

SPECIAL EVENTS

Fresh Conversations:

Paint Your Plate with Color!

Tuesday, May 2, 11 a.m.

Learn about the importance of eating colorful foods and the nutrients in them.

Hummingbird Feeder Basics

Wednesday, May 3

1 p.m.– The do's and don'ts of feeding.

1:15 p.m.– Enjoy facts about hummingbirds in the documentary, *Magic in the Air*.

Cinco de Mayo Festivities

Friday, May 5, 1 p.m.

Learn about Mexican culture while participating in fun festivities!

Mother's Day Flower Cupcake Decorating

Thursday, May 11, 1 p.m.

Learn techniques and create a flower with icing using decorating tips.

Boating & Water Safety Presentation

Thursday, May 18, 1 p.m.

Coastguard Auxiliary Member, Will Smith, will give tips to be safe on the water this summer.

What's the Buzz on Bees

Friday, May 19, 1 p.m.

How do bees help the environment, and what can we do to protect them? Come find out!

SOMD Terrapin Nesting Program

Thursday, May 25, 1 p.m.

Rebecca Stump, Natural Resources Specialist from Pax River, will share info about the nesting survey program and all they are learning about SOMD terrapins.

Senior Health & Fitness Day

Wednesday, May 31

9:30 a.m.-11:30 a.m.
Health & Fitness Trivia



Drop in to learn more about Health & Fitness programs & classes offered at Southern Pines

12:45 p.m.
Southern Pines Line Dancers

Enjoy a healthy snack while watching the SP Line Dancers. All are welcome to join 'em!

MAY 2023




SOUTHERN PINES NEWS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30A Computer Lab 8:30A Fitness Room Open 8:30A Pool Room Open 8:30A Sewing Room Open 9:30A Open Art Studio 9:30A Ceramics \$ 10:00A Walk for Fun 12:30P Duplicate Bridge	8:30A Computer Lab 8:30A Fitness Room Open 8:30A Pool Room Open 8:30A Behavioral Health Counselor + 9:30A Studio Art \$ 10:00A Gentle Yoga 12:30P Duplicate Bridge 1:00P Needlepoint/Embroidery 1:00P Let's Move	8:30A Computer Lab 8:30A Fitness Room Open 8:30A Pool Room Open 9:00A Adventures in Art \$ 10:00A Walk for Fun 10:00A Line Dancing 10:00A Sewing Outreach: Angel Gowns 11:00A Bone Builders	8:30A Computer Lab 8:30A Fitness Room Open 8:30A Pool Room Open 8:30A Sewing Room Open 9:00A Info & Assistance 9:30A Ceramics \$ 10:00A Let's Move 11:00A Bible Study 12:30P Chess 1:00P Knitting & Crocheting	8:30A Computer Lab 8:30A Fitness Room Open 8:30A Pool Room Open 8:30A Sewing Room Open 9:00A Info & Assistance 10:00A Walk for Fun 10:00A Open Oil Painting

OTHER SCHEDULED ACTIVITIES

9:00A-11:30A CalvertHealth Mobile Health Center 1:00P Creative Writing 1:00P Living Well with Diabetes+ 2:00P Law Day Appointments + LAW DAY	11:00A Fresh Conversations: <i>Paint Your Plate with Color!</i> +	12:30P Birthday Party 1:00P Hummingbird Feeder Basics + 1:15P Documentary: <i>Magic in the Air</i> +	11:00A National Day of Prayer 1:00P Movie: <i>Mamma Mia</i> +	10:00A CalvertHealth Fitness Friday 1:00P Cinco de Mayo Festivities +
1:00P Living Well with Diabetes +	2:00P Grief & Loss Support	10:30A Center Tour & Fitness Orientation + 1:00P Song Circle	11:00A Senior Council Meeting 1:00P Mother's Day Flower Cupcake Decorating + MOTHER'S DAY BASKET DRAWING	1:00P Butterfly Diamond Art Workshop \$+
1:00P Creative Writing 1:00P Living Well with Diabetes +	10:00A Ask the Nurse 12:30P Calvert Library Bookmobile	10:30A Center Tour & Fitness Orientation + 1:00P Book Club: <i>The Virgin Blue</i> by Tracy Chevalier	1:00P Boating & Water Safety Presentation +	1:00P What's the Buzz on Bees + 
9:00A AARP Safe Drivers Course+\$ 1:00P Living Well with Diabetes +	10:00A Veterans Coffee 2:00P Recipe Exchange: Summer Salads 5:00P-7:00P "Age-Friendly" Focus Group	1:00P Song Circle	1:00P SOMD Terrapin Nesting Program +	1:00P Jeopardy: Staff vs. Seniors +
CENTER CLOSED IN OBSERVANCE OF MEMORIAL DAY	CENTER CLOSED IN OBSERVANCE OF MEMORIAL DAY	9:30A Health & Fitness Trivia + 12:45P Southern Pines Line Dancers + NATIONAL SENIOR HEALTH & FITNESS DAY		<div style="border: 1px solid black; padding: 5px; text-align: center;"> + = Pre-registration required \$ = Fee </div>

