

Drop-In Art Lessons
Every Thursday, 9 a.m.-12 p.m.
 Bring your unfinished paintings and let instructor Pat Troiani help with composition, while learning new ideas using watercolