

# SPECIAL EVENTS

**Ask the Nurse: Safe Medication**  
**Tuesday, January 6, 10 a.m.**  
 Join a CalvertHealth Nurse to learn safe medication use.

**Nutrition Education:  
 Growing Microgreens**

**Wednesday, January 7, 10 a.m.**  
 Learn how to grow nutrient-packed microgreens at home! Learn about their health benefits, simple growing methods, and easy ways to add them to your meals.

**Birdhouse Tote Painting**

**Monday, January 12, 10 a.m.**  
 Paint a festive cardinal birdhouse tote. Registration and \$20 payment required.

**Living Well with Diabetes**

**Tuesdays January 20 – February 24, 9 -11:30 a.m.**  
 This free 6-week workshop is designed for individuals with type II diabetes or pre-diabetes. Learn skills to take control and manage your diabetes effectively. To register, call 410-535-5400 ext. 514.

**Nature Talk with Paige**

**Wednesday, January 21, 11 a.m.**  
 Join Paige to discover surprising winter facts with an enjoyable game of Jeopardy!

**Recycled Art**

**Thursday, January 22, 10 a.m.**  
 Join us and create a beautiful sea glass art piece! Registration and a \$8 payment required.

**Open Mic: Lip Sync**

**Monday, January 26, 11 a.m.**  
 Bring your Lip Sync skills and join us for a fun Open Mic!

**Ask the Pharmacist**

**Tuesday, January 27, 9 -11:30 a.m.**  
 Bring your list of prescriptions and meet with a CalvertHealth pharmacist for personalized guidance.

**Winter Snowman Diamond Dot**

**Wednesday, January 28, 10 a.m.**  
 Create a beautiful Snowman Diamond Dot craft. Registration and a \$10 payment required.

# JANUARY 2026



# 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>10:00A</b> Open Crafts <b>NEW</b> <b>10:30A</b> Let's Move <b>11:00A</b> Strength Training <b>12:30P</b> Penny Bingo <b>1:00P</b> Bible Study	<b>8:30A</b> Sit 2 Be Fit <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>10:00A</b> Dominoes <b>12:30P</b> Hand and Foot (Cards)	<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> Mats <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> Behavioral Health Counselor + <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>Football Fridays</b> <b>Wear Your Favorite Team Jersey</b>

## OTHER SCHEDULED ACTIVITIES

<b>+ = Registration Required</b> <b>\$ = Fee ^ = Video</b>			<b>CENTER CLOSED FOR OBSERVANCE OF NEW YEAR'S DAY</b>	<b>10:00A</b> Bingo Marathon
	<b>10:00A</b> Ask the Nurse: <i>Safe Medication Use</i> <b>11:00A</b> Cranium Fitness	<b>10:00A</b> Nutrition Education: <i>Growing Microgreens</i> <b>11:00A</b> Did You Know? <b>1:00P</b> Grief & Loss Support	<b>1:00P</b> Scribblers Writing Group	<b>9:00A</b> Girls Java Talk
<b>10:00A</b> Birdhouse Tote Painting +\$	<b>11:00A</b> Cranium Fitness	<b>11:00A</b> Open Mic	<b>1:00P</b> Scribblers Writing Group <b>2:00P</b> Open Coffee Bar	<b>9:00A</b> Lattes with Linda
<b>CENTER CLOSED FOR OBSERVANCE OF MARTIN LUTHER KING JR. DAY</b>	<b>9:00A-11:30A</b> Living Well with Diabetes (LWWD) + <b>11:00A</b> Cranium Fitness	<b>10:00A</b> Senior Council Meeting <b>11:00A</b> Nature Talk with Paige: <i>Winter Jeopardy</i> <b>12:15P</b> Monthly Birthday Dessert	<b>10:00A</b> Recycled Art: <i>Sea Glass</i> +\$	<b>9:00A</b> Girls Java Talk
<b>11:00A</b> Open Mic: Lip Sync + <b>LET'S MOVE 10:00A</b>	<b>9:00A-11:30A</b> Ask the Pharmacist + <b>9:00A-11:30A</b> LWWD+	<b>10:00A</b> Winter Snowman Diamond Dot +\$		

# SPECIAL EVENTS

## History of the African Beaded Doll

**Thursday, February 5, 10 a.m.**

Discover the traditions behind the African beaded doll and its role in storytelling, heritage, and community history.

