

Women's History Month

Join us to celebrate the contributions of inspirational women.

Fat Tuesday Pancake Feast

Tuesday, March 5, 9:30 a.m. - 10 a.m.

Enjoy pancakes, sausages, orange juice and coffee. Please sign up by Friday, March 1. Free.

Delicious Senior Council Bake Sale

Thursday, March 7, 9:30 - 11:30 a.m.

Help us raise money for programs at the center. Donate or purchase homemade treats.

"Abstract Sail Boats"

Watercolor Workshop

with Mary Blumberg

Thursday, March 7, 10 a.m. - 2 p.m.

Fee: \$15. Some experience preferred. Supply list available. Space is limited.

Sweet!

Friday, March 8, 12:45 p.m.

Real-time phone captioning for anyone with hearing loss. Learn all about this free, new product. Dessert will be served.

Spiritual Study

Monday, March 11 and 25, 10:30-11:30 a.m.

Anne Harrison from Patuxent Friends Quaker Meeting shares history and values of this faith. Discussion afterwards. Free.

What's All the "Buzz" about BEMER?

Wednesday, March 13, 10 a.m.

Come try it for yourself. BEMER is a wellness device that NASA, pro athletes and vets have successfully used for peak performance and healing.

St. Patrick's Day Celebration!

Thursday, March 14, 12 noon

Sign up for our traditional Irish lunch, followed by great music by Jimi Simon, of Hubcaps fame. Music begins at 1:00 pm.

Before George Washington Lecture

Friday, March 15, 11 a.m.

Who knew that George Washington was NOT the first president of the United States? Say what?! Come learn the details from George Washington University Professor, Mark Croatti. Free.

Food Demo with Judy Angelheart

Wednesday, March 20, 11 a.m.

Inspirational, healthy, and affordable food demo.

March 2019



Southern Pines News

20 Appeal Lane, Lusby MD. 20657

Tel: 410-586-2748 Fax: 410-326-0673

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 Computer Lab 8:30 Fitness Room Open 8:30 Open Sewing Room 9:30 Ceramics \$ 11:00 Yoga on Your Own 12:30 Duplicate Bridge 1:00 Penny Bingo Reiki by Appointment \$	8:30 Computer Lab 8:30 Fitness Room Open 9:00 Embroidery 10:00 Ask the Expert 10:00 Let's Move Exercise Class 12:30 Duplicate Bridge 1:00 Card Stamping Group Reflexology by Appointment \$ Massages by Appointment \$	8:30 Computer Lab 8:30 Fitness Room Open 8:30 Open Sewing Room 8:45 Bone Builders \$ 9:00 Adventures in Studio Art \$ 10:00 Board Games 10:00 Line Dancing	8:30 Behavioral Health Counselor by Appointment only 8:30 Computer Lab 8:30 Fitness Room Open 9:00 Information and Assistance 9:00 Needlepoint 9:30 Ceramics \$ 10:00 Let's Move Exercise Class	8:30 Computer Lab 8:30 Fitness Room Open 8:30 Open Sewing Room 8:30 Calvert Health Social Worker 8:45 Bone Builders \$ 10:30 Basic Tai Chi 1:00 Penny Bingo

OTHER SCHEDULED ACTIVITIES

<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> Fitness room orientation by appointment </div>	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> \$ = Fee + = Must pre-register </div>	<div style="border: 1px solid black; padding: 5px; margin: auto;"> Please donate new or gently used purses for the MOTHERS' DAY PURSE AUCTION by April 30th. </div>		9:00 Advanced Oils \$ Free Fitness Friday 10:00-12:00
9:00 Zen and the Art of Drawing 11:30 Lunch Bunch Out: Meet at The Frying Pan Calvert Health Mobile Unit 10:00-1:00	9:30 Fat Tuesday Pancake Feast 10:00 Ask the Expert – Nurse 11:00 Creative Writing	10:00 Pour-a-Pot Workshop 11:15 Mental Gymnastics 12:45 Birthday Party	9:30 Senior Council Bake Sale 10:00 Abstract Sail Boats Watercolor Workshop \$ 1:00 Legal Aid by Appointment	9:00 Advanced Oils \$ 12:45 Sweet! Phone Captioning Presentation
9:00 Zen and the Art of Drawing 10:30 Spiritual Study-Speaker from Patuxent Friends Quaker Meeting	12:45 Women's History Month: <i>Great Women of the Bible</i> 1:00 Grief and Loss Support with Ruth Dixon	10:00 BEMER Demonstration 11:00 Couponing Group 12:45 Women's History Month: <i>Great Women of the Bible</i>	11:00 Senior Council Meeting 12:30 Watercolor Painting \$ St. Patrick's Day Celebration Museum of the Bible Trip	9:00 Advanced Oils \$ 11:00 Before George Washington Lecture 1:00 Project Linus
9:00 Zen and the Art of Drawing 9:00 Reiki by Appointment	10:00 Ask the Expert – Nurse 11:00 Creative Writing 1:00 Luck of the Irish Special Bingo	11:00 Food Demo with Judy 1:00 Southern Pines Book Club: <i>Bloodsworth</i> by Tim Junkin	9:00 Commission on Aging Meeting 11:15 Mental Gymnastics 12:45 Colon Cancer Presentation	9:00 Advanced Oils \$
10:30 Spiritual Study Discussion	10:00 Ask the Expert - Dietician 11:00 (H)Our History: Amelia Earhart 1:00 Grief and Loss Support	11:00 Women's History Matching Game	12:30 Watercolor Painting \$ 1:00 Monthly Movie: Ruth Bader Ginsburg Documentary	9:00 Advanced Oils \$

