



Independence Day Cookout

Friday, July 1, Noon

Deck yourself out in red, white and blue. Win a prize for the best patriotic outfit. Enjoy grilled hot dogs and other great summertime eats with your friends and neighbors. Must pre-register. Fee: Lunch contribution

Dehydration and Sun Stroke Presentation

Friday, July 8, 11:30 a.m.

The summer sun can be very alluring but also very dangerous. Do you know the warning signs of dehydration and sun stroke? Ask-For-The-Nurse, Joann Dahle, will tell you the signs and prevention.

Root Beer Floats

Wednesday, July 13, 12:30 p.m.

Sign up for lunch and stay for this cool summer treat.



Intergenerational Camp

Monday - Friday, July 18 - 22

All regular activities are cancelled. Eating Together Lunch will be served.

The Art Of Couponing

Wednesday, July 27, 11 a.m.

Do you want to learn how to save money on the things that you already purchase at the grocery/discount store? Social Services Coordinator, Tonya Jackson, will show you ways to cut your spending with the use of coupons.

Grilled Steak and Corn on the Cob Dinner

Thursday, July 28, 5 p.m.

Nothing says summer like a grilled steak right off the grill. \$10 fee includes steak, macaroni salad, corn on the cob, grilled vegetable, fruit kabobs, ice tea and lemonade.



Watermelon Social

Friday, July 29, 12:30 p.m.

Sign up for lunch and stay for this summer treat.

July 2011



Calvert Pines News

450 West Dares Beach Rd., Prince Frederick, MD 20678
Tel: 410-535-4606 or 301-855-1170 Fax: 410-535-1903

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-4:00 Wii Games 9:00 Crafts with Rosemary 9:30 Ceramics 9:30 Walk to the Beat 10:30 AFEP* 1:00 Pinochle 1:30 Beginners Line Dancing	9:00-4:00 Wii Games 9:00 Coffee in the Old Bay Café Atrium 9:00 Nurse Counselor 10:00 CREATE! 11:00 Tai Chi	9:00-4:00 Wii Games 9:00 Crafts with Rosemary 9:30 Bridge 9:30 Ceramics 9:30 Walk to the Beat 10:00 Massages 10:30 AFEP* 12:30 Variety Players 1:00 Bible Study 1:00 Old Bay Café Games	9:00-4:00 Wii Games 10:00 CREATE! Crafts 10:00 Scrabble 1:00 Old Bay Café Games	9:00-4:00 Wii Games 9:00 Men's Coffee 9:00 Nurse Counselor 9:30 Ask-For-The-Nurse 9:30 Ceramics 9:30 Walk to the Beat 10:00 Bridge 10:00 Open Studio Art 10:30 AFEP* 1:00 Penny Bingo 1:30 Line Dancing	

*Arthritis Foundation Exercise Program

OTHER SCHEDULED ACTIVITIES

<div style="border: 1px solid black; padding: 5px; text-align: center;">+ Must register 1 week prior to event</div>	<div style="border: 1px solid black; padding: 5px; text-align: center;">Computer Lab & Fitness Room are open 9 a.m. to 4 p.m. Monday through Friday</div>			12:00 Independence Day Cookout 1	2
				4 Center Closed for Independence Day 	5 9:30 Fitness Room Orientation
11 12:30 Area Agency Plan Meeting 1:30 MOW Meeting	12 10:30 Cool Beverage Bingo 2:00 Afternoon Delights w/Linda	13 12:30 Root Beer Floats	14 9:00-1:00 Flea Market 1:00 Spelling Bee	15 9:00-1:00 Flea Market	16
18	19	20	21 9:00 COA Meeting	22	23
<div style="border: 1px dashed black; padding: 5px; display: inline-block;">I N T E R G E N E R A T I O N A L C A M P</div>					
25	26	27 11:00 The Art of Couponing	28 10:00 Bridge 5:00 Grilled Steak and Corn on the Cob Dinner +	29 12:30 Watermelon Social	30 10:00 Art Guild Meeting

National Night Out Cookout

Tuesday, August 2, 5 - 7 p.m.

Enjoy a cookout with your neighbors in Calvert Pines I and II as we and other neighborhoods across the nation celebrate the annual *National Night Out* with food, music and giveaways.

Pre-register by July 26.

Calvert Pines I & II residents only.

AARP Driver Safety

Monday, August 8, 9:30 a.m.



Fee: \$14/non AARP

members or \$12/AARP

members (must show AARP card). Make checks payable

to AARP. Must pre-register by August 1.

Luau

Friday, August 12, 11:30 a.m.

Aloha! The CREATE For Seniors Program will host its annual Luau Luncheon. Wear your favorite tropical shirt or outfit. Register in advance.

Annual Crab Feast

Friday, August 19, 12:30 p.m.

Grab your crab mallet and knife, it's the Annual Crab Feast! Treat yourself to six steamed crabs, macaroni salad, corn on the cob, watermelon, iced tea and non-alcoholic beer. Fee: \$20, due by August 12. Make checks payable to the Calvert Pines Senior Council.



Ice Cream Sundaes

Wednesday, August 24, 12:30 p.m.



Cool off during the "dog days of summer" with an ice cream sundae.

Old Bay Coupon Club

Do you use coupons? The Old Bay Café will have a box for everyone to share their coupons. Bring in what you do not want and make a swap.

August 2011



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OTHER SCHEDULED ACTIVITIES

1 + Must register 1 week prior to event	2 9:30 Fitness Room Orientation 5:00 National Night Out Cookout +	3 10:30 People Who Care 12:30 Birthday Party	4 9:30 Senior Council Meeting	5
8 9:30 AARP Driver Safety + 1:30 MOW Meeting	9 10:30 Fresh Produce Bingo	10	11 1:00 Spelling Bee 1:00 Legal Aid by Appointment	12 11:30 Luau
15	16 2:00 Afternoon Delights w/Linda	17	18 9:00 COA Meeting 9:30 Fitness Room Orientation	19 12:30 Crab Feast +
22	23	24 12:30 Ice Cream Sundaes	25 10:00 Bridge	26
29	30	31	<div style="border: 1px solid black; padding: 5px; display: inline-block;"> *** Starting in September, the CPSC Ceramics Room will be closed on the 3rd Monday of each month. *** </div> <div style="border: 1px solid black; padding: 5px; display: inline-block; margin-left: 20px;"> Be sure to vote in August to nominate a Calvert County Fair King/Queen. </div>	