

SPECIAL EVENTS

Oil Painting - **NEW**

Mondays, Beginning September 11, 1 p.m.
Interested in learning how to paint with oils? With a few basic supplies and a spark of inspiration, you can! Pam Callen will teach techniques as you learn.

Eco Series: **Bay-Wise Accredited Landscapes**

Thursday, September 7, 1 p.m.
Learn from University of Maryland Extension Program Master Gardeners how to maintain your landscape to positively affect the health of our local waterways, the Chesapeake Bay and our environment.

Earring Workshop

Friday, September 8, 1 p.m.
Make and take beautiful sunflower earrings to wear this fall!

Intro to Crocheting

Monday, September 18 & 25, 1 p.m.
Learn the basics of crocheting in this two-part workshop. Crochet needles are available.

Garden Spruce Up

Friday, September 22, 9 a.m.
Have fun and learn from master gardeners as we spruce up the garden. Bring gloves!

Ask the Pharmacist

Tuesday, September 26, 9 a.m.
Discuss your current medication & supplement list with a pharmacist to ensure safe usage.

History Presentation: **Titanic**

Tuesday, September 26, 11 a.m.
Join Barry to discuss the Titanic and how its tragedy changed maritime law.

Butterfly Release

Thursday, September 21, 1 p.m.

Butterflies represent the fleeting nature of life and memory but also the beauty of those transient things. Join us as we remember and honor those who are living with Alzheimer's Disease and celebrate life!



SEPTEMBER 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 Computer Lab	8:30A Computer Lab	8:30A Computer Lab	8:30A Computer Lab
8:30A Fitness Room Open	8:30A Fitness Room Open	8:30A Fitness Room Open	8:30A Fitness Room Open	8:30A Fitness Room Open
8:30A Billiards Room Open	8:30A Billiards Room Open	8:30A Billiards Room Open	8:30A Billiards Room Open	8:30A Billiards Room Open
8:30A Sewing Room Open	8:30A Behavioral Health Counselor +	8:30A Sewing Room Open	8:30A Sewing Room Open	8:30A Sewing Room Open
8:30A Art Studio Open	9:30A Studio Art \$	9:00A Adventures in Art \$	8:30A Info & Assistance	8:30A Art Studio Open
9:30A Ceramics \$	10:00A Gentle Yoga	10:00A Walk for Fun	9:00A Ceramics \$	9:00A Info & Assistance
10:00A Walk for Fun	10:00A Duplicate Bridge	10:00A Line Dancing	10:00A Let's Move	10:00A Walk for Fun
11:00A Bone Builders	12:30P Needlepoint	10:00A Sewing Projects	11:00A Bible Study	11:00A Advanced Line Dancing
12:30P Duplicate Bridge	1:00P Let's Move	11:00A Bone Builders	12:30P Chess	
1:00P Oil Painting \$		12:30P Sewing Room Open	1:00P Knitting & Crocheting	

OTHER SCHEDULED ACTIVITIES

<p><i>Save the Date: Thanksgiving Auction, November 16</i></p> <p>We are accepting new or like new donations through October 31st.</p>				<p>+ = Pre-registration required</p> <p>\$ = Fee</p>	<p>10:00A Calvert Health Fitness Friday</p> <p>1:00P Wii Bowling</p>
4 CENTER CLOSED IN OBSERVANCE OF LABOR DAY	5 11:00A Fresh Conversations: <i>Know Your Heart Signs</i> +	6 10:00A Sewing Outreach: <i>Angel Gowns</i> 12:30P Birthday Party TOBY'S THEATER TRIP	7 1:00P Eco-Series: <i>Bay Wise Accredited Landscapes</i> +	8 1:00P Earring Workshop \$+	
11 9:00 - 11:30A CalvertHealth Mobile Health Center	12 2:00P Grief & Loss Support	13 10:30A Center Info & Fitness Orientation + 1:00P Song Circle	14 11:00A Senior Council Meeting 1:00P Movie: <i>Still Alice</i> +	15 1:00P Card Making NEW	
18 1:00P Creative Writing 1:00P Intro to Crocheting +	19 10:00A Ask the Nurse 11:30A Falls Prevention Tips + 12:30P Calvert Library Bookmobile 12:30P Crab Feast +\$	20 1:00P Book Club: <i>Killers of the Flower Moon</i> , by David Grann	21 1:00P Butterfly Release + WORLD ALZHEIMER'S DAY	22 9:00A Garden Spruce Up + 1:00P Corn Hole: <i>Staff & Seniors</i> +	
25 1:00P Intro to Crocheting +	26 9:00-11:30A Ask the Pharmacist + 10:00A Veterans Coffee 11:00A History Presentation: <i>Titanic</i> +	27 10:30A Center Info & Fitness Orientation + 1:00P Song Circle	28 SENIOR DAY AT THE FAIR	29 10:00A Community Art Project with Jefferson Patterson Park	

