

WOMENS HISTORY MONTH PROGRAMS

Wednesday, March 4

1 p.m. Beautiful Women: Who Pioneered Change
1:15p.m. Movie: *Little Women* & Discussion

Wednesday, March 11

1 p.m. Beautiful Women: Still Praying for Change
1:15 p.m. Movie: *Half the Sky* & Discussion

Thursday, March 26

11 a.m. Great Women of the Bible

Friday, March 27

1 p.m. Movie: *The Mighty Macs*

True story of the first women's college basketball championship game that changed the universal cry: "No one wants to watch girls play."

World Wildlife Day

Tuesday, March 3, 1 p.m.

Share pictures that you've captured of wildlife and watch the incredible *Photo Ark* documentary series.

Hand & Foot (Cards) NEW

Thursdays, 12:45 p.m.

Connect with others as you play your hand (or foot) at this card game based on canasta.

Prayer Bead Workshop

Monday, March 16, 1 p.m.

To commemorate National Month of Hope, learn the history and create a prayer bead to use as a tangible method of prayer. \$5.00. Must pre-register.

St. Patrick's Day Fun

Tuesday, March 17

11 a.m. St. Patty's Day Shenanigans.

Feeling lucky? Join us for some fun games!

1 p.m. St. Patty's Day Party

Dance and sing the afternoon away with live music by Barb & the Boys.

Spring Pool Tournament

Friday, March 20, 10 a.m.

Up for the challenge to be the next SPSC Pool Shark? Limited to 8 participants. Must pre-register.

Expressive Arts

Tuesdays (starting 3/24), 9 - 11 a.m.

Express your creativity into art through various mediums. Drop In Art Class. Fee \$10.

Baseball Opening Day

Thursday, March 26

12:30 p.m. Opening Day Games

Wear your favorite MLB shirt, jersey or hat and join us for some games.

1:00 p.m. MLB Game: Nationals vs Mets.

Enjoy some cracker jacks as we stream the opening day game.

March 2020



Southern Pines News

20 Appeal Lane, Lusby MD. 20657

Tel: 410-586-2748

Fax: 410-326-0673

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8:30 Computer Lab 8:30 Fitness Room Open 9:00 Healthy Gains 365 8:30 Open Sewing Room 9:00 Open Art Studio 9:30 Ceramics \$ 10:00 Walk For Fun 10:30 Yoga Demos & Flows 12:30 Duplicate Bridge 1:00 Penny Bingo</p>	<p>8:30 Computer Lab 8:30 Fitness Room Open 9:00 Embroidery 10:00 Let's Move Exercise Class 12:30 Duplicate Bridge 1:00 Card Stamping Group</p> <p>Reflexology by Appointment \$ Massages by Appointment \$</p>	<p>8:30 Computer Lab 8:30 Fitness Room Open 8:30 Open Sewing Room 8:45 Bone Builders \$ 9:00 Adventures in Studio Art \$ 10:00 Line Dancing \$ 10:00 Walk For Fun 1:00 Knitting & Crocheting</p>	<p>8:30 Computer Lab 8:30 Fitness Room Open 9:00 Information and Assistance 9:00 Needlepoint 9:30 Ceramics \$ 10:00 Let's Move Exercise Class 10:00 Adult Coloring <i>NEW</i> 11:00 Christian Conversations 12:45 Hand & Foot (Cards) <i>NEW</i></p> <p>Behavioral Health Counselor By Appointment</p>	<p>8:30 Computer Lab 8:30 Fitness Room Open 8:30 Open Sewing Room 8:45 Bone Builders \$ 10:00 Walk for Fun 10:30 Basic Tai Chi 1:00 Penny Bingo</p>

