

Cinco De Mayo
Friday, May 3, 11 a.m.
 Join us for salsa, chips, & mock margaritas.

**Mother's Day Senior Council
 Purse Sale**

Wednesday, May 8, 9 a.m.

Stop by and see the beautiful array of purses for sale. All proceeds benefit the programs supported by the Calvert Pines Senior Council.

Eye Painting Technique, Ceramics
Wednesday, May 8, 10 a.m.

Ever wondered how to paint the eyes on your ceramic piece? Learn techniques to make your piece look spectacular! Sign up with Pat in the Ceramics Room.

**Spring Floral Arranging
 with the Chesapeake Garden Club**
Friday, May 10, 10 a.m.

Make a summer floral arrangement. Limited space. Must pre-register.

**Charles County Show Troupe
 Comedy Central**

Wednesday, May 15, 10:30 a.m.

This group will delight you with their new show, "Comedy Central." Don't miss it!

Summer Cookout and Games
Wednesday, May 22

11 a.m.

Celebrate Summer with us. Outdoor Games and Cookout, Corn Hole, Croquet, and more.

Lunch and a Movie
Monster - in - Law

Friday, May 24, 11:15 a.m.

An outrageously funny movie with Jane Fonda & Jennifer Lopez, about a woman and her mother-in-law to be. Pre-register for lunch.

Senior Health and Fitness Day
Wednesday, May 29, 9:30 a.m.

Meet up at the center and take a walk around town, weather permitting.

May 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
9:00 Crafts with Rosemary 9:30 Walk to the Beat 10:30 Let's Move 12:30 Hand and Foot (cards)	8:30 Behavioral Health Counselor 10:00 Co-Ed Fitness 12:00 Bone Density Training 12:30 CREATE! Crafts	9:00 Crafts with Rosemary 9:30 Bridge 9:30 Ceramics \$ 9:30 Walk to the Beat 10:00 Cranium Crunches 10:30 Let's Move 12:45 Hand and Foot (cards) Massages by Appointment \$	10:00 CREATE! Crafts 10:00 Scrabble 10:00 Co-Ed Fitness 12:00 Bone Density Training 1:00 Bible Study 1:00 Gentle Yoga on Your Own	9:30 Ceramics \$ 9:30 Walk to the Beat 10:00 Open Studio Art \$ 10:30 Let's Move 1:00 Penny Bingo Pink Fridays

Older Americans Month \$ = Fee OTHER SCHEDULED ACTIVITIES Happy Mother's Day!
 + = Must Pre-Register

Calvert Pines Senior Council Elections! May 1 - May 10 Your Vote Counts! 	9:30 Fitness Room Orientation ¹ 11:00 Advanced Directives + 12:30 Birthday Party Calvert Health Mobile Unit 1:00 - 3:00 <i>Free Skin Cancer Screenings +</i>	9:30 Senior Council Meeting ²	9:30 Ask the Expert-Nurse ³ 11:00 Cinco De Mayo 2:00 Dancing for Fitness	
⁶	⁷ 11:00 Hospice Support Group	⁸ 9:00 Mothers Day Purse Sale 10:00 Eye Painting Technique for Ceramics + 11:00 REAL ID Presentation by MD MVA	⁹	¹⁰ 9:30 Ask the Expert-Dietician 10:00 Spring Floral Arranging + Chesapeake Garden Club 12:00 Mother's Day Celebration Special Dessert
¹³ 1:00 Meals on Wheels Meeting	¹⁴ 9:00 AARP Driving Class + \$ 10:30 Special Bingo	¹⁵ 9:30 Fitness Room Orientation 10:30 Charles County Show Troupe "Comedy Central" Walk to the Beat CANCELLED Let's Move CANCELLED	¹⁶ 9:00 Commission on Aging 10:30 Craft with Sally Registration for Red, White, and Blue Picnic begins today.	¹⁷
²⁰ Calvert Health Mobile Unit 10 a.m. - 1 p.m.	²¹ 10:00 Rock Art 1:00 Friends of Calvert County Seniors Meeting (FCCS)	²² 11:00 Summer Cookout and Games	²³ Reflexology by Appointment	²⁴ 10:00-12:00 Fitness Friday 11:15 Lunch and a Movie: + <i>Monster - in - Law</i>
²⁷ CENTER CLOSED FOR MEMORIAL DAY	²⁸	²⁹ 9:30 Senior Health and Fitness Day Walk CERAMICS TRIP	³⁰ 10:00 Nutrition Education with Tracey <i>Summer Fruits & Vegetables</i>	³¹ 2:00 Dancing for Fitness

