

### MD Dermatology Screening and Questions

Friday, July 1, 11 a.m. - 12 noon

A dermatology specialist will conduct skin cancer screenings followed by a question and answer session.



### Summer Island Party

Friday, July 8, 10:30 a.m.

Wear your festive island clothes and enjoy Island Mocktails, and a Hula dancing performance. Pre-register by July 1.

### Bring Your Daughter/Son to Lunch

Monday, July 11, 12 noon

This is your opportunity to bring your adult daughter or son to lunch.

Non-senior Fee: \$4.50 Must pre-register.

### Ten Warning Signs of Alzheimers

Tuesday, July 12, 10:45 a.m.

Linda Gottfried, Regional Director, Southern Maryland Area, Alzheimer's Association, is hosting a presentation and discussion on the signs of Alzheimers.

### Men's Support Group

Wednesday, July 13, 11 a.m.

This new support group is for men aged 50+ who are facing challenges related to health issues. Get support by sharing advice, trading tips and telling your story.

### Men-Only Breakfast

Friday, July 15, 8 a.m.

Join us for a men-only breakfast in the dining room.

Enjoy eggs, sausage and biscuits.

Fee: Donation Pre-register by July 12.

### Scams & Crimes in Calvert County

Thursday, July 21, 11 a.m.

Learn how to avoid scams and crimes that occur in the local area from

Lt. Colonel Thomas Hejl of the Calvert County Sheriffs' Office.

### Cooking Up Some Fun

Friday, July 22, 1 p.m.

A fun-filled afternoon for you and your grandchild at the center. Your grandchild will enjoy designing his/her own chef's apron, creating a delicious, kid-friendly entrée followed with a cupcake decorating session. Pre-register by July 15.

Fee: \$3 per Grandchild

# July 2011



# North Beach News

9010 Chesapeake Ave., North Beach 20714

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>8:30</b> Information and Assistance <b>9:00</b> Bridge <b>9:30</b> Increase the Beat (Aerobics) <b>9:30</b> Mats 101 <b>10:30</b> AFEP* <b>10:30</b> Tai Chi (Fall Session Only) <b>11:00</b> Caring and Sharing Bible Study <b>12:30</b> Penny Bingo	<b>8:30</b> Information and Assistance <b>9:30</b> Ceramics <b>9:30</b> Increase the Beat (Aerobics) <b>11:00</b> Ask-For-The-Nurse <b>12:30</b> Penny Bingo <b>12:45</b> Strength Training <b>1:00</b> Scrabble and More  <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 0 auto;">* Arthritis Foundation Exercise Program</div>	<b>9:00</b> Advanced Mats <b>9:00</b> Nurse Counselor <b>9:30</b> Clay Class <b>10:00</b> Line Dancing <b>10:30</b> AFEP* <b>11:00</b> Strength Training <b>12:30</b> Cards <b>12:30</b> Penny Bingo	<b>8:30</b> Information and Assistance <b>9:00</b> Mah Jongg <b>9:30</b> Increase the Beat (Aerobics) <b>10:00</b> Beading with Joann <b>10:00</b> Mats 101 <b>12:30</b> Cards <b>12:30</b> Penny Bingo <b>12:45</b> Hand and Foot <b>12:45</b> Strength Training <b>1:00</b> Open Studio Drawing	<b>9:00</b> Advanced Mats <b>9:30</b> Clay Class <b>10:15</b> AFEP* <b>11:00</b> Strength Training <b>12:30</b> Penny Bingo

