



# THE CONNECTION

Calvert County Office on Aging Bimonthly Newsletter

July/August 2025

## INSIDE

Office on Aging News....1, 2, 3, 6  
 Menus .....4, 5  
 Calvert Pines News  
 North Beach News  
 Southern Pines News.....Inserts  
 Services .....7  
 Staff Directory ..... 8



## Happy Independence Day!

We are thankful for the freedoms we still have in the United States of America. But with those freedoms comes great responsibility. We must never forget this.

We hope and trust you will enjoy the 4th with your family!

Happy 249th, America!

*“And for the support of this Declaration, with a firm reliance on the protection of divine Providence, we mutually pledge to each other our Lives, our Fortunes and our sacred Honor.”*



### Board of County Commissioners

From Left: Commissioners Mike Hart, Catherine M. Grasso, Earl F. “Buddy” Hance, Mark Cox, and Todd Ireland.

### “Imperfect Men Who Aspired to Be Virtuous: the Declaration of Independence”

*Humility, Dependency, Faith, Longsuffering, Courage, Boldness, Sacrifice, Teamwork, Love.*

A group of flawed men demonstrated these virtues as seen in our nation’s founding document.

You’re invited to join our Division Chief, Ed Sullivan, as he offers insight into these flawed men who inspired & impacted the world.

Ed is a former AP U.S. History Teacher and currently serves as the Character Development Instructor for the Calvert Squadron, Civil Air Patrol, U.S. Air Force Auxiliary.

### Thursday, July 3

North Beach Senior Center, 9 a.m.  
 Calvert Pines Senior Center, 11 a.m.  
 Southern Pines Senior Center, 1 p.m.



Senior Center Hours: Monday-Friday, 8:30 a.m. to 4:30 p.m.

[www.calvertcountymd.gov](http://www.calvertcountymd.gov) [ooamailbox@calvertcountymd.gov](mailto:ooamailbox@calvertcountymd.gov)

Senior services are accessible to individuals with disabilities

## It's Time for Summer Camp!

You're invited to bring your grandkids to Calvert Pines for Summer Camp!



**Camp Dates:**  
Aug. 20 - Aug. 22  
10:30 a.m. - 2 p.m.

Get ready for three jam-packed days of fun!

- Games!
- Scavenger Hunt!
- Crafts!
- Fossils with Calvert Marine Museum!
- Pickleball!

Learning, Laughter, and Play - all in one awesome adventure!

\$30 Grandparent/Grandchild Pair  
\$5 for each additional child

Register at Calvert Pines by Aug. 15.

## Long-Term Care Ombudsman Program

This service advocates for those who reside in nursing homes, assisted living, and other licensed adult care facilities. Residents should be treated with dignity, understand their rights, and receive the highest standard of care.

Our team of Amy Boucher and Larry Harvey work together to investigate concerns, educate residents and families, and support those navigating long-term care.

Call 410-535-4606 for more information.



## Senior Farmers Market Coupon Distributions

Aging & Agriculture have teamed up again to offer coupons at participating farmers markets and food stands throughout Maryland. Coupons can purchase fruits and vegetables and must be used by Oct. 31.

For more information and to check eligibility, please call Sheila Gallagher at 410-535-4606 ext. 8768.

Distribution dates & times are as follows:

### North Beach Senior Center:

July 2 at 10 a.m.

### Southern Pines Senior Center:

July 15 at 10:30 a.m.

### Calvert Pines Senior Center:

July 16 at 12:30 p.m.



## Senior Center Closures

Calvert County Office on Aging will be closed on the following day:

- Friday, July 4: Independence Day

## Might You Be Able to Help Local Children Start School Strong?

Our agency serves on the CalvertHealth "Health Ministry" team. We are collecting school supplies and hygiene products. Through July 11, donations can be dropped off at any senior center.

For a detailed list of requested items, stop by your local senior center. Thank you for carefully considering this opportunity to assist others!

Questions? Please call 410-535-8233.

## Staff Announcements Happy Retirement!

We congratulate the following staff members on their retirement!

Patti Ryon & Anne Sledge

Both Patti and Anne have been outstanding staff members for many years, and we wish them all the best!

## Welcome Aboard!

Please join us in welcoming Barbara Knowles to our team! Barbara is serving as the Food Service Coordinator at Calvert Pines Senior Center.

## Nutrition Education Programs

Join us each month at your local senior center for engaging nutrition discussions led by our Registered Dietitian, Sheila Gallagher. Check the calendar for dates and times!

### July: Nutrition News

*What's new & noteworthy in the nutrition world?*

### August: Trace Minerals

*Learn how these tiny heroes support your health!*

## Medicare 101 Presentations

### Save the date!

Learn the ins and outs of Medicare—including the different parts, costs, coverage, and how to enroll—during an upcoming presentation from the State Health Insurance Program (SHIP). SHIP staff will be on hand to answer your questions and help schedule follow-up appointments as needed.

Presentation dates are as follows:

### Southern Pines Senior Center

Sept. 4 at 1 p.m.

### Calvert Pines Senior Center

Sept. 15 at 11 a.m.

### North Beach Senior Center

Sept. 19 at 11 a.m.

## Maryland Legal Aid Presentations

Free legal services can be received through Maryland Legal Aid for those 60 and older. They will visit each senior center to discuss:

- Wills
- Advance Directives
- Tenant Issues
- And more!

### Southern Pines Senior Center

Aug. 7 at 11:15 a.m.

### Calvert Pines Senior Center

Aug. 13 at 12:30 p.m.

### North Beach Senior Center

Aug. 27 at 11:10 a.m.

*Don't miss this opportunity to learn how Legal Aid can support you or a loved one!*

## Senior Center Fun!

Refer to each center's calendar inserts for more information on program cost or registration.

*We hope to see you soon!*

### Crabby Mug Craft

*Paint & design a crabby coffee mug!*

July 15 & 22 | 10 a.m.

Calvert Pines Senior Center

### Bayside History Museum Tour

*Stroll next door and step back in time!*

July 17 | 10 a.m.

North Beach Senior Center

### Sea Glass Christmas Tree Craft

*Create a coastal Christmas tree!*

July 18 | 1 p.m.

Southern Pines Senior Center

### Summer Picnic

*Hot dogs and outside games!*

July 18 | 10 a.m.

