Foods may contain allergens such as eggs, wheat, and soy	

November is Caregivers Month

We want to briefly extend a “thank you” to all caregivers in our community. Your care for your loved ones and friends is greatly valued and appreciated. Thank you!

Dementia Live Program

In collaboration with Hospice of the Chesapeake, we are thankful to provide a free, unique, inside-out understanding of dementia.

Through the use of specialized gear and a safe setting, participants will gain a heightened awareness of the challenges associated with living with dementia through this simulation experience.

Nov. 5, 11 a.m.-1 p.m.

Burnett Hospice House

To register, contact Lisa Caudle at 410-535-4606 ext. 8755.

Empowered Caregivers Series

We have partnered with the Alzheimer’s Association to provide a free virtual “Empowered Caregiver” series.

Upcoming sessions are:

Responding to Dementia Related Behaviors
Nov. 12, 6 p.m.

Exploring Care & Support | Dec. 10, 6 p.m.

Sign up for either session by contacting Lisa Caudle at 410-535-4606, ext. 8755. If we can support you in your caregiving journey, please reach out to Lisa.

Free Durable Medical Equipment for Marylanders

Do you or a loved one need medical equipment to make caregiving easier at home? The Maryland Department on Aging’s Maryland Durable Medical Equipment Re-Use Program provides gently used, fully sanitized medical equipment—free of charge—to Maryland residents who need it. Available items include wheelchairs, walkers, shower chairs, hospital beds, and even complex DME such as power chairs, patient lifts, and specialized seating systems.

The program also welcomes donations of gently used equipment.

Learn more or request equipment by calling 240-230-8000 for assistance.

Staff Announcements

We are excited to announce the addition of Ms. Julie Mashino as our new Fiscal Manager. Julie has served as the Family Network Coordinator in our very own Community Resource Department. We welcome her to the team!

Join the AARP Tax-Aide Team: Volunteers Needed for 2025 Tax Season

Our AARP Tax-Aide program is seeking volunteers to serve as tax counselors to prepare, review, and e-file 2025 tax returns in 2026.

Training is included and volunteers will need to pass the IRS and Maryland Certification tests.

Interested? Contact our District Coordinator, Ed Katrinic at 443-614-8638 or epkatrin1@gmail.com.

Meals on Wheels Drivers Needed

We’re looking for volunteer drivers to deliver meals to homebound older adults in our community. Giving just one day a month can brighten someone’s day and ensure they receive a nutritious meal!

Meal Delivery: Monday–Friday

Location: Throughout Calvert County

Interested? Call 410-535-4606 to learn more.

Please consider supporting Meals on Wheels — it’s a small commitment with a big impact!



Daylight Saving Time ends Sunday, Nov. 2. Set your clocks back one hour and enjoy that extra hour of sleep—you’ve earned it!

Office on Aging Services:

Call 410-535-4606 or visit 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 Calvert Pines Senior Center on Nov. 13 and Dec. 11, 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	Julie Mashino
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	Vacant
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	Vacant
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, Rick Narvell, Christal Pierce, Patti Ryon

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

Strength Training

Mondays, Wednesdays, Fridays
11 a.m.

Build muscle, improve balance, and boost overall fitness with this new guided strength training class.

Sit 2 Be Fit

Tuesdays, 8:30 a.m.

Enjoy a great low-impact, full-body workout that's easy on the joints and perfect for all workout levels.

Did You Know?: Turkey Economics

Thursday, November 6, 11 a.m.

Gobble up some fun facts as we look at how the price of a holiday feast has changed through the years!

Oyster Shell Christmas Tree

Friday, November 7, 9 a.m.

Make a unique coastal holiday decoration. \$10 per person.

Harvest Moon Canvas Painting

Monday, November 10, 10 a.m.

Create your own autumn-inspired artwork. \$15 per person.

Sea Glass Art

Thursday, November 13, 10 a.m.

Using sea glass, create your own masterpiece. \$10 per person.

Fall Social

Thursday, November 13, 1 p.m.

Enjoy great conversation, music, treats, and holiday drinks. Register by Nov. 10.

Eldercare Fraud Presentation

Friday, November 14, 11 a.m.

Join the US Postal Inspection Service to learn how to spot scams, avoid them, and how to report them.

Oyster Shell Ornament

Monday, November 17, 10 a.m.

Create a beautiful coastal-inspired holiday ornament. \$10 per person.

Music and Emotions

Monday, November 24, 11 a.m.

Pianist Amy Deal will show how making and enjoying music boosts brain activity and emotional well-being.

