

# SPECIAL EVENTS

## Elton John Live: Farewell from Dodger Stadium

Friday, November 3, 11 a.m.

Enjoy this recorded concert event featuring legendary superstar, Elton John, as he performs at Dodger Stadium in his final North American show.

## Estate Planning Essentials

Monday, November 6, 11 a.m.

Gain tips for your consideration as you plan for your future during this seminar.

## Discover Asbury

Wednesday, November 8, 11 a.m.

Join us for a presentation by Melissa Ritch, Residency Specialist at Asbury Solomons, to learn about the lifestyle at the only waterfront CCRC in Southern Maryland.

## Lunch and a Movie: Free Birds

Wednesday, November 8, 12 p.m.

Join us for a lunch event featuring the movie "Free Birds." This animated film follows Reggie and Jake, two turkeys on a mission to remove turkeys from the first Thanksgiving menu in 1621. Registration for lunch is required.

## Veterans Day Sundaes

Thursday, November 9, 12:30 p.m.

Put on your red, white, and blue attire and join us in honoring our veterans while indulging in delicious ice cream sundaes.

## Thanksgiving Trivia

Tuesday, November 14, 11 a.m.

Before your big feast, learn some trivia facts about Thanksgiving.

## Thanksgiving Family Feud & Lunch

Thursday, November 16, 11 a.m.

Join in on a friendly game of staff-vs-seniors Family Feud before our Thanksgiving Luncheon at noon. Register for lunch by November 3.

## Healthy Holiday Eating

Monday, November 20, 11 a.m.

Get valuable tips on maintaining healthy eating habits during the holiday season from our Registered Dietician, Sheila Gallagher. Join us for practical advice to make your holidays both nutritious & delicious.

# NOVEMBER 2023



# CALVERT PINES NEWS

450 West Dares Beach Road, Prince Frederick MD 20678

Phone: 410-535-4606 Fax: 410-535-1903

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|---|---|--|---|
| <b>8:30A</b> Gift Shop Crafting<br><b>8:30A</b> Billiards Room Open<br><b>8:30A</b> Fitness Room Open<br><b>9:30A</b> Walk to the Beat<br><b>10:30A</b> Let's Move<br><b>11:00A</b> Line Dancing<br><b>12:30P</b> Hand, Knee & Foot (cards) | <b>8:30A</b> Billiards Room Open<br><b>8:30A</b> Fitness Room Open<br><b>9:00A</b> Adventures in Art +\$<br><b>11:00A</b> Gentle Yoga<br><b>2:00P</b> Bible Study | <b>8:30A</b> Gift Shop Crafting<br><b>8:30A</b> Billiards Room Open<br><b>8:30A</b> Fitness Room Open<br><b>9:00A</b> Ceramics +\$<br><b>9:30A</b> Duplicate Bridge<br><b>9:30A</b> Walk to the Beat<br><b>10:30A</b> Let's Move<br><b>12:30P</b> Hand, Knee & Foot (cards) | <b>8:30A</b> Behavioral Health Counselor +<br><b>8:30A</b> Billiards Room Open<br><b>8:30A</b> Fitness Room Open<br><b>10:00A</b> Strength Training<br><b>11:00A</b> Gentle Yoga | <b>8:30A</b> Behavioral Health Counselor +<br><b>8:30A</b> Billiards Room Open<br><b>8:30A</b> Fitness Room Open<br><b>9:00A</b> Ceramics +\$<br><b>9:30A</b> Walk to the Beat<br><b>10:00A</b> Open Art \$<br><b>10:30A</b> Let's Move<br><b>1:00P</b> Behavioral Health Support Group |

## OTHER SCHEDULED ACTIVITIES

|  |   |   |  |  |
|--|---|---|--|--|
| Fitness Room Orientations & "Tech Time" are by appointment.<br>Call 410-535-4606 to make your appointment. |   | <b>12:00P</b> Birthday Party Luncheon + <sup>1</sup>  | <b>9:00A</b> Ask the Nurse<br><b>9:30A</b> Senior Council Meeting <sup>2</sup>   | <b>11:00A</b> Performance Showing: Elton John Live: Farewell from Dodger Stadium ^ <sup>3</sup>    |
| <b>11:00A</b> Estate Planning Essentials<br><b>12:30 - 1:30P</b> Calvert Library Bookmobile <sup>6</sup>   | <b>1:00P</b> Falls Prevention: Stepping On + <sup>7</sup>   | <b>11:00A</b> Discover Asbury<br><b>12:00P</b> Lunch and a Movie: Free Birds ^ <sup>8</sup> | <b>10:00A</b> Legal Aid +<br><b>10:00A</b> CREATE Bingo<br><b>12:30P</b> Veterans Day Sundaes + <sup>9</sup>   | <b>CENTERS CLOSED FOR OBSERVANCE OF VETERANS DAY</b> <sup>10</sup>                                 |
| <b>10:00A</b> Contract Bridge<br><b>1:00P</b> MOW Meeting <sup>13</sup>                                    | <b>11:00A</b> Thanksgiving Trivia<br><b>1:00P</b> Falls Prevention: Stepping On + <sup>14</sup>       | <b>11:00A</b> Yoga Basics \$ <sup>15</sup>  | <b>9:00A</b> COA Meeting<br><b>11:00A</b> Thanksgiving Family Feud<br><b>12:00P</b> Thanksgiving Luncheon+ <br><b>No Auditorium Classes</b> <sup>16</sup> | <b>11:00A</b> Relaxation with Joel<br><b>1:00P</b> Project Linus <sup>17</sup>                     |
| <b>11:00A</b> Healthy Holiday Eating <sup>20</sup>   | <b>1:00P</b> Grief & Loss Support Group<br><b>1:00P</b> Falls Prevention: Stepping On + <sup>21</sup> | <b>11:00A</b> Yoga Basics \$ <sup>22</sup>  | <b>CENTERS CLOSED FOR OBSERVANCE OF THANKSGIVING</b> <sup>23</sup>   | <b>CENTERS CLOSED FOR OBSERVANCE OF THANKSGIVING</b> <sup>24</sup>                                 |
| <b>9:00A - 11:30A</b> CalvertHealth Mobile Health Center <sup>27</sup>                                     | <b>10:00A</b> Bingo<br><b>1:00P</b> Falls Prevention: Stepping On + <sup>28</sup>                     | <b>11:00A</b> Yoga Basics \$ <sup>29</sup>  | <sup>30</sup>  | +=Pre-Registration ^=Video<br>\$=Fee<br>Pre-registration can be done at front desk, or over phone. |

