



# THE CONNECTION

Calvert County Office on Aging Bimonthly Newsletter

January/February 2026

## 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



### Celebrating Your Feedback as We Enter 2026!

As we welcome 2026, we want to extend our thanks to everyone who took the time to complete our recent Senior Center Satisfaction Surveys. We received close to 300 surveys across our three centers—a welcome response that helps us better understand and support our community.

Across North Beach, Southern Pines, and Calvert Pines, members overwhelmingly shared positive experiences with our staff and program facilitators. The vast majority of responses conveyed individuals are “very satisfied” or “satisfied” with senior center programs. This demonstrates a high level of quality and care at each location.

Your insights on class capacity, gym usage, and facility needs will guide meaningful improvements in the year ahead. We appreciate your time, honesty, and continued support. Your feedback plays a vital role in shaping the future of our senior centers, and we look forward to using your input to better serve you throughout 2026!



### Board of County Commissioners

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

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

## Senior Center Closures

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

- Jan. 1: New Year's Day
- Jan. 19: Martin Luther King, Jr. Day
- Feb. 16: Presidents' Day

## Inclement Weather Policy

If the Calvert County Courthouse is open, the Office on Aging will operate as usual. Stay updated through:

- Calvert County Government Website
- Calling 410-535-1600
- Calvert County Office on Aging Facebook Page

Please note that some class instructors have their own weather policies. It's advisable to check with them directly regarding their specific procedures during inclement weather.

## AARP Tax-Aide Program

Certified Tax-Aide Counselors will be available at each Senior Center by appointment on February 2 to assist in the preparation and filing of individual Federal and State income tax returns. The program's focus is to assist low-to-moderate income citizens ages 50+.

### Please gather the following:

- Full Federal and State tax returns for 2024
- Any IRS letters or amendments
- Wage, pension, bank, or other income statements
- Brokerage statements
- Records of medical expenses, mortgage payments, real estate taxes paid, and receipts for deductible charitable donations

Bring a canceled or voided check to verify your account for any electronic refunds or payments.

Contact a Senior Center beginning January 26 to schedule your in-person appointment. Appointment dates and times may vary:

North Beach Senior Center—410-257-2549  
Calvert Pines Senior Center—410-535-4606  
Southern Pines Senior Center—410-586-2748

## UPCOMING HEALTH PROMOTION PROGRAMS!



### Stepping On—Falls Prevention

Join us for our next free *Stepping On* workshop, designed to help older adults build confidence and reduce the risk of falls through practical strategies and gentle exercise.

**Dates:** Tuesdays, March 10 – April 21

**Time:** 9:00 – 11:00 a.m.

**Location:** North Beach Senior Center

In this 7-week program, participants will learn proven techniques to improve balance, increase strength, and make their homes safer. The program also includes advice from local health and safety professionals.

Registration opens Feb. 2, call North Beach Senior Center to register, 410-257-2549.

*Please note: This class is not intended for individuals who use a walker or wheelchair full-time or for those with dementia or other cognitive impairments.*

### Living Well With Diabetes Workshop

Take charge of your health and learn practical skills for managing pre-diabetes or type 2 diabetes in a supportive group setting.

**Dates:** Wednesdays, March 18 – April 22

**Time:** 1:00 – 3:30 p.m.

**Location:** Southern Pines Senior Center

Participants will learn simple, effective ways to manage blood sugar levels, prevent complications, eat healthy, stay active, and cope with stress.

This free 6-week program provides helpful tools and support for adults living with type 2 diabetes or prediabetes. Join us to build confidence and take control of your health—so you can live well with diabetes.

To register, call the Calvert County Health Department at 410-535-5400 ext. 514. Or online by scanning this QR code!



## Free Health Screenings

With the support of our partners at CalvertHealth and the Calvert County Health Department, we offer convenient and free on-site health screenings at each Senior Center.

### Services include:

- Blood Pressure
- Cholesterol
- A1c
- Medication reviews with a Pharmacist

Getting these screenings done can help you stay informed and be proactive about your health. Check your center's schedule and take advantage of these important wellness opportunities!

## Openings on the Calvert County Commission On Aging

The Commission on Aging (COA) is a volunteer board made up of citizens who live or work in Calvert County and advocate on matters affecting older adults and individuals with disabilities. The COA helps plan and implement projects and activities that support older residents and serves as an advisory board to the Calvert County Office on Aging.

If you or someone you know is interested in serving on the Commission on Aging, please reach out to Sheri Surels at 410-535-4606 ext. 8782.

## Staffing Announcements

Please join us in wishing Jessica Long, MAP Coordinator, great success as she embarks on the next chapter of her career.

We welcome Bob Kazorowski and Kathy Barnes as Food Service Substitutes!