NOVEMBER 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 11:00A Strength Training NEW 12:30P Penny Bingo 1:00P Bible Study	8:30A Sit 2 Be Fit NEW 9:00A Open Sewing 9:30A Gentle Yoga \$ 9:30A Ceramics \$ 10:00A 5 Crowns (Cards) 10:00A Dominoes NEW 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 NEW 12:30P Penny Bingo	8:30A Info & Assistance 8:30A Open Art Studio 8:30A Mat Exercise Class 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 NEW 12:30P Penny Bingo

OTHER SCHEDULED ACTIVITIES

3	4	5	6	7
10:00A Ask the Nurse: <i>Diabetes</i> 10:00A Cranium Fitness Basket Raffle Begins!	10:00A Open Mic 1:00P Grief & Loss Support	11:00A Did You Know?: <i>Turkey Economics</i> 1:00P Scribblers Writing Group	9:00A Girls Java Talk 9:00A Recycled Art: <i>Oyster Shell Christmas Tree</i> +\$	
10	11	12	13	14
10:00A Harvest Moon Painting +\$ 11:00A Patriotic Sing-Along	CENTER CLOSED FOR OBSERVANCE OF VETERANS DAY	10:00A Nutrition Education: <i>Diabetes Management</i>	10:00A Recycled Art: <i>Sea Glass Art</i> +\$ 1:00P Fall Social +	9:00A Pumpkin Spice Lattes with Linda 11:00A Eldercare Fraud Presentation by USPIS
17	18	19	20	21
9:30A - 12:00P CalvertHealth Mobile Health Center: <i>Health Education</i> 10:00A Oyster Shell Ornament+\$	11:00A Cranium Fitness	10:00A Senior Council Meeting 11:00A Nature Talk with Paige: <i>Birdwatching Basics</i> 12:15P Monthly Birthday Dessert	10:00A Thanksgiving Luncheon+ 1:00P Scribblers Writing Group	9:00A Girls Java Talk: <i>Questions to Ponder</i>
24	25	26	27	28
11:00A Music and Emotions: A Presentation with Pianist Amy Deal	10:00A Thursday Movie: <i>Grumpy Old Men</i> ^	10:00A -12:00P Highway 2 Health-Free Health Screenings 11:00A Open Mic	CENTER CLOSED FOR OBSERVANCE OF THANKSGIVING	

+ = Registration required

\$ = Fee

^ = Video

Registration can be done over the phone or in-person.

Holiday Basket Raffle

November 3-December 12 | 8:45 a.m.-3:30 p.m.

Stop by and buy a raffle ticket — just \$1 each or 6 for \$5. Choose the basket you'd like to win — all filled with great goodies!

Winner's Drawing: Friday, December 12, 11:30 a.m.
All proceeds benefit the North Beach Senior Council.

SPECIAL EVENTS

Duplicate Bridge

Wednesdays, 9:30 a.m.

Looking for new players! Bridge is a fun, classic card game to test skills and strategy, and is a great way to keep your mind active.

Veterans Day Activities:

- Veterans Breakfast**

Monday, November 10, 9 a.m.

Veterans and their spouses are invited to enjoy a complimentary breakfast. Register by Nov. 5

- Quilt of Valor Presentation**

Monday, November 10, 9:30 a.m.

A special presentation by Quilts of Valor will recognize two local veterans.

- Voices of Vets Musical Performance**

Monday, November 10, 10 a.m.

Enjoy this heartwarming musical performance by the *Voices of Vets* musical group.

Eldercare Fraud Presentation

Monday, November 17, 11 a.m.

Join the US Postal Inspection Service to learn how to spot scams, avoid them, and how to report them.

CalvertHealth Ask the Pharmacist

Tuesday, November 18, 9-11 a.m.

Make an appointment to review your prescriptions and get answers to your medication questions.

Craft Corner: Diamond Dots

Tuesday, November 18, 10 a.m.

Make a beautiful sunflower bookmark for yourself or to give as a gift.

Family Feud: Seniors vs. Staff

Thursday, November 20, 11:30 a.m.

Join in on a fun game of Family Feud: Seniors vs. Staff where all the questions are related to the Thanksgiving holiday. Play on the team or just come for a good laugh!

Thanksgiving Luncheon

Thursday, November 20, 12 p.m.

It's the time of year to gather with friends and share a delicious Thanksgiving turkey lunch with all the trimmings. Register for your seat by November 10.