### OTHER SCHEDULED ACTIVITIES

		<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;">+ Must register 1 week prior to event</div>		<b>10:00</b> Bunco <b>11:00</b> MD Dermatology Screening & Questions  <b>Wear Your Favorite Red, White And Blue Outfit</b>	1
<b>Center Closed For Independence Day</b> 	<b>10:30</b> Senior Council Meeting <b>11:00</b> Ask for the Nurse Talk "Sunburn"		<b>12:30</b> Lunch Bunch <i>Traders Restaurant</i> <b>1:00</b> Scribblers	<b>10:30</b> Summer Island Party +	8
<b>12:00</b> Bring Your Daughter or Son To Lunch	<b>10:45</b> Ten Warning Signs of Alzheimers <b>12:30</b> Area Agency Plan Meeting	<b>11:00</b> Men's Support Group	<b>10:00</b> AARP Driving Class +	<b>8:00</b> Men-Only Breakfast <b>10:00</b> Bunco	15
	<b>10:30</b> New American Food Guideline <b>5:00</b> Evening Out <i>Ledo's Restaurant</i>		<b>11:00</b> Scams & Crimes in Calvert County <b>1:00</b> Scribblers	<b>1:00</b> Cooking Up Some Fun + (Intergenerational Event)	22
					29

### Men's Support Group

Wednesday, August 10, 11 a.m.

This support group is for men aged 50+ facing challenges related to health issues.

Get support by being a part of the group.

### Food Safety Classes

August 9, 16 and 23, 10:30 a.m.

Instructor: Lorraine Harley

### Laughter Yoga Demo

Thursday, August 11, 10:30 a.m.

Learn how laughing is the best exercise to improve your health and keep you fit.

### Baked Potato Bar

Friday, August 12, 12 noon

Enjoy a delicious baked potato topped with all the yummy fixings of your choice for lunch. This will replace the traditional lunch meal.

Pre-registration is required.

### Let's Make a Deal Luncheon

Wednesday, August 17, 12 noon

Add pizzazz to your lunch by participating in this fun-filled lunch activity. You never know what "Ma Barker" will ask you to find. Pre-registration for lunch is required.

### Cupcake Rodeo

Thursday, August 18, 10:30 a.m.

Calling all cupcake cowboys and cowgirls! We are rounding up delicious cupcakes. Create your best cupcakes for taste and design. Prizes awarded to winners. Pick up entry form and rules at the front desk.

### Crab Feast

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

Fee: \$25

Menu: Hard Shell Crabs, Cole Slaw, Pasta Salad, Watermelon, Iced Tea and Soda.

Pre-registration and payment due by August 12.



### Wii Bowling Tournament

Thursday, August 25, 10:30 a.m.

Open to beginners. Join the fun!

### Ice Cream Float Day

Wednesday, August 31, 12:30 p.m.

Enjoy an ice cream float treat following lunch.

# August 2011



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\* Arthritis Foundation Exercise Program

### OTHER SCHEDULED ACTIVITIES

<div style="border: 1px solid black; padding: 5px; width: fit-content;">                     + Must register 1 week prior to event                 </div>	<b>11:00</b> Ask-for-the-Nurse Talk "Anti-Depressants"		<b>1:00</b> Scribblers	<b>10:00</b> Bunco
	<b>10:30</b> Food Safety - Session 1	<b>11:00</b> Men's Support Group	<b>10:30</b> Laughter Yoga Demo	<b>12:00</b> Baked Potato Bar
	<b>10:30</b> Food Safety - Session 2 <b>5:00</b> Evening Out <i>Bob Evans Restaurant</i> <b>No Senior Council Meeting</b>	<b>12:00</b> Let's Make a Deal Luncheon	<b>10:30</b> Cupcake Rodeo <b>1:00</b> Scribblers	<b>12:30</b> Crab Feast +
<b>12:00</b> Big Hat Luncheon <i>Wear your biggest, favorite hat to lunch!</i>	<b>10:30</b> Food Safety - Session 3	<b>5:00</b> Pizza Dinner & Game Night + <div style="text-align: center;"> </div>	<b>10:30</b> Wii Bowling Tournament	<b>10:00</b> Bunco
		<b>12:30</b> Ice Cream Float Day	<div style="border: 1px solid black; padding: 5px;">                     *** Starting in September, Ceramics will be at NBSC on the 3rd Monday of each month. ***                 </div>	<div style="border: 1px solid black; padding: 5px;">                     Be sure to vote in August to nominate a Calvert County Fair King/Queen.                 </div>