## Calvert Pines Makeover!

We are currently in the process of updating this center!

Thank you for your understanding and patience!



## Senior Center Fun!

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

*We hope to see you soon!*

### Trivia Games

*Put your silver screen knowledge to the test!*

Jan. 9 | 1 p.m.

Southern Pines Senior Center

### Open Mic

*Share your latest song or poem!*

Jan. 14 | 11 a.m.

North Beach Senior Center

### Pool Tournament

*Rack 'em up and join the fun!*

Jan. 22 | 10 a.m.

Southern Pines Senior Center

### Intergenerational Snowman Craft

*Bring the grandkids and make a snowman!*

Jan. 30 | 1 p.m.

Calvert Pines Senior Center

### Valentine Arrangement

*Create a festive holiday arrangement!*

Feb. 3 | 10 a.m.

Calvert Pines Senior Center

### Intro to Booking Vacations Online Presentation

*Learn how book your summer vacation online!*

Feb. 10 | 10 a.m.

Calvert Pines Senior Center

### 24U Performance

*Enjoy live music by this duo!*

Feb. 13 | 10 a.m.

North Beach Senior Center

### Motown Show

*Live music by Rondell and Michelle!*

Feb. 20 | 10 a.m.

North Beach Senior Center

### Ice Age Maryland

*Journey back to explore the Paleo-Potomac River!*

Feb. 26 | 1 p.m.

Southern Pines Senior Center

# JANUARY 2026

Lunch is served Monday-Friday at 12 noon.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Please consider your contribution to help the Office on Aging meet increased costs.</b></p> <p><b>Lunch Fee:</b></p> <ul style="list-style-type: none"> <li>• <b>Aged 60 +:</b> \$3 <i>suggested</i> donation</li> <li>• <b>Under 60:</b> \$5 paid at registration.</li> </ul> <p><i>Reservations are required 24 hours in advance.</i></p> <p><i>Please note: Menu items are subject to change, and may contain allergens such as soy, eggs, or wheat.</i></p>			<p>1</p> <p><b>CENTERS CLOSED FOR OBSERVANCE OF NEW YEAR'S DAY</b></p>	<p>2</p> <p>Turkey Burger Baked Beans Stewed Tomatoes Hot Spiced Apples</p>
<p>5</p> <p>Marinated Pork Steamed Rice Kidney Bean Salad Sauteed Cabbage Applesauce</p>	<p>6</p> <p>Chicken Dijon Herbed Rice Squash Medley Cinnamon Pears Dinner Roll</p>	<p>7</p> <p>Cheeseburger French Fries Coleslaw Mandarin Oranges</p>	<p>8</p> <p>Liver &amp; Onions Mashed Potatoes Dilled Carrots Pineapple Dinner Roll</p>	<p>9</p> <p>Swedish Meatballs Egg Noodles Peas &amp; Onions Pineapple Dinner Roll</p>
<p>12</p> <p>Chicken Parmesan Spaghetti Seasoned Broccoli Diced Pears Dinner Roll</p>	<p>13</p> <p>Lemon Tilapia Scalloped Potatoes Vegetable Blend Peaches Dinner Roll</p>	<p>14</p> <p>Chili with Beans Cornbread Seasoned Kale Applesauce</p>	<p>15</p> <p>BBQ Pulled Pork Sandwich Mac &amp; Cheese Fresh Fruit</p>	<p>16</p> <p>Herbed Chicken Sweet Potatoes Cabbage &amp; Tomatoes Fruit Cocktail Dinner Roll</p>
<p>19</p> <p><b>CENTERS CLOSED FOR OBSERVANCE OF MARTIN LUTHER KING JR. DAY</b></p>	<p>20</p> <p>Meatloaf Mashed Potatoes Gravy Seasoned Broccoli Spiced Apples Dinner Roll</p>	<p>21</p> <p>Stuffed Bell Pepper Mashed Potatoes Sauteed Spinach Applesauce</p>	<p>22</p> <p>Oven-Fried Chicken Baked Beans Dilled Carrots Tropical Fruit Dinner Roll</p>	<p>23</p> <p>Pork Chop Sandwich Potato Wedges Peas &amp; Onions Mandarin Oranges</p>
<p>26</p> <p>Baked Chicken Rice Pilaf Carrots &amp; Onions Pineapple Dinner Roll</p>	<p>27</p> <p>Salmon Patty Sandwich Three Bean Salad Seasoned Beets Fruit Cocktail</p>	<p>28</p> <p>Spaghetti &amp; Meat Sauce Green Beans Mandarin Oranges Garlic Bread</p>	<p>29</p> <p>Shrimp Creole Steamed Rice Seasoned Spinach Pineapple Dinner Roll</p>	<p>30</p> <p>Herbed Turkey Gravy Glazed Sweet Potatoes Bread Dressing Broccoli Cinnamon Pears</p>

