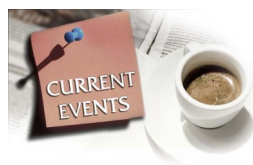


**Current Events**  
**“A Year in Review - 2011”**  
 Monday, January 9, 10 a.m.



What news stories caught your attention in 2011? We will discuss some of the major events that took place in the past year. Topics such as natural disasters, world and national politics, major scandals and the economy will be discussed. All opinions will be respected.

**Chiropractic Care Presentation**

**Tuesday, January 10, 12:30 p.m.**

Dr. Howell will explain the types of musculo-skeletal problems that may benefit from chiropractic care.

**“I Have A Dream”**

**Friday, January 13, 12:30 p.m.**



We will have a special reading of Martin Luther King, Jr.'s speech in commemoration of Martin Luther King Day.

**Cathedral Window Chatelaine Craft**

**Tuesday, January 17, 1 p.m.**

Using two cathedral window-style quilt blocks, create a useful pouch for storing your pins, needles, thimble, thread and scissors.



Class is limited to six. Pre-registration required.

**Wii Tournament**

**Friday, January 27, 10 a.m.**



Join others and enjoy the morning testing your bowling skills.

**Ceramics**

**Tuesdays, 9:30 a.m.**

Another day of open Ceramics has been added to the calendar. The Ceramics room will be open without instruction.

# January 2012



## Southern Pines News

20 Appeal Lane, Lusby, MD 20657

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>11:00</b> Wii Games <b>12:30</b> Duplicate Bridge <b>1:00</b> Board Games <b>1:00</b> Penny Bingo	<b>9:00</b> Brazilian Embroidery <b>9:30</b> Ceramics without instruction <b>9:30</b> Open Sewing <b>10:00</b> AFEP* <b>10:00</b> Ask-For-The-Nurse <b>10:00</b> Wii Games <b>12:30</b> Duplicate Bridge <b>1:00</b> Board Games	<b>9:00</b> Information and Assistance <b>9:30</b> Open Sewing <b>10:00</b> Knit Wits <b>10:00</b> Parcheesi <b>1:00</b> Board Games <b>1:00</b> Card Stamping Club <b>1:00</b> Wii Games	<b>9:00</b> Nurse Counselor <b>9:30</b> Ceramics <b>10:00</b> AFEP* <b>11:00</b> Spiritual Study Group <b>12:45</b> Party Bridge <b>1:00</b> Board Games <b>1:00</b> Wii Games	<b>9:00</b> Information and Assistance <b>10:00</b> Advanced Oil <b>1:00</b> Board Games <b>1:00</b> Knit Wits <b>1:00</b> Penny Bingo <b>1:00</b> Wii Games

\* Arthritis Foundation Exercise Program

**OTHER SCHEDULED ACTIVITIES**

<b>Center Closed for New Year's Holiday</b> 	<b>Center Closed for Martin Luther King, Jr. Day</b> 	<b>Center Closed for Martin Luther King, Jr. Day</b> 	<b>Center Closed for Martin Luther King, Jr. Day</b> 	<b>Center Closed for Martin Luther King, Jr. Day</b> 
<b>10:00</b> Current Events A Year in Review-2011	<b>12:30</b> Chiropractic Care by Dr. Howell  <b>Massage by Appointment</b>	<b>12:30</b> Birthday Party	<b>9:00</b> Men's Bridge	<b>12:30</b> Crazy Cathy's Nutritional Trivia: Citrus Fruits
<b>11:00</b> Senior Council Meeting <b>12:30</b> Drop-In Watercolor	<b>1:00</b> Cathedral Window Chatelaine Craft	<b>12:30</b> Favorite Jokes and Other Tall Tales	<b>9:00</b> Men's Bridge	<b>12:30</b> “I Have A Dream” Speech
<b>12:30</b> Drop-In Watercolor	<b>9:00</b> Tai Chi Class Begins  <b>Massage by Appointment</b>	<b>12:30</b> Drop-In Watercolor	<b>12:30</b> Drop-In Watercolor	<b>10:00</b> Wii Tournament <b>12:30</b> Book Talk with Trudy
<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <b>+ Must register 1 week prior to event</b> </div>				

### Wire Wrapped Ring Craft

Tuesday, February 7, 1 - 3 p.m.

