

# SPECIAL EVENTS

## Strength Training \$

**Wednesdays, 8:45-9:45 a.m.**

Join us for a fun hour of building strength and muscles while exercising with light weights.

## Brain Health & Aging Basics

**Wednesday, September 1, 11:30 a.m.**

Learn about changes that occur in the brain during the aging process, risk factors and tips to protect and improve your brain health.

## Butterfly Release

**Wednesday, September 1, 12:45 p.m.**

Help us release butterflies as we honor and remember the lives of family and friends affected by Alzheimer's.

## Celebrate National Yoga Month

**Tuesday, September 7**

Experience the health benefits of yoga.

9:00 a.m. — Chair Yoga

10:00 a.m.— Gentle Yoga

11:00 a.m.— Beginner/Intermediate Yoga

## Bird Migration & Safety

**Thursday, September 9, 12:45 p.m.**

Learn about bird migration patterns and simple effective ways to help keep them safe.

## Movie: *Blue Miracle*

**Thursday, September 16, 1 p.m.**

An incredible true story of Casa Hogar, the Mexican boys home that entered the world's biggest fishing tournament to save their orphanage.

## Falls Prevention Basics

**Wednesday, September 22, 11:30 a.m.**

Learn tips to prevent and reduce the risk of falls, and practice a few exercises to help with balance.

## Self Care: Reflexology Basics

**Thursday, September 23, 11 a.m.**

Learn the ancient roots of reflexology, its health benefits and how to incorporate it for self-care.

## Veterans Support Group

**Tuesday, September 28, 10 a.m.**

Enjoy a cup of coffee and connect with other veterans in the community. Chaplain Bill Miller will facilitate discussions.

# SEPTEMBER 2021



# SOUTHERN PINES NEWS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8:30A</b> Computer Lab <b>8:30A</b> Fitness Room Open <b>8:30A</b> Pool Room Open <b>8:30A</b> Sewing Room Open <b>9:30A</b> Ceramics \$ <b>10:00A</b> Walk for Fun <b>12:15P</b> Duplicate Bridge	<b>8:30A</b> Computer Lab <b>8:30A</b> Fitness Room Open <b>8:30A</b> Pool Room Open <b>9:00A</b> Needlepoint/ Embroidery <b>9:30A</b> Open Art Studio <b>10:00A</b> Gentle Yoga <b>12:15P</b> Duplicate Bridge	<b>8:30A</b> Computer Lab <b>8:30A</b> Fitness Room Open <b>8:30A</b> Pool Room Open <b>8:30A</b> Sewing Room Open <b>8:45A</b> Strength Training (previously Bone Builders) \$ <b>9:00A</b> Adventures in Art \$+ <b>10:00A</b> Walk for Fun <b>10:00A</b> Line Dancing	<b>8:30A</b> Computer Lab <b>8:30A</b> Fitness Room Open <b>8:30A</b> Pool Room Open <b>9:30A</b> Info & Assistance <b>9:30A</b> Ceramics \$ <b>10:00A</b> Let's Move <b>11:00A</b> Christian Conversations <b>1:00P</b> Knitting & Crocheting	<b>8:30A</b> Computer Lab <b>8:30A</b> Fitness Room Open <b>8:30A</b> Pool Room Open <b>8:30A</b> Sewing Room Open <b>9:00A</b> Oil Painting \$+ <b>10:00A</b> Walk for Fun