# FEBRUARY 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Roast Beef Mashed Potatoes Gravy Peas & Onions Mandarin Oranges Dinner Roll	<b>3</b> Baked Ham Pork Gravy Lima Beans Steamed Broccoli Hot Spiced Apples Dinner Roll	<b>4</b> Baked Ziti Seasoned Kale Chilled Peaches French Bread	<b>5</b> BBQ Chicken Brown Rice Parslied Carrots Green Beans Whole Orange Dinner Roll	<b>6</b> Herbed Pork Rice Pilaf Broccoli Cauliflower Pears Dinner Roll
<b>9</b> Salisbury Steak Gravy Mashed Potatoes Parslied Carrots Tropical Fruit Dinner Roll	<b>10</b> Chicken California Roasted Potatoes Zucchini & Tomatoes Sliced Peaches Dinner Roll	<b>11</b> Lemon Pepper Fish Rice Pilaf Seasoned Spinach Mandarin Oranges Dinner Roll	<b>12</b> Herbed Chicken Mac & Cheese Corn Steamed Broccoli Fruit Cocktail	<b>13</b> Turkey Burger Baked Beans Stewed Tomatoes Hot Spiced Apples
<b>16</b> <b>CENTERS CLOSED FOR OBSERVANCE OF PRESIDENTS' DAY</b>	<b>17</b> Jambalaya Maque Choux Green Beans Applesauce Dinner Roll	<b>18</b> Vegetable Lasagna Peas & Onions Diced Pears Garlic Bread	<b>19</b> Liver & Onions Mashed Potatoes Dilled Carrots Pineapple Dinner Roll	<b>20</b> Tilapia Vera Cruz Rice Pilaf Seasoned Spinach Fresh Fruit Dinner Roll
<b>23</b> Chicken Parmesan Spaghetti Seasoned Broccoli Diced Pears Dinner Roll	<b>24</b> Lemon Tilapia Scalloped Potatoes Vegetable Blend Chilled Peaches Dinner Roll	<b>25</b> Chili with Beans Cornbread Seasoned Kale Applesauce	<b>26</b> BBQ Pulled Pork Sandwich Mac & Cheese Collard Greens Fresh Fruit	<b>27</b> Stuffed Shells Green Beans Glazed Carrots Fruit Cocktail Dinner Roll

## Don't miss out—make sure to reserve your seat!

To make sure we have a meal ready for you, please make your reservation no later than noon the day before you'd like to dine with us.

Doing this helps us reduce food waste, ensures everyone who signs up receives a meal, and keeps our kitchens running smoothly.

Simply call the center where you'd like to dine to register.

*We look forward to seeing you soon!*



# Upcoming Adventures!



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

## National Air and Space Museum & Dinner, Washington D.C. (Three-Shoe)

**Date:** Thursday, March 19, 2026

**Registration Begins:** Tuesday, Jan. 27, 2026

**Fee:** \$95 (Transportation, Museum & Dinner)

**Registration Ends:** Friday, Feb.27, 2026

**Bus Departs:** SPSC: 8 a.m. **Approximate Return:** NBSC: 6:30 p.m.

CPSC: 8:30 a.m.

CPSC: 7 p.m.

NBSC: 9 a.m.

SPSC: 7:30 p.m.

Explore the National Air and Space Museum at your own pace, or catch a film at the IMAX theater or planetarium (cost on your own). We will depart at 3 p.m. for an early prix-fixe dinner at Founding Farmers in Foggy Bottom. Dinner choices, selected at registration, include a Cheddar Cheeseburger, Good All Green Salad, Grilled Cheese & Tomato Soup, or a Roasted Turkey BLT & Avocado. Please note: Only water is permitted inside the museum. The Mars Café is available for snacks and drinks.

## “Wizard of Oz” at Toby’s Dinner Theatre, Columbia, MD (One-Shoe)

**Date:** Wednesday, April 29, 2026

**Registration Begins:** Tuesday, Feb. 3, 2026

**Fee:** \$145 (Transportation, Show, & Lunch)

**Registration Ends:** Friday, March 6, 2026

**Bus Departs:** SPSC: 7 a.m. **Approximate Return:** NBSC: 5 p.m.

CPSC: 8 a.m.

CPSC: 5:45 p.m.

NBSC: 9 a.m.

SPSC: 6:30 p.m.

Follow Dorothy, Toto, and their friends down the yellow brick road in this beloved musical featuring the iconic songs from the classic film. A heartwarming journey filled with music, adventure, and the timeless reminder that there’s no place like home.