SPECIAL EVENTS

**Storytelling Through
Written & Visual Forms**
Thursday, October 5, 1 p.m.

Jay Anderson, art instructor, dives into storytelling through written and visual forms through a fable of his own.

Fall Fabric Mini Pumpkins
Friday, October 13, 1 p.m.

Create your very own pumpkin with fall fabrics to decorate your home!

Breast Cancer Rock Painting
Thursday, October 19, 1 p.m.

Paint rocks with messages that give hope and create awareness. Keep for yourself or pass out on the Breast Cancer Awareness Walk.

Breast Cancer Awareness Walk
Friday, October 20, 10 a.m.

Wear pink, join the walking group and honor those living with & thriving after breast cancer.

Veterans Coffee

Tuesday, October 24, 10 a.m.

Enjoy a coffee and connect with other veterans in the community!

**History Presentation:
Hatfield & McCoy**

Tuesday, October 24, 11 a.m.

Join Barry to discuss one of the largest (known) family feuds in American history.

Eco Series: Oysters

Thursday, October 26, 1 p.m.

Dr. Tom Ihde, from PEARL (Patuxent Environmental & Aquatic Research Laboratory), will share his research to better understand the role of oysters in the Chesapeake Bay coastal environment - its ecology and fishery resources.

Halloween Festivities

Tuesday, October 31st

Celebrate Halloween with us!

11 a.m. - Spook-tacular Games

12:45 p.m. - Costume Contest

1 p.m. - Monster Mash Karaoke



OCTOBER 2023



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OTHER SCHEDULED ACTIVITIES

9:00-11:30A CalvertHealth Mobile Health Center 1:00P Creative Writing	11:00A Fresh Conversations: <i>Fat Can Be Heart Healthy</i> +	10:00A Sewing Outreach: <i>Angel Gowns</i> 12:30P Birthday Party	10:00A Legal Aid + 1:00P Storytelling Through Written & Visuals Forms +	10:00A Calvert Health Fitness Friday 1:00P Wii Bowling
POTOMAC CRUISE TRIP				
CENTER CLOSED IN OBSERVANCE OF COLUMBUS DAY	2:00P Grief & Loss Support	10:30A Center Info & Fitness Orientation + 1:00P Song Circle	11:00A Senior Council Meeting	1:00P Craft Workshop: <i>Fall Fabric Mini Pumpkins \$+</i>
1:00P Creative Writing	10:00A Ask the Nurse 12:30P Calvert Library Bookmobile	1:00P Book Club: <i>18 Tiny Deaths</i> by Bruce Goldfarb	9:00A COA Meeting 1:00P Breast Cancer Rock Painting +	10:00A Breast Cancer Awareness Walk + 1:00P Card Making NEW WEAR PINK
1:00P Special Fall Bingo +	10:00A Veterans Coffee 11:00A History Presentation: <i>Hatfield & McCoy</i> +	10:00A - 12:00P Highway to Health 10:30A Center Info & Fitness Orientation + 1:00P Song Circle	1:00P Eco Series: <i>Oysters</i> +	9:00A Garden Spruce Up + 1:00P Corn Hole: <i>Staff & Seniors</i> +
	11:00A Spooktacular Games + 12:45P Costume Contest 1:00P Monster Mash Karaoke +	+ = Pre-registration required \$ = Fee		<i>Save the date (and start crafting)! SANTA'S WORKSHOP CRAFT FAIR Thursday, December 7, 9 a.m.-1:30 p.m. Table reservations begin November 1.</i>