

# SPECIAL EVENTS

## Book Club

**Monday, January 5, 1 p.m.**

Join fellow book lovers to discuss this month's selection: Syou Ishida's *We'll Prescribe You a Cat*. This heartwarming story follows a doctor who prescribes cats to patients in need of comfort. It's a charming read that reminds us of the power of connection (and a little feline support).

## CalvertHealth Fitness Friday

**Friday, January 9, 9 a.m.**

Meet with a personal trainer and join in a group class led by CalvertHealth.

## Bracelet Craft

**Tuesday, January 13, 10 a.m.**

Design your own bracelet and learn new jewelry making techniques to create your unique piece. Registration required by Jan. 6. Cost: \$10 at sign up.

## Lunch and a Movie: *Boycott*

**Friday, January 16, 12 p.m.**

*Boycott* depicts Dr. Martin Luther King Jr.'s leadership of the 1955 Montgomery bus boycott, showing how one act of non-violent resistance sparked a nationwide civil rights movement and transformed American society.

## Sugar Hand Scrub

**Thursday, January 22, 10 a.m.**

Make and take a homemade sugar scrub, and discover the answer to dry hands and feet!

## Pool Tournament

**Friday, January 23, 10 a.m.**

Who will be named the Calvert Pines Pool Champion? Registration is limited to 16 participants. Players must register by Jan. 16.

## Let it Snow! Bingo

**Tuesday, January 27, 10 a.m.**

Play exciting games of Bingo where everyone leaves a winner! Prizes will be "Let it Snow" themed.

## Intergenerational Snowman Craft

**Friday, January 30, 1 p.m.**

School is out! Grab the grandkids and enjoy making a snowman craft together. Hot chocolate will be served.

# JANUARY 2026



# 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> Gift Shop Crafting <b>8:30A</b> Pool Room Open <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>11:00A</b> Gentle Yoga	<b>8:30A</b> Gift Shop Crafting <b>8:30A</b> Pool Room Open <b>9:30A</b> Ceramics \$ <b>9:30A</b> Duplicate Bridge <b>10:30A</b> Let's Move <b>12:30P</b> Hand, Knee & Foot (cards)	<b>8:30A</b> Pool Room Open <b>8:30A</b> Behavioral Health Counselor + <b>10:00A</b> Strength Training <b>11:00A</b> Gentle Yoga <b>11:30A</b> Scrabble <b>1:00P</b> Bible Study	<b>8:30A</b> Pool 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				
+ = Registration \$ = Fee <i>Registration can be done at front desk, or over phone.</i>			<b>CENTER CLOSED IN OBSERVANCE OF NEW YEAR'S DAY</b>	
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>1:00P</b> Book Club: <i>We'll Prescribe You a Cat</i> by Syou Ishida			<b>9:30A</b> Senior Council Meeting <b>10:00A</b> Legal Aid + <b>10:00A</b> CREATE Bingo	<b>9:00A</b> CalvertHealth Fitness Friday
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>10:30A</b> Contract Bridge <b>1:00P</b> MOW Meeting	<b>10:00A</b> Bracelet Craft \$+	<b>12:15P</b> Birthday Party Luncheon +		<b>11:00A</b> Relaxation with Joel <b>12:00P</b> Lunch and a Movie: <i>Boycott</i> \$+ <b>1:00P</b> Project Linus
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>CENTER CLOSED IN OBSERVANCE OF MARTIN LUTHER KING JR. DAY</b>	<b>1:00P</b> Grief & Loss Support Group		<b>10:00A</b> Sugar Hand Scrub + <b>10:30A</b> Contract Bridge	<b>10:00A</b> Pool Tournament +
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>8:30A</b> Sr. Council Workday <b>9:30A - 12:00P</b> Calvert Health Mobile Health Center	<b>10:00A</b> Let it Snow! Bingo			<b>1:00P</b> Intergenerational Snowman Craft +

# SPECIAL EVENTS

## February is American Heart Month

Wear **RED** on February 6 to bring awareness to the importance of cardiovascular health.