OTHER SCHEDULED ACTIVITIES

2	3	4	5	6
	<p>10:00 CalvertHealth Nurse 11:00 Creative Writing 1:00 <i>Rare: Creatures of the Photo Ark</i> Documentary Series</p> <p>WORLD WILDLIFE DAY</p>	<p>12:45 Birthday Party 1:00 Beautiful Women: Who Pioneered Change 1:15 Movie: <i>Little Women</i> & Discussion</p>	<p>11:15 Mental Gymnastics 1:00 Stepping On (Registration closed)</p>	<p>10:00 Oil Painting: Beginners to Intermediate \$</p> <p>WELLNESS FRIDAY: Free Fitness & Nutrition Plans 10 a.m. - 12 p.m.</p>
9	10	11	12	13
<p>11:45 Healthy Gains Presentation: <i>Arthritis</i></p>	<p>9:30 CSM Nursing Students Health Presentations 11:30 Better Sleep Tips 1:00 Grief and Loss Support</p> <p>NATIONAL SLEEP AWARENESS DAY</p>	<p>1:00 Beautiful Women: Still Praying for Change 1:15 Movie: <i>Half the Sky</i> & Discussion</p> <p>INTERNATIONAL WOMENS DAY</p>	<p>11:00 Senior Council Meeting 12:30 Watercolor Painting \$ 1:00 Legal Aid 1:00 Stepping On (Registration closed)</p>	<p>10:00 Oil Painting: Beginners to Intermediate \$</p>
16	17	18	19	20
<p>11:00 March Madness Picks 1:00 Prayer Bead Workshop \$ +</p>	<p>9:15 Council Bake Sale 10:00 CalvertHealth Pharmacist 11:00 Creative Writing 11:30 St. Patty's Shenanigans 1:00 St. Patty's Party with Barb & the Boys</p>	<p>11:00 Couponing Group 12:45 Librarian Book Share 1:30 Southern Pines Book Club: <i>Proof of Heaven</i> by Eben Alexander, M.D. African American Museum Trip</p>	<p>9:00 Commission on Aging 11:15 Mental Gymnastics 1:00 Stepping On (Registration closed)</p>	<p>10:00 Oil Painting: Beginners to Intermediate \$ 10:00 Pool Tournament +</p>
23	24	25	26	27
<p>1:00 Pot of Gold Special Bingo</p> <p>CalvertHealth Mobile Unit 10:00 a.m. - 1:00 p.m.</p>	<p>9:00 Expressive Arts <i>NEW</i> \$ 10:00 Veterans, Let's Talk 11:00 History Presentation: <i>Hatfield & McCoy</i> 1:00 Grief and Loss Support</p>	<p>11:00 UMD Center for Excellence <i>Problem Gambling</i> 1:00 SPSC Song Circle</p>	<p>11:00 Great Women of the Bible 12:30 Watercolor Painting \$ 12:30 Opening Day Fun Games 1:00 Stepping On 1:00 MLB Game: Nationals vs Mets</p>	<p>10:00 Oil Painting: Beginners to Intermediate \$ 1:00 Movie: <i>The Mighty Macs</i></p>

PLEASE DONATE NEW OR GENTLY USED PURSES FOR THE MOTHER'S DAY PURSE AUCTION BY APRIL 30TH.

DIABETES PREVENTION PROGRAM BEGINS APRIL 2. REGISTER AT THE FRONT DESK.

Latte & Learn
Friday, April 3, 10:30 a.m.
 New to the area? Enjoy a latte, connect with other new folks at SPSC and learn about programs and activities.

Spring Jar Craft
Monday, April 6, 1 p.m.
 Bring your own jar and create your own craft. Must pre-register.

Old Fashioned Taffy Pull
Wednesday, April 8, 1 p.m.
 Join us for an old fashion taffy pull. Make & take home to enjoy. Must pre-register. BYOB (Bring Your Own Baking-Sheet)

The Manhunt for Lincoln's Assassin
Tuesday, April 14 11 a.m.
 Learn about John Wilkes Booth and his escape route through Southern Maryland. Presented by Calvert County Historical Society.

Earth Day Programs
Monday, April 20
10:30 a.m. Yoga in the Garden & Meditation
11:30 a.m. Green Cleaning Products
Wednesday, April 22
10 a.m. Litter Clean Up
10:30 a.m. Color Our Garden
 Plant some annuals to beautify our garden.

Thursday, April 23
1 p.m. Recycled Sea Glass Workshop + Create pictures from recycled local sea glass.
Friday, April 24
1 p.m. Movie: *March of the Penguins*

Volunteer Appreciation Party
Tuesday, April 21, 1 p.m.
 Join us as we celebrate our Sup-'Herb' Volunteers! We will be dancing the afternoon away with the 24U band!

History Presentation: Assassination of Lincoln
Tuesday, April 28, 11 a.m.
 Discuss the events surrounding the assassination of Abraham Lincoln.

Got Stress? What are Your Triggers?
Thursday, April 30, 9:30 a.m.
 Learn your symptoms of stress, your triggers and ways to ease it.

