

REAL ID Presentation

Thursday, May 2, 11 a.m.

A representative from the MD MVA will be here to answer questions about the documents required when you renew your drivers license.

Skin Cancer Screenings

Friday, May 3, 9 a.m.

Dr. Hawit will discuss types, treatments and prevention of skin cancer. Be sure to schedule your appointment after the presentation.

Paint a Flower Pot, Ceramics

Tuesday, May 7, 10 a.m.

Join us for a flowering good time and take home a painted flower pot. Register today at the front desk. Limited seating. Free class.

Krafting w/Karla Mother's Day Craft

Thursday, May 9, 10 a.m.

Join us as we make a beautiful Mother's Day gift to keep or give to someone special. Fee:\$5

Vocal Vessels

Wednesday, May 15, 11 a.m.

These young students will give uplifting speeches & stories in their own exciting way!

Dinner & Movie

Friday, May 17, 5 p.m.

Enjoy an evening out & support your Senior Council. Dinner, 5 pm, Movie, 6 pm. Menu: lasagna, salad, bread, dessert, and sangria. See the Oscar Award Winner, *The Green Book*. Fee \$12/person. Open to all ages!

Charles County Show Troupe

Wednesday, May 22, 10:30 a.m.

The Charles County Show Troupe will delight and entertain with their show, "Comedy Central." Don't miss it!

Reverse Mortgage Presentation

Thursday, May 23, 11 a.m.

Are Reverse Mortgages too good to be true? Robbie Loker will answer all your questions!

Memorial Day Rolling Thunder Breakfast

Friday, May 24, 9 a.m.

Commemorate the last Rolling Thunder ride in Washington, D.C. and honor our fallen veterans when you join us for breakfast and a remembrance in their honor. Must pre-register. Donations accepted and appreciated.

May 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) 9:00 Acrylic Painting 9:30 Mats Class 10:30 Let's Move 11:00 Caring and Sharing Bible Study 12:30 Penny Bingo	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 \$ Fitness Room Orientations by Appointment	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) 9:30 Open Art Studio 10:00 Mats Class 12:45 Hand and Foot (Cards)	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 pre-register \$ = Fee		9:00 Advanced Directives + ¹	11:00 REAL ID Presentation by MD MVA ² 1:00 Scribblers Creative Writing	11:00 Increase Your Hold ³ 11:30 Cinco De Mayo Calvert Health Mobile Unit 9 a.m. - 11 a.m. Free Skin Cancer Screenings +
9:00 Acrylic Painting \$ ⁶ 10:45 Restorative Yoga \$ 1:00 Chair Yoga \$ Calvert Health Mobile Unit 10:00 - 1:00 Free Lung Cancer Screenings +	10:00 Ask the Expert -Nurse ⁷ 10:00 Paint a Flower Pot, Ceramics 2:00 Open Coffee Bar	11:00 Kindness Rocks + ⁸ 11:00 1950's Music Videos with Kathy	10:00 Krafting with Karla + \$ ⁹ Mother's Day Craft 1:00 Legal Aid +	10:00 Mother's Day Muffins ¹⁰
9:00 Acrylic Painting \$ ¹³	10:00 Ask the Expert - Dietician ¹⁴ 10:30 Grief Support Group with Hospice	11:00 Vocal Vessels Speeches & Storytelling ¹⁵	1:00 Scribblers Creative Writing ¹⁶ 2:00 Open Coffee Bar Blue Crabs Game Trip Registration for Red, White, and Blue Picnic begins today.	11:00 Increase Your Hold ¹⁷ 5:00 Dinner & Movie + \$ <i>The Green Book</i>
9:00 Acrylic Painting \$ ²⁰ 10:45 Restorative Yoga \$ 1:00 Chair Yoga \$	10:00 Ask the Expert -Nurse ²¹ 10:30 Senior Council Meeting	10:30 Charles County Show Troupe ²² <i>Comedy Central</i>	11:00 Reverse Mortgage Presentation ²³	9:00 Memorial Day Rolling Thunder Breakfast + (donations to the NB Senior Council appreciated) ²⁴
Center Closed For Memorial Day ²⁷	²⁸	11:00 Brain Games ²⁹ Ceramics Trip	11:00 1960's Music Videos with Kathy ³⁰	11:00 Sit A Spell with a Librarian ³¹ Fitness Friday 10:00 a.m. - 12:00 p.m.

Acrylic Painting
Mondays, 9 a.m. - 12 p.m.
 New and experienced artists are welcome! Local artist Suzanne Shelden, in her warm and welcoming way, will help you improve your artistic ability, and even teach you “the basics” if that is where you are at in your artistic journey! \$10 per session.

Strength Training
Wednesdays & Fridays, 11 a.m.
 Instructor Dave Scheible leads us in strength training using light weights and bands. Resistance training has many positive benefits and helps us maintain our health as we age gracefully. Fee of \$5 per session.

Knee Wisdom Presentation
Wednesday, June 5, 12:30 p.m.
 Jacqueline Du, Physical Therapist from NOVA Physical Therapy, will enlighten us on how to protect and care for our knees.

Scribblers Creative Writing
Thursdays, June 6 & 20, 1 p.m.
 New members welcome! If you have not attempted creative writing, but are interested, please join us. It's relaxing and fun, whether you want to share stories of the good 'ole days, or your thoughts about the present or future.

Fathers Day Floats
Friday, June 14, 12:30 p.m.
 Celebrate Fathers Day with a Root Beer Float!

1970's Music Videos with Kathy
Wednesday, June 19, 11 a.m.
 Join Kathy in the Dining Room for a look back at our favorites from this decade.

Krafting with Karla
Thursday, June 20, 10 a.m.
 Get creative with this “make and take” summer craft. Fee: \$5/person

Morning Movie: Instant Family
Tuesday, June 25, 10 a.m.
 In this comedy, idealistic couple Ellie (Rose Byrne) and Pete (Mark Wahlberg) find themselves overwhelmed when they open up their home to a teenager and her two younger siblings.

June 2019



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OTHER SCHEDULED ACTIVITIES

10:45 Restorative Yoga \$ 1:00 Chair Yoga \$	3	10:00 Ask the Expert - Nurse 11:00 Calvert County Emergency Communications 9-1-1 Presentation	4	12:30 Knee Wisdom Presentation	5	1:00 Scribblers Creative Writing Last day to register for the Red, White, and Blue Picnic.	6	11:00 Increase Your Hold	7
Calvert Health Mobile Unit 10 a.m. - 1 p.m.	10	10:00 Ask the Expert - Dietician 10:30 Grief Support Group With Hospice	11	<i>Center is closed today.</i> Red White & Blue Picnic + Calvert County Fairgrounds Entertainer: Jimi Simon www.simonmusiccorp.com Hot Dogs, Slaw, Potato Wedges, Watermelon, Dessert	12	13	12:30 Fathers Day Floats Fitness Friday 10:00 a.m. - 12:00 p.m.	14	
10:45 Restorative Yoga \$ 1:00 Chair Yoga \$	17	10:00 Ask the Expert - Nurse 10:30 Senior Council Meeting	18	11:00 Kindness Rocks + 11:00 1970's Music Videos with Kathy	19	10:00 Krafting with Karla \$ + 1:00 Scribblers Creative Writing 2:00 Open Coffee Bar	20	11:00 Increase Your Hold Historic Annapolis Trip	21
24	10:00 Morning Movie + <i>Instant Family</i> 2:00 Open Coffee Bar	25	26	Center closes at 1 p.m. Lunch will be served at 11:30 a.m.	27	28	11:00 Sit A Spell with a Librarian	28	
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