

**Patriotic Sing-Along**  
**Friday, July 1, 11 a.m.**  
 Celebrate the 4th of July by singing some of your all-time favorite patriotic songs.

**Popcorn and a Movie**  
**Independence Day**



**Tuesday, July 5, 1:30 p.m.**

To celebrate Stay Out of the Sun Day, enjoy free soda and popcorn while watching this epic blockbuster starring Will Smith

**Tai Chi**

**Tuesdays, 9 a.m. Starting July 12**

Based on the Sun style Tai Chi Chuan, Tai Chi for Arthritis is easy to learn, effective and safe. It increases flexibility and muscle strength, improves balance, and integrates mind and body.

**Calligraphy Class**

**Wednesday and Thursday**

**July 13 & 14 10 a.m. – 2 p.m.**

Local Artist Diane Nargiz will conduct a two-day workshop teaching the art of Calligraphy. Call the office for the class supply list. Fee: \$75

**Jewelry Basics Class**

**Tuesday, July 19, 1p.m.**

Create a bracelet/earrings set while learning basic bead-stringing and crimping techniques with various beading materials and crimp beads. Fee: \$20, includes all supplies



**Alzheimer's Presentation**

**Thursday, July 28, 12:30 p.m.**

Linda Gottfried, Regional Director of the Southern Maryland Alzheimer's Association, will present information and answer questions regarding this debilitating and fatal disease.

**Wii Fit Demonstration**

**Friday, July 29, 10 a.m.**

Come for a demonstration and informative discussion about the Wii Fit gaming system and whether you would like to join the Wii Fit Club.

# July 2011



# 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> Penny Bingo <b>1:00</b> Rummikub	<b>9:00</b> Brazilian Embroidery <b>9:00</b> Tai Chi starting July 12 <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> Card Stamping Club <b>1:00</b> Coupon Club <b>1:00</b> Rummikub	<b>9:00</b> Information and Assistance <b>9:30</b> Open Sewing <b>9:30</b> Solomons Walk <b>10:00</b> Gift Shop Craft Club <b>10:00</b> Knit Wits <b>10:00</b> Parcheesi <b>1:00</b> Rummikub <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> Freedom to Move <b>11:00</b> Spiritual Study <b>12:45</b> Party Bridge <b>1:00</b> Rummikub <b>1:00</b> Wii Games	<b>9:00</b> Information and Assistance <b>9:30</b> Solomons Walk <b>10:00</b> Advanced Oil <b>1:00</b> Knit Wits <b>1:00</b> Penny Bingo <b>1:00</b> Rummikub <b>1:00</b> Wii Games

\* Arthritis Foundation Exercise Program

**OTHER SCHEDULED ACTIVITIES**

				<b>11:00</b> Patriotic Sing-Along <b>12:30</b> Crazy Cathy's Nutritional Trivia: <i>Grapes</i>	1
<b>Center Closed for Independence Day</b> 	<b>1:30</b> Popcorn and a Movie <i>Independence Day</i>	<b>12:30</b> Birthday Party	<b>9:00</b> Men's Bridge		8
	<b>9:00</b> Tai Chi starts  <b>Massage by Appointment</b>	<b>10:00</b> Calligraphy Class	<b>10:00</b> Calligraphy Class <b>11:00</b> Senior Council meeting <b>12:30</b> Area Agency Plan Meeting <b>1:00</b> Legal Aid by Appointment	<b>1:00</b> Project Linus	15
	<b>1:00</b> Jewelry Basics Class	<b>12:30</b> Favorite Jokes and Other Tall Tales	<b>9:00</b> Men's Bridge <b>2:00</b> Cooking with Carolyn: <i>Summertime recipes for Fish and Vegetable packets.</i>	<b>12:00</b> Book Talk with Trudy	22
	<b>Massage by Appointment</b>		<b>12:30</b> Alzheimer's Presentation	<b>10:00</b> Wii Fit Demonstration	29

### Beginner Crochet Class

**Tuesdays throughout August, 1 p.m.**

Learn the basics of crochet from how to hold your yarn, the importance of an even tension, to the different types of yarn and how to read and follow a pattern.

Participants must bring their own crochet needle and two, 7oz. skeins of worsted weight yarn in your choice of color.

Participants will complete a project.

### Heirloom Tomato Presentation

**Tuesday, August 2, 12:30 p.m.**

Master Gardener Nancy Radcliffe will demonstrate the difference between Heirloom and Hybrid tomatoes. Different varieties will be available for taste testing.

### Intergenerational Cornhole

#### Tournament and Ice Cream Social

**Thursday, August 4, 1 p.m.**

Join in the lawn game and enjoy a sweet treat afterward.

### Maryland Relay

**Tuesday, August 9, 12:30 p.m.**

Rebecca Miller from the Maryland Relay, part of the Maryland Department of Information Technology, will discuss the features of Maryland Relay and how to access services available for those who are deaf, hard of hearing, speech disabled, or have physical difficulties that make it hard to use a regular phone.



### Cooking with Carolyn

**Thursday, August 25, 2 p.m.**

Carolyn will demonstrate how to use tomatoes in cooking. She will present two recipes using fresh, home-grown tomatoes.

### Annual Crab Feast

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

Feast on the Bounty of the Bay!

Enjoy six succulent blue crabs, corn on the cob, pasta salad and watermelon. Drinks include iced tea and non-alcoholic beer.



Sponsored by the Southern Pines Senior Council.

Fee: \$22 Pre-register by August 24.

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### OTHER SCHEDULED ACTIVITIES

1	2	3	4	5
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> <b>+Must register 1 week prior to event</b> </div>	<b>12:30</b> Heirloom Tomato Presentation <b>1:00</b> Beginner Crochet Starts	<b>12:30</b> Birthday Party	<b>9:00</b> Men's Bridge <b>1:00</b> Intergenerational Cornhole Tournament and Ice Cream Social +	<b>12:30</b> Crazy Cathy's Nutritional Trivia: <i>Milk</i>
8	9	10	11	12
	<b>12:30</b> Maryland Relay Presentation  <b>Massage by Appointment</b>		<b>11:00</b> Senior Council Meeting	
15	16	17	18	19
		<b>12:30</b> Favorite Jokes and Other Tall Tales	<b>9:00</b> Men's Bridge	<b>1:00</b> Project Linus
22	23	24	25	26
	<b>Massage by Appointment</b>		<b>2:00</b> Cooking with Carolyn <i>Tomatoes</i>	<b>12:30</b> Book Talk with Trudy
29	30	31	<div style="border: 1px solid black; padding: 10px; width: 100%;"> <b>Be sure to vote in August to nominate a Calvert County Fair King/Queen.</b> </div>	
		<b>12:30</b> Annual Crab Feast +		