NOVEMBER 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 9:30A Walk to the Beat 10:00A Open Art \$ 10:30A Let's Move 11:00A Line Dancing 12:30P Hand, Knee & Foot (cards)	8:30A Pool Room Open 11:00A Gentle Yoga	8:30A Gift Shop Crafting 8:30A Pool Room Open 9:30A Ceramics \$ 9:30A Duplicate Bridge 9:30A Walking Aerobics 10:30A Let's Move 12:30P Hand, Knee & Foot (cards)	8:30A Pool Room Open 10:00A Strength Training 11:00A Gentle Yoga 11:30A Scrabble 1:00P Bible Study	8:30A Pool Room Open 9:30A Ceramics \$ 9:30A Walk to the Beat 10:30A Let's Move
OTHER SCHEDULED ACTIVITIES				
3	4	5	6	7
1:00P Book Club: <i>The Truth According to Ember</i> by Danica Nava	8:30A-4:30P AARP Tax Aide Meeting		9:30A Senior Council Meeting 10:00A Ask the Nurse	
10	11	12	13	14
9:00A Veterans Breakfast + 9:30A Quilt of Valor 10:00A Voices of Vets 10:30A Contract Bridge 1:00P MOW Meeting NO AUDITORIUM CLASSES	 CENTER CLOSED FOR OBSERVANCE OF VETERANS DAY	12:15P Birthday Party Luncheon +	10:00A CREATE Bingo 10:00A - 12:00P Legal Aid +	9:00A-11:00A CalvertHealth Fit Friday - <i>Meet with a Personal Trainer!</i> 12:00P Lunch and a Movie: <i>The Thursday Murder Club</i> +
17	18	19	20	21
8:30A Senior Council Workday 11:00A Eldercare Fraud Presentation by USPIS +	9:00A-11:00A Ask the Pharmacist + 10:00A Diamond Dots: <i>Sunflower Bookmarks</i> + 1:00P Grief and Loss Support Group		11:30A Family Feud 12:00P Thanksgiving Lunch +\$ 12:45P NARFE Meeting NO AUDITORIUM CLASSES	11:00A Relaxation with Joel 1:00P Project Linus
24	25	26	27	28
	10:00A Bingo		CENTER CLOSED FOR OBSERVANCE OF THANKSGIVING	CENTER CLOSED FOR OBSERVANCE OF THANKSGIVING
				+ = Registration \$ = Fee <i>Registration can be done at front desk, or over phone</i>

SPECIAL EVENTS

Book Club

Monday, December 1, 1 p.m.

The Christmas Train by David Baldacci follows a journalist on a cross-country holiday train ride where he finds love, adventure, and the true spirit of Christmas.

Scrabble

Thursdays, 11 a.m.

Challenge your mind and have fun building words with friends in this classic game of strategy and vocabulary.

Christmas Craft Day

Wednesday, December 3, 10 a.m. - 2 p.m.

Get into the holiday spirit with an all-day craft day! Enjoy lunch together by pre-ordering a \$15 box lunch or signing up for the congregate meal in the Old Bay Café. Register by Nov 24.

Senior Planet: *Protecting Your Personal Information Online*

Thursday, December 4, 11 a.m.

Learn practical tips on how to protect your personal information online.

Christmas Luncheon

Friday, December 12, 12 p.m.

Enjoy live entertainment by Folk Salad and a delicious Chicken Cordon Bleu lunch to celebrate the season. Register by Dec. 2

Ugly Sweater Party w/ Variety Players

Wednesday, December 17, 12:30 p.m.

Put on your favorite ugly Christmas sweater and join the fun! Sing-along with the Variety Players while enjoying cookies and hot cocoa!

Crazy Gift Exchange

Tuesday, December 23, 12:30 p.m.

We are wrapping all of our 2025 leftover Bingo prizes for a thrilling gift exchange.

Eggnog Social

Wednesday, December 24, 10 a.m.

Enjoy a glass of eggnog, a rich, traditional holiday drink and socializing with friends.

New Year's Toast

Wednesday, December 31, 11:30 a.m.

Celebrate the highlights of 2025 and raise a toast to promising new beginnings in 2026!