# SPECIAL EVENTS

## Recycling Program

**Tuesday, December 5, 12:30 p.m.**

Learn the “ins and outs” of recycling with Calvert County’s Solid Waste & Recycling Department.

## Christmas Craft Day

**Wednesday, December 6, 10 a.m. - 2 p.m.**

It’s our favorite craft day of the year! Sign-up to spend the day making beautiful holiday crafts to take home. Plan to enjoy lunch together by pre-ordering a catered boxed lunch for \$12 or bring your own! Registration required by November 29.

## Jefferson Patterson Park Presentation

**Thursday, December 7, 12:30 p.m.**

Discover Native American cuisine before European influence with educator Nathaniel Salzman from Jefferson Patterson Park. Experience a flavorful journey into history!

## Gift Wrapping Event

**Thursday, December 14, 9:30 a.m.-2:30 p.m.**

Ditch the gift-wrapping stress! Let our cheerful senior council members add their magic touch to your presents, making them shine! We've got all the supplies covered. Your generous donation to our senior council is warmly welcomed.

## Christmas Luncheon

**Friday, December 15, 12 p.m.**

Indulge in the festive spirit at our Christmas Luncheon featuring the harmonious melodies of Mt. Olive Mass Choir. Register for lunch by December 1.

## Variety Players: Christmas Sing-Along

**Monday, December 18, 11 a.m.**

Time to “Falalalala” with friends during our Christmas sing-along, led by the senior musical group, The Variety Players.

## Indoor Games

**Thursday, December 28, 12:30 p.m. - 2 p.m.**

Giant Connect Four, Jenga and cornhole are on the agenda for a fun afternoon of indoor games!

# DECEMBER 2023



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| OTHER SCHEDULED ACTIVITIES  |  |   |  |   |
| +=Pre-Registration ^= Video<br>\$=Fee<br>Pre-registration can be done at front desk, or over phone.   | <p><i>Save the Date!</i></p> <p>New Year ~ New Habits: Financial Mindset for Older Adults<br/>                     Thursdays, January 11-February 29   12:30-1:30 p.m.</p> |   |  | 1<br><b>12:00P</b> Holiday Movie:<br><i>The Santa Clause</i> ^  |
| <b>12:30P-1:30P</b> Calvert Library Bookmobile 4  | <b>12:30P</b> Recycling Program 5<br><b>1:00P</b> Falls Prevention: <i>Stepping On</i> +   | <b>10:00A - 2:00P</b> Christmas Craft Day + 6<br><b>1:00P</b> Birthday Party Luncheon +<br>No Auditorium Classes  | <b>9:00A</b> Ask the Nurse 7<br><b>9:30A</b> Senior Council Meeting<br><b>10:00A</b> Legal Aid +<br><b>12:30P</b> Jefferson Patterson Park Presentation                          | 8<br><b>9:00A</b> CalvertHealth Fitness Friday<br><b>12:00P</b> Holiday Movie:<br><i>Santa Clause 2</i> ^   |
| <b>10:30A</b> Contract Bridge 11<br><b>1:00P</b> MOW Meeting  | <b>1:00P</b> Falls Prevention: <i>Stepping On</i> + 12   | <b>11:00A</b> Yoga Basics \$ 13   | <b>9:30A - 2:30P</b> Senior Council Gift Wrapping Event \$ 14<br><b>10:00A</b> CREATE Bingo  |  15<br><b>12:00P</b> Christmas Luncheon +<br>Featuring Mt. Olive Mass Choir<br>No Auditorium Classes   |
| <b>11:00A</b> Variety Players Christmas Sing-Along 18   | <b>1:00P</b> Grief & Loss Support Group 19<br><b>1:00P</b> Falls Prevention: <i>Stepping On</i> +  | <b>11:00A</b> Yoga Basics \$ 20<br><b>12:30P</b> Eggnog Happy Hour<br>TOBYS DINNER THEATRE TRIP   | <b>9:00A</b> COA Meeting 21  | 22<br><b>11:00A</b> Relaxation with Joel<br><b>12:00P</b> Holiday Movie:<br><i>The Santa Clause 3</i> ^   |
| <b>CENTERS CLOSED FOR OBSERVANCE OF CHRISTMAS</b> 25  | <b>10:00A</b> Bingo 26   | <b>11:00A</b> Yoga Basics \$ 27   | <b>10:30A</b> Contract Bridge 28<br><b>10:00A - 12:00P</b> Highway to Health<br><b>12:30P - 2:00P</b> Indoor Games   | 29<br><b>12:00P</b> Holiday Movie:<br><i>The Christmas Story</i> ^   |