## Maryland Zoo, Baltimore, MD (Three-Shoe)

**Date:** Wednesday, May 13, 2026

**Registration Begins:** Tuesday, March 17, 2026

**Fee:** \$80 (Transportation & Admission)

**Registration Ends:** Friday, April 17, 2026

**Bus Departs:** SPSC: 7:30 a.m. **Approximate Return:** NBSC: 5 p.m.

CPSC: 8:15 a.m.

CPSC: 5:30 p.m.

NBSC: 9 a.m.

SPSC: 6:00 p.m.

Join us for a fun-filled day trip to the Maryland Zoo, perfect for those looking to explore and enjoy the beautiful surroundings! This “3-shoe trip” promises to be an wonderful experience, with plenty of walking, learning, and relaxation. Spend the day exploring the various exhibits, including the Penguin Coast, African Journey, and Maryland Wilderness. Take a break for lunch on your own, with plenty of food options available within the zoo.

“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 Calvert Pines Senior Center on Jan. 8 and Feb. 12, 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, 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 Jenna Cisse, Laura Hardesty or Kristy Matchett.

**Senior Medicare Patrol (SMP)** - Education and prevention against suspected Medicare abuse and fraud. For more information, contact the SHIP staff at Calvert Pines Senior Center

## 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	Julie Mashino
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	Sheri Surels
Dementia Care Navigator	Vacant
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
Food Service Worker	Harry Markward

## 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

## Calvert Pines Senior Center 410-535-4606

Program Specialist	Grace Oller
Program Assistant	Aimee Badeaux-
Food Service Coord.	Barbara Knowles
Office Assistant II	Vacant
Ceramics Instructor	Pat Dinota
Social Services MAP Coord.	Jenna Cisse
Social Services MAP Coord.	Vacant
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 Employment Program	Vacant

## Southern Pines Senior Center 410-586-2748

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

### Substitute Staff

Kathy Barnes, Lawrence Brown, Joan Carroll,  
Rick Narvell, Robert Kazorowski, Christal Pierce,  
Patti Ryon

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

## History of the African Beaded Doll

**Thursday, February 5, 10 a.m.**

Discover the traditions behind the African beaded doll and its role in storytelling, heritage, and community history.

## Valentine Canvas Wine Tote

**Monday, February 9, 10 a.m.**

Paint a Valentine's wine tote with while sipping on hot chocolate! Register and pay by Feb. 3. \$20 per person.

## Nutrition Education

### Benefits of Eating Beans

**Wednesday, February 11, 10 a.m.**

Beans are a small food with big superpowers. Learn tasty ways to enjoy them and how they can boost your health.

## I Have a Dream Speech Reading

**Thursday, February 12, 10 a.m.**

Celebrate the legacy of Dr. King as staff and participants read the "I Have a Dream" speech together. Please let staff know if you would like to participate as a reader.

## Staying Safe Online

**Tuesday, February 17, 10 a.m.**

Learn how to stay safe online and navigate the web with confidence in this program presented by the Calvert Library. Register by Feb. 12.

## Black History Quotes

**Thursday, February 19, 10 a.m.**

Join us as we reflect on impactful Black History quotes and discuss their meaning.

## Motown Memories Performance

**Friday, February 20, 10 a.m.**

Rondell and Michelle return to light up the stage with Motown's greatest hits!

## Treasures of Black History

**Thursday, February 26, 10 a.m.**

Have Black History memorabilia? Bring an item and share the story behind it! Join us for a meaningful conversation celebrating personal history and heritage.

## Health Screening Services

**Thursday, February 26, 10 a.m.-Noon**

The Calvert Health Department will be on site offering free blood pressure, A1c, and cholesterol screenings.