SPECIAL EVENTS

Fresh Conversations:

Let's Keep the Blood Flowing

Tuesday, June 6, 11 a.m.

Join the conversation and learn tips for keeping your blood flowing and healthy.

Our American Flag

Wednesday, June 7, 12:45 p.m.

Learn history and musical trivia about our American flag as we get ready for Flag Day.

Sea Glass Fireworks

Friday, June 9, 1 p.m.

Create a firework burst with local SOMD sea glass in honor of Independence Day!

Juneteenth Jubilee

Thursday, June 15, 12:45 p.m.

Learn about "Jubilation Day" and the Texan behind getting this day recognized!

Father's Day Breakfast Sandwiches

Friday, June 16, 9:30 a.m.

Celebrating all dads! Enjoy a Father's Day breakfast sandwich and some great dad jokes.

Putt-Putt: Staff vs. Seniors

Friday, June 23, 1 p.m.

Can the seniors beat the SP staff in this putt-putt obstacle challenge? Join us to find out!

Reckless- The Korean War Horse

Monday, June 26, 12:45 p.m.

Learn about Staff Sgt. Reckless, the legendary courageous Korean War horse.

Recipe Exchange: Summer Desserts

Tuesday, June 27, 2 p.m.

Share your favorite summer dessert recipe and take many home to try this summer!

World Music Month

Learn about how historical events shaped the eras of American Music. Enjoy a few films sure to cause you to reminisce.



Thursday, June 8, 1 p.m.

American Country: A Ken Burns Film

Thursday, June 22, 1 p.m.

Hitsville: The Making of Motown

JUNE 2023



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5 9:30A –11:30A "Age-Friendly" Focus Group 1:00P Creative Writing	6 11:00A Fresh Conversations: <i>Let's Keep the Blood Flowing!</i> +	7 12:30P Birthday Party 12:45P Our American Flag	8 11:00A Senior Council Meeting 1:00P American Country: A Ken Burns Film: Episode 1+	9 1:00P Craft Workshop: Sea Glass Fireworks +
12 9:00A-11:30A CalvertHealth Mobile Health Center 1:00P Nursing Home & Assisted Living 101 +	13 2:00P Grief & Loss Support CERAMICS TRIP	14 10:30A Center Tour & Fitness Orientation + 1:00P Song Circle	15 9:00A COA Meeting 12:45P Juneteenth Jubilee +	16 9:30A Father's Day Breakfast Sandwiches + FATHER'S DAY BASKET DRAWING
19 CENTER CLOSED IN OBSERVANCE OF JUNETEENTH	20 10:00A Ask the Nurse 12:30P Calvert Library Bookmobile	21 1:00P Book Club: <i>The Guest List</i> by Lisa Foley	22 1:00P Movie: <i>Hitsville: The Making of Motown</i> +	23 1:00P Putt-Putt: Staff vs. Seniors +
26 12:45P Reckless - The Korean War Horse	27 10:00A Veterans Coffee 2:00P Recipe Exchange: Summer Desserts	28 10:30A Center Tour & Fitness Orientation + 1:00P Song Circle	29 9:00A Ask the Pharmacist +	30 SIGHT & SOUND TRIP