

# SPECIAL EVENTS

## Open Coffee Bar Dates:

- Thursday, May 4, 1 p.m.
- Tuesday, May 23, 2 p.m.

## May Movies:

Thursday, May 11, 10 a.m.

- *Burlesque*

Monday, May 22, 10 a.m.

- Armchair Tour: *Tahiti*

Thursday, May 25, 10 a.m.

- *Presidential History George H.W. Bush*

## May Crafts:

Friday, May 12, 10 a.m.

- Recycled Art with Linda Fee: \$15

Thursday, May 18, 10 a.m.

- Greeting Card Craft Fee: \$8



# A Crabber's Life

*On the Chesapeake Bay*

Monday, May 1, 10:30 a.m.

Danny Benton returns to share his life as a waterman on the Chesapeake Bay.

## Senior Council Jewelry Sale

Monday, May 8 - Friday, May 12

Stop by our annual Mother's Day Jewelry Sale for some Mother's Day gifts. All proceeds benefit the North Beach Senior Council.

## Elvis is in the Building!

Monday, May 8, 10 a.m.

Jed Duvall will share his amazing talent and perform as Elvis. *It's now or never.*

## Muffins for Moms with a Photographic Journey of the Beaches

Tuesday, May 9, 10 a.m.

Join us for muffins for moms and enjoy a photographic tour of North and Chesapeake Beaches.

## Older Americans Month Cornhole and Tailgate Party

Wednesday, May 24, 10 a.m.

Cornhole weather is back! Register by Monday, May 22.

# MAY 2023



# 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 <b>9:00A</b> Adventures in Art \$ <b>10:00A</b> Cue Chicks Billiards <b>NEW</b> <b>10:30A</b> Let's Move <b>12:30P</b> Penny Bingo <b>1:00P</b> Bible Study	<b>8:30A</b> Stability Ball Class <b>9:00A</b> Open Sewing <b>9:30A</b> Ceramics \$ <b>10:00A</b> Casual Scrabble <b>12:30P</b> Hand and Foot (Cards) <b>2:30P</b> Fitness Room Orientations +	<b>8:30A</b> Behavioral Health Counselor + <b>8:30A</b> Open Art Studio <b>8:45A</b> Susan's Boot Camp <b>10:30A</b> Let's Move <b>11:00A</b> Strength Training <b>12:30P</b> Penny Bingo	<b>8:30A</b> Information and Assistance <b>8:30A</b> Mat Exercise Class <b>8:30A</b> Open Art Studio <b>10:00A</b> Casual Scrabble <b>12:30P</b> Hand and Foot (Cards)	<b>8:30A</b> Information and Assistance <b>8:30A</b> Open Art Studio <b>8:45A</b> Susan's Boot Camp <b>10:30A</b> Let's Move <b>11:00A</b> Strength Training <b>12:30P</b> Penny Bingo <b>Purple Fridays for Alzheimer's Awareness</b>