North Beach Senior Center

### Live Music: Folk Salad

*It'll be a toe-tapping great time!*

July 23 | Noon

Calvert Pines Senior Center

### Prehistoric Sharks Presentation

*Learn about sharks that used to live in the bay!*

July 24 | 1 p.m.

Southern Pines Senior Center

### Earrings Craft

*Create custom earrings for you or as a gift!*

Aug. 15 | 1 p.m.

Southern Pines Senior Center

### Intergenerational Summer Camp

*Grab the grandkids & come to camp!*

Aug. 20-22 | 10 a.m.– 2:30 p.m.

Calvert Pines Senior Center

### Birch Tree Painting

*Paint a beautiful birch tree painting!*

Aug. 18 | 10 a.m.

North Beach Senior Center

# JULY 2025

*Lunch is served Monday-Friday at 12 noon.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>Salmon Patty Sandwich Roasted Potatoes Sliced Beets Honeydew Melon</p>	<p>2</p> <p>Chicken Thighs Rice Pilaf Stewed Tomatoes Seasoned Spinach Italian Bread</p>	<p>3</p> <p>BBQ Pork Riblette Macaroni &amp; Cheese Cornbread Collard Greens Watermelon Brownie</p>	<p>4</p> <p><b>CENTERS CLOSED FOR OBSERVANCE OF INDEPENDENCE DAY</b></p> 
<p>7</p> <p>Herbed Chicken Thighs Potato Au Gratin Roasted Brussels Fruit Cocktail Dinner Roll</p>	<p>8</p> <p>Pork Loin Roast Gravy Mashed Potatoes California Vegetable Blend Cherry Crisp</p>	<p>9</p> <p>Cheeseburger Potato Wedges Fresh Fruit Tossed Salad</p>	<p>10</p> <p>Baked Chicken Thighs Brown Rice Cucumber Dill Salad Parslied Carrots</p>	<p>11</p> <p>Baked Ziti Lima Beans Garlic Bread Seasoned Kale</p>
<p>14</p> <p>Beef &amp; Broccoli Stir Fry Brown Rice Glazed Carrots Fresh Fruit</p>	<p>15</p> <p>Liver &amp; Onions Mashed Potatoes Seasoned Squash Fresh Fruit Dinner Roll</p>	<p>16</p> <p>Parmesan Cod Lemon Dill Orzo Seasoned Spinach Parslied Cauliflower Dinner Roll</p>	<p>17</p> <p>Pork BBQ Sandwich Potato Wedges Coleslaw Watermelon</p>	<p>18</p> <p>Beef Hot Dog Potato Wedges Coleslaw Cucumber Dill Salad</p>
<p>21</p> <p>Roast Beef Mashed Potatoes Gravy Seasoned Cabbage Peaches Dinner Roll</p>	<p>22</p> <p>Lemon Chicken Herbed Rice Sauteed Spinach Sauteed Squash Cubed Cantaloupe Dinner Roll</p>	<p>23</p> <p>Stuffed Peppers Mashed Potatoes Savory Carrots Orange Dinner Roll</p>	<p>24</p> <p>Pork Chops Garlic Mashed Potatoes Stewed Tomatoes Pineapple Dinner Roll</p>	<p>25</p> <p>Beef Hot Dog Baked Beans Coleslaw Fruit Cocktail</p>
<p>28</p> <p>Chicken Curry Steamed Rice Steamed Broccoli Sliced Peaches Dinner Roll</p>	<p>29</p> <p>Beef Tips Egg Noodles Mustard Greens Fresh Fruit Dinner Roll</p>	<p>30</p> <p>Smothered Pork Rice Pilaf Pickled Beets Hot Apple Slices Dinner Roll</p>	<p>31</p> <p>California Chicken Navy Beans Green Beans Mandarin Oranges Dinner Roll</p>	<p><b>All meals are subject to change.</b></p> <p><b>Foods may contain allergens such as eggs, wheat, and soy</b></p>

# AUGUST 2025

Lunch is served Monday-Friday at 12 noon.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Please consider your contribution to help the Office on Aging meet increased costs.

Fee:

• Aged 60+: \$3 suggested donation

• Under 60: \$5 made at registration.

Reservations are required 24 hours in advance.



1

Pork Stir Fry  
Brown Rice  
Hawaiian Roll  
Pineapple Coleslaw  
Tropical Fruit

4

Manicotti  
Tomato Sauce  
Broccoli  
Pears  
Garlic Bread

5

Apricot Glazed Pork  
Mashed Sweet  
Potatoes  
Roasted Cauliflower  
Peach Crisp  
Dinner Roll

6

Meatloaf  
Gravy  
Mashed Potatoes  
Green Beans  
Fresh Fruit  
Dinner Roll

7

Potato Crusted Cod  
Rice Pilaf  
Navy Beans  
Tossed Salad  
Pineapple

8

Baked Chicken  
Thighs  
Macaroni & Cheese  
Brussels Sprouts &  
Tomatoes  
Tropical Fruit  
Dinner Roll

11

Stuffed Cabbage  
Tomato Sauce  
Peas & Onions  
Fresh Fruit  
Dinner Roll

12

Salmon Patty  
Sandwich  
Roasted Potatoes  
Sliced Beets  
Fresh Fruit

13

Garlic & Sage  
Chicken Thighs  
Rice Pilaf  
Stewed Tomatoes  
Seasoned Spinach  
Italian Bread

14

Roast Beef  
Mashed Potatoes  
Parslied Carrots  
Garden Salad  
Dinner Roll

15

BBQ Pork Riblette  
Baked Beans  
Coleslaw  
Hot Apple Slices  
Dinner Roll

18

Herbed Chicken  
Thighs  
Au Gratin Potatoes  
Roasted Brussels  
Sprouts  
Fruit Cocktail  
Dinner Roll

19

Meat Lasagna  
Brussels Sprouts  
Hot Spiced Apples  
French Bread

20

Cheeseburger  
Potato Wedges  
Watermelon  
Tossed Salad

21

Baked Chicken  
Thighs  
Brown Rice  
Cucumber Dill Salad  
Parslied Carrots  
Mandarin Oranges  
Dinner Roll

22

Baked Ziti  
Tomato Sauce  
Lima Beans  
Seasoned Kale  
Garlic Bread

25

Beef & Broccoli  
Stir Fry  
Brown Rice  
Glazed Carrots  
Fresh Fruit

26

Liver & Onions  
Mashed Potatoes  
Seasoned Squash  
Fresh Fruit  
Dinner Roll

27

Parmesan Cod  
Lemon Dill Orzo  
Seasoned Spinach  
Parslied Cauliflower  
Dinner Roll

28

BBQ Chicken  
Thighs  
Chickpea Salad  
Green Beans  
Almondine  
Diced Mango  
Dinner Roll

29

Baked Ziti  
Tomato Sauce  
Lima Beans  
Seasoned Kale  
Garlic Bread

# Upcoming Adventures!



Register for trips at your nearby senior center. Payment is due at registration and must be cash or check.