# FEBRUARY 2026



# 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> Open Crafts <b>NEW</b> <b>10:00A</b> Mahjong <b>10:30A</b> Let's Move <b>11:00A</b> Strength Training <b>12:30P</b> Penny Bingo <b>1:00P</b> Bible Study	<b>8:30A</b> Sit 2 Be Fit <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>10:00A</b> Dominoes <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> Mats <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> Behavioral Health Counselor + <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  <b>Football Fridays</b> <b>Wear Your Favorite Team Jersey</b>	
OTHER SCHEDULED ACTIVITIES					
	2	3	4	5	
		<b>9:00A-11:30A</b> LWWD + <b>10:00A</b> Ask the Nurse: Heart Health <b>10:00A</b> Cranium Fitness	<b>11:00A</b> Open Mic <b>1:00P</b> Grief & Loss Support	<b>10:00A</b> History of the African Beaded Doll <b>1:00P</b> Scribblers Writing Group	6
	9	10	11	12	
<b>10:00A</b> Valentine Canvas Wine Tote Painting +\$ <b>11:00A</b> Open Mic: Lip Sync	<b>9:00A-11:30A</b> LWWD +	<b>10:00A</b> Nutrition Education: <i>Benefits of Eating Beans</i>	<b>10:00A</b> "I Have a Dream" Speech Reading	<b>9:00A</b> Lattes with Linda <b>10:00A</b> 24U Band <b>12:15P</b> Valentine Dessert +  <b>NO LET'S MOVE</b>	13
	16	17	18	19	
<b>CENTER CLOSED FOR OBSERVANCE OF PRESIDENTS' DAY</b>	<b>9:00A-11:30A</b> LWWD + <b>10:00A</b> Staying Safe Online +	<b>11:00A</b> Nature Talk with Paige: <i>Tracks &amp; Scat</i> <b>12:15P</b> Monthly Birthday Dessert	<b>10:00A</b> Black History Quotes <b>1:00P</b> Scribblers Writing Group	<b>10:00A</b> Motown Show with Rondell & Michelle  <b>NO LET'S MOVE</b>	20
	23	24	25	26	
	<b>9:00A-11:30A</b> LWWD + <b>10:00A</b> Tuesday Movie ^ The Making of "We are the World"	<b>11:00A</b> Open Mic	<b>10:00A</b> Health Screening Services- <b>FREE</b> <b>10:00A</b> Treasures of Black History +	<b>9:00A</b> Girls Java Talk	27

+ = Registration Required

\$ = Fee ^ = Video

# SPECIAL EVENTS

## Book Club

**Monday, January 5, 1 p.m.**

Join fellow book lovers to discuss this month's selection: Syou Ishida's *We'll Prescribe You a Cat*. This heartwarming story follows a doctor who prescribes cats to patients in need of comfort. It's a charming read that reminds us of the power of connection (and a little feline support).

## CalvertHealth Fitness Friday

**Friday, January 9, 9 a.m.**

Meet with a personal trainer and join in a group class led by CalvertHealth.

## Bracelet Craft

**Tuesday, January 13, 10 a.m.**

Design your own bracelet and learn new jewelry making techniques to create your unique piece. Registration required by Jan. 6. Cost: \$10 at sign up.

## Lunch and a Movie: *Boycott*

**Friday, January 16, 12 p.m.**

*Boycott* depicts Dr. Martin Luther King Jr.'s leadership of the 1955 Montgomery bus boycott, showing how one act of non-violent resistance sparked a nationwide civil rights movement and transformed American society.

## Sugar Hand Scrub

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

Make and take a homemade sugar scrub, and discover the answer to dry hands and feet!

## Pool Tournament

**Friday, January 23, 10 a.m.**

Who will be named the Calvert Pines Pool Champion? Registration is limited to 16 participants. Players must register by Jan. 16.

## Let it Snow! Bingo

**Tuesday, January 27, 10 a.m.**

Play exciting games of Bingo where everyone leaves a winner! Prizes will be "Let it Snow" themed.

## Intergenerational Snowman Craft

**Friday, January 30, 1 p.m.**

School is out! Grab the grandkids and enjoy making a snowman craft together. Hot chocolate will be served.

# JANUARY 2026



# 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>9:30A</b> Walk to the Beat <b>10:00A</b> Open Art \$ <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>11:00A</b> Gentle Yoga	<b>8:30A</b> Gift Shop Crafting <b>8:30A</b> Pool Room Open <b>9:30A</b> Ceramics \$ <b>9:30A</b> Duplicate Bridge <b>10:30A</b> Let's Move <b>12:30P</b> Hand, Knee & Foot (cards)	<b>8:30A</b> Pool Room Open <b>8:30A</b> Behavioral Health Counselor + <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>9:30A</b> Ceramics \$ <b>9:30A</b> Walk to the Beat <b>10:30A</b> Let's Move
OTHER SCHEDULED ACTIVITIES				
+ = Registration \$ = Fee <i>Registration can be done at front desk, or over phone.</i>			<b>CENTER CLOSED IN OBSERVANCE OF NEW YEAR'S DAY</b>	<b>9:30A</b> Drummercize!
<b>1:00P</b> Book Club: <i>We'll Prescribe You a Cat</i> by Syou Ishida			<b>9:30A</b> Senior Council Meeting <b>10:00A</b> Legal Aid + <b>10:00A</b> CREATE Bingo	<b>9:00A</b> CalvertHealth Fitness Friday
<b>10:30A</b> Contract Bridge <b>1:00P</b> MOW Meeting	<b>10:00A</b> Bracelet Craft \$+	<b>12:15P</b> Birthday Party Luncheon +		<b>11:00A</b> Relaxation with Joel <b>12:00P</b> Lunch and a Movie: <i>Boycott</i> \$+ <b>1:00P</b> Project Linus
<b>CENTER CLOSED IN OBSERVANCE OF MARTIN LUTHER KING JR. DAY</b>	<b>1:00P</b> Grief & Loss Support Group		<b>10:00A</b> Sugar Hand Scrub + <b>10:30A</b> Contract Bridge	<b>10:00A</b> Pool Tournament +
<b>8:30A</b> Sr. Council Workday <b>9:30A - 12:00P</b> Calvert Health Mobile Health Center	<b>10:00A</b> Let it Snow! Bingo			<b>1:00P</b> Intergenerational Snowman Craft +