### Craft Corner: Valentine Arrangement

**Tuesday, February 3, 10 a.m.**

Create a beautiful Valentine arrangement to adorn your home or gift to a friend. Register by January 27.

### Super Bowl Predictions

**Friday, February 6, 12:30 p.m.**

Vote for your favorite team to win Super Bowl LX, wear your jersey and join in the fun!

### Senior Planet: Introduction to Booking Vacation Stays Online

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

This class will introduce you to several popular websites and how to book your summer vacation online.

### Valentine Luncheon

**Friday, February 13, 11:30 a.m.**

Grab your sweetheart to enjoy a delicious lunch and live entertainment. You won't want to miss this sweet celebration. Lunch reservation required.

### Fat Tuesday Pancake Feast

**Tuesday, February 17, 9:30 a.m.**

Indulge in a free pancake feast before the Lenten season. Register by Feb. 11.

### Lunch and a Movie - Ruby Bridges

**Friday, February 20, 12 p.m.**

In 1960, a six-year-old African-American girl named Ruby Bridges helped to integrate the all-white schools of New Orleans.

### Lunch and a Movie - Ghosts of Mississippi

**Friday, February 27, 12 p.m.**

Decades after two hung juries cleared a white supremacist in the 1963 killing of a civil-rights activist, a determined attorney reopens the case.



**BLACK HISTORY MONTH**

# FEBRUARY 2026



# 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> Gift Shop Crafting <b>8:30A</b> Pool Room Open <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>11:00A</b> Gentle Yoga  + = Registration \$ = Fee <i>Registration can be done at front desk, or over phone.</i>	<b>8:30A</b> Gift Shop Crafting <b>8:30A</b> Pool Room Open <b>9:30A</b> Ceramics \$ <b>9:30A</b> Duplicate Bridge <b>10:30A</b> Let's Move <b>12:30P</b> Hand, Knee & Foot (cards)	<b>8:30A</b> Behavioral Health Counselor + <b>8:30A</b> Pool Room Open <b>10:00A</b> Strength Training <b>11:00A</b> Gentle Yoga <b>11:30A</b> Scrabble <b>1:00P</b> Bible Study	<b>8:30A</b> Pool 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>1:00P</b> Book Club: <i>A Deadly Affair</i> by Agatha Christie	<b>10:00A</b> Craft Corner: Valentine Arrangement +		<b>9:30A</b> Senior Council Meeting <b>10:00A</b> Ask the Nurse	<b>12:30P</b> Super Bowl Predictions  <b>National Wear Red Day</b> <b>American Heart Month</b>
<b>10:30A</b> Contract Bridge <b>1:00P</b> MOW Meeting	<b>10:00A</b> Senior Planet: <i>Introduction to Booking Vacation Stays Online</i> +	<b>12:15P</b> Birthday Party Luncheon +	<b>10:00A</b> CREATE! Bingo <b>10:00A</b> Legal Aid +	<b>11:30A</b> Valentine Luncheon \$+  <b>NO AUDITORIUM CLASSES</b>
<b>CENTER CLOSED IN OBSERVANCE OF PRESIDENTS' DAY</b>	<b>9:00A</b> Ask the Pharmacist+ <b>9:30A</b> Fat Tuesday Pancake Feast + <b>1:00P</b> Grief and Loss Support Group			<b>11:00A</b> Relaxation with Joel <b>12:00P</b> Lunch and a Movie: <i>Ruby Bridges</i> \$+ <b>1:00P</b> Project Linus
<b>8:30A</b> Sr. Council Workday <b>9:30A</b> CalvertHealth Mobile Health Center: <i>A1c &amp; Cholesterol Screenings</i>	<b>10:00A</b> Bingo		<b>10:30A</b> Contract Bridge	<b>12:00</b> Lunch and a Movie: <i>Ghosts of Mississippi</i> \$+