## “NOAH” at Sight & Sound Theatre, Lancaster, PA (Two-Shoe)

**Date:** Thursday, Sept. 18, 2025

**Registration Begins:** Monday, June 30, 2025

**Fee:** \$185 (Transportation, Show & Lunch)

**Registration Ends:** Friday, August 1, 2025

**Bus Departs:** SPSC: 7:30 a.m.

**Approximate Return:** NBSC: 9 p.m.

CPSC: 8 a.m.

CPSC: 9:30 p.m.

NBSC: 8:30 a.m.

SPSC: 10:30 p.m.

Travel to Lancaster, PA, for a lunch smorgasbord at Hershey Farm Restaurant and then step aboard the Ark! As the great flood looms, Noah must build a massive vessel to save his family. Can he trust God's promises amid the rising waters? Returning for a limited time, this spectacular production of “NOAH” brings the ark to life with live animals and breathtaking storytelling in a special 30th-anniversary season! This is a “two-shoe” trip due to the chance of moderate walking in the parking lot of the theatre.

## Choptank River Cruise, Hurlock, MD (Two-Shoe)

**Date:** Wednesday, Oct. 15

**Registration Begins:** Monday, Aug. 11, 2025

**Fee:** \$115 (Transportation, Cruise & Lunch)

**Registration Ends:** Friday, Sept. 5, 2025

**Bus Departs:** SPSC: 8 a.m.

**Approximate Return:** NBSC: 4:30 p.m.

CPSC: 8:30 a.m.

CPSC: 5 p.m.

NBSC: 9 a.m.

SPSC: 5:30 p.m.

Travel to the Eastern Shore for a 2 hour lunch cruise aboard the Choptank Riverboat Company's reproduction of an authentic tum-of-the-century true stern paddle wheeler. The boat offers a fully enclosed lower deck with heating and air conditioning with covered upper deck with a great view – perfect for viewing the Historic Choptank River. Lunch includes a crab cake & fried chicken combo, potato of the day, green vegetable, dessert and non-alcoholic beverages.

## Mark your calendar for the December Trip!

*Additional details regarding registration dates for this trip will be provided in the next newsletter.*

Travel with us to one of our favorites—Toby's Dinner Theatre! On Dec. 17, we'll enjoy a festive lunch buffet and a performance of the musical *Elf*. \$130 per person, which includes transportation, a meal, and a heartwarming holiday show.

“One-Shoe”: Little to no walking | “Two-Shoe”: Moderate Walking | “Three-Shoe”: Strenuous Walking

### -REFUND POLICY-

Refunds will only be given if a replacement has been approved by OOA staff. We will make every effort to find a replacement for cancellations. However, if no replacement is found, a refund will not be given.

Credits will not be carried to future trips. *Thank you for understanding.*

# Office on Aging Services:

Call 410-535-4606 or visit [Calvertcountymd.gov/Aging](http://Calvertcountymd.gov/Aging) or more information.



**Caregiver Services** - Information, a quarterly newsletter, and limited respite funds are available. Contact Lisa Caudle for more information.

**Community First Choice** - Assists adults aged 18-plus to remain in the community or return to the community from long-term care placement. Contact Lisa Caudle for more information.

**Guardianship** - Information is provided on private and/or public guardianship. Contact Amanda Seymour or Lisa Caudle.

**Legal Aid Bureau** - Attorney services are available by appointment for those aged 60-plus regarding SSI, benefit denials, disability payments, Social Security and SSI overpayments, debtor and consumer problems, advance directives, and tenant issues. **An attorney will be available at Southern Pines Senior Center on July 10 and Calvert Pines Senior Center Aug. 14, 10 a.m. – noon. Call for an appointment.**

**Long Term Care Ombudsman** - An advocate is available for residents of long-term care facilities. For more information contact Amy Boucher.

**Maryland Access Point** - Provides options for counseling and information/assistance for senior services, benefits, and resources.

Calvert Pines: Jenna Cisse, Jessica Long, Kristy Matchett, Laura Hardesty  
Southern Pines: Laura Hardesty -Thursdays & Fridays  
North Beach: Kristy Matchett - Thursdays & Fridays

**Meals On Wheels (MOW)** - Midday meals are provided for persons who are homebound and unable to prepare a meal for themselves. For more information, contact Sheila Gallagher or Harry Markward.

**Project Lifesaver** - This electronic tracking system helps to locate and return lost/wandering persons suffering from Alzheimer's disease or other related disorders. Contact Tunya Taylor for more information.

**Senior Care** - Limited funding is available for low-income and frail elderly for case management and assistance with some services. To find out whether you may be eligible, contact Lisa Caudle.

**SHIP** (State Health Insurance Program) -Staff are available to provide information and assistance with health insurance issues. For more information, contact Jessica Long, Jenna Cisse, or Kristy Matchett.

**Senior Medicare Patrol (SMP)** - Education and prevention against suspected Medicare abuse and fraud. For more information, contact Jessica Long.

## Follow us on Facebook!

Stay up to date on programs and services! Simply search for "Calvert County Office on Aging" in the Facebook search bar, click on our page, and hit the "Follow" button.