# SPECIAL EVENTS

## February is American Heart Month

Wear **RED** on February 6 to bring awareness to the importance of cardiovascular health.

### Craft Corner: Valentine Arrangement

**Tuesday, February 3, 10 a.m.**

Create a beautiful Valentine arrangement to adorn your home or gift to a friend. Register by January 27.

### Super Bowl Predictions

**Friday, February 6, 12:30 p.m.**

Vote for your favorite team to win Super Bowl LX, wear your jersey and join in the fun!

### Senior Planet: Introduction to Booking Vacation Stays Online

**Tuesday, February 10, 10 a.m.**

This class will introduce you to several popular websites and how to book your summer vacation online.

### Valentine Luncheon

**Friday, February 13, 11:30 a.m.**

Grab your sweetheart to enjoy a delicious lunch and live entertainment. You won't want to miss this sweet celebration. Lunch reservation required.

### Fat Tuesday Pancake Feast

**Tuesday, February 17, 9:30 a.m.**

Indulge in a free pancake feast before the Lenten season. Register by Feb. 11.

### Lunch and a Movie - Ruby Bridges

**Friday, February 20, 12 p.m.**

In 1960, a six-year-old African-American girl named Ruby Bridges helped to integrate the all-white schools of New Orleans.

### Lunch and a Movie - Ghosts of Mississippi

**Friday, February 27, 12 p.m.**

Decades after two hung juries cleared a white supremacist in the 1963 killing of a civil-rights activist, a determined attorney reopens the case.



**BLACK HISTORY MONTH**

# FEBRUARY 2026



# 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>9:30A</b> Walk to the Beat <b>10:00A</b> Open Art \$ <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>11:00A</b> Gentle Yoga  + = Registration \$ = Fee <i>Registration can be done at front desk, or over phone.</i>	<b>8:30A</b> Gift Shop Crafting <b>8:30A</b> Pool Room Open <b>9:30A</b> Ceramics \$ <b>9:30A</b> Duplicate Bridge <b>10:30A</b> Let's Move <b>12:30P</b> Hand, Knee & Foot (cards)	<b>8:30A</b> Behavioral Health Counselor + <b>8:30A</b> Pool 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>9:30A</b> Ceramics \$ <b>9:30A</b> Walk to the Beat <b>10:30A</b> Let's Move
OTHER SCHEDULED ACTIVITIES				
<b>1:00P</b> Book Club: <i>A Deadly Affair</i> by Agatha Christie	<b>10:00A</b> Craft Corner: Valentine Arrangement +		<b>9:30A</b> Senior Council Meeting <b>10:00A</b> Ask the Nurse	<b>12:30P</b> Super Bowl Predictions  <b>National Wear Red Day</b> <b>American Heart Month</b>
<b>10:30A</b> Contract Bridge <b>1:00P</b> MOW Meeting	<b>10:00A</b> Senior Planet: <i>Introduction to Booking Vacation Stays Online</i> +	<b>12:15P</b> Birthday Party Luncheon +	<b>10:00A</b> CREATE! Bingo <b>10:00A</b> Legal Aid +	<b>11:30A</b> Valentine Luncheon \$+  <b>NO AUDITORIUM CLASSES</b>
<b>CENTER CLOSED IN OBSERVANCE OF PRESIDENTS' DAY</b>	<b>9:00A</b> Ask the Pharmacist+ <b>9:30A</b> Fat Tuesday Pancake Feast + <b>1:00P</b> Grief and Loss Support Group			<b>11:00A</b> Relaxation with Joel <b>12:00P</b> Lunch and a Movie: <i>Ruby Bridges</i> \$+ <b>1:00P</b> Project Linus
<b>8:30A</b> Sr. Council Workday <b>9:30A</b> CalvertHealth Mobile Health Center: <i>A1c &amp; Cholesterol Screenings</i>	<b>10:00A</b> Bingo		<b>10:30A</b> Contract Bridge	<b>12:00</b> Lunch and a Movie: <i>Ghosts of Mississippi</i> \$+

# SPECIAL EVENTS

## The Americas: The Frozen North Thursday, January 8, 1 p.m.

Join us and journey through the stunning landscapes and wildlife of Americas icy frontiers.

