

Ask-for-the-Nurse Talk
 Tuesday, January 3, 11 a.m.
 "Grief"

It's Time to Lose!

Wednesday, January 11, 11 a.m.

This weight loss support group is for seniors who are looking for healthy ideas to achieve their weight loss. If you really need to lose but could use a helping hand, join this program today!

Household Goodies Bingo

Thursday, January 12, 10:30 a.m.



Come play bingo with friends. Prizes include everything you need to keep your home clean.

Soup's On!

Friday, January 13, 12 noon

Enjoy a delicious bowl of U.S. Senate Bean Soup as we celebrate National Soup Month.

Celebrate Yan Yat

Monday, January 23, 11:30 a.m.

It's a birthday party for everyone we know! Please come and join the "Yan Yat". Eat some cake and ice cream. Wear a silly hat. We promise that this party will be the best "Yan Yat"!



Pie Social

Thursday, January 25, 11:30 a.m.

Join us for a slice of pie! Sponsored by Texas Hold 'Em. Don't miss this yummy treat!

Is Clutter Taking Over Your Life?

Thursday, January 26, 10:30 a.m.

Is clutter taking up your time, draining your energy or increasing your stress? If you answered yes to this question, make an effort to attend this class. Don't let clutter take over your life.

Men's Breakfast

Friday, January 27, 8 a.m.

Enjoy the morning with a group of guys socializing over a yummy breakfast. Eggs, sausage, fried potatoes and more! Donations accepted.



January 2012



North Beach News

9010 Chesapeake Ave., North Beach, MD 20714

Tel: 410-257-2549 Fax: 410-286-8095

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 Information and Assistance 9:00 Bridge 9:00 Increase the Beat (Aerobics) 9:30 Mats 101 10:30 AFEP* 11:00 Caring and Sharing Bible Study 12:30 Penny Bingo	8:30 Information and Assistance 9:30 Ceramics 9:30 Increase the Beat (Aerobics) 11:00 Ask-For-The-Nurse 12:30 Penny Bingo	9:00 Advanced Mats 9:00 Nurse Counselor 9:30 Clay Class 10:00 Line Dancing 10:30 AFEP* 11:00 Strength Training 12:30 Penny Bingo	8:30 Information and Assistance 9:00 Mah Jongg 9:30 Increase the Beat (Aerobics) 10:00 Beading with Joann 10:00 Mats 101 12:30 Penny Bingo 12:45 Hand and Foot 1:00 Open Studio Drawing	9:00 Advanced Mats 9:30 Clay Class 10:15 AFEP* 11:00 Strength Training 12:30 Penny Bingo

* Arthritis Foundation Exercise Program

Cards, Scrabble and Games Daily

OTHER SCHEDULED ACTIVITIES

Center Closed for New Year's Holiday 	11:00 Ask-for-the-Nurse Talk "Grief"		12:30 Lunch Bunch - <i>Smokey Joe's Restaurant</i> 1:00 Scribblers	10:00 Bunco
10:00 Knifty Knitters Class		11:00 It's Time to Lose!	10:30 Household Goodies Bingo 12:00 Red Hats	12:00 Soup's On! National Soup Month
Center Closed For Martin Luther King, Jr. Day 			1:00 Scribblers	
10:00 Knifty Knitters Class 11:30 Celebrate Yan Yat "Everybody's Birthday"	10:30 Senior Council Meeting 5:00 Evening Out <i>Thursdays Restaurant</i>	11:30 Pie Social	10:30 Is Clutter Taking Over Your Life?	8:00 Men's Breakfast + 6:30 <i>All Things New</i> Gospel Performance
	10:30 Monthly Movie	<div style="border: 1px solid black; border-radius: 50%; padding: 10px; display: inline-block;"> \$40 Massages Available by Appointment </div>		

+ Must register 1 week prior to event

Share Your Talent Month

Groundhog Day Brunch
 Thursday, February 2, 12 noon



Celebrate Groundhog Day with a yummy lunch. Enjoy homemade sausage gravy, biscuits, fried potatoes, and fruit.

Ask-for-the-Nurse Talk

Tuesday, February 7, 11 a.m.
 "Bunions"

Card Party

Wednesday, February 8, 5-7 p.m.

Don't miss this old-time favorite event! Pizza, drinks and dessert will be served at 5 p.m., followed by card playing. Prizes! Get a group together and sign up today. Fee: \$10 per person

Black History Wheel of Fortune

Thursday, February 9, 10:30 a.m.

Help celebrate Black History Month by playing our version of this popular game. Prizes awarded to the winners.

Red Hot Valentine Bingo

Tuesday, February 14, 10:30 a.m.

Play bingo and win fabulous "red" prizes.



Fat Tuesday Pancake Pit Stop

Tuesday, February 21, 9:30 a.m.

Celebrate Fat Tuesday with a pit-stop treat of mini pancakes and a cup of hot coffee or tea.



Spring Fling Craft Workshop

Fridays, February 17 and 24, 10 a.m.

The Senior Council is creating crafts to sell in a Spring Fling Craft Show. If you enjoy making crafts, please join them for these two sessions.

A Book Tasting

Tuesday, February 28, 11 a.m.

Now is a great time to reserve your seat for a book lovers event. Enjoy refreshments and lunch with featured guest Joannie Kilmon from the Twin Beach Library. She will give you a "tasting" of a selection of books. Prizes too!

February 2012



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<div style="border: 1px solid black; padding: 5px; display: inline-block;"> * Arthritis Foundation Exercise Program </div>				<div style="border: 1px solid black; border-radius: 15px; padding: 10px; display: inline-block;"> Cards, Scrabble & Games Daily </div>

OTHER SCHEDULED ACTIVITIES

<div style="border: 1px solid black; padding: 5px; display: inline-block;"> + Must register 1 week prior to event </div>	1	2	3
		12:00 Groundhog Day Brunch + 12:30 Lunch Bunch - Traders 1:00 Scribblers	10:00 Bunco
6	7	8	9
	11:00 Ask-for-the-Nurse Talk "Bunions"	11:00 It's Time to Lose 5:00-7:00 Card Party +	10:30 Black History Wheel of Fortune 12:00 Red Hats
10:30 Knifty Knitters Class	14	15	16
	10:30 Red Hot Valentine Bingo		10:00 Wii Bowling Tournament 1:00 Scribblers
20	21	22	23
Center Closed For Presidents Day 	9:30 Fat Tuesday Pancake Pit Stop 10:30 Senior Council Meeting 5:00 Evening Out Ledo's in Dunkirk		10:30 Monthly Movie
27	28	29	
10:00 Knifty Knitters Class	11:00 A Book Tasting +	9:00 Share Your Talent Treva Etchison - Bow Making	