

# SPECIAL EVENTS

## World Coconut Day

Thursday, September 2, 10 a.m.

Is the coconut a fruit? Nut? Or Seed? Learn the health and nutrition benefits of the coconut.

## Friday Movie: *Fatherhood*

Friday, September 3, 10 a.m.

A widowed new dad copes with doubt, fears, and heartache raising his daughter on his own.

## Bottle Cap Art

Wednesday, September 8, 10 a.m.

We have the bottle caps. Bring a platform for your art piece and create an early Christmas gift. Free.

## Grandparents Day Banana Splits

Friday, September 10, 12:30 p.m.

Join us as we celebrate you! Register for lunch & banana splits by Wednesday, Sept. 8, 12 p.m.

## Nutrition Hangman

Tuesday, September 14, 10:30 a.m.

Join us for a fun game of Nutrition Hangman. Please register with Karla to participate.

## Live Music with JustUs2

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

Join us for live music with Pat Nutter and Christine Tenney. Registration required for lunch by Wednesday, Sept. 15, 12 p.m.

## Ceramics Pumpkin Dry Brushing Class

Thursday, September 21, 10 a.m.

Learn to dry-brush or enhance your existing skill. Create a pumpkin for fall decorating or to give as a gift. \$8.50 per person.

## Senior Council End of Summer Lasagna Dinner and Luau

Friday, September 24, 5 p.m.-7 p.m.

Celebrate the end of summer with us! Enjoy a lasagna dinner and the 24U band. \$12 per person. Register by Sept. 17, 12 p.m.

Looking for Dominos Players and those interested in a form of Tai Chi, "Qigong". Contact Linda 410-257-2459

# SEPTEMBER 2021



# NORTH BEACH NEWS

9010 Chesapeake Ave., North Beach MD 20714

Phone: 410-257-2549 Fax: 410-286-8095

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8:45A</b> Susan's Boot Camp "Lite" <b>9:00A</b> Adventures In Art \$ <b>9:00A</b> Open Card Games <b>10:30A</b> Let's Move with Treva <b>10:45A</b> Yin Yoga Select Dates \$ <b>12:30P</b> Penny Bingo <b>1:00P</b> Caring and Sharing Bible Study	<b>8:30A</b> Stability Ball with Anna <b>9:00A</b> Open Sewing (all day) <b>9:00A</b> Bridge <b>9:30A</b> Ceramics \$ <b>10:00A</b> Scrabble <b>12:45P</b> Hand and Foot (Cards)	<b>8:30A</b> Behavioral Health Counselor by Appointment Only <b>9:00A</b> Open Card Games <b>10:00A</b> Cranium Crunches <b>10:30A</b> Let's Move with Kathy <b>11:00A</b> Strength Training \$ <b>12:30P</b> Penny Bingo	<b>8:30A</b> Mats with Anna <b>9:00A</b> Open Card Games <b>9:30A</b> Open Art Studio <b>10:00A</b> Scrabble <b>12:45P</b> Hand and Foot (Cards)	<b>8:30A</b> Information and Assistance <b>8:45A</b> Susan's Boot Camp "Lite" <b>9:00A</b> Card Games <b>9:30A</b> Open Art Studio <b>10:30A</b> Let's Move with Treva <b>12:30A</b> Penny Bingo  <p style="text-align: center; color: purple;">Purple Fridays</p>

## OTHER SCHEDULED ACTIVITIES

	<b>\$=Fee</b> <b>+Pre-registration required</b>	<b>1</b> <b>10:00A</b> Rock Art: Alzheimer's Awareness	<b>2</b> <b>9:00A</b> Fitness Center Orientation <b>10:00A</b> World Coconut Day <b>1:00P</b> Open Coffee Bar <b>1:00P</b> Scribblers Writing Group	<b>3</b> <b>10:00A</b> Friday Movie: <i>Fatherhood</i>
<b>6</b> <b>CENTER CLOSED FOR LABOR DAY HOLIDAY</b>	<b>7</b> <b>9:00A</b> Ask The Nurse <b>11:00A</b> Veterans Support Group <b>2:00P</b> Fitness Center Orientation	<b>8</b> <b>10:00A</b> Bottle Cap Art <b>11:00A</b> Balance to Prevent Falls	<b>9</b> <b>9:00A</b> Fitness Center Orientation <b>10:00A</b> Animal Trivia <b>11:00A</b> Bananagrams <b>1:00P</b> Legal Aid +	<b>10</b> <b>9:00A</b> Bingo Marathon <b>9:00A</b> Fitness Friday <b>12:30P</b> National Grandparents Day Banana Splits +
<b>13</b> <b>10:45A</b> Yin Yoga \$ <b>11:00A</b> Real Conversations	<b>14</b> <b>10:30A</b> Nutrition Hangman	<b>15</b> <b>ABC DAY</b> <b>11:00A</b> Did You Know?	<b>16</b> <b>10:30A</b> Live Music with JustUs2 <b>1:00P</b> Scribblers Writing Group	<b>17</b> <b>11:00A</b> Math Games
<b>20</b> <b>9:00 - 11:30A</b> CalvertHealth Mobile Health Center <b>10:45A</b> Yin Yoga \$ <b>11:00A</b> What's Trending	<b>21</b> <b>10:00A</b> Ceramics Pumpkin Dry Brushing Class +\$ <b>10:30A</b> Senior Council Meeting <b>1:00P</b> Open Coffee Bar <b>2:00P</b> Fitness Center Orientation	<b>22</b> <b>11:00A</b> Nature Talk with Lisa Garrett: "Migration Celebration"	<b>23</b> <b>9:00A</b> Fitness Center Orientation <b>10:00A</b> Crab Wine Cork Craft +\$	<b>24</b> <b>Senior Council End of Summer Dinner 5:00P-7:00P +\$</b>
<b>27</b> <b>10:45A</b> Yin Yoga \$	<b>28</b> <b>10:00A</b> 80's Country Music Video's with Kathy <b>2:00P</b> Fitness Center Orientation	<b>29</b> <b>11:15A</b> Showstoppers Variety Show	<b>30</b> <b>9:00A</b> Fitness Center Orientation  <b>SENIOR DAY AT THE FAIR</b>	