DECEMBER 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 9:30A Walk to the Beat 10:00A Open Art \$ 10:30A Let's Move 11:00A Line Dancing 12:30P Hand, Knee & Foot (cards)	8:30A Pool Room Open 11:00A Gentle Yoga	8:30A Gift Shop Crafting 8:30A Pool Room Open 9:30A Ceramics \$ 9:30A Duplicate Bridge 9:30A Walking Aerobics 10:30A Let's Move 12:30P Hand, Knee & Foot (cards)	8:30A Pool Room Open 10:00A Strength Training 11:00A Gentle Yoga 11:30A Scrabble 1:00P Bible Study	8:30A Pool Room Open 9:30A Ceramics \$ 9:30A Walk to the Beat 10:30A Let's Move
OTHER SCHEDULED ACTIVITIES				
1:00P Book Club: <i>The Christmas Train</i> by David Baldacci				
		10:00A - 2:00P Christmas Craft Day +\$ AUDITORIUM CLOSED	9:30A Senior Council Meeting 10:00A Ask the Nurse 11:00A Senior Planet: <i>Protecting Your Personal Information Online</i> +	
10:30A Contract Bridge 1:00P MOW Meeting		12:15P Birthday Party Luncheon +	10:00A CREATE! Bingo 10:00A Legal Aid +	12:00P Christmas Luncheon +\$ Live Music: <i>Folk Salad</i>
8:30A Senior Council Workday 9:30A-12:00P CalvertHealth Mobile Health Unit	1:00P Grief and Loss Support Group	12:30P Ugly Sweater Party & Sing-along w/ Variety Players TOBY'S THEATRE TRIP		11:00A Relaxation with Joel 12:00P Lunch and a Movie: <i>I Heard the Bells</i> + 1:00P Project Linus
	12:30P Crazy Gift Exchange +	10:00A Eggnog Social +	CENTER CLOSED FOR OBSERVANCE OF CHRISTMAS	
		11:30A New Years Toast +		+ = Registration \$ = Fee <i>Registration can be done at front desk, or over phone.</i>

SPECIAL EVENTS

Creative Writing

First & Third Mondays, 1 p.m.

Boost brain health and creativity as you write fictional/personal stories, memoirs & more, keeping your mind engaged and inspired.

Variety Players

Thursday, November 6, 1 p.m.

Enjoy an afternoon of fun with a lively performance by the Variety Players!

Quilt of Valor Ceremony

Friday, November 7, 11 a.m.

Join us as we honor veterans with a heartfelt ceremony, wrapping them in gratitude for their service and sacrifice.

Whimsical Pumpkins

Friday, November 7, 1 p.m.

Create adorable pumpkins to add to your seasonal décor. \$3 per person.

Veteran Services

Wednesday, November 12, 9 a.m.— 4 p.m.

Connect with a resource coordinator to learn about and access valuable resources dedicated to veterans, service members and their families in the Metropolitan region.

Nutrition Education: *Diabetes Management*

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

Learn how making smart food choices can help manage diabetes and maintain healthy blood sugar levels.

Trivia Games

Friday, November 14, 1 p.m.

Join us for an afternoon of engaging trivia games to challenge your memory and knowledge.

Thanksgiving Auction

Thursday, November 20, 1 p.m.

Gather with friends in the spirit of Thanksgiving for a fun-filled afternoon to see who will be the winners of each exciting auction item.

Glass Bulb Ornaments

Friday, November 21, 1 p.m.

Create gorgeous glass ornaments using the magic of melted crayons! \$3 per person.

NOVEMBER 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	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 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

1:00P Creative Writing 3 <i>Craft Fair Table Registration Begins! \$25 Per Table</i>	1:00P Card Creations 4	12:45P Birthday Party 5 1:00P - 3:30P LWWD +	1:00P Variety Players + 6	11:00A Quilt of Valor Ceremony + 7 1:00P Whimsical Pumpkins \$+
CENTER CLOSED 10	CENTER CLOSED IN OBSERVANCE OF VETERANS DAY 11	9:00A - 4:00P Veteran Services 12 10:30A Center & Fitness Room Orientation + 1:00P Song Circle 1:00P - 3:30P LWWD +	1:00P Documentary: <i>The Americas: The Wild West</i> + 13 <i>Thanksgiving Auction Tickets go on sale!</i>	10:30A Nutrition Education: <i>Diabetes Management</i> + 14 11:30A Calvert Health Fitness Friday 1:00P Trivia Games +
1:00P Creative Writing 17 1:00P Eldercare Fraud Presentation by USPIS +	10:00A Ask the Nurse 18 11:30A Diabetes Talk 12:30P Calvert Library Bookmobile 1:00P Card Creations	1:00P Book Club: <i>A Tree Grows in Brooklyn</i> , by Betty Smith 19 1:00P - 3:30P LWWD +	1:00P Thanksgiving Auction 20 	1:00P Glass Bulb Ornaments \$+ 21
24	25	1:00P Song Circle 26	CENTER CLOSED IN OBSERVANCE OF THANKSGIVING 27	CENTER CLOSED IN OBSERVANCE OF THANKSGIVING 28

VETERANS WISH LIST COLLECTION



Join us in thanking the Charlotte Hall Veterans for their service! We are collecting items from the Charlotte Hall Veterans Home wish list—body wash, deodorant, and shampoo—through November 7th. These items, along with wheelchair arm caddies crafted by our sewing outreach group, will be delivered in time for Veterans Day!