## Nutrition Education: Microgreens Friday, January 9, 10:30 a.m.

Discover the power of microgreens and explore their amazing flavor, easy cultivation, and big health benefits in tiny superfoods.

## Trivia Games

### Friday, January 9, 1 p.m.

Test your pop culture knowledge with our TV & silver screen trivia—movies, shows, and unforgettable moments await!

## Smartphone Basics Support

### Thursday, January 15, 10 a.m.

### Thursday, January 15, 1 p.m.

Learn how to confidently navigate everyday features and receive basic support on your iPhone or Android device. Register for one session.

## Diamond Art Bookmark

### Friday, January 16, 1 p.m.

Create sparkling, one-of-a-kind bookmarks with our fun and relaxing diamond art craft activity! \$3 per person.

## Adventures in Art Exhibit

### Wednesday, January 21, 12 p.m.

Join us for a vibrant art exhibit celebrating the creativity, expression, and artistic exploration of our student artists.

## Pool Tournament

### Thursday, January 22, 10 a.m.

Rack 'em up and join the fun—show off your skills and compete to see who will be crowned champion!

## Winter Special Bingo

### Thursday, January 29, 1 p.m.

Beat the winter blues—join us for a fun, festive Bingo afternoon with exciting prizes!

## Swarovski Crystal Earrings

### Friday, January 30 1 p.m.

Create your own dazzling Swarovski crystal earrings to sparkle in style! \$5 per person.

# JANUARY 2026



# 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 1:00P Oil Painting \$ 1:00P Board Games	8:30A Computer Lab 8:30A Fitness Room Open 8:30A Billiards Room Open 8:30A Behavioral Health Counselor + 9:00A Studio Art 10:00A Gentle Yoga 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 Mahjong 1:00P Knitting & Crocheting 1:00P Bridge for Beginners	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

CENTER & FITNESS ROOM ORIENTATIONS		CENTER CLOSED IN OBSERVANCE OF NEW YEAR'S DAY	
Start the New Year well! Learn all that Southern Pines offers to support your overall health. There is something for everyone!		1	2
1:00P Creative Writing 5	1:00P Card Creations 6	12:45P Birthday Party 7	1:00P The Americas: <i>The Frozen North</i> + 8
			10:30A Nutrition Education: Microgreens + 11:30A Calvert Health Fitness Friday 1:00P Trivia Games + 9
9:00A - 12:00P CalvertHealth Mobile Health Center 12	2:00P Grief & Loss Support 13	9:00A - 4:00P Veterans Services 10:30A Center & Fitness Room Orientation + 1:00P Song Circle 14	10:00A Smartphone Basics Support + 1:00P Smartphone Basics Support + 15
			1:00P Diamond Art Bookmark \$+ 16
CENTER CLOSED IN OBSERVANCE OF MARTIN LUTHER KING JR. DAY 19	10:00A Ask the Nurse 12:30P Calvert Library Bookmobile 1:00P Card Creations 20	12:00P Art Exhibit 1:00P Book Club: <i>All The Light We Cannot See</i> , by Anthony Doerr 21	10:00A Pool Tournament + 22
			9:00A - 4:00P Veterans Services 1:00P Cornhole + 23
		10:30A Health Screening Services 10:30A Center & Fitness Room Orientation + 1:00P Song Circle 28	1:00P Winter Special Bingo + 29
			1:00P Swarovski Crystal Earrings \$+ 30

# SPECIAL EVENTS

## R&B Music by Rondell Byrd

**Thursday, February 5, 1 p.m.**

Spend an unforgettable afternoon grooving to smooth R&B vibes with the soulful sounds of local musician Rondell Byrd!

## Craft: No-Sew Heart Pillow

**Friday, February 6, 1 p.m.**

Make Valentine's Day extra cozy—create your own adorable no-sew heart pillow in to enjoy! \$3 per person.

## Sweetheart Songs Karaoke

**Thursday, February 12, 1 p.m.**

Celebrate love this Valentine's season with an afternoon of sweetheart songs and karaoke fun—sing your heart out with your favorite romantic hits!

## Nutrition: Benefits of Beans

**Friday, February 13, 10:30 a.m.**

Discover the power of beans in our nutrition program—affordable, easy to add to your meals, and packed with health benefits!

## Trivia: Classic Love Songs

**Friday, February 13, 1 p.m.**

Test your memory with our trivia afternoon featuring timeless classic love songs!

## Marti Gras Pancakes

**Tuesday, February 17, 9:30 a.m.**

Enjoy a festive feast—savor our indulgent pancakes before the Lenten season begins!

