

**Cranium Crunch Challenge**

**Monday, March 4, 10:30 a.m.**

We are going to “step it up” a notch and see who will be the Cranium Crunch Champ. No registration necessary. Bring your noodle!

**Staff vs Pool Team Tournament**

**Wednesday, March 6, 1:00 p.m.**

Come support your favorite pool player as they take on the Calvert Pines Staff.

**Lunch and a Movie**

*The Beatles , Behind The Curtain, A Documentary*

**Wednesday, March 13, 11:15 a.m.**

Behind the scenes stories, rare interviews, early footage and life after the Beatles. Register for lunch.

**St. Patrick’s Day Party**

**with Music From Tom Delaney**

**Friday, March 14, 12 p.m.**

Don’t miss It! Register early! Good food, good friends, good music, and a Gold Nugget Search. Hope to see you there!

**Continental Breakfast w/Vanilla Lattes**

**Thursday, March 21, 9 a.m.**

Enjoy a healthy breakfast to celebrate National Nutrition Month. Pre-registration required.

**It’s Opening Day!**

**Thursday, March 28, 11 a.m.**

Peanuts and non-alcoholic beer will be on hand to celebrate Opening Day. Wear your team attire and let’s take a guess at who will be in the World Series.

**Dinner and a Movie Returns, with “Mamma Mia” and Golden Chicken**

**Thursday, March 28, 4:30 p.m.**

Come sing along with *Mamma Mia!* \$10.00. Please Register by March 26.

**March 2019**



**Calvert Pines News**

450 West Dares Beach Rd., Prince Frederick, MD 20678

Tel: 410-535-4606 Fax: 410-535-1903

Monday	Tuesday	Wednesday	Thursday	Friday
<b>9:00</b> Crafts with Rosemary <b>9:30</b> Walk to the Beat <b>10:30</b> Let’s Move <b>12:30</b> Hand and Foot (cards)	<b>8:30</b> Behavioral Health Counselor <b>10:00</b> Co-Ed Fitness \$ <b>12:00</b> Bone Density Training <b>12:30</b> CREATE! Crafts <b>1:00</b> Gentle Yoga on Your Own	<b>9:00</b> Crafts with Rosemary <b>9:30</b> Bridge <b>9:30</b> Ceramics \$ <b>9:30</b> Walk to the Beat <b>10:00</b> Cranium Crunches <b>10:30</b> Let’s Move <b>12:45</b> Hand and Foot (cards)	<b>10:00</b> CREATE! Crafts <b>10:00</b> Scrabble <b>10:00</b> Co-Ed Fitness \$ <b>12:00</b> Bone Density Training <b>1:00</b> Bible Study <b>1:00</b> Gentle Yoga on Your Own	<b>9:30</b> Ceramics \$ <b>9:30</b> Walk to the Beat <b>10:00</b> Open Studio Art \$ <b>10:30</b> Let’s Move <b>1:00</b> Penny Bingo
<p><b>Sunday, March 10, 2 a.m.</b></p>		<p><b>Massages by Appointment \$</b></p>		<p><b>Green Fridays</b></p>

**OTHER SCHEDULED ACTIVITIES**

<p><i>National Nutrition Month</i>  <b>Eat Right, Live Right, Feel Right!</b> </p>				
				<b>9:30</b> Ask the Expert-Nurse <b>2:00</b> Dancing for Fitness
<b>10:30</b> Cranium Crunch Challenge <sup>4</sup>	<b>11:00</b> Eat Right, Live Right, Feel Right Get The Facts! <b>11:00</b> Hospice Support Group <sup>5</sup>	<b>9:30</b> Fitness Room Orientation <sup>6</sup> <b>12:30</b> Birthday Party <b>1:00</b> Pool Tournament with Staff <b>NO WALK TO THE BEAT</b> <b>NO LET’S MOVE</b>	<b>9:30</b> Senior Council Meeting <sup>7</sup> <b>11:00</b> Colon Cancer Presentation Reflexology by Appointment	<b>9:30</b> Ask the Expert-Dietician <sup>8</sup> <b>11:00</b> Eat Right, Live Right, Feel Right. National Nutrition Month Talk.
<b>1:00</b> Meals on Wheels Meeting <sup>11</sup>	<b>10:30</b> Special Bingo Staple Goods <sup>12</sup>	<b>11:15</b> Lunch and a Movie <sup>13</sup> <i>The Beatles, Behind the Curtain, A Documentary</i>	<b>9:00</b> Acrylic Painting \$ <sup>14</sup> <b>12:00</b> St. Patrick’s Day Party with Live Music from Tom Delaney+ <b>MUSEUM OF THE BIBLE TRIP</b>	<b>9:30</b> Ask the Expert-Nurse <sup>15</sup> <b>10:00</b> Autism Awareness Ribbon Craft
<b>10:00-1:00</b> Calvert Health Mobile Unit “Mobile Health Monday” <sup>18</sup>	<b>9:30</b> Reverse Mortgage Talk <sup>19</sup> <b>1:00</b> Friends of Calvert County Seniors Meeting (FCCS)	<b>9:30</b> Fitness Room Orientation <sup>20</sup> ABC Day!	<b>9:00</b> Acrylic Painting \$ <sup>21</sup> <b>9:00</b> Continental Breakfast w/ Vanilla Lattes <b>12:30</b> Out to Lunch <i>La Tolteca</i> \$	<b>Fitness Friday!</b> <sup>22</sup> <b>10 a.m. - 12 p.m.</b>
<b>10:30</b> CREATE! Bingo <sup>25</sup>	<b>10:00</b> Rock Art <sup>26</sup> <b>11:00</b> Women’s History Month “Great Women of the Bible”	<b>11:15</b> Women’s History Month “Great Women of the Bible” <sup>27</sup>	<b>9:00</b> Acrylic Painting \$ <sup>28</sup> <b>11:00</b> It’s Opening Day! <b>4:30</b> Dinner and a Movie \$ +	<b>2:00</b> Dancing for Fitness <sup>29</sup>