Create a wonderful piece of wearable art! Christine Fisher will teach basic wire wrapping techniques that will allow you to create a wonderful ring. All materials will be provided. Class size limited to ten. Pre-register by February 3.

### Valentine Luncheon and Sweet Shop

Tuesday, February 14, 12 noon

Bring your sweetheart or your sweet self to celebrate Valentine's Day with food, fun and friendship. After lunch, be sure to visit the Sweet Shop for a made-to-order ice cream sundae or an old-fashioned root beer float.



### Presidential Trivia

Friday, February 17, 12:30 p.m.

Join in the fun and test your knowledge of our country's presidents. Chance to win prizes!

### Spelling Bee

Tuesday, February 28, 1 p.m.

Come one, come all to the Southern Pines Senior Spelling Bee. Challenge your friends or just come to watch as participants battle it out to earn the title of "Top Speller"! Pre-register to compete.



### Colon Cancer Presentation

Tuesday, February 29, 12:30 p.m.

Pat Eddleman, colon cancer survivor and volunteer at the Calvert County Health Department, will share her personal experience and knowledge. She will also discuss the importance of early detection and treatment for colon cancer.

### Penny Bingo

Mondays and Fridays, 1 p.m.

Looking to beat the winter cold? Turn up the heat with a game of Penny Bingo.



# February 2012



## Southern Pines News


20 Appeal Lane, Lusby, MD 20657

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>10:00</b> Wii Games <b>12:30</b> Duplicate Bridge <b>1:00</b> Board Games <b>1:00</b> Penny Bingo	<b>9:00</b> Tai Chi for Arthritis <b>9:30</b> Brazilian Embroidery <b>9:30</b> Ceramics without instruction <b>9:30</b> Open Sewing <b>10:00</b> AFEP* <b>10:00</b> Ask-For-The-Nurse <b>10:00</b> Wii Games <b>12:30</b> Duplicate Bridge <b>1:00</b> Board Games	<b>9:00</b> Information and Assistance <b>9:00</b> Open Sewing <b>10:00</b> Parcheesi <b>1:00</b> Board games <b>1:00</b> Card Stamping Club <b>1:00</b> Knit Wits <b>1:00</b> Wii Games	<b>9:00</b> Nurse Counselor <b>9:30</b> Ceramics <b>10:00</b> AFEP* <b>11:00</b> Spiritual Study Group <b>12:45</b> Party Bridge <b>1:00</b> Board Games <b>1:00</b> Wii Games	<b>9:00</b> Information and Assistance <b>10:00</b> Advanced Oil <b>1:00</b> Board Games <b>1:00</b> Knit Wits <b>1:00</b> Penny Bingo <b>1:00</b> Wii Games

\* Arthritis Foundation Exercise Program

### OTHER SCHEDULED ACTIVITIES

		12:30 Birthday Party <sup>1</sup>	9:00 Men's Bridge <sup>2</sup>	12:30 Crazy Cathy's Nutritional Trivia: Strawberries <sup>3</sup>
<sup>6</sup>	1:00-3:00 Wire Wrapped Ring Craft <sup>7</sup>  Massage by Appointment	<sup>8</sup>	11:00 Senior Council Meeting 12:30 Drop-In Watercolor <sup>9</sup>	<sup>10</sup>
<sup>13</sup>	12:00 Valentine Luncheon and Sweet Shop <sup>14</sup>	12:30 Favorite Jokes and Other Tall Tales <sup>15</sup>	9:00 Men's Bridge <sup>16</sup>	12:30 Presidential Trivia in recognition of Presidents' Day <sup>17</sup>
Center Closed for Presidents' Day <sup>20</sup> 	21  Massage by Appointment	<sup>22</sup>	12:30 Drop-In Watercolor <sup>23</sup>	12:30 Book Talk with Trudy <sup>24</sup>
<sup>27</sup>	1:00 Spelling Bee <sup>28</sup>	12:30 Colon Cancer Presentation <sup>29</sup>	+ Must register 1 week prior to event	