

# SPECIAL EVENTS

## St. Patrick's Day Craft Tuesday, March 3, 10 a.m.

Join in on the fun as we craft festive table decorations for our St. Patrick's Day party.

## Lunch Bunch

### Friday, March 6, 12:30 p.m.

Enjoy a special lunch of grilled cheese and tomato soup! \$5 per person. Pre-register.

## Nutrition Education: B Vitamins

### Thursday, March 12, 1 p.m.

Discover the importance of B Vitamins with Registered Dietitian, Sheila Gallagher.

## St. Patrick's Day Party

### Tuesday, March 17, 12 p.m.

Wear your green and join us for a special meal of corned beef and cabbage to celebrate this St. Paddy's Day! Register by March 5.

## Senior Planet: Fitness Apps

### Friday, March 20, 11 a.m.

This presentation will cover some of the benefits of fitness apps. You will learn how fitness tracking can benefit your health.

## Celebrate Maryland Week

### Trivia: Monday, March 23, 9:30 a.m.

Join us in the Old Bay café to test your knowledge of Maryland sports trivia.

### BINGO: Tuesday, March 24, 10 a.m.

Enjoy a morning of Bingo with a chance to win a Maryland themed prize!

### Luncheon: Wednesday, March 25, 12 p.m.

Enjoy a delicious crabcake lunch. Register by March 12.

### Craft: Thursday, March 26, 10 a.m.

Grab a friend and make a beautiful sunflower craft for your home. Register by March 19.

### History: Friday, March 27, 12 p.m.

Learn the history of our beautiful state through this captivating documentary. Register for lunch by March 26.

# MARCH 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>10:30A</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>9:30A</b> Walk to the Beat <b>10:30A</b> Let's Move <b>11:00A</b> Yoga Basics \$ <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>1:00pm</b> Book Club: <i>Beartown</i> by Frederik Backman <b>2</b>	<b>10:00A</b> St. Patrick's Day Craft + <b>10:00A</b> Strength Training <b>3</b>	<b>12:15P</b> Birthday Party Luncheon + <b>11</b>	<b>9:30A</b> Senior Council Meeting <b>10:00A</b> Ask the Nurse: Colorectal Cancer <b>5</b>	<b>12:30P</b> Lunch Bunch +\$ <b>6</b>
<b>10:30A</b> Contract Bridge <b>1:00P</b> MOW Meeting <b>9</b>	<b>12:00P</b> St. Patrick's Day Party+ <b>1:00P</b> Grief and Loss Support Group <b>St. Patrick's Day</b> <b>NO AUDITORIUM CLASSES</b> <b>10</b>	<b>10:00A</b> Bingo: Maryland Gear <b>24</b>	<b>10:00A</b> CREATE Bingo <b>1:00P</b> Nutrition Education: B Vitamins <b>12</b>	<b>10:00A</b> CalvertHealth Fitness Friday <b>11:00A</b> Relaxation with Joel <b>13</b>
<b>9:30A-12:00P</b> CalvertHealth Mobile Health Unit <b>12:15P</b> Maryland Sports Trivia <b>23</b>	<b>12:00P</b> St. Patrick's Day Party+ <b>1:00P</b> Grief and Loss Support Group <b>St. Patrick's Day</b> <b>NO AUDITORIUM CLASSES</b> <b>17</b>	<b>10:00A-12:00P</b> Health Screening Services <b>12:00P</b> Maryland Day Luncheon +\$ <b>25</b>	<b>10:00A</b> Sunflower Craft + <b>10:30A</b> Contract Bridge <b>26</b>	<b>11:00A</b> Senior Planet (Technology): Fitness Apps + <b>12:00P</b> Lunch and a Movie: Leap Year +^ <b>20</b>
<b>12:30P</b> Opening Day Baseball Bingo <b>30</b>	<b>10:00A</b> Strength Training Bingo <b>31</b>	<b>10:00A-12:00P</b> Health Screening Services <b>12:00P</b> Maryland Day Luncheon +\$ <b>25</b>	<b>10:00A</b> Sunflower Craft + <b>10:30A</b> Contract Bridge <b>26</b>	<b>12:00P</b> Lunch and a Movie: <i>The Liberty of Conscience: The Founding of MD</i> +^ <b>27</b>
				<b>+ = Registration Required</b> <b>\$ = Fee</b> <b>^ = Video</b> <i>Registration can be done at front desk, or over phone.</i>

# SPECIAL EVENTS

## Bible Study

**Thursdays, 1 p.m.**

This senior led gathering is a welcoming space to ask questions, share insights, and deepen your faith alongside others.