**Lunch and a Movie**  
**Wednesday, April 10, 11:15 a.m.**  
*Mamma Mia! Here We Go Again*  
 Register for lunch.

**Essential Oils and Stress  
 with Sarah Strain**

**Thursday, April 11, 11 a.m.**  
 Come hear how Essential Oils can help you combat stress. There will be a demonstration.

**Easter Program with 2-4-U**

**Friday, April 12, 12:30 p.m.**  
 Join us for an Easter Celebration with the 2-4-U band and *The Vocal Vessels*.  
 Please register for lunch by April 8.

**Earth Day Cleanup 2019**

**Team Up and Clean Up**  
**Monday, April 15, 9 a.m.**  
 Meet up at Calvert Pines and let's go clean up the town. Contact Linda for more information on how to get involved, and register your team.

**Lunch and Learn**  
**Linda Kelley Animal Shelter**  
**Wednesday, April 24, 12:30 p.m.**

Come learn about what the Animal Shelter has to offer and what you can do for the shelter.

**Volunteer Recognition Party  
 with 2-4-U**

**Friday April 26, 11 a.m.**  
 Join us as we recognize our volunteers, your peers for their hard work and dedication. Volunteer recognition will begin at 11:00, lunch at 12:00, and 2-4-U at 12:30. Bring your dancing shoes! Our theme of the day is *Volunteers are a Work of Heart*.

**Cornhole Games  
 Staff vs. Seniors**


**Monday, April 29, 11 a.m.**  
 Register with Linda by April 24.

**April 2019**



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**Autism Awareness Month**

**OTHER SCHEDULED ACTIVITIES**

The Senior Council is now accepting purses for the May Mother's Day Purse Sale.

<b>Color Splash Week</b>  <b>Blue</b>	<b>Red</b>	<b>Purple</b>	<b>Orange</b>	<b>Pink</b>
<b>1:00</b> Meals on Wheels Meeting	<b>10:30</b> Special Bingo <b>11:00</b> Hospice Support Group	<b>9:30</b> Fitness Room Orientation <b>12:30</b> Birthday Party	<b>9:30</b> Senior Council Meeting	<b>9:30</b> Ask the Expert-Nurse <b>2:00</b> Dancing for Fitness
<b>9:00</b> Team Up and Clean Up for Earth Day <b>10:00 - 1:00</b> Calvert Health Mobile Unit, "Mobile Health Monday"	<b>1:00</b> Friends of Calvert County Seniors Meeting (FCCS)	<b>9:30</b> Fitness Room Orientation <b>10:30</b> Spring Craft with Sally  ABC DAY	<b>9:00</b> Acrylics Painting \$ <b>9:30</b> Continental Breakfast	<b>Center Closed for Good Friday</b>
<b>10:30</b> CREATE! Bingo	<b>10:00</b> Rock Art	<b>10:00</b> Cinnamon Lattes <b>12:30</b> Lunch and Learn - Linda Kelley Animal Shelter Presentation	<b>9:00</b> Acrylics Painting \$ <b>12:30</b> Out to Lunch <i>Adam's Rib</i> \$	<b>11:00</b> Volunteer Recognition Party with 2-4-U <b>NO WALK TO THE BEAT</b> <b>NO LET'S MOVE</b> <b>10:00-12:00</b> Fitness Friday
<b>11:00</b> Cornhole Games Staff vs. Seniors	<b>10:00</b> Spring Fling Bingo	<b>Coming Wednesday, May 1</b> <b>Skin Cancer Screenings</b>	 Show Your Support For Autism Awareness Month. Stop by and pick up an Autism Awareness Ribbon to wear this month.	