

SPECIAL EVENTS

Sewing Machine Orientation **NEW** Wednesday, March 4, 10 a.m.

Learn how to use the center sewing machines in this hands-on orientation and leave with a custom bookmark you've made yourself!

Songbird Identification Thursday, March 5, 1 p.m.

Join naturalist Gene Groshon and learn to identify the beautiful songbirds native to Southern Maryland by sight and sound.

Shamrock Origami & St. Paddy's Earrings

Friday, March 6, 1 p.m.
Create shamrock origami and festive St. Patrick's Day Earrings.

Nutrition Education: B Vitamins Friday, March 13, 10:30 a.m.

Discover how B Vitamins power your energy, brain health, and overall wellness.

Women's History Trivia Friday, March 13, 1 p.m.

Test your knowledge and celebrate trailblazing women throughout history with a fun and engaging Women's History Trivia challenge!

Irish Music & Show Thursday, March 19, 1 p.m.

Experience the lively spirit of Ireland with Tom Delaney's unforgettable performance of traditional Irish music and songs!

Easter Crafts Friday, March 20, 1 p.m.

Join us for a fun and meaningful Easter craft session creating beautiful clothespin crosses and colorful origami Easter baskets.

Pet Tales Monday, March 23, 9 a.m.

Drop off a photo of your beloved dog to the front office by 3/20 and enjoy sharing a favorite "pet tale" as your furry friend appears in a sweet slideshow throughout the day.

Maryland State Dinosaur & Fossils Thursday, March 26, 1 p.m.

Celebrate Maryland Day with Rick Smith, President of the MD Geological Society. Learn about our state dinosaur and explore fossils of dinosaurs that roamed our region.

MARCH 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 8:30A Sewing Room Open 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 8:30A Sewing Room Open 9:00A Adventures in Art \$ 10:00A Advanced Line Dancing 10:00A Walk for Fun 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 12:30P 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 2	1:00P Card Creations 3	10:00A Sewing Machine Orientation + NEW 12:45P Birthday Party 4	1:00P Songbird Identification + 5	1:00P Shamrock Origami & St. Paddy's Earrings +\$ 6
9:00A - 12:00P CalvertHealth Mobile Health Center <i>FREE A1c, Cholesterol & Blood Pressure Screenings</i> 9	2:00P Grief & Loss Support 10	9:00A - 4:00P Veterans Services Center & Fitness Room Orientation + 1:00P Song Circle 11	1:00P The Americas: <i>The Andes</i> + 12	10:30A Nutrition: B Vitamins + 11:30A Calvert Health Fitness Friday 1:00P Women's History Trivia + 13
1:00P Creative Writing 16	10:00A Ask the Nurse 12:30P Calvert Library Bookmobile 1:00P St. Patrick's Bingo + Happy St. Patrick's Day 17	1:00P Book Club: <i>Forgotten Patriots</i> , by Edwin Burrows 1:00P - 3:30P Living Well with Diabetes (LWWD) + 18	9:00A-11:00A Ask the Pharmacist + 1:00P Irish Music & Show by Tom Delaney + AIR & SPACE MUSEUM TRIP 19	1:00P Clothespin Easter Cross and Easter Basket Origami \$+ 20
9:00A Pet Tales 23 NATIONAL PUPPY DAY	10:30A Center & Fitness Room Orientation + 1:00P Song Circle 1:00P - 3:30P LWWD + MARYLAND DAY 24	10:30A Center & Fitness Room Orientation + 1:00P Song Circle 1:00P - 3:30P LWWD + MARYLAND DAY 25	1:00P Maryland State Dinosaur & Fossils + 26	1:00P Cornhole + 27

MOTHER'S DAY PURSE AUCTION ITEMS



Cleaning out your closet? Donate new or gently used purses by April 30 at the front office to support our Mother's Day Purse Auction in May!



SPECIAL EVENTS

Creative Writing

1st & 3rd Mondays, 1 p.m.

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

Unclouded Day Band

Thursday, April 2, 1 p.m.

Enjoy an uplifting afternoon of music featuring beautiful Easter hymns that will inspire and celebrate the season!

The Americas: The West Coast

Thursday, April 9, 1 p.m.

Experience the breathtaking landscapes and rich history of America's West Coast in this captivating visual journey.

Nutrition Education:

Circular Food Chain

Friday, April 10, 10:30 a.m.

Discover how the circular food chain nourishes both our bodies and the planet in this engaging nutrition education program.

America's Pastime Trivia Games

Friday, April 10, 1 p.m.

Step up to the plate for a fun-filled afternoon of baseball-themed trivia games celebrating America's favorite pastime!

Volunteer Appreciation

Thursday, April 16, 1 p.m.

Join us for a special afternoon dedicated to celebrating our volunteers!

Earth Day Walk

Wednesday, April 22, 10 a.m.

Join our Earth Day walking group to celebrate nature, enjoy the outdoors, and help keep our community beautiful by picking up litter.

Recycling 101

Thursday, April 23, 1 p.m.

Join the Calvert County Recycling Department for a hands-on program teaching the basics of recycling.

Senior Planet: Is that AI?

Monday, April 27, 1 p.m.

What is real and what is AI? Learn ways to spot AI-generated images and text with this fun interactive presentation.

APRIL 2026



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OTHER SCHEDULED ACTIVITIES

Volunteer Appreciation Month <p>We'd like to extend a heartfelt thank you to all our incredible volunteers who share their talents, making Southern Pines Senior Center a vibrant place for everyone! THANK YOU!</p>		1 12:45P Birthday Party 1:00P - 3:30P LWWD +	2 1:00P Unclouded Day Band +	3 CENTER CLOSED FOR OBSERVANCE OF GOOD FRIDAY
6 1:00P Creative Writing	7 1:00P Card Creations	8 9:00A - 4:00P Veteran Services Center & Fitness Room Orientation + 1:00P Song Circle 1:00P - 3:30P LWWD +	9 10:00A - 12:00P Legal Aid + 11:00A Senior Council Meeting 1:00P The Americas: The West Coast +	10 10:30A Circular Food Chain + 11:30A Calvert Health Fitness Friday 1:00P America's Pastime Trivia Games +
13 9:00A - 12:00P CalvertHealth Mobile Health Center	14 2:00P Grief & Loss Support	15 1:00P Book Club: <i>Can't Wait to Get to Heaven</i> , by Fannie Flagg 1:00P - 3:30P LWWD +	16 1:00P Volunteer Appreciation	17 1:00P Craft: Dried Flower Glass Vase \$+
20 1:00P Creative Writing	21 10:00A Ask the Nurse 12:30P Calvert Library Bookmobile 1:00P Card Creations	22 10:00A Earth Day Walk 10:30A Center & Fitness Room Orientation + 1:00P Song Circle 1:00P - 3:30P LWWD + EARTH DAY	23 1:00P Recycling 101 +	24 9:00A - 4:00P Veteran Services 1:00P Cornhole +
27 1:00P Senior Planet: <i>Is that AI?</i> +	28	29 TOBY'S THEATER TRIP	30	