## Valentine Canvas Wine Tote

**Monday, February 9, 10 a.m.**

Paint a Valentine's wine tote with while sipping on hot chocolate! Register and pay by Feb. 3. \$20 per person.

## Nutrition Education

### Benefits of Eating Beans

**Wednesday, February 11, 10 a.m.**

Beans are a small food with big superpowers. Learn tasty ways to enjoy them and how they can boost your health.

## I Have a Dream Speech Reading

**Thursday, February 12, 10 a.m.**

Celebrate the legacy of Dr. King as staff and participants read the "I Have a Dream" speech together. Please let staff know if you would like to participate as a reader.

## Staying Safe Online

**Tuesday, February 17, 10 a.m.**

Learn how to stay safe online and navigate the web with confidence in this program presented by the Calvert Library. Register by Feb. 12.

## Black History Quotes

**Thursday, February 19, 10 a.m.**

Join us as we reflect on impactful Black History quotes and discuss their meaning.

## Motown Memories Performance

**Friday, February 20, 10 a.m.**

Rondell and Michelle return to light up the stage with Motown's greatest hits!

## Treasures of Black History

**Thursday, February 26, 10 a.m.**

Have Black History memorabilia? Bring an item and share the story behind it! Join us for a meaningful conversation celebrating personal history and heritage.

## Health Screening Services

**Thursday, February 26, 10 a.m.-Noon**

The Calvert Health Department will be on site offering free blood pressure, A1c, and cholesterol screenings.

# FEBRUARY 2026



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OTHER SCHEDULED ACTIVITIES					
	2	3	4	5	
		<b>9:00A-11:30A</b> LWWD + <b>10:00A</b> Ask the Nurse: Heart Health <b>10:00A</b> Cranium Fitness	<b>11:00A</b> Open Mic <b>1:00P</b> Grief & Loss Support	<b>10:00A</b> History of the African Beaded Doll <b>1:00P</b> Scribblers Writing Group	<b>9:00A</b> Girls Java Talk
	9	10	11	12	
<b>10:00A</b> Valentine Canvas Wine Tote Painting +\$ <b>11:00A</b> Open Mic: Lip Sync	<b>9:00A-11:30A</b> LWWD +	<b>10:00A</b> Nutrition Education: <i>Benefits of Eating Beans</i>	<b>10:00A</b> "I Have a Dream" Speech Reading	<b>9:00A</b> Lattes with Linda <b>10:00A</b> 24U Band <b>12:15P</b> Valentine Dessert +  <b>NO LET'S MOVE</b>	
	16	17	18	19	
<b>CENTER CLOSED FOR OBSERVANCE OF PRESIDENTS' DAY</b>	<b>9:00A-11:30A</b> LWWD + <b>10:00A</b> Staying Safe Online +	<b>11:00A</b> Nature Talk with Paige: <i>Tracks &amp; Scat</i> <b>12:15P</b> Monthly Birthday Dessert	<b>10:00A</b> Black History Quotes <b>1:00P</b> Scribblers Writing Group	<b>10:00A</b> Motown Show with Rondell & Michelle  <b>NO LET'S MOVE</b>	
	23	24	25	26	
	<b>9:00A-11:30A</b> LWWD + <b>10:00A</b> Tuesday Movie ^ The Making of "We are the World"	<b>11:00A</b> Open Mic	<b>10:00A</b> Health Screening Services-FREE <b>10:00A</b> Treasures of Black History +	<b>9:00A</b> Girls Java Talk	

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