## OTHER SCHEDULED ACTIVITIES

<b>9:00A-10:30A</b> Law Day + <b>10:30A</b> Crabbing on Chesapeake w/ Local Crabber Danny Benton <b>10:45A</b> Yin Yoga \$ <b>NO LET'S MOVE</b>	<b>9:00A - 11:00A</b> Ask the Nurse <b>10:00A</b> Cranium Fitness + <b>12:30P</b> Calvert Library Bookmobile	<b>11:00A</b> Beach Book Club + <b>1:00P</b> Grief & Loss Support <b>3:00P</b> Alzheimer's Support Group	<b>1:00P</b> Scribblers Writing Group <b>1:00P</b> Open Coffee Bar	<b>10:00A</b> Cornhole +
<b>10:00A</b> Jed Duvall as "Elvis"+ <b>10:45A</b> Yin Yoga \$ <b>NO LET'S MOVE</b>	<b>10:00A</b> Muffins for Moms & Photographic Journey of the Beaches + <b>11:00A</b> Open Mic +	<b>11:00A</b> Fresh Conversations + <b>2:00P</b> Butterflies and Wishes Tea Party +\$	<b>10:00A</b> Morning Movie: <i>Burlesque</i> +^ <b>10:45A</b> Mindful Movements \$	<b>10:00A</b> Recycled Art +\$ Jeweled Crab #1
<b>9:00A - 11:30A</b> CalvertHealth Mobile Health Center <b>10:45A</b> Yin Yoga \$ <b>11:00A</b> Lett-uce Talk: <i>Crabs</i>	<b>10:00A</b> Senior Council Meeting	<b>11:00A</b> Nature Talk with Lisa Garrett: <i>Animal Moms</i> <b>12:15P</b> Monthly Birthday Dessert + <b>5:00P-7:00P</b> "Age-Friendly" Focus Group	<b>10:00A</b> Veteran's Coffee Hour + <b>10:00A</b> Greeting Card Craft +\$ <b>10:45A</b> Mindful Movements \$ <b>1:00P</b> Scribblers Writing Group	<b>9:00A</b> CalvertHealth Fitness Friday <b>9:30A-11:30A</b> "Age-Friendly" Focus Group <b>11:00A</b> Increase Your Hold
<b>10:00A</b> Armchair Tour: <i>Tahiti</i> ^ <b>10:45A</b> Yin Yoga \$	<b>10:00A</b> Cranium Fitness + <b>2:00P</b> Open Coffee Bar & Afternoon Delights	<b>10:00A</b> Older Americans Month Cornhole Tailgate Party + <b>10:00A-12:00P</b> Highway 2 Health	<b>10:00A</b> Presidential History: <i>George H.W. Bush</i> ^ <b>10:45A</b> Mindful Movements \$	<b>10:00A</b> Bingo Marathon +
<b>CENTER CLOSED IN OBSERVANCE OF MEMORIAL DAY</b>	<b>10:30A</b> Senior Charades +	<b>10:30A</b> Future Speakers <b>NO LET'S MOVE</b>	"The afternoon knows what the morning never Suspected." - Robert Frost	<b>+ = Pre-registration</b> <b>\$ = Fee</b> <b>^ = Movie</b>

Mother's Day Jewelry Sale

# SPECIAL EVENTS

## Open Coffee Bar Dates:

- Thursday, June 1, 2 p.m.
- Tuesday, June 13, 2 p.m.

## June Movies:

**Thursday, June 8, 10 a.m.**

- *My Best Friend Anne Frank*

**Thursday, June 22, 10 a.m.**

- *George W. Bush*

**Monday, June 26, 10 a.m.**

- *Transcontinental Railroad*

## June Crafts:

**Friday June 2, 10 a.m. Fee: \$7**

- Birdhouse Feeder, register by May 26

**Friday, June 16, 10 a.m., Fee: \$5**

- Jeweled Letters, register by June 8

**Thursday, June 29, 9:30 a.m. Fee: \$12**

- Jeweled Crabs, register by June 12

## Billiards, Ping Pong, & Donuts for Dads

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

Join Kelly for a game of Pool, Ping Pong, and donuts. Register by Friday, June 2.

## Nursing Homes & Assistance 101

**Monday, June 12, 11 a.m.**

Meet with the Ombudsman Team to discuss the nursing home and assisted living admissions process, how to choose a facility, and the importance of understanding residents' rights.

## Yard Games

**Wednesday, June 28, 10 a.m.**

Join us for fun and comradery as we play Cornhole, Bocce Ball, and more.

## "Cue Chicks" Billiards **NEW**

**Mondays at 10 a.m. – Noon**

No experience needed for this ladies' pool group. All supplies provided, but you can bring your own cue stick if you prefer.

## Who Is That?!

Starting on Thursday, June 1, bring a photo of you in your "heyday." We will post them and play a fun game of "Guess Who" on Friday, June 30, 11:15 a.m.