Ceramic Crab Craft

Friday, June 7, 9:30 a.m.

Register now to learn how to paint a ceramic crab. Supplies provided. Limited space. Taught by Ceramics Instructor Pat Dinota.

Father's Day Continental Breakfast

Monday, June 10, 9 a.m.

Stop by for a delicious Father's Day Continental Breakfast, courtesy of the Calvert Pines Senior Council.

Emergency Communications

9-1-1 Presentation

Tuesday, June 11, 11 a.m.

Join us for an insightful presentation by a member of our county's Emergency Communications Team, and have your questions answered.

Seashell Painting

Thursday, June 13, 10 a.m.

Summer is here, let's paint some seashells. All supplies provided. Free.



Father's Day Dessert

Friday, June 14, 12 p.m.

Register for lunch and enjoy a special Father's Day dessert, an Ice Cream Sundae Bar.

Ice Cream Social

American Soul:

The Music of Motown

Friday, June 21, 12:30 p.m.

Enjoy Voices in Praise on a musical flashback to the Motown era with singing, dancing, and a live band. This youth choir will perform popular songs like *Ain't No Mountain High Enough*, *Respect*, *My Girl*, and more!

National Flip Flop Day

Friday, June 21

Summer is here, show those toes. Let's break out those flip flops and celebrate summer.

National Ice Cream Cake Day

Thursday, June 27, 12 p.m.

Enjoy a special delight of Ice Cream Cake for dessert.

June 2019




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OTHER SCHEDULED ACTIVITIES

Happy Father's Day!					\$ = Fee					
					+ = Must Pre-Register					
	3		4			5		6		7
		11:00 Hospice Support Group			9:30 Fitness Room Orientation 12:30 Birthday Party			9:30 Senior Council Meeting ALL Exercise classes in Auditorium are cancelled today. Last day to register for the Red, White, and Blue Picnic.		9:30 Ask the Expert-Nurse 9:30 Ceramic Crab Craft + 2:00 Dancing for Fitness
9:00 Father's Day Continental Breakfast 1:00 Meals on Wheels Meeting	10		11		12		13		14	
		10:30 Special Bingo 11:00 Emergency Communications 9-1-1 Presentation			Red White & Blue Picnic + Calvert County Fairgrounds Entertainer: Jimi Simon www.simonmusiccorp.com Hot Dogs, Cole Slaw, Potato Wedges, Watermelon, Dessert		10:00 Seashell Painting 11:15 Lunch and a Movie + <i>Dunkirk</i> 1:00 Legal Aid		9:30 Ask the Expert-Dietician 12:00 Special Father's Day Dessert	
	17		18		19		20		21	
	Calvert Health Mobile Unit 10 a.m. - 1 p.m. Free Lung Cancer Screenings +		10:30 Special Bingo 1:00 Friends of Calvert County Seniors Meeting (FCCS)		9:30 Fitness Room Orientation ABC Day! 		9:00 Commission on Aging Reflexology by Appointment		9:30 Ask the Expert-Nurse 10:00 - 12:00 Fitness Friday 12:30 Voices in Praise The Music of Motown National Flip Flop Day HISTORIC ANNAPOLIS TRIP	
10:30 CREATE! Bingo	24		25		26		27		28	
		10:00 Rock Art			Center closes at 1 p.m. Lunch will be served at 11:30 a.m.		12:00 National Ice Cream Cake Day		Fitness Friday 10 a.m. - 12 p.m. 2:00 Dancing for Fitness	