

**March is National Nutrition Month**  
Celebrate in the Old Bay Café at 10 a.m.  
See calendar for dates.


**American Cancer Society  
Presentation**

**Monday, March 7, 12:30 p.m.**

Come learn what programs and prevention services the American Cancer Society provides. Register in advance.

**Mardi Gras Pancake Luncheon**

**Tuesday, March 8, Noon**

 Regular lunch will be replaced with pancakes and sausage to celebrate, and someone will be crowned King or Queen of the Mardi Gras. Register in advance.

**Chiropractic Care**

**Tuesday, March 15, 12:30 p.m.**

Dr. Karen McDermott will discuss the why and how to alleviate some of those nagging aches and pains. She will demonstrate safe and effective exercises that relieve and prevent neck and low back pain. Call to register.


**Jewelry Making**

**Wednesday, March 16 - April 20, 1 p.m.**

Accessorize your spring wardrobe with new earrings and bracelets. Register in advance. Fee: \$5 per class

**St. Patrick's Day Party**

**Thursday, March 17, Noon**

Don't forget to wear your green!  Enjoy a delicious ham & cabbage lunch, and non-alcoholic beer. Stay for the entertainment after lunch. Reservations required.

**A Living History Presentation**

**Julia Child**

**America's Favorite French Chef**

**Friday, March 18, 12:30 p.m.**

Presented by the Maryland Humanities Council. Lunch reservation required if you plan to have lunch before the program.

**Open Late Thursday**

**Thursday, March 31, 5 - 8 p.m.**

Stay late and play pool or Wii, or at 5:30 p.m. it's Pizza & A Movie for \$5. Register in advance.

# March 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
<b>9:00-4:00</b> Wii Games <b>9:00</b> Crafts with Rosemary <b>9:30</b> Ceramics <b>9:30</b> Walk to the Beat <b>10:30</b> AFEP* <b>1:00</b> Pinochle <b>1:30</b> Beginners Line Dancing	<b>9:00-4:00</b> Wii Games <b>9:00</b> Gentle Yoga <b>9:00</b> Nurse Counselor <b>10:00</b> Co-Ed Fitness <b>10:00</b> CREATE! <b>11:00</b> Tai Chi <b>1:00</b> 500 (cards)	<b>9:00-4:00</b> Wii Games <b>9:00</b> Crafts with Rosemary <b>9:30</b> Bridge <b>9:30</b> Ceramics <b>9:30</b> Walk to the Beat <b>10:00</b> Massages <b>10:30</b> AFEP* <b>12:30</b> Variety Players <b>1:00</b> Bible Study <b>1:00</b> Old Bay Café Games	<b>9:00-4:00</b> Wii Games <b>10:00</b> Co-Ed Fitness <b>10:00</b> CREATE! Crafts <b>10:00</b> Scrabble <b>1:00</b> Old Bay Café Games	<b>9:00-4:00</b> Wii Games <b>9:00</b> Men's Coffee <b>9:00</b> Nurse Counselor <b>9:30</b> Ask-For-The-Nurse <b>9:30</b> Ceramics <b>9:30</b> Walk to the Beat <b>10:30</b> AFEP* <b>10:00</b> Bridge <b>10:00</b> Open Studio Art <b>1:00</b> Penny Bingo <b>1:30</b> Line Dancing	

