



# THE CONNECTION

Calvert County Office on Aging Newsletter

May 2021



MEALS ON  
WHEELS INFO



VIRTUAL ACTIVITY  
CENTER



RESOURCES FOR  
SENIORS

## Reopening Date, Monday, May 3

Our senior centers are reopening on Monday, May 3. Hours are Monday through Friday from 8:30 a.m. to 4:30 p.m. Program offerings will be limited in scope. Please review this edition of our newsletter carefully for more information.

Please consider the following if you plan to visit a senior center:

- Masks are required.
- Social distancing is strongly encouraged.
- Temperatures will be taken at the front desk.
- Only the main entrance to each center will be open to the public.

### Precautionary Measures

In our efforts to keep everyone as safe as possible, we have done the following:

- Hand sanitizer dispensers are located throughout each building.
- A courtesy mask will be given at the front desk to a senior who needs one.
- Chairs have been strategically placed in each room to ensure social distancing measures are in place.

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# Still Available!

## Home delivered meals



Our Meals on Wheels home delivered meals program is still being offered. An application is required and individuals might be placed on a wait list to receive home delivered meals. Contact Patti Ryon at 410-535-4606, ext. 124 for more information about home delivered meals.

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### Lunch at the Senior Centers

Meals will be served at noon, Monday through Friday at our three senior centers. We will begin taking reservations by phone on Monday, April 26 for the week of May 3–7.

Starting May 3, we will take reservations by phone or in person for the week of May 10–14.

Reservations will not be made for more than one week in advance at this time. You may only make reservations for the following individuals:

- Yourself
- You and your spouse
- A caregiver and senior may make a reservation for the two of them

For individuals 60 years of age and older, donations are accepted. For individuals 50-59 years of age, a \$5 fee is required before receiving lunch.



Please call any of our senior centers for more information.

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### Information & Assistance

All Maryland Access Point and State Health Insurance Program appointments must be scheduled in advance. Walk-ins will not be permitted at this time.

Please call a Senior Center to make an appointment.

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Since 1963, our nation recognized the month of May as “Older Americans Month.” Each year, the Administration for Community Living leads the celebration of Older Americans Month. The theme for 2021 is “Communities of Strength,” recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities.

Each senior center will host a program on Wednesday, May 26 to celebrate Older Americans Month. See below for details. ***Preregistration will be necessary for all programs below.***

#### **North Beach - May 26**

9–10:30 a.m.: Open Coffee Bar and “The Benefits of Coffee”

10:30–11 a.m.: “Let’s Move” exercise class and “Exercises to Improve Your Balance”

11:15–11:45 a.m.: Nutrition talk

#### **Calvert Pines - May 26**

10–11 a.m.: Exercise, nutrition and meditation

#### **Southern Pines - May 26**

10–11:15 a.m.: Participate in demonstrations of the center’s fitness classes and enjoy a smoothie.



### **Specialized Counseling Services for Seniors Over 60**

In collaboration with the Calvert County Health Department, the Office on Aging is offering individual, family and group therapy.

To inquire about services, call Angela Taylor at 410-610-6952 or Denise Cook at 301-520-8506. You may also contact Long Term Care Manager Lisa Caudle at 410-535-4606.

### **Fitness Rooms**

All fitness rooms will remain closed at this time. We look forward to opening fitness rooms soon.

## **Keep an Eye on Events this May!**

Please call the center for more information or to preregister. You may only make reservations for the following individuals:

- Yourself
- You and your spouse

- A caregiver and senior may make a reservation for the two of them

### North Beach Events & Programs

- Let's Move exercise class: Wednesdays at 10:30 a.m.
- Coffee and Conversation: Mondays, Tuesdays, Thursdays, Fridays at 9 a.m.
- Mental Gym (mind games, puzzles, trivia): Mondays, Tuesdays, Thursdays, Fridays at 10 a.m.

### Calvert Pines Events & Programs

- Let's Move exercise class: Mondays, Wednesdays, Fridays at 10 a.m.
- Coffee Talk: Fridays at 9:30 a.m. (topics include gardening, travel, pets)
- Brain Games: Tuesdays at 10 a.m.
- Nail Care for Moms demo: May 7 at 10:30 a.m.

### Southern Pines Events & Programs

- Gentle Yoga: Tuesdays at 10 a.m. **(no class on 5/11)**
- Walk for Fun: Wednesdays at 10 a.m.
- Let's Move: Thursdays at 10 a.m.
- Mother's Day Tea & Tips for Self-Care: May 5 at 1 p.m.
- Song Circle: May 12 at 1 p.m.
- Movie: The Ultimate Gift: May 19 at 1 p.m.

## Calvert County Senior Centers

**North Beach Senior Center**  
 9010 Chesapeake Ave.  
 North Beach, MD  
 410-257-2549

**Calvert Pines Senior Center**  
 450 W. Dares Beach Road  
 Prince Frederick, MD  
 410-535-4606

**Southern Pines Senior Center**  
 20 Appeal Lane  
 Lusby, MD 20657  
 410-586-2748

**Office on Aging**  
 450 West Dares Beach Road  
 Prince Frederick, MD 20678  
 410-535-4606

[www.calvertcountymd.gov](http://www.calvertcountymd.gov)