### Meals on Wheels Board Members

Fred Bumgarner, Lora Culver  
Bruce Hance, Michael Hawkins  
Randy Holt, Charlie Pritchard  
Linda Rhodes, Hope Sayles

### Commission on Aging Members

Joseph Carr, Noelle Flaherty,  
Lauretta Grier, Charles Harrell,  
Terry Long, Deb Mikell, Margaret  
Phipps, Jessica Richards, Erik  
Thompson, Anne Weems,  
Harriet Yaffe

### Friends of Calvert County Seniors Members

Vickey Balderson, Noelle Flaherty,  
Mary Golway, Charles Harrell,  
Shelby Oller, Connie Watts,  
Harriet Yaffe



# CALVERT COUNTY OFFICE ON AGING (OOA) STAFF DIRECTORY

450 West Dares Beach Road, Prince Frederick MD 20678

## OOA Administration 410-535-4606

Director of Comm. Resources	Jennifer Moreland
Dep. Dir. of Comm. Resources	Jacquelyn Culver
Division Chief	Ed Sullivan
Client Services Manager	Tunya Taylor
Fiscal Manager	Vacant
Long Term Care Manager	Lisa Caudle
Program Manager	Kristy Owen
Long Term Care Coord.	Amy Boucher
Long Term Care Advocate	Larry Harvey
Account Tech II	Suzy Meador
Office Specialist II	Vacant
Food Service Worker	Harry Markward
Aging Svcs. Case Manager	Amanda Seymour
Aging Svcs. Case Manager	Kimberly Dade
Aging Svcs. Case Manager	Terri Gunkel
CFC Supports Planner	Angalise Brinkley
CFC Supports Planner	Jean Muggli
Registered Dietician	Sheila Gallagher

## Calvert Pines Senior Center 410-535-4606

Program Specialist	Grace Oller
Program Assistant	Aimee Badeaux-
Food Service Coord.	Barbara Knowles
Office Assistant II	Andrew Jackson
Ceramics Instructor	Pat Dinota
Social Services MAP Coord.	Jenna Cisse
Social Services MAP Coord.	Jessica Long
Social Services MAP Coord.	Kristy Matchett
Social Services MAP Coord.	Laura Hardesty
Developmental Disabilities	Angela Nenno
Developmental Disabilities Aide	Crystal Jones
Building & Grounds Worker	Phillip Long, Sr.
Custodian	Brenda Jacks
Senior Rides Program	Claire Layman
Senior Employment Program	Vacant

## North Beach Senior Center 410-257-2549

Program Specialist II	Linda Roberts
Program Assistant	Tammie Messer
Food Service Coord.	Karla Shauver
Office Assistant II	Susan Whitney
Ceramics Instructor	Pat Dinota
Social Services MAP Coord.	Kristy Matchett
Building & Grounds Worker	Kelly Jones

## Southern Pines Senior Center 410-586-2748

Program Specialist	Melinda Gaines
Program Assistant	Vacant
Food Service Coordinator	Sean Riordan
Office Assistant II	Marina Jackson
Ceramics Instructor	Pat Dinota
Social Services MAP Coord.	Laura Hardesty

### Substitute Staff

Lawrence Brown, Joan Carroll, Donna Edington, Rick Narvell, Christal Pierce

Senior Center Hours: Monday-Friday, 8:30 a.m. to 4:30 p.m.

[www.calvertcountymd.gov](http://www.calvertcountymd.gov) [ooamailbox@calvertcountymd.gov](mailto:ooamailbox@calvertcountymd.gov)

Senior services are accessible to individuals with disabilities

# SPECIAL EVENTS

## Firecracker Bingo

Thursday, July 3, 10 a.m.

Wear your red, white, and blue, and join us for a festive morning filled with bingo, great prizes, and patriotic fun!

## Summer Painting Project

Monday, July 7, 10 a.m.

Add your artistic touch to our group painting project! A shared canvas will be available throughout July—stop by anytime to help create a community masterpiece.

## Nutrition Education:

### Nutrition News

Wednesday, July 9, 10 a.m.

Join our Registered Dietitian as she shares what's new and noteworthy in the world of nutrition during "Nutrition News."

## Recipe Demo: Summer Fruit and Nut Slaw Demonstration

Thursday, July 10, 11 a.m.

Enjoy learning how to make a delicious Fruit and Nut Slaw—perfect for your summer picnics!

## Summer Picnic

Friday, July 18, 10 a.m.

Celebrate summer with a picnic! We'll have games inside and out and a hot dog lunch! Register for lunch by July 14.

## Nature Talk: Mammals of the Wetlands

Wednesday, July 16, 11 a.m.

Paige Stevens, Naturalist for the Town of North Beach, will join us to share fascinating facts about mammals that call these local wetlands home.

## Bayside History Museum Tour

Thursday, July 17, 10 a.m.

Let's walk over to the Bayside History Museum! Discover the stories, sights, and the past of this little beach town.

## Cork and Sea Glass Craft

Monday, July 21, 10 a.m.

Create a painting inspired by the shore, accented with corks and sea glass. Register by July 16 — \$10 at registration.

