

“Get your Game On” Tuesdays
Join us for games at 12:45 p.m. each Tuesday for some fun competition and exercise. Root people on, or trash talk ‘em. You pick!

Charles County Show Troupe
Wednesday, May 1, 10:30 a.m.
Enjoy singing, dancing and skits!

Kentucky Derby Celebration
Thursday, May 2, 1 p.m.
Wear your Derby Hat and enjoy a “virgin mint julep” while we watch the movie *Secretariat*.

Mothers Day Celebration:
Get Pampered at the Purse Auction!
Wednesday, May 8, 10 a.m.- 2 p.m.
9 a.m. - 12 p.m. Purchase Purse Auction Tickets
10 a.m. - Mini Massages
1 p.m. - Enjoy fresh fruit kabobs while we draw the raffle tickets for the Purse Auction.

Benefits of Coffee & Coffee Bar
Friday, May 10, 10 a.m.
Enjoy a specialty cup of coffee and learn about the benefits of coffee.

Southern Maryland Encore Chorale
Wednesday, May 15, 1 p.m.
Enjoy this amazing vocal group.

Fresh Conversations
Monday, May 20, 9 a.m.
Join us for fun conversation and a tasting as we discuss foods that help healthy gut bacteria and why it’s important to our health.

Memorial Day Activities & Celebration
Tuesday, May 21, 12:45 p.m.
Doo Wop with Jimmy, Cook Out & Corn Hole
Wednesday, May 22, 1 p.m.
Make a Memorial Day wreath
Thursday, May 23, 1 p.m.
Monthly Movie: *Megan Leavey*
A true story of a U.S. Marine and how her military dog saved her life. Corporal Leavey then worked diligently to pass legislation that saved his life.

Stress & Health Presentation
Wednesday, May 29, 1 p.m.
75 - 90% of all doctors visits are due to stress related symptoms. What are your stress symptoms? Join us to learn how stress affects the body and ways to stress less!

May 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 9:00 Open Art Studio 9:30 Ceramics \$ 10:00 Walk For Fun 10:30 Yoga on Your Own 12:30 Duplicate Bridge 1:00 Penny Bingo	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 10:00 Walk For Fun 1:00 Knitting & Crocheting	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 10:30 Bible Study	8:30 Computer Lab 8:30 Fitness Room Open 8:30 Open Sewing Room 8:30 Calvert Health Social Worker 8:45 Bone Builders \$ 10:00 Walk for Fun 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>	10:30 Charles County Show Troupe ¹ <i>“Comedy Central”</i> 12:45 Birthday Party 2:00 Advanced Directives +	1:00 Kentucky Derby Celebration ²	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> Center Closed for Caregivers Conference ³ </div>
1:00 Living Well With Diabetes + ⁶	10:00 Ask the Expert – Nurse ⁷ 11:00 Creative Writing 12:45 Wii Games	9:30 Purse Auction Tickets ⁸ 10:00 Pour-a-Pot Workshop 10:00 Mothers Day Mini Massages 1:00 Purse Auction Drawings	11:00 Senior Council Meeting ⁹ 11:15 Mental Gymnastics 12:30 Watercolor Painting \$	9:00 Advanced Oils \$ ¹⁰ 10:00 Nutritional Talk: Benefits of Coffee and Coffee Bar
10:30 Spiritual Study-Speaker ¹³ 1:00 Living Well With Diabetes + Calvert Health Mobile Unit 10:00-1:00 <i>Free Lung Cancer Screenings +</i>	11:00 REAL ID Presentation by MD MVA ¹⁴ 12:45 Pool Games 1:00 Grief and Loss Support with Ruth Dixon	11:00 Couponing Group ¹⁵ 1:00 SoMD ENCORE Chorale	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> BLUE CRABS BASEBALL GAME TRIP ¹⁶ Registration for Red, White, and Blue Picnic begins today. </div>	9:00 Advanced Oils \$ ¹⁷ 1:00 Project Linus WELLNESS FRIDAY: Free Fitness & Nutrition Plans 10 a.m. -12 p.m.
9:00 Fresh Conversations: <i>Gut Health</i> w/Food Demo ²⁰ 10:30 Spiritual Study Discussion 1:00 Living Well With Diabetes + 1:00 May Flowers Special Bingo	10:00 Ask the Expert – Nurse ²¹ 11:00 Creative Writing 12:45 Memorial Day Celebration: Doo Wop, Cook Out & Corn Hole	1:00 Memorial Day Wreath Making ²² 1:00 Southern Pines Book Club: <i>Code Girls</i> by Liza Mundy	11:15 Mental Gymnastics ²³ 12:30 Watercolor Painting \$ 1:00 Monthly Movie: <i>Megan Leavey</i>	9:00 Advanced Oils \$ ²⁴ Calvert Health Mobile Unit 9 a.m. - 11 a.m. Free Skin Cancer Screenings
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> Center Closed for Memorial Day ²⁷ </div>	10:00 Ask the Expert - Dietician ²⁸ 11:00 (H) Our History: Antietam 12:45 Wii Games 1:00 Grief and Loss Support	1:00 Stress & Health Presentation ²⁹ National Senior Health & Fitness Day CERAMICS TRIP	12:30 Watercolor Painting \$ ³⁰	9:00 Advanced Oils \$ ³¹

World Environment Week

Tuesday, June 4, 11 a.m.