## OTHER SCHEDULED ACTIVITIES

<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> <b>FITNESS ROOM ORIENTATION BY APPOINTMENT</b> </div>	\$ = FEE + = MUST PRE-REGISTER	<b>1</b> <b>11:30A</b> Brain Health & Aging Basics <b>12:45P</b> Butterfly Release: Honoring Those Affected By Alzheimer's	<b>2</b> 	<b>3</b> <b>9:00A</b> Fitness Friday
<b>CENTER CLOSED FOR OBSERVANCE OF LABOR DAY</b>	<b>6</b>	<b>7</b> <b>9:00A</b> Chair Yoga <b>10:00A</b> Gentle Yoga <b>11:00A</b> Beg/Int Yoga <b>11:00A</b> Creative Writing	<b>8</b> <b>1:00P</b> Song Circle	<b>9</b> <b>11:00A</b> Senior Council Meeting <b>12:45P</b> Bird Migration & Safety
<b>9:00A</b> Calvert Health Mobile Health Center	<b>13</b>	<b>14</b> <b>11:00A</b> Brain Games	<b>15</b> <b>1:00P</b> Book Club: <i>1984</i> by George Orwell	<b>16</b> <b>1:00P</b> Movie: <i>Blue Miracle</i>
<b>10:00A</b> Straw Pumpkin Dry Painting Ceramics Class +\$	<b>20</b>	<b>21</b> <b>9:00A</b> Ask the Nurse <b>11:00A</b> Creative Writing	<b>22</b> <b>11:30A</b> Falls Prevention Basics <b>1:00P</b> Special Bingo <b>FALL PREVENTION AWARENESS DAY</b>	<b>23</b> <b>11:00A</b> Self Care: Reflexology Basics
	<b>27</b>	<b>28</b> <b>10:00A</b> Veterans Support Group <b>11:00A</b> History Presentation: TBD	<b>29</b>	<b>30</b> <b>CALVERT COUNTY SENIOR DAY AT THE FAIR</b>
				<b>WORLD ALZHEIMERS MONTH</b> <b>NATIONAL YOGA MONTH</b>

# SPECIAL EVENTS

## Christian Conversations

Thursdays, 11 a.m.

Connect with others to study and discuss scripture for encouragement through every season of life.

## DIY Picture Coaster +

Wednesday, October 6, 1 p.m.

Bring three of your favorite photos to make into picture coasters. Limited to 10 participants.

## Pool Tournament +

Thursday, October 7, 10 a.m.

Feeling lucky? Do you have what it takes to be the next SPSC Pool Champ? Come find out. Limited to 8 players. 1st & 2nd place prizes.

## Song Circle

Wednesday, October 13, 1 p.m.

Join other music minded people, share your musical talents and create music. Bring your instruments and/or sing along.

## Binge I Love Lucy & Wear Pink

Friday, October 15, 10 a.m.

Enjoy I Love Lucy shenanigans while learning Breast Cancer Facts between each episode. A tribute to honor the life of Desiree, Lucille Ball's great granddaughter, to increase awareness about breast cancer screening and prevention.

## Movie: The Ultimate Gift

Thursday, October 21, 1 p.m.

A billionaire grandfather leaves a spoiled grandson quite an inheritance; only if he completes a series of tasks that he planned to teach his grandson the true meaning of life.

## Witch Trials of Southern Maryland

Tuesday, October 26, 11 a.m.

If you think Salem, Massachusetts was the only place where witch trials occurred, then you'll want to join John Johnson, director of Calvert County Historical Society, for this *eerie* presentation on the witch trials that took place in our own back yard!

## Halloween Party

Thursday, October 28, 11 a.m.

Wear your favorite costume and join us for some fun Minute to Win It Halloween games! Costume contest following games!

# OCTOBER 2021



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4	5	6	7	8
<b>9:00A</b> Calvert Health Mobile Health Center	<b>11:00A</b> Creative Writing	<b>1:00P</b> DIY Picture Coasters +	<b>10:00A</b> Pool Tournament + <b>1:00P</b> Legal Aid +	<b>9:00A</b> Fitness Friday
11	12	13	14	15
<b>CENTERS CLOSED FOR OBSERVANCE OF COLUMBUS DAY</b>	<b>11:00A</b> Brain Games	<b>1:00P</b> Song Circle	<b>11:00A</b> Senior Council Meeting	<b>10:00A</b> Binge / LOVE LUCY & Wear Pink <b>NATIONAL MAMMOGRAPHY &amp; I LOVE LUCY DAY</b>
18	19	20	21	22
	<b>9:00A</b> Ask the Nurse <b>11:00A</b> Creative Writing	<b>1:00P</b> Book Club: <i>100 Days of Sunlight</i> , by Abbie Emmons	<b>1:00P</b> Movie: <i>The Ultimate Gift</i>	
25	26	27	28	29
	<b>10:00A</b> Veterans Support Group <b>11:00A</b> Calvert County Historical Society: Witch Trials of SOMD	<b>1:00P</b> Special Bingo	<b>11:00A</b> Minute to Win It: Halloween Games <b>11:45A</b> Costume Prizes	