# SPECIAL EVENTS

## Breast Cancer Awareness Rock Art

Friday, October 1, 10 a.m.

Start off October for a good cause. We will have pink paint, you bring the rocks. Free.

## Senior Scavenger Hunt

Friday, October 1, 10 a.m.

The North Beach Senior Scavenger Hunt has returned. See Linda for your packet to get started.

## Breakfast and Game Day

Tuesday, October 5, 9 a.m.

After breakfast, join us for games of Bingo, 500, Pinochle, Bridge, Dominos, and Scrabble. Games and cards will be provided. Register by Oct. 1, 12 p.m.

## Bingo Marathon

Friday, October 8, 9 a.m.

Join us for a day of Penny Bingo. Bring your pennies as markers.

## Senior Games

Tuesday, October 12, 10:30 a.m.

Time for good old fashioned fun. Register to play by Friday, Oct. 8, 12 p.m. Games will be "Senior Safe".

## Friday Movie: Life in Color

Friday, October 15, 10 a.m.

This docuseries explores nature from a fresh perspective as animals use color to survive. Season 1, Episodes 1 & 2 Friday, Oct 15 and Episodes 3 & 4 will be Friday Oct. 22

## What's Trending? And Did You Know?

Monday, October 18 & Wednesday, October 27 11 a.m.

Find out what's trending on YouTube and other Social Media. Surprise your Grandchildren with being "up" on the latest trends. And did you know this, or that?

## Halloween Prize Bingo Party

Friday, October 29, 10 a.m.

Come dressed as spooky, funny, or just you! Bring pennies for markers. Register for lunch and bingo by Friday, Oct. 22, 12 p.m.

# OCTOBER 2021



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Tuesdays Fitness Center Orientations 2:00 - 4:00

## OTHER SCHEDULED ACTIVITIES

Thursdays Fitness Center Orientations 9:00 - 11:00

Pumpkin Spice Is Back! Join us for Open Coffee Bar Friday, October 7 and Tuesday, October 19, 1:00P				Math Games Try a new Cranium Crunch with math. Join us on Thursday, October 28, 11:00A		<b>1</b> Senior Scavenger Hunt 10:00A Rock Art: Breast Cancer Awareness			
<b>10:45A</b> Yin Yoga \$	<b>4</b>	<b>9:00A</b> Breakfast and Game Day + <b>9:00A</b> Ask The Nurse <b>11:00A</b> Veterans Support Group	<b>5</b>	<b>10:00A</b> Bottle Cap Art <b>11:00A</b> Balance and You with Physical Therapist Charlie Sclater & Physical Therapist Technician, Pam	<b>6</b>	<b>1:00P</b> Open Coffee Bar <b>1:00P</b> Scribblers Writing Group	<b>7</b> <b>9:00A</b> Bingo Marathon <b>9:00A</b> Fitness Friday <b>1:00P</b> Living Well with Diabetes +	<b>8</b>	
<b>CENTER CLOSED FOR COLUMBUS DAY HOLIDAY</b>		<b>11</b>	<b>10:30A</b> Senior Games +	<b>12</b>	<b>13</b>	<b>10:00A</b> Music Trivia	<b>14</b>	<b>10:00A</b> Movie: <i>Life in Color</i> <b>1:00P</b> Living Well with Diabetes +	<b>15</b>
<b>9:00 - 11:30A</b> CalvertHealth Mobile Health Center <b>11:00A</b> What's Trending <b>10:45A</b> Yin Yoga \$	<b>18</b>	<b>10:30A</b> Senior Council Meeting <b>1:00P</b> Open Coffee Bar: Pumpkin Spice	<b>19</b>	<b>ABC DAY</b> <b>11:00A</b> Nature Talk with Lisa Garrett "Creepy Camouflage"	<b>20</b>	<b>11:00A</b> Bananagrams <b>1:00P</b> Scribblers Writing Group	<b>21</b>	<b>10:00A</b> Movie: <i>Life in Color</i> <b>1:00P</b> Living Well with Diabetes +  <b>LAST DAY TO REGISTER FOR HALLOWEEN BINGO PARTY</b>	<b>22</b>
<b>10:45A</b> Yin Yoga \$ <b>11:00A</b> Real Conversations	<b>25</b>	<b>26</b>	<b>26</b>	<b>11:00A</b> Did You Know?	<b>27</b>	<b>11:00A</b> Math Games	<b>28</b>	<b>1:00P</b> Living Well with Diabetes + <b>Halloween Bingo Party + 10:00A - 12:00P</b>	<b>29</b>