# JULY 2025



# 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> Mahjong <b>10:30A</b> Let's Move <b>12:30P</b> Penny Bingo <b>1:00P</b> Bible Study  + = Registration required \$ = Fee ^ = Video	<b>8:30A</b> Stability Ball Class <b>9:00A</b> Open Sewing <b>9:30A</b> Ceramics \$ <b>9:30A</b> Gentle Yoga \$ <b>10:00A</b> 5 Crowns (Cards) <b>12:30P</b> Hand and Foot (Cards)	<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> Info & Assistance <b>8:30A</b> Open Art Studio <b>8:30A</b> Mat Exercise <b>9:30A</b> Intermediate Yoga \$ <b>10:00A</b> 5 Crowns (Cards) <b>12:30P</b> Hand and Foot (Cards)	<b>8:30A</b> Info & 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  Red, White & Blue Fridays
OTHER SCHEDULED ACTIVITIES				
	<b>10:00A</b> Ask the Nurse: Skin & Hydration <b>10:00A</b> Cranium Fitness +	<b>11:00A</b> Did You Know?: Solar System <b>1:00P</b> Grief & Loss Support	<b>9:00A</b> Declaration of Independence Presentation <b>10:00A</b> Firecracker Bingo + <b>1:00P</b> Scribblers Writing Group	<b>CENTER CLOSED FOR OBSERVANCE OF INDEPENDENCE DAY</b>
<b>10:00A</b> Summer Painting Project Begins	<b>10:00A</b> Cranium Fitness +  <b>No Stability Ball Class</b>	<b>10:00A</b> Nutrition Education: Nutrition News	<b>11:00A</b> Recipe Demo: Summer Fruit and Nut Slaw +  <b>No Mat Exercise Class</b>	<b>9:00A</b> Girls Java Talk <b>11:00A</b> Kitchen Hacks +
<b>10:00A</b> Cornhole +	<b>10:00A</b> Senior Council Meeting <b>11:00A</b> Cranium Fitness +  <b>No Stability Ball Class</b>	<b>11:00A</b> Nature Talk with Paige: Mammals of the Wetlands <b>12:15P</b> Monthly Birthday Dessert	<b>10:00A</b> Bayside History Museum Tour + <b>1:00P</b> Scribblers Writing Group <b>2:00P</b> Open Coffee Bar	<b>9:00A</b> Girls Java Talk <b>10:00A</b> CalvertHealth Fitness Friday <b>10:00A</b> Summer Picnic +
<b>9:30A - 12:00P</b> CalvertHealth Mobile Health Center <b>10:00A</b> Cork and Sea Glass Craft +\$	<b>9:00A-11:00A</b> Ask The Pharmacist -Med. Review+ <b>10:00A</b> Interactive Crossword	<b>11:15A</b> Recipe Demo: Summer Smoothies +	<b>10:00A</b> Thursday Movie ^ Live to 100: Secrets of the Blue Zone	<b>9:00A</b> Iced Lattes with Linda <b>11:15A</b> Physical Therapist Talk
	<b>10:00A</b> Cranium Fitness +	<b>11:00A</b> Questions to Ponder  <b>TOBY'S THEATRE TRIP</b>	<b>10:00A</b> Game: Will the Real Senior Stand up? +	

# SPECIAL EVENTS

## Did You Know?: *The Brain*

**Monday, August 4, 11 a.m.**

Come learn some surprising facts about the brain—it's more incredible than you think!

## Cranium Fitness

**Tuesdays, August 5, 19, & 26, 10 a.m.**

Keep your mind sharp with fun games, puzzles, and brain challenges that boost memory, focus, and critical thinking.

## Root Beer Float Day

**Wednesday, August 6, 12:30 p.m.**

Cool off with a sweet, nostalgic treat—classic root beer floats perfect for summer fun. Register by August 4 to reserve yours.

## Summer Safety Tips

**Friday, August 8, 11 a.m.**

From hydration to sun protection, we've got the info you need for a fun, safe and worry-free season!

## Nutrition Education:

### Trace Minerals

**Wednesday, August 13, 10 a.m.**

Join our Registered Dietitian for a fun look at trace minerals—Discover how these hidden heroes support your health!

## Hummingbird Feeder Craft

**Friday, August 15, 9:30 a.m.**

Create your own hummingbird feeder, perfect for attracting these tiny treasures to your garden. \$10 due at registration.

## Birch Tree Painting

**Monday, August 18, 10 a.m.**

Create a beautiful birch tree painting. All supplies are provided. Register by August 13- \$10 due at registration.

## Maryland Legal Aid Presentation

**Wednesday, August 27, 11:15 a.m.**

Maryland Legal Aid will be here to share how they support older adults with legal matters. Register by August 20 to attend.

## Mahjong

**Mondays, 10 a.m.**

Whether you're a seasoned player or just learning, all are welcome to enjoy the fun, strategy, and great company.

# AUGUST 2025



# 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> Mahjong <b>10:30A</b> Let's Move <b>12:30P</b> Penny Bingo <b>1:00P</b> Bible Study  + = Registration required \$ = Fee ^ = Video	<b>8:30A</b> Stability Ball Class <b>9:00A</b> Open Sewing <b>9:30A</b> Gentle Yoga \$ <b>9:30A</b> Ceramics \$ <b>10:00A</b> 5 Crowns (Cards) <b>12:30P</b> Hand and Foot (Cards)	<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> Info & Assistance <b>8:30A</b> Open Art Studio <b>8:30A</b> Mat Exercise <b>9:30A</b> Intermediate Yoga \$ <b>10:00A</b> 5 Crowns (Cards) <b>12:30P</b> Hand and Foot (Cards)	<b>8:30A</b> Info & 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

## OTHER SCHEDULED ACTIVITIES

				<b>9:00A</b> Girls Java Talk <b>10:00A</b> Bingo Marathon <b>1</b>
<b>11:00A</b> Did You Know?: <i>The Brain</i> <b>4</b>	<b>10:00A</b> Ask the Nurse: <i>Lung Health</i> <b>10:00A</b> Cranium Fitness + <b>10:45A</b> Open Mic + <b>5</b>	<b>10:00A</b> Nutrition Education: <i>Trace Minerals</i> <b>12:30P</b> Root Beer Floats + <b>1:00P</b> Grief & Loss Support <b>6</b>	<b>1:00P</b> Scribblers Writing Group <b>7</b> <b>2:00P</b> Open Coffee Bar  <b>Medieval Times Trip</b>	<b>9:00A</b> Girls Java Talk <b>8</b> <b>11:00A</b> Summer Safety Tips
	<b>11:00A</b> Would You Rather? Group Discussion <b>12</b>		<b>10:00A</b> Thursdays Movie: ^ <i>Beethoven 1</i> <b>14</b>	<b>9:00A</b> Girls Java Talk <b>15</b> <b>9:30A</b> Hummingbird Feeder Craft +\$ <b>10:00A</b> CalvertHealth Fitness Friday
<b>9:30A - 12:00P</b> CalvertHealth Mobile Health Center <b>10:00A</b> Birch Tree Painting +\$ <b>18</b>	<b>10:00A</b> Cranium Fitness +  <b>No Senior Council Meeting</b> <b>19</b>	<b>11:00A</b> Nature Talk with Paige: <i>Nature Trivia</i> <b>12:15P</b> Monthly Birthday Dessert + <b>20</b>	<b>10:30A</b> Game: <i>Family Feud</i> + <b>1:00P</b> Scribblers Writing Group <b>21</b>	<b>9:00A</b> Iced Lattes with Linda <b>22</b> <b>11:00A</b> Open Mic +
<b>11:15A</b> Physical Therapist Talk <b>25</b>	<b>10:00A</b> Cranium Fitness + <b>26</b>	<b>11:15A</b> MD Legal Aid Presentation + <b>27</b>	<b>9:30A</b> Hot Glue Picture Craft + \$ <b>28</b>	<b>9:00A</b> Girls Java Talk <b>29</b> <b>10:00A</b> Cornhole +

# SPECIAL EVENTS

## Independence Day Trivia

**Thursday, July 3, 11:30 a.m.**

Test your knowledge about the Fourth of July holiday. You may know more than you think!