# JUNE 2023



# NORTH BEACH NEWS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8:45A</b> Susan's Boot Camp <b>9:00A</b> Adventures in Art \$ <b>10:00A</b> Cue Chicks Billiards <b>NEW</b> <b>10:30A</b> Let's Move <b>12:30P</b> Penny Bingo <b>1:00P</b> Bible Study	<b>8:30A</b> Stability Ball Class <b>9:00A</b> Open Sewing <b>9:30A</b> Ceramics \$ <b>10:00A</b> Casual Scrabble <b>12:30P</b> Hand and Foot (Cards) <b>2:30P</b> Fitness Room Orientations +	<b>8:30A</b> Behavioral Health Counselor + <b>8:30A</b> Open Art Studio <b>8:45A</b> Susan's Boot Camp <b>10:30A</b> Let's Move <b>11:00A</b> Strength Training <b>12:30P</b> Penny Bingo	<b>8:30A</b> Information and Assistance <b>8:30A</b> Mat Exercise Class <b>8:30A</b> Open Art Studio <b>10:00A</b> Scrabble <b>12:30P</b> Hand and Foot (Cards)	<b>8:30A</b> Information and Assistance <b>8:30A</b> Open Art Studio <b>8:45A</b> Susan's Boot Camp <b>10:30A</b> Let's Move <b>11:00A</b> Strength Training <b>12:30P</b> Penny Bingo <b>Purple Fridays for Alzheimer's Awareness</b>

## OTHER SCHEDULED ACTIVITIES

<b>Fresh Conversations: Let's Keep the Blood Flowing!</b> <b>Wednesday, June 7, 11 a.m.</b> Join Registered Dietician, Katie Bolte, in this lively class about what nutrients affect your blood health. This is a free program, however registration is needed.	+ = Pre-registration \$ = Fee ^ = Movie	<b>Who is That?! Begins</b> <b>1:00P</b> Scribblers Writing Group <b>2:00P</b> Open Coffee Bar	<b>10:00A</b> Birdhouse Craft +\$
<b>10:45A</b> Yin Yoga \$ <b>11:00A</b> Lett-uce Talk: <i>Beans</i>	<b>9:00A - 11:00A</b> Ask the Nurse <b>10:00A</b> Cranium Fitness + <b>12:30P</b> Calvert Library Bookmobile	<b>11:00A</b> Beach Book Club + <b>11:00A</b> Fresh Conversations + <b>1:00P</b> Grief & Loss Support <b>3:00P</b> Alzheimer's Support Group	<b>10:00A</b> Morning Movie: <i>My Best Friend Anne Frank</i> ^ <b>10:00A</b> Legal Aid + <b>10:45A</b> Mindful Movements \$ <b>2:00P</b> Afternoon Delights
<b>10:45A</b> Yin Yoga \$ <b>11:00A</b> Nursing Homes & Assistance 101 +	<b>10:00A</b> Senior Jeopardy + <b>2:00P</b> Open Coffee Bar  <b>CERAMICS TRIP</b>	<b>11:00A</b> Open Mic + <b>10:00A</b> Wordy Wednesday	<b>10:45A</b> Mindful Movements \$ <b>11:00A</b> Veteran's Coffee Hour + <b>1:00P</b> Scribblers Writing Group <b>9:00A</b> AARP Driving Education Class +\$ <b>9:00A</b> CalvertHealth Fitness Friday <b>9:30A</b> Jeweled Letters Art +\$
<b>CENTER CLOSED IN OBSERVANCE OF JUNETEENTH</b>	<b>9:00A– 11:30A</b> CalvertHealth Mobile Health Center <b>10:00A</b> Senior Council Meeting	<b>11:00A</b> Nature Talk with Lisa Garrett: <i>The Birds &amp; the Bees</i> <b>12:15P</b> Monthly Birthday Dessert +	<b>10:00A</b> Presidential History: <i>George W. Bush</i> ^ <b>11:00A</b> Increase Your Hold
<b>10:00A</b> Armchair Tour: <i>Transcontinental Railroad</i> ^	<b>10:00A</b> Cranium Fitness +	<b>10:00A</b> Yard Games +	<b>9:30A</b> Recycled Art +\$ Jeweled Crab #2 <b>10:45A</b> Mindful Movements \$ <b>11:15A</b> Who is That?! + <b>SIGHT &amp; SOUND TRIP</b>

No Information & Assistance available