

SPECIAL EVENTS

The Americas: The Frozen North Thursday, January 8, 1 p.m.

Join us and journey through the stunning landscapes and wildlife of Americas icy frontiers.

Nutrition Education: Microgreens Friday, January 9, 10:30 a.m.

Discover the power of microgreens and explore their amazing flavor, easy cultivation, and big health benefits in tiny superfoods.

Trivia Games

Friday, January 9, 1 p.m.

Test your pop culture knowledge with our TV & silver screen trivia—movies, shows, and unforgettable moments await!

Smartphone Basics Support

Thursday, January 15, 10 a.m.

Thursday, January 15, 1 p.m.

Learn how to confidently navigate everyday features and receive basic support on your iPhone or Android device. Register for one session.

Diamond Art Bookmark

Friday, January 16, 1 p.m.

Create sparkling, one-of-a-kind bookmarks with our fun and relaxing diamond art craft activity! \$3 per person.

Adventures in Art Exhibit

Wednesday, January 21, 12 p.m.

Join us for a vibrant art exhibit celebrating the creativity, expression, and artistic exploration of our student artists.

Pool Tournament

Thursday, January 22, 10 a.m.

Rack 'em up and join the fun—show off your skills and compete to see who will be crowned champion!

Winter Special Bingo

Thursday, January 29, 1 p.m.

Beat the winter blues—join us for a fun, festive Bingo afternoon with exciting prizes!

Swarovski Crystal Earrings

Friday, January 30 1 p.m.

Create your own dazzling Swarovski crystal earrings to sparkle in style! \$5 per person.

JANUARY 2026



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 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 12:30P 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

CENTER & FITNESS ROOM ORIENTATIONS		CENTER CLOSED IN OBSERVANCE OF NEW YEAR'S DAY	
Start the New Year well! Learn all that Southern Pines offers to support your overall health. There is something for everyone!		1	2
1:00P Creative Writing 5	1:00P Card Creations 6	12:45P Birthday Party 7	1:00P The Americas: The Frozen North + 8
			10:30A Nutrition Education: Microgreens + 11:30A Calvert Health Fitness Friday 1:00P Trivia Games + 9
9:00A - 12:00P CalvertHealth Mobile Health Center 12	2:00P Grief & Loss Support 13	9:00A - 4:00P Veterans Services 10:30A Center & Fitness Room Orientation + 1:00P Song Circle 14	10:00A Smartphone Basics Support + 1:00P Smartphone Basics Support + 15
			1:00P Diamond Art Bookmark \$+ 16
CENTER CLOSED IN OBSERVANCE OF MARTIN LUTHER KING JR. DAY 19	10:00A Ask the Nurse 12:30P Calvert Library Bookmobile 1:00P Card Creations 20	12:00P Art Exhibit 1:00P Book Club: All The Light We Cannot See, by Anthony Doerr 21	10:00A Pool Tournament + 22
			9:00A - 4:00P Veterans Services 1:00P Cornhole + 23
		10:30A Health Screening Services 10:30A Center & Fitness Room Orientation + 1:00P Song Circle 28	1:00P Winter Special Bingo + 29
			1:00P Swarovski Crystal Earrings \$+ 30

SPECIAL EVENTS

R&B Music by Rondell Byrd

Thursday, February 5, 1 p.m.

Spend an unforgettable afternoon grooving to smooth R&B vibes with the soulful sounds of local musician Rondell Byrd!

Craft: No-Sew Heart Pillow

Friday, February 6, 1 p.m.

Make Valentine's Day extra cozy—create your own adorable no-sew heart pillow in to enjoy! \$3 per person.

Sweetheart Songs Karaoke

Thursday, February 12, 1 p.m.

Celebrate love this Valentine's season with an afternoon of sweetheart songs and karaoke fun—sing your heart out with your favorite romantic hits!

Nutrition: Benefits of Beans

Friday, February 13, 10:30 a.m.

Discover the power of beans in our nutrition program—affordable, easy to add to your meals, and packed with health benefits!

Trivia: Classic Love Songs

Friday, February 13, 1 p.m.

Test your memory with our trivia afternoon featuring timeless classic love songs!

Marti Gras Pancakes

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

Enjoy a festive feast—savor our indulgent pancakes before the Lenten season begins!

Maryland 250 Presentation

Friday, February 20, 11 a.m.

Come support Huntingtown High School students as they share their insights and discoveries in a special presentation celebrating Maryland 250!

Battle of Big Horn

Tuesday, February 24, 10 a.m.

Join Barry and explore the strategies, stories, and legacy of this iconic clash in U.S. history.

Ice Age Maryland: The Paleo-Potomac River

Thursday, February 26, 1 p.m.

Join Calvert Marine Museum paleontologist Stephen Godfrey and journey back in time to explore the ancient creatures and landscapes of Maryland's Ice Age!

FEBRUARY 2026



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OTHER SCHEDULED ACTIVITIES

1:00P Creative Writing 2	1:00P Card Creations 3	12:45P Birthday Party 4	1:00P R&B Music by Rondell Byrd + 5	12:00P Superbowl Chili + 1:00P Craft: Valentine's No-Sew Heart Pillow \$+ 6
9:00A-12:00P CalvertHealth Mobile Health Center 9	2:00P Grief & Loss Support 10	9:00A - 4:00P Veteran Services Center & Fitness Room Orientation + 1:00P Song Circle 11	1:00P Sweetheart Songs Karaoke + 12	10:30A Nutrition Education: Benefits of Beans + 11:30A Calvert Health Fitness Friday 1:00P Classic Love Songs Trivia + 13
CENTER CLOSED FOR OBSERVANCE OF PRESIDENTS' DAY 16	9:30A Marti Gras Pancakes + 10:00A Ask the Nurse 12:30P Calvert Library Bookmobile 1:00P Card Creations 17	1:00P Book Club: <i>Be Ready When the Luck Happens</i> , by Ina Garten 18	1:00P The Americas: Patagonia + 19	11:00A Maryland 250 + 1:00P You Pick A Craft: Craft Clean Up Workshop \$+ 20
23	10:00A Battle of Big Horn + 24	10:30A Center & Fitness Room Orientation + 1:00P Song Circle 25	1:00P Ice Age Maryland: The Paleo-Potomac River + 26	9:00A - 4:00P Veteran Services 1:00P Cornhole + 27