## Book Club

**Monday, July 7, 1 p.m.**

A new month means a new book! Discuss with the group what you enjoyed about *Lessons in Chemistry*.

## Nutrition Education: Nutrition News

**Tuesday, July 8, 12:30 p.m.**

Join our Registered Dietitian as she shares what's new and noteworthy in the world of nutrition during "Nutrition News."

## Ceramics Class

**Wednesdays & Fridays, 9:30 a.m.-3:30 p.m.**

Enjoy painting ceramic pieces with others. This program welcomes all skill levels; some supplies provided.

## Craft Corner: Crabby Mugs

**Tuesday, July 15 & 22, 10 a.m.**

Paint a beautiful ceramic mug adorned with a crab. This class will take 2 sessions. Spaces are limited. Registration required by July 8.

## Chefs for Chefs Salad

**Monday, July 21, 12:30 p.m.**

Be your own Chef and create your perfect chef salad with a variety of toppings. \$5 per person.

## Senior Scam Awareness

**Tuesday, July 22, 12:30 p.m.**

Join the staff from PNC Bank as they discuss some common scams and how to avoid them.

## Cornhole Games

**Wednesday, July 23, 12:30 p.m.**

Grab a friend and join in a fun game of cornhole!

## Live Music: Folk Salad

**Friday, July 25, 12 p.m.**

It's going to be a toe-tapping good time with local band *Folk Salad*. Be sure to register for lunch by July 24.

**SAVE THE DATE:**  
Intergenerational Camp!  
August 20 - 22

# JULY 2025



# 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 <b>8:30A</b> Pool Room Open <b>8:30A</b> Fitness Room Open <b>9:30A</b> Walk to the Beat <b>10:30A</b> Let's Move <b>11:00A</b> Line Dancing <b>12:30P</b> Hand, Knee & Foot (cards)	<b>8:30A</b> Pool Room Open <b>8:30A</b> Fitness Room Open <b>9:00A</b> Adventures in Art \$ <b>11:00A</b> Gentle Yoga	<b>8:30A</b> Gift Shop Crafting <b>8:30A</b> Pool Room Open <b>8:30A</b> Fitness Room Open <b>9:30A</b> Ceramics \$ <b>9:30A</b> Duplicate Bridge <b>9:30A</b> Walk to the Beat <b>9:30A</b> Walking Aerobics <b>10:30A</b> Let's Move <b>11:00A</b> Yoga Basics \$ <b>12:30P</b> Hand, Knee & Foot (cards)	<b>8:30A</b> Pool Room Open <b>8:30A</b> Fitness Room Open <b>10:00A</b> Strength Training <b>11:00A</b> Gentle Yoga <b>11:30A</b> Scrabble <b>1:00P</b> Bible Study	<b>8:30A</b> Pool Room Open <b>8:30A</b> Fitness Room Open <b>9:30A</b> Ceramics \$ <b>9:30A</b> Walk to the Beat <b>10:00A</b> Open Art \$ <b>10:30A</b> Let's Move <b>3:00P</b> Drummercize
OTHER SCHEDULED ACTIVITIES				
+ = Pre-Registration \$ = Fee ^ = Video <i>Pre-registration can be done at front desk, or over phone.</i>	<b>1</b> <b>1:00P - 3:30P</b> Living Well with Diabetes (LWWD) +	<b>2</b> <b>12:15P</b> Birthday Party Luncheon	<b>3</b> <b>9:30A</b> Senior Council Meeting <b>10:00A</b> Ask the Nurse <b>11:00A</b> Declaration of Independence Presentation <b>11:30A</b> Independence Day Trivia	<b>4</b> <b>CENTER CLOSED FOR OBSERVANCE OF INDEPENDENCE DAY</b>
<b>7</b> <b>1:00P</b> Book Club: <i>Lessons in Chemistry</i> , by Bonnie Garmus	<b>8</b> <b>12:30P</b> Nutrition Education: <i>Nutrition News</i> <b>1:00P - 3:30P</b> LWWD +	<b>9</b> <b>8:30A</b> Senior Council Workday  <b>NO YOGA BASICS</b>	<b>10</b> <b>10:00A</b> CREATE! Bingo <b>11:30A</b> National Pina Colada Day - <i>Enjoy a virgin Pina Colada!</i> <b>2:00P</b> What's Cookin'?	<b>11</b> <b>10:00A</b> CalvertHealth Fitness Class
<b>14</b> <b>10:30A</b> Contract Bridge <b>1:00P</b> Meals On Wheels Board Meeting	<b>15</b> <b>10:00A</b> Craft Corner: <i>Crabby Mugs Pt. 1</i> + <b>1:00P</b> Grief and Loss Support Group <b>1:00P - 3:30P</b> LWWD +	<b>16</b>	<b>17</b>	<b>18</b> <b>11:00A</b> Relaxation w/Joel <b>12:00P</b> Lunch and a Movie: <i>Wonder</i> <b>1:00P</b> Project Linus
<b>21</b> <b>12:30P</b> Chefs for Chefs Salad \$+	<b>22</b> <b>10:00A</b> Bingo <b>10:00A</b> Craft Corner: <i>Crabby Mugs Pt. 2</i> + <b>12:30P</b> Senior Scam Awareness <b>1:00P - 3:30P</b> LWWD +	<b>23</b> <b>12:30P</b> Cornhole Games	<b>24</b> <b>10:30A</b> Contract Bridge	<b>25</b> <b>12:00P</b> Live Music: <i>Folk Salad</i>
<b>28</b> <b>9:30A - 12:00P</b> CalvertHealth Mobile Health Unit	<b>29</b> <b>1:00P - 3:30P</b> LWWD +	<b>30</b>  <b>TOBY'S THEATRE TRIP</b>	<b>31</b>	

# SPECIAL EVENTS

## Summer Luau

Friday, August 1, 12 p.m.

Enjoy a special lunch and live entertainment, wear your favorite tropical shirt and learn to hula dance.

