

Caring and Sharing Bible Study
Mondays, 11 a.m.

Join volunteer Frank Collinson as he facilitates this Christian based group in discussing how to face the trials and tribulations of aging while knowing that God still has a purpose for you.

Nutritional Supplements Presentation
Monday, March 11, 11 a.m.

Vitamins and other dietary supplements are NOT regulated by the FDA. A pharmacist and team from the Mobile Health Unit will be discussing the dangers and necessary precautions of using these supplements.

Morning Movie

The Old Man and the Gun
Tuesday, March 12, 10 a.m.

Robert Redford stars in this film about a man who escapes from prison and confounds the authorities through a string of heists.

Presidential History Presentation
Wednesday, March 13, 11 a.m.

Did you know that George Washington was NOT the first president of the United States? Mark Croatti, professor at the US Naval Academy and The George Washington University, will be here to discuss the government and politics of our founding fathers.

St. Patrick's Day Shenanigans
Thursday, March 14, 10:30 a.m.

Luck O'the Irish to ya! Join us for a few rounds of Bingo with PRIZES followed by a delicious Irish luncheon.

Krafting with Karla

Thursday, March 21, 10 a.m.

Reduce, Reuse, Recycle...let your creative juices flow as you make beautiful things from recycled everyday items. Fee: \$5/person

Sit-A-Spell with a Librarian

Friday, March 29, 11 a.m.

Several librarians from the Twin Beaches Library will be visiting with us. They will circulate among the tables and talk about library programs, books, movies & answer any questions you may have.

March 2019



North Beach News

9010 Chesapeake Ave., North Beach 20714
Tel: 410-257-2549 Fax: 410-286-8095

Monday	Tuesday	Wednesday	Thursday	Friday
8:45 Increase the Beat (Aerobics) 9:30 Mats Class 10:30 Let's Move 10:45 Restorative Yoga \$ 11:00 Caring and Sharing Bible Study 12:30 Penny Bingo 1:00 Chair Yoga \$	8:30 Stability Ball Class 9:00 Bridge 9:30 Ceramics \$ 9:30 Increase the Beat (Aerobics) 10:00 Dance Fitness 12:45 Hand and Foot (Cards) Massages by Appointment \$ <div style="border: 1px solid black; padding: 5px; text-align: center;"> Fitness Room Orientations by Appointment </div>	8:30 Behavioral Health Counselor by Appointment Only 8:45 Increase the Beat (Aerobics) 9:30 Mats Class 9:30 Open Art Studio 10:30 Let's Move 11:00 Strength Training \$ 12:30 Penny Bingo	8:30 Stability Ball Class 9:00 Mah Jongg 9:30 Increase the Beat (Aerobics) 10:00 Mats Class 12:45 Hand and Foot (Cards) <div style="border: 1px solid black; padding: 5px; text-align: center;"> Cards, Scrabble and Games Daily </div>	8:30 Information and Assistance 8:45 Increase the Beat (Aerobics) 9:00 Open Sewing (all day) 9:00 Pinochle 9:30 Mats Class 9:30 Open Art Studio 10:30 Let's Move 11:00 Strength Training \$ 12:30 Penny Bingo

OTHER SCHEDULED ACTIVITIES

+ Must register 1 week prior to event				11:00 Increase Your Hold ¹
11:00 Colon Cancer Presentation ⁴	10:00 Ask the Expert –Nurse 2:00 Open Coffee Bar ⁵	11:00 Kindness Rocks + ⁶	9:00 Acrylic Painting +\$ 1:00 Scribblers Writing Group ⁷	Fitness Friday 10:00 a.m. - 12:00 p.m. ⁸
10:00 –1:00 Calvert Health Mobile Unit, "Mobile Health Monday" 11:00 Nutritional Supplements Presentation ¹¹	10:00 Ask the Expert - Dietician 10:00 Morning Movie + 10:30 Grief Support Group with Hospice ¹²	11:00 Presidential History Presentation + ¹³	10:30 St. Patrick's Day Bingo + 2:00 Open Coffee Bar ¹⁴	11:00 Increase Your Hold ¹⁵ ABC Day
¹⁸	10:00 Ask the Expert –Nurse 10:30 Senior Council Meeting ¹⁹	11:00 Brain Games ²⁰	9:00 AARP Driver Safety Class +\$ 10:00 Krafting w/Karla + \$ 1:00 Scribblers Writing Group ²¹	²²
No Yoga Class ²⁵	11:00 Music Videos with Kathy ²⁶	²⁷		11:00 Sit A Spell with a Librarian ²⁹

Transportation Week Events

- **Tuesday, April 2, 11 a.m.**
Calvert County Public Transportation
Division Chief, Sandy Wobbleton will be discussing all that her department has to offer the senior citizens of Calvert County.

- **Wednesday, April 3, 11 a.m.**
Transportation & Technology
Learn what a GPS is and how to use one when driving instead of old-fashioned road maps.

- **Thursday, April 4, 10 a.m.**
CarFit Event
CarFit is an educational program that offers older adults the opportunity to check how well their personal vehicles “fit” them. Schedule your appointment to meet with the CarFit technicians for a 20 minute check to ensure you “fit” your vehicle properly for maximum comfort and safety. This event is co-sponsored by AAA and AARP.

- **Friday, April 5, 11 a.m.**
Transportation & Technology
Learn about Uber, Lyft and other transportation options and apps and how to use them.

Cogniciti
Wednesday, April 10, 10 a.m.
Worried about memory loss? Concerned about getting Alzheimer’s? Join us for a free brain health workshop! Register to take the easy brain assessment to gain peace of mind, and early assessment and access to helpful tools.

Volunteer Party
Without You This Place Would Be A Zoo!
Thursday, April 11, 10:30 a.m.
Join us in showing our appreciation for all of the volunteers that help make this center a wonderful place to come! Presentation of Certificates followed by lunch, special dessert and lots of other surprises.

Krafting with Karla
Thursday, April 18, 10 a.m.
Join Karla as she shows you how to create a beautiful Easter decoration to share or keep.
Fee: \$5/person

April 2019



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OTHER SCHEDULED ACTIVITIES

1	2	3	4	5
	10:00 Ask the Expert - Nurse 11:00 Calvert County Public Transportation Presentation	11:00 Transportation & Technology How to Use a GPS	10:00 CarFit Event +	11:00 Transportation & Technology Uber, Lyft & other Apps
8	9	10	11	12
10:00 - 1:00 Calvert Health Mobile Unit, Mobile Health Monday	10:00 Ask the Expert - Dietician 10:30 Grief Support Group With Hospice	10:00 Cogniciti + 11:00 Kindness Rocks +	10:30 Volunteer Party + 1:00 Scribblers Writing Group	11:00 Increase Your Hold Fitness Friday 10:00 a.m. - 12:00 p.m. ABC Day
15	16	17	18	19
No Yoga Class	10:00 Ask the Expert - Nurse 10:30 Senior Council Meeting	12:30 Lunch Bunch - Mexico	9:00 COA Meeting 10:00 Krafting with Karla \$ + 2:00 Open Coffee Bar	Center Closed For Good Friday
22	23	24	25	26
No Yoga Class			1:00 Scribblers Writing Group 5:00 Evening Out - Hook and Vine	11:00 Sit A Spell with a Librarian
29	30	Coming Friday, May 3 Skin Cancer Screenings		+ Must register 1 week prior to event
	10:00 Morning Movie + <i>Bohemian Rhapsody</i> 2:00 Open Coffee Bar			