SPECIAL EVENTS

Santa's Workshop Craft Fair

Thursday, December 4, 9 a.m.— 1:30 p.m.
Shop unique, holiday gifts handcrafted by local artisans for everyone on your Christmas list!

Clay Pot Christmas Tree

Friday, December 5, 1 p.m.
Craft a fun, whimsical Christmas tree out of clay pots to add to your holiday décor. \$3 per person.

Fresh Greens Workshop

Tuesday, December 9, 1 p.m.
Be inspired by the beauty of nature and create your own wreath using fresh, fragrant greens! \$10 per person.

Movie: *I Heard the Bells*

Thursday, December 11, 1 p.m.
Join us for the movie about poet Henry Wadsworth, who, after tragedy and war, re-discovered his faith and wrote the beloved Christmas carol.

Christmas Music Lottery

Friday, December 12, 9 a.m.—12 p.m.
Enjoy music and friends before the Christmas lunch and win a prize if they play your song!

Christmas Party with 24U Band

Friday, December 12, 12:45 p.m.
Celebrate the season with an afternoon of music by local band 24U, singing and dancing the day away!

Christmas Carols - Sunshine Band

Thursday, December 18, 1 p.m.
Fill your heart with joy and cheer as we sing some favorite Christmas carols!

Holiday Charades & Reindeer Games

Friday, December 19, 1 p.m.
Get into the holiday spirit and share lots of laughs playing holiday charades and games!

Crazy Gift Exchange

Tuesday, December 23, 1 p.m.
Join us for an afternoon of fun and laughter during our gift exchange. Wrap and bring a new gift (\$10 value).

New Year's Toast

Tuesday, December 31, 12:45 p.m.
Celebrate the highlights of 2025 and raise a toast to the promising new beginnings of 2026!

DECEMBER 2025



SOUTHERN PINES NEWS

20 Appeal Lane, Lusby MD 20657
Phone: 410-586-2748 Fax: 410-326-0673

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OTHER SCHEDULED ACTIVITIES

1 9:00A-12:00P CalvertHealth Mobile Health Center: Cholesterol & A1c Screenings 1:00P Creative Writing	2 1:00P Card Creations	3 12:45P Birthday Party 1:00P Gingerbread House Decorating Contest \$+	4 9:00A - 1:30P Craft Fair SANTA'S WORKSHOP CRAFT FAIR	5 1:00P Clay Pot Christmas Tree \$+
8	9 1:00P Fresh Greens Workshop \$+ 2:00P Grief & Loss Support	10 9:00A - 4:00P Veteran Services Center & Fitness Room Orientation + 1:00P Song Circle	11 1:00P Movie: <i>I Heard the Bells</i> +	12 9:00A - 12:00P Christmas Music Lottery 12:45P Christmas Party with 24U Band HOLIDAY LUNCHEON
15 1:00P Creative Writing	16 10:00A Ask the Nurse 11:30A Mental Wellness Talk 12:30P Calvert Library Bookmobile 1:00P Card Creations	17 1:00P Book Chat Day TOBY'S THEATRE TRIP	18 9:00A - 11:00A Ask the Pharmacist + 1:00P The Sunshine Band: Christmas Carols +	19 1:00P Holiday Charades & Reindeer Games +
22	23 1:00P Crazy Gift Exchange +	24 1:00P Song Circle	25 CENTER CLOSED FOR OBSERVANCE OF CHRISTMAS	26 1:00P Corn Hole +
29	30 11:00A Reindeer Games with the Grandkids + 1:00P Movie: <i>Polar Express</i> & Hot Chocolate Bar + INTERGENERATIONAL DAY	31 12:45P New Year's Toast +	WINTER INTERGENERATIONAL DAY Tuesday, December 30 Bring the grandkids for a fun-filled day over break! Enjoy festive games and lunch, create your own cozy cup of hot chocolate and then hop aboard to watch, <i>The Polar Express</i> .	