\*Arthritis Foundation Exercise Program

**OTHER SCHEDULED ACTIVITIES**

	1	2	3	4	5
<b>+Must register 1 week prior to event</b>		10:30 People Who Care 12:30 Birthday Party	9:30 Fitness Room Orientation	10:00 Yogurt Parfaits	
	7	8	9	10	11
12:30 American Cancer Society Presentation+	12:00 Mardi Gras Pancake Luncheon+		10:00 Cheese & Crackers 1:00 Spelling Bee		12:00 Murder Mystery Dinner Theater+
	14	15	16	17	18
1:30 MOW Meeting	10:30 Paper Products Bingo 12:30 Chiropractic Care+ 2:00 Afternoon Delights w/Linda	10:00 Fruit & Dip 1:00 Jewelry Making+ (first class)	9:00-1:00 Flea Market 9:00 COA Meeting 9:00 Social Security 9:30 Fitness Room Orientation 12:00 St. Patrick's Day Party+	9:00-1:00 Flea Market 12:30 Julia Child - Living History	19
	21	22	23	24	25
	10:00 Smoothies		Center Closes at 2 p.m. For Staff Meeting	9:30 Council Meeting 10:00 Bridge	26
	28	29	30	31	
10:00 Vegetables & Dip			5:00 - 8:00 Open Late Thursday 5:30 Pizza & A Movie+	<b>Computer Lab is CLOSED for Tax Season. AARP Tax-Aide Program ends April 15, 2011. (see article on page 2)</b>	



### Baseball Season Opening Day

Friday, April 1, Noon

Wear your favorite team colors, hat, or jersey and celebrate opening day with peanuts, hotdogs, and non-alcoholic beer.

### Maryland Relay Presentation

Monday, April 4, 12:30 p.m.

Maryland Relay is a free service that allows anyone to make phone calls to a person who is deaf, hearing impaired or speech disabled and uses specialized telephone equipment. Come learn about this service. Register in advance.

### Wii Bowling Tournament

Monday, April 18, 10 a.m.

SPSC vs. CPSC

### Computer Class

Thursday, April 21 - May 26, 10 a.m.

Names will be called from the waiting list for this class. Call to have your name added to the list.

### Staff Spring Fashion Show

Thursday, April 21, 12:30 p.m.

Check out what is in this spring when the staff struts their stuff in this hilarious fashion show.

### Intergenerational Easter Brunch & Egg Hunt

Monday, April 25, 11 a.m.

Enjoy brunch with the grandkids and have fun helping them hunt for Easter eggs. Register by April 18. Fee: \$6 per grandchild & grandparent

### Open Late Thursday

Thursday, April 28, 5 - 8 p.m.

Stay late and play pool or Wii, or at 5:30 p.m. it's Mama Linda's Spaghetti Dinner and a Movie for \$5. Register in advance.

**Donate Your Gently Used Handbag for our Mother's Day Bag Auction on May 6. Donations can be dropped off at the center.**

# April 2011



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\*Arthritis Foundation Exercise Program

### OTHER SCHEDULED ACTIVITIES

<b>Computer Lab is closed during Tax Season.</b> <b>AARP Tax-Aide Program ends April 15, 2011.</b>			<b>+Must register 1 week prior to event</b>	<b>12:00</b> Baseball Season Opening Day Luncheon+ <b>Arts Competition Deadline</b>	<b>9 a.m. - 3 p.m.</b> Elder Law & Finance Day <i>See Article on Page 2</i>
<b>12:30</b> Maryland Relay Presentation+		<b>10:30</b> People Who Care <b>12:30</b> Birthday Party	<b>9:30</b> Fitness Room Orientation		
<b>1:30</b> MOW Meeting	<b>10:30</b> Spring Spruce Up Bingo		<b>1:00</b> Legal Aid <b>1:00</b> Spelling Bee		<b>9:00</b> Art Guild Meeting
<b>10:00</b> Wii Tournament+	<b>2:00</b> Afternoon Delights w/Linda		<b>9:00</b> COA Meeting <b>9:00</b> Social Security <b>9:30</b> Fitness Room Orientation <b>10:00</b> Computer Class+ (first class) <b>12:30</b> Staff Spring Fashion Show <b>1:00</b> Legal Aid	<b>Closed for Good Friday</b>	
<b>11:00</b> Intergenerational Brunch & Easter Egg Hunt+			<b>9:30</b> Senior Council Meeting <b>10:00</b> Bridge <b>10:00</b> Computer Class <b>5:00 - 8:00</b> Open Late Thursday <b>5:30</b> Mama Linda's Spaghetti Dinner & A Movie+	<b>3:00</b> Volunteer Party+ (by invitation only)	