

SPECIAL EVENTS

Gentle Yoga

Tuesdays and Thursdays, 11 a.m.

It's back! This yoga class will go through gentle floor and standing poses. Come enjoy the flow!

Fall Wreath

Thursday, September 2, 12:30 p.m.

Make a festive fall wreath for your door!
Pre-registration required.

Seniors Against Scams Presentation

Friday, September 3rd, 11 a.m.

This presentation will teach you about how to stay safe and how not be pulled into senior targeted scams.

All About Potatoes

Wednesday, September 15th, 1 p.m.

Learn all about potatoes while enjoying a baked potato bar. Pre-registration required.

Clear Captions Presentation

Thursday, September 16th, 10:30 a.m.

An informative presentation about phones that can benefit individuals with hearing loss: These phones have amplified headsets, and answering machines with captioned messages. Q&A session to follow.

Ceramics Pumpkin Dry-Brushing

Wednesday, September 22nd 10 a.m.

Learn to dry-brush or enhance your existing skill! Create a pumpkin for your fall decorating or to give as a gift. \$8.50 per person, see Pat in the Ceramics Room to pre-register.

Scarecrow Craft

Thursday, September 23rd, 9:30 a.m.

Create an adorable Scarecrow for your bookshelf or mantle! \$5 per person, pre-registration required.

Floral Arrangement

Monday, September 27th, 10 a.m.

Come create a beautiful floral arrangement with the theme "Flash from the Past" with the ladies from Chesapeake Garden Club. Pre-registration required.

Falls Prevention Talk

Wednesday September 29th, 11 a.m.

Learn ways to prevent Falls with this informative talk lead by HomeCall.

SEPTEMBER 2021



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
8:30A Gift Shop Crafting 9:30A Board Games 9:30A Walk to the Beat 10:30A Let's Move 12:30P Hand & Foot (cards)	9:00A Adventures in Art +\$ 10:00A Fitness Rm Orientation 11:00A Gentle Yoga	8:30A Gift Shop Crafting 9:00A Ceramics +\$ 9:30A Duplicate Bridge 9:30A Walk to the Beat 10:30A Let's Move 12:30P Hand & Foot (cards)	8:30A Behavioral Health Counselor + 11:00A Gentle Yoga 12:30P Bible Study 2:30P Fitness Rm Orientation	8:30A Behavioral Health Counselor + 9:00A Ceramics +\$ 9:30A Walk to the Beat 10:30A Open Art \$ 10:30A Let's Move
OTHER SCHEDULED ACTIVITIES				
\$=Fee +=Pre-registration required	Fitness Room Orientations: Stop by the Fitness Room on Tuesdays at 10 a.m. or Thursdays at 2:30 p.m. to receive your orientation.	1	2	3
			9:00A Ask the Nurse 9:30A Senior Council Meeting 12:30P Fall Wreath Craft + No Gentle Yoga	Football Friday Wear your team's colors! 11:00A Seniors Against Scams Presentation
6	7	8	9	10
CENTER CLOSED FOR LABOR DAY HOLIDAY		11:00A Nutrition Education: <i>Be Active Older Adults</i> 12:30P Birthday Party	10:00A Fallin' For Bingo	11:00A Veterans Support Group 11:15A Orchestra Ensemble with the Sakai family
13	14	15	16	17
	9:30A Coffee & Coloring National Coloring Day	1:00P All About Potatoes +	9:00A COA Meeting 10:30A Clear Captions Presentation	9:00A Fitness Friday 1:00P Project Linus No "Walk to the Beat" or "Lets Move"
20	21	22	23	24
	1:00P FCCS Meeting	10:00A Ceramics Pumpkin Dry-Brushing Class +\$	9:30A Scarecrow Craft +\$ 10:00A Contract Bridge	11:00A Dance to the Beat
27	28	29	30	
9:00-11:30A CalvertHealth Mobile Health Center 10:00A Floral Arrangement +	9:30A Learn Rummikub	11:30A Falls Prevention Talk	SENIOR DAY AT THE FAIR	

SPECIAL EVENTS

Intergenerational Fall Party

Friday, October 1, 9:30 a.m.

Bring your grandkid(s) and celebrate Fall here at Calvert Pines! We will be painting pumpkins, playing fall games, and ending it with a Pizza Party. Pre-registration required, \$10 per participant.

Coffee Mug Craft

Thursday, October 7, 12:30 p.m.

Come customize a mug for all your warm beverages. Pre-registration required.

All About Pumpkin

Wednesday, October 13th, 11 a.m.

Learn about the benefits of pumpkin and how to cook with it.

Breast Cancer "Tea & Talk"

Friday, October 22, 10:30 a.m.

Early detection is key in the treatment of breast cancer. CalvertHealth will be here to talk about early detection and the importance of breast exams.

Think PINK Fashion Show

Friday, October 22, 11:30 a.m.

See how many ways you can wear pink! Calvert Pines Staff will be modeling for a cause, Breast Cancer Awareness.

Pumpkin Craft

Thursday, October 28, 10 a.m.

Make an adorable Pumpkin for a centerpiece for your fall table. \$6 per person, pre-registration required.

HalloWEEK

October 25th-29th

We couldn't celebrate Halloween last year, so lets celebrate for the entire week this year!

Monster Monday: Dress like a Monster and stick around for light Ghost Stories at 11 a.m.

Twinning Tuesday: Dress alike and play back-to-back Bingo games all morning, starting at 9:30 a.m.

Western Wednesday: Grab your boots and hat and enjoy Bluegrass music from JustUs2 at 11 a.m.

Throwback Thursday: Dress in your favorite decades style! Oldies music will be playing all day.

Freaky Friday: Another day to dress spooky and enjoy Halloween treats after lunch!

OCTOBER 2021



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4 10:00A Contract Bridge	5	6 12:30P Birthday Party CERAMICS TRIP	7 9:00A Ask the Nurse 9:30A Senior Council Meeting 12:30P Coffee Mug Craft +	8 11:00A Veterans Support Group
11 CENTER CLOSED FOR COLUMBUS DAY HOLIDAY	12 10:30A Coffee & Coloring	13 11:00A All About Pumpkin	14 10:00A Screaming for Bingo	15 9:00A Fitness Friday 1:00P Project Linus No "Walk to the Beat" or "Lets Move"
18	19 1:00P FCCS Meeting	20 11:30A Dining Room Trivia	21 9:00A COA Meeting	22 10:30A Breast Cancer Awareness "Tea & Talk" 11:30A Think PINK Fashion Show
25 Monster Monday 9:00-11:30A CalvertHealth Mobile Health Center 11:00A Ghost Stories AUDITORIUM CLOSED PM	26 Twinning Tuesday 9:30A Back-to-Back Bingo	27 Wild West Wednesday 11:00A JustUs2 Performance	28 Throwback Thursday 10:00A Pumpkin Craft +\$ 10:00A Contract Bridge 12:30P Newsletter Release Party	29 Freaky Friday 11:00A Dance to the Beat 12:30P Spooky Sweets