Sierra Club Movie: *Wind and Solar Energy*

Wednesday, June 5

10 a.m. Environmental Impact:

Presentation from local environmentalist and educator Bob Boxwell

11 a.m. Green Living Talk & Pledge

Learn simple ways to reduce our impact on the environment and pledge to do our part.

Thursday, June 6, 1 p.m.

Movie: *A Plastic Ocean*

Knit Wits

Join us Wednesday's at 1 p.m. for knitting and/or crocheting. Bring your own projects or help work on community outreach projects.

Fresh Conversations

Monday, June 10, 9 a.m.

Join us as we discuss the effect different fats have on your heart and health and taste a few. Must pre-register.

Father's Day Pool Tournament

Tuesday, June 11, 9 a.m.

Join us for a Father's Day Pool Tournament. Enjoy a continental breakfast and afternoon snacks. Be sure to register!

Spice Up Your Meals

Friday, June 14, 10 a.m.

Learn the benefits of flavoring your meals with herbs. Plant a few herbs and take with you to try on your favorite dishes.

Open Jam Music Session

Wednesday, June 19, 1 p.m.

Calling all musicians! Bring your instruments and join us as we 'jam out' and celebrate World Music Day!

Insurance 101 for Seniors

Tuesday, June 25, 11 a.m.

The MD Insurance Administration will be here to answer your questions regarding insurance.

Monthly Movie: Blue Planet

Thursday, June 27, 1 p.m.

Enjoy this endearing & beautiful documentary about the world's oceans and mankind's influence on the ocean ecosystem.

June 2019



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OTHER SCHEDULED ACTIVITIES

3	4	5	6	7
	10:00 Ask the Expert – Nurse 10:15 Sierra Club Movie: <i>Wind & Solar Power</i> 11:00 Creative Writing 12:45 Wii Games	10:00 Pour-a-Pot Workshop 10:00 Environmental Impact Presentation 11:00 Green Living Talk & Pledge 12:45 Birthday Party World Environment Day	1:00 Movie: <i>A Plastic Ocean</i> Last day to register for the Red, White, and Blue Picnic.	9:00 Advanced Oils \$ WELLNESS FRIDAY: Free Fitness & Nutrition Plans 10:00-12:00
10	11	12	13	14
9:00 Fresh Conversations: <i>Healthy Fats</i> +	9:00 Father's Day Pool Tournament + 1:00 Grief and Loss Support with Ruth Dixon	<i>Center is closed today.</i> Red, White, and Blue Picnic + Calvert County Fairgrounds Entertainer: Jimi Simon www.simonmusiccorp.com Hot Dogs, Cole Slaw, Potato Wedges, Watermelon, Dessert	10:00 Senior Council Meeting 11:15 Mental Gymnastics 12:30 Watercolor Painting \$	9:00 Advanced Oils \$ 10:00 Nutritional Talk: Spice Up Your Meals & Plant an Herb Garden 1:00 Project Linus NATIONAL STRAWBERRY SHORTCAKE DAY
17	18	19	20	21
11:00 Calvert County Emergency Communications 9-1-1 Presentation	10:00 Ask the Expert – Nurse 11:00 Creative Writing 1:00 Wii Games	11:00 Couponing Group 1:00 Open Jam Music Session 1:00 Southern Pines Book Club: <i>King Peggy</i> by Peggielene Bartels & Eleanor Herman		9:00 Advanced Oils \$ HISTORIC ANNAPOLIS TRIP
24	25	26	27	28
1:00 Summer Fun Special Bingo Calvert Health Mobile Unit 10:00-1:00	10:00 Ask the Expert - Dietician 11:00 (H) Our History: D - Day 12:45 Insurance 101 for Seniors 1:00 Grief and Loss Support 1:00 Corn Hole Games	Center closes at 1:00 p.m. Lunch served at 11:30 a.m.	11:15 Mental Gymnastics 12:30 Watercolor Painting \$ 1:00 Monthly Movie: <i>Blue Planet</i>	9:00 Advanced Oils \$

Fitness room
Orientation by appointment

\$ = Fee
+ = Must pre-register