## National Walking Day

**Wednesday, April 1, 9:30 a.m.**

Reap the health benefits of walking by joining our staff led walk around the center.

## National Twinkie Day

**Monday, April 6, 12 p.m.**

Celebrate with activities, delicious recipes, and learn fascinating facts about this iconic snack.

## Book Club

**Monday, April 6, 1 p.m.**

This month, we will discuss "The Serviceberry," a book that offers a inspiring vision for living with gratitude, independence, and community.

## Nutrition Education:

### Circular Food Systems

**Thursday, April 9, 1 p.m.**

Learn about circular food systems and the innovative approach to how food is produced, consumed, and managed.

## Lunch Bunch

**Friday, April 10, 12:30 p.m.**

Grab your ticket and a friend for lunch bunch—this month we are serving up loaded baked potatoes. Cost: \$5. Register by April 6.

## Earth Day Activity: Plant a Flower

**Wednesday, April 22, 12:30 p.m.**

We'll provide everything you need, just be sure to register by April 17. No green-thumb required!

## Volunteer Appreciation

**Friday, April 24, 12 p.m.**

We are grateful for our volunteers and all they do for Calvert Pines-join us as we celebrate them today with a special Motown show by Rondell and Michelle!

## Craft Corner: Mother's Day Bracelet

**Thursday, April 30, 10 a.m.**

Create a bracelet with Pandora-style beads for yourself or to gift on Mother's Day. Register by April 23.

# APRIL 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>10:30A</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>9:30A</b> Walk to the Beat <b>10:30A</b> Let's Move <b>11:00A</b> Yoga Basics \$ <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					
+ = Pre-Registration \$ = Fee ^ = Video <i>Pre-registration can be done at front desk, or over phone</i>			<b>9:30A</b> National Walking Day <sup>1</sup>	<b>9:30A</b> Senior Council Meeting <sup>2</sup> <b>10:00A</b> Ask the Nurse: Fostering Relationships & Connection	<b>CENTER CLOSED IN OBSERVANCE OF GOOD FRIDAY</b> <sup>3</sup>
<b>12:00P</b> National Twinkie Day <sup>6</sup> <b>1:00P</b> Book Club: <i>The Serviceberry</i> by Robin Wall Kimmerer		<b>12:15P</b> Birthday Luncheon + <sup>8</sup>	<b>10:00A</b> CREATE Bingo <sup>9</sup> <b>1:00P</b> Nutrition Education: Circular Food Systems	<b>10:00A</b> CalvertHealth Fitness Class <sup>10</sup> <b>12:30P</b> Lunch Bunch +\$	
<b>10:30A</b> Contract Bridge <sup>13</sup> <b>1:00P</b> MOW Meeting	<b>1:00P</b> Grief and Loss Support Group <sup>14</sup>		<b>12:30P</b> Earth Day Activity: Plant a Flower + <sup>22</sup>	<b>10:30A</b> Contract Bridge <sup>23</sup>	<b>11:00A</b> Relaxation with Joel <sup>17</sup> <b>12:00A</b> Lunch and a Movie: <i>Song Sung Blue</i> +^ <b>1:00P</b> Project Linus
				<b>12:00P</b> Volunteer Appreciation with Motown Show + <sup>24</sup>	
<b>9:30A-12:00P</b> CalvertHealth Mobile Health Unit <sup>27</sup>	<b>10:00A</b> Bingo <sup>28</sup>	<b>Toby's Dinner Theatre Trip</b> <sup>29</sup>	<b>10:00A</b> Craft Corner: + Mother's Day Bracelet <sup>30</sup>		