April 2020



Southern Pines News

20 Appeal Lane, Lusby MD 20657
 Tel: 410-586-2748 Fax: 410-326-0673

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 Computer Lab 8:30 Fitness Room Open 9:00 Healthy Gains 365 8:30 Open Sewing Room 9:00 Open Art Studio 9:30 Ceramics \$ 10:00 Walk For Fun 10:30 Yoga Demos & Flows 12:30 Duplicate Bridge 1:00 Penny Bingo	8:30 Computer Lab 8:30 Fitness Room Open 9:00 Embroidery 10:00 Let's Move Exercise Class 12:30 Duplicate Bridge 1:00 Card Stamping Group Reflexology by Appointment \$ Massages by Appointment \$	8:30 Computer Lab 8:30 Fitness Room Open 8:30 Open Sewing Room 8:45 Bone Builders \$ 9:00 Adventures in Studio Art \$ 10:00 Walk For Fun 10:00 Line Dancing \$ 1:00 Knitting & Crocheting	8:30 Computer Lab 8:30 Fitness Room Open 9:00 Information and Assistance 9:00 Needlepoint 9:30 Ceramics \$ 10:00 Let's Move Exercise Class 10:00 Adult Coloring <i>NEW</i> 11:00 Christian Conversations 12:45 Hand & Foot (Cards) <i>NEW</i> Behavioral Health Counselor By Appointment	8:30 Computer Lab 8:30 Fitness Room Open 8:30 Open Sewing Room 8:45 Bone Builders \$ 10:00 Walk For Fun 10:30 Basic Tai Chi 10:30 Wii Games <i>NEW</i> 1:00 Penny Bingo

OTHER SCHEDULED ACTIVITIES

NATIONAL STRESS AWARENESS MONTH	\$ = FEE + = MUST PRE-REGISTER	12:45 Birthday Party ¹	9:00 Diabetes Prevention Program ² 11:15 Mental Gymnastics 1:00 Stepping On	10:00 Oil Painting: Beginners to Intermediate \$ ³ 10:30 SPSC Lattes & Learn WELLNESS FRIDAY: Free Fitness & Nutrition Plans 10 a.m. - 12 p.m.
11:00 Beginner's Genealogy ⁶ 1:00 Spring Jar Craft +	9:00 Expressive Arts <i>NEW</i> \$ ⁷ 10:00 CalvertHealth Nurse 11:00 Creative Writing	11:30 Easter Games ⁸ 1:00 Old Fashion Taffy Pull +	9:00 Diabetes Prevention Program ⁹ 11:00 Senior Council Meeting 12:30 Watercolor Painting \$ 1:00 Stepping On	CENTERS CLOSED GOOD FRIDAY ¹⁰
11:45 Healthy Gains ¹³ Presentation: <i>Insomnia</i> 1:00 Scrabble Game NATIONAL SCRABBLE DAY	9:00 Expressive Arts <i>NEW</i> \$ ¹⁴ 11:00 CC Historical Society: <i>The Manhunt for Lincoln's Assassin</i> 1:00 Grief and Loss Support	11:00 Couponing Group ¹⁵ 1:00 Southern Pines Book Club: <i>The Oregon Trail (A New American Journey)</i> , by Rinker Buck	9:00 Diabetes Prevention Program ¹⁶ 11:15 Mental Gymnastics 1:00 Stepping On	10:00 Oil Painting: Beginners to Intermediate \$ ¹⁷ 10:00 Wii Bowling Tournament +
10:30 Yoga in the Garden & Meditation ²⁰ 11:30 Green Cleaning Products	9:00 Expressive Arts <i>NEW</i> \$ ²¹ 10:00 CalvertHealth Pharmacist 11:00 Creative Writing 1:00 Celebrate our Volunteers VOLUNTEER APPRECIATION PARTY	10:00 Litter Clean Up ²² 10:30 Color Our Garden 1:00 SPSC Song Circle EARTH DAY	9:00 Diabetes Prevention Program ²³ 12:30 Watercolor Painting \$ 1:00 Recycled Sea Glass Workshop +	10:00 Oil Painting: Beginners to Intermediate \$ ²⁴ 1:00 Movie: <i>March of the Penguins</i>
1:00 April Showers Special Bingo ²⁷ CalvertHealth Mobile Unit 10 a.m. - 1 p.m.	9:00 Expressive Arts <i>NEW</i> \$ ²⁸ 9:00 AARP Drivers Course + \$ 10:00 Veterans, Let's Talk 11:00 History Presentation: <i>Assassination of Lincoln</i> 1:00 Grief and Loss Support	Fredericksburg Trip ²⁹	9:00 Diabetes Prevention Program ³⁰ 9:30 Got Stress? What are Your Triggers? 1:00 Car Seat Safety & Check + 1:00 Movie: <i>POMS</i>	FITNESS ROOM ORIENTATIONS BY APPOINTMENT