Volunteer Appreciation Party!

Monday, April 15, 12:30-2:30 p.m.

Help us to recognize the tremendous generosity of our volunteers. Kick up your heels to one of our favorite bands, 2-4-U. Be prepared for an abundance of fun!

Reverse Mortgages: Too Good to be True?

Tuesday, April 16 at 11 a.m.

Who can you trust to give you the straight scoop? This informational session will cover the basics about the government-insured program for home-owners, age 62 and older.

Tour Maryland Archaeological Lab

Thursday, April 18, 1 p.m.

Behind-the-scenes guided tour of archaeological lab at Jefferson Patterson Park. Register in the front office.

Earth Day!

Monday, April 22, 10 a.m.

Hate litter? Join us as we walk around the Southern Pines Senior Center and help efficiently clean trash along the route.

Here Come the Hummingbirds!

Tuesday, April 23, 1 p.m.

These marvels of nature fly thousands of miles to return to our area. Find out how you can support them in their journey.

Fairy Gardens Under Glass

Wednesday, April 24, 1 p.m.

Learn how to create a terrarium. Demo and class projects will be gifts for our senior friends who can no longer get outside to garden. All supplies provided.

Arbor Celebration Day!

Friday, April 26, 11 a.m.

Trees are the "earth's lungs." Join us for a planting in the butterfly garden. Free.

(H)Our History: Remember the Alamo!

Tuesday, April 30, 11 a.m.

Come and discuss this pivotal moment in the history of Texas and the USA. Free.

April 2019



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11:30 Lunch Bunch Out: Meet at <i>Cracker Barrel</i> Calvert Health Mobile Unit 10:00-1:00	10:00 Ask the Expert – Nurse 11:00 Creative Writing	10:00 Pour-a-Pot Workshop 12:45 Birthday Party		9:00 Advanced Oils \$ Free Fitness Friday 10:00-12:00
10:30 Spiritual Study Speaker	1:00 April Showers Special Bingo 1:00 Grief and Loss Support with Ruth Dixon		11:00 Senior Council Meeting 11:15 Mental Gymnastics 12:30 Watercolor Painting \$	9:00 Advanced Oils \$ Suttler Post Clydesdale Farm Trip
Volunteer Appreciation Party with 2-4-U Dance Band 12:30 - 2:30 pm 1:00 Living Well With Diabetes +	10:00 Ask the Expert – Nurse 11:00 Creative Writing 11:00 Reverse Mortgages: Too Good to be True?	11:00 Couponing Group 11:00 Senior Companion Presentation	Tour Maryland Archaeological Conservation Lab 1:00 pm	Closed for Good Friday
10:00 Earth Day-Litter Removal 10:30 Spiritual Study Discussion 1:00 Living Well With Diabetes +	10:00 Ask the Expert - Dietician 1:00 Here Come the Hummingbirds Presentation 1:00 Grief and Loss Support	1:00 Southern Pines Book Club <i>Carnegie's Maid</i> by Marie Benedict 1:00 Fairy Gardens under Glass	11:15 Mental Gymnastics 12:30 Watercolor Painting \$ 1:00 Monthly Movie: <i>The Bookclub</i>	9:00 Advanced Oils \$ 11:00 Arbor Celebration Day
9:00 Reiki by Appointment 1:00 Living Well With Diabetes +	9:00 AARP Driver Safety Class + \$ 11:00 (H)Our History: Remember the Alamo	<div style="border: 1px solid black; padding: 5px; display: inline-block;"> Fitness room orientation by appointment </div> <div style="border: 1px solid black; padding: 5px; display: inline-block; margin-left: 200px;"> \$ = Fee + = Must pre-register </div>		