## Maryland 250 Presentation

**Friday, February 20, 11 a.m.**

Come support Huntingtown High School students as they share their insights and discoveries in a special presentation celebrating Maryland 250!

## Battle of Big Horn

**Tuesday, February 24, 10 a.m.**

Join Barry and explore the strategies, stories, and legacy of this iconic clash in U.S. history.

## Ice Age Maryland: The Paleo-Potomac River

**Thursday, February 26, 1 p.m.**

Join Calvert Marine Museum paleontologist Stephen Godfrey and journey back in time to explore the ancient creatures and landscapes of Maryland's Ice Age!

# FEBRUARY 2026



# SOUTHERN PINES NEWS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8:30A</b> Computer Lab <b>8:30A</b> Fitness Room Open <b>8:30A</b> Billiards Room Open <b>9:00A</b> Dull Blades Quilters <b>9:30A</b> Ceramics \$ <b>10:00A</b> Walk for Fun <b>11:00A</b> Bone Builders <b>1:00P</b> Oil Painting \$ <b>1:00P</b> Board Games	<b>8:30A</b> Computer Lab <b>8:30A</b> Fitness Room Open <b>8:30A</b> Billiards Room Open <b>8:30A</b> Behavioral Health Counselor + <b>9:00A</b> Studio Art <b>10:00A</b> Gentle Yoga <b>12:30P</b> Needlepoint <b>1:00P</b> Let's Move	<b>8:30A</b> Computer Lab <b>8:30A</b> Fitness Room Open <b>8:30A</b> Billiards Room Open <b>9:00A</b> Adventures in Art \$ <b>10:00A</b> Advanced Line Dancing <b>10:00A</b> Walk for Fun <b>10:00A</b> Sewing Projects <b>11:00A</b> Bone Builders <b>1:00P</b> Board Games	<b>8:30A</b> Computer Lab <b>8:30A</b> Fitness Room Open <b>8:30A</b> Billiards Room Open <b>9:00A</b> Info & Assistance <b>9:30A</b> Ceramics \$ <b>10:00A</b> Let's Move <b>11:00A</b> Bible Study <b>1:00P</b> Mahjong <b>1:00P</b> Knitting & Crocheting <b>1:00P</b> Bridge for Beginners	<b>8:30A</b> Computer Lab <b>8:30A</b> Fitness Room Open <b>8:30A</b> Billiards Room Open <b>8:30A</b> Sewing Room Open <b>9:00A</b> Info & Assistance <b>10:00A</b> Walk for Fun <b>10:00A</b> Line Dancing

## OTHER SCHEDULED ACTIVITIES

<b>1:00P</b> Creative Writing <b>2</b>	<b>1:00P</b> Card Creations <b>3</b>	<b>12:45P</b> Birthday Party <b>4</b>	<b>1:00P</b> R&B Music by Rondell Byrd + <b>5</b>	<b>12:00P</b> Superbowl Chili + <b>1:00P</b> Craft: Valentine's No-Sew Heart Pillow \$+ <b>6</b>
<b>9:00A-12:00P</b> CalvertHealth Mobile Health Center <b>9</b>	<b>2:00P</b> Grief & Loss Support <b>10</b>	<b>9:00A - 4:00P</b> Veteran Services Center & Fitness Room Orientation + <b>1:00P</b> Song Circle <b>11</b>	<b>1:00P</b> Sweetheart Songs Karaoke + <b>12</b>	<b>10:30A</b> Nutrition Education: Benefits of Beans + <b>11:30A</b> Calvert Health Fitness Friday <b>1:00P</b> Classic Love Songs Trivia + <b>13</b>
<b>CENTER CLOSED FOR OBSERVANCE OF PRESIDENTS' DAY</b> <b>16</b>	<b>9:30A</b> Marti Gras Pancakes + <b>10:00A</b> Ask the Nurse <b>12:30P</b> Calvert Library Bookmobile <b>1:00P</b> Card Creations <b>17</b>	<b>1:00P</b> Book Club: <i>Be Ready When the Luck Happens</i> , by Ina Garten <b>18</b>	<b>1:00P</b> The Americas: Patagonia + <b>19</b>	<b>11:00A</b> Maryland 250 + <b>1:00P</b> You Pick A Craft: Craft Clean Up Workshop \$+ <b>20</b>
<b>23</b>	<b>10:00A</b> Battle of Big Horn + <b>24</b>	<b>10:30A</b> Center & Fitness Room Orientation + <b>1:00P</b> Song Circle <b>25</b>	<b>1:00P</b> Ice Age Maryland: The Paleo-Potomac River + <b>26</b>	<b>9:00A - 4:00P</b> Veteran Services <b>1:00P</b> Cornhole + <b>27</b>