## National Night Out

Tuesday, August 5, 4:30-6:30 p.m.

Join us for an outdoor event celebrating police and partnerships! Enjoy free burgers, hot dogs, and ice cream—while supplies last.

## Build-a-Tater Bash

Tuesday, August 12, 12:30 p.m.

Create your perfect baked potato masterpiece with all the fixin's. \$5 per person

## Lunch and a Movie: Nonna's

Friday, August 29, 12 p.m.

Enjoy baked ziti and a movie about a man who honors his late mother by opening an Italian restaurant—with grandmothers as the chefs!

## Ask the Pharmacist

Tuesday, August 19, 9-11 a.m.

Meet with a CalvertHealth Pharmacist to review all your medications and supplements to ensure they are working properly.

# AUGUST 2025



# 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 <b>8:30A</b> Pool Room Open <b>8:30A</b> Fitness Room Open <b>9:30A</b> Walk to the Beat <b>10:30A</b> Let's Move <b>11:00A</b> Line Dancing <b>12:30P</b> Hand, Knee & Foot (cards)	<b>8:30A</b> Pool Room Open <b>8:30A</b> Fitness Room Open <b>9:00A</b> Adventures in Art \$ <b>11:00A</b> Gentle Yoga	<b>8:30A</b> Gift Shop Crafting <b>8:30A</b> Pool Room Open <b>8:30A</b> Fitness Room Open <b>9:30A</b> Ceramics \$ <b>9:30A</b> Duplicate Bridge <b>9:30A</b> Walk to the Beat <b>9:30A</b> Walking Aerobics <b>10:30A</b> Let's Move <b>11:00A</b> Yoga Basics \$ <b>12:30P</b> Hand, Knee & Foot (cards)	<b>8:30A</b> Pool Room Open <b>8:30A</b> Fitness Room Open <b>10:00A</b> Strength Training <b>11:00A</b> Gentle Yoga <b>1:00P</b> Bible Study	<b>8:30A</b> Pool Room Open <b>8:30A</b> Fitness Room Open <b>9:30A</b> Ceramics \$ <b>9:30A</b> Walk to the Beat <b>10:00A</b> Open Art \$ <b>10:30A</b> Let's Move <b>3:00P</b> Drummercize

## OTHER SCHEDULED ACTIVITIES

<b>+ = Pre-Registration</b> <b>\$ = Fee</b> <b>^ = Video</b> <i>Pre-registration can be done at front desk, or over phone.</i>	<b>...: HEALTH PASSPORT :...:</b> <b>Dates: Aug. 4, 6, 15, 19, &amp; 28 at 1 p.m.</b> Join Sheila on a healthy adventure! Attend all 5 passport programs, complete each challenge, and earn a stamp. Everyone who fills their passport will win a prize—plus, one lucky participant will take home the grand prize on August 28!			<b>12:00P</b> Summer Luau +
<b>4</b> <b>12:30P</b> Book Club: <i>The Lincoln Highway</i> by Amor Towles <b>12:30P</b> Chocolate Chip Cookie Day <b>1:00P</b> Health Passport #1	<b>5</b> <b>12:30P</b> Nutrition Education: <i>Trace Minerals</i> <b>4:30-6:30P</b> National Night Out	<b>6</b> <b>12:15P</b> Birthday Party Luncheon <b>1:00P</b> Health Passport #2	<b>7</b> <b>9:30A</b> Senior Council Meeting <b>10:00A</b> Ask the Nurse  <b>MEDIEVAL TIMES TRIP</b>	<b>8</b> <b>10:00A</b> CalvertHealth Fitness Class
<b>11</b> <b>10:30A</b> Contract Bridge <b>1:00P</b> Meals On Wheels Board Meeting	<b>12</b> <b>12:30P</b> Build-a-Tater Bash +\$	<b>13</b> <b>8:30A</b> Senior Council Workday <b>12:30P</b> Legal Aid Presentation	<b>14</b> <b>10:00A</b> CREATE! Bingo <b>10:00A-12:00P</b> Legal Aid + <b>2:00P</b> What's Cookin'?	<b>15</b> <b>11:00A</b> Relaxation with Joel <b>1:00P</b> Project Linus <b>1:00P</b> Health Passport #3
<b>18</b>	<b>19</b> <b>9:00-11:00A</b> Ask the Pharmacist + - Med. Review <b>1:00P</b> Grief and Loss Support Group <b>1:00P</b> Health Passport #4	<b>20</b> <b>INTERGENERATIONAL CAMP</b>  <b>AUDITORIUM CLOSED</b>	<b>21</b> <b>INTERGENERATIONAL CAMP</b>  <b>AUDITORIUM CLOSED</b>	<b>22</b> <b>INTERGENERATIONAL CAMP</b>  <b>AUDITORIUM CLOSED</b>
<b>25</b> <b>9:30A - 12:00P</b> CalvertHealth Mobile Health Unit	<b>26</b> <b>10:00A</b> Bingo	<b>27</b> <b>12:30P</b> Cornhole Games	<b>28</b> <b>10:30A</b> Contract Bridge <b>1:00P</b> Health Passport #5 <b>5:30P</b> Health Ministry Meeting	<b>29</b> <b>12:00P</b> Lunch and a Movie: <i>Nonna's</i> +\$^

# SPECIAL EVENTS

## Patriotic Celebration

**Wednesday, July 2, 12:45 p.m.**

Join us for a festive July 4th celebration with a spectacular fireworks video set to music by the U.S. Marine Band and a sweet patriotic treat!

## Nutrition News

**Friday, July 11, 10:30 a.m.**

Stay informed by joining us for the latest updates in nutrition news and learn tips to support your well-being!

## Summertime Treats: Watermelons

**Thursday, July 17, 1 p.m.**

Explore a delicious array of melons through fun learning and tastings!

## Sea Glass Tree on Driftwood

**Friday, July 18, 1 p.m.**

Celebrate Christmas in July by crafting a sea glass Christmas tree on local driftwood.

## Prehistoric Sharks of Calvert County

**Thursday, July 24, 1 p.m.**

Dive into the ancient past with Calvert Marine Museum paleontologist Stephen Godfrey as you learn about the prehistoric sharks that once ruled Calvert County!

## Summer Special Bingo

**Monday, July 28, 1 p.m.**

Join us for an unforgettable afternoon filled with laughter, prizes, and pure fun!

## Embellished Tea Time Mini Scrapbook

**Wednesday, July 30, 1 p.m.**

Create your own enchanting tea time mini scrapbook to display sweet memories!

## Movie: Blue Miracle

**Thursday, July 31, 1 p.m.**

Experience the inspiring true story of resilience and hope in the captivating documentary *Blue Miracle*.

## Advanced Line Dancing

**Wednesdays, 10 a.m.**

Step up your dance skills and learn intricate choreography for an unforgettable experience on the dance floor!

# JULY 2025



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

## OTHER SCHEDULED ACTIVITIES

	1:00P Card Creations 1	12:30P Birthday Party 2 12:45P Patriotic Celebration +	1:00P Declaration of Independence Presentation + 3	 CENTER CLOSED FOR OBSERVANCE OF INDEPENDENCE DAY 4
1:00P Creative Writing 7	2:00P Grief & Loss Support 8  NO YOGA	10:30A Center Info & Fitness Orientation + 9 1:00P Song Circle	10:00A-12:00P Legal Aid + 10	10:30A Nutrition Education: Nutrition News + 11 1:00P Cornhole +
9:30A - 12:00P CalvertHealth Mobile Health Center 14	10:00A Ask the Nurse: Skin Cancer & Hydration 15 12:30P Calvert Library Bookmobile	1:00P Book Club: <i>The Last Devil to Die</i> , by Richard Osman 16	1:00P Summertime Treats: Watermelons + 17	1:00P Christmas in July Craft: Sea Glass Tree on Driftwood \$+ 18
1:00P Creative Writing 21	10:00A Veterans Coffee 22	10:00A - 12:00P Highway2Health Free Health Screenings 23 10:30A Center Info & Fitness Orientation + 1:00P Song Circle	1:00P Prehistoric Sharks of Calvert County + 24 	1:00P Cornhole + 25
1:00P Summer Special Bingo + 28		1:00P Embellished Tea Time Mini Scrapbook + 30  TOBY'S THEATRE TRIP	1:00P Movie: <i>Blue Miracle</i> + 31	

\$ = Registration Required

+ = Fee

# SPECIAL EVENTS

## Patriotic Garden Spinner

Friday, August 1, 1 p.m.

Create your own garden art and add a colorful, festive touch to your outdoor space this season!

## Card Creations

Tuesday, August 5, 1 p.m.

Bring your own supplies and join fellow scrapbookers for a fun-filled afternoon of card making, creativity, and connection!

## Legal Aid of MD Presentation

Thursday, August 7, 11:15 a.m.

Learn about essential services available to support you and your legal needs.

## Nutrition Education: Trace Minerals

Friday, August 8, 10:30 a.m.

Discover the essential role trace minerals play in your health.

## Senior Banking Scams

Thursday, August 14, 1 p.m.

Protect yourself from fraud by learning about common scams and how to stay safe!

## Earrings

Friday, August 15, 1 p.m.

Unleash your creativity and craft a unique pair of earrings in various colors to complement your favorite outfits!

## National Senior Citizen's Day

Thursday, August 21, 1 p.m.

Relax and enjoy a tropical treat as we watch the heartwarming and humorous film, *Bucket List*, about two men who embark on a journey to live life to the fullest.

## History Presentation:

### *The Manhattan Project*

Tuesday, August 26, 11 a.m.

Join Barry and discuss the events that led to the Manhattan Project and its impact on the world!

## Documentary: The Americas

Thursday, August 28, 1 p.m.

Join us for the captivating documentary featuring the Amazon episode and explore the wonders of the world's largest rainforest.

# AUGUST 2025



# 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
9:00A Dull Blades Quilters	9:00A Studio Art	9:00A Adventures in Art \$	9:00A Info & Assistance	8:30A Sewing Room Open
9:30A Ceramics \$	10:00A Gentle Yoga	10:00A Advanced Line Dancing	9:30A Ceramics \$	9:00A Info & Assistance
10:00A Walk for Fun	12:00P Duplicate Bridge	10:00A Walk for Fun	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	10:00A Line Dancing
12:00P Duplicate Bridge	1:00P Let's Move	11:00A Bone Builders	1:00P Knitting & Crocheting	
1:00P Oil Painting \$		1:00P Board Games		

## OTHER SCHEDULED ACTIVITIES

<b>NATIONAL SENIOR CITIZENS DAY</b>				
<p>National Senior Citizens Day is a special day to celebrate the many ways older adults continue to inspire and uplift their families, communities, and the world—join us Thursday, August 21st at 1 p.m.!</p>				<p>1:00P Craft: Patriotic Spinner \$+</p>
<p>1:00P Creative Writing 4</p>	<p>1:00P Card Creations 5</p>	<p>12:30P Birthday Party 6</p>	<p>11:15A MD Legal Aid Presentation + <b>MEDIEVAL TIMES TRIP</b></p>	<p>10:30A Nutrition Education: Trace Minerals + 1:00P Cornhole + 8</p>
<p>9:30A-12:00P CalvertHealth Mobile Health Center 11</p>	<p>2:00P Grief &amp; Loss Support 12</p>	<p>10:30A Center Info &amp; Fitness Orientation + 1:00P Song Circle 13</p>	<p>1:00P Senior Banking Scams: How to Protect Yourself + 14</p>	<p>1:00P Earrings \$+ 15</p>
<p>1:00P Creative Writing 18</p>	<p>10:00A Ask the Nurse: Lung Health 12:30P Calvert Library Bookmobile 19</p>	<p>1:00P Book Club: <i>The Moonflowers</i>, by Abigail Rose-Marie 20</p>	<p>1:00P Movie: <i>Bucket List</i> + <b>NATIONAL SENIOR CITIZEN'S DAY</b></p>	<p>10:00A Calvert Health Fitness Friday 1:00P Cornhole + 22</p>
<p>25</p>	<p>10:00A Veterans Coffee 11:00A History Presentation: <i>The Manhattan Project</i> + 26</p>	<p>10:30A Center Info &amp; Fitness Orientation + 1:00P Song Circle 27</p>	<p>10:30A Therapy Dogs 1:00P <i>Documentary: The Americas: The Amazon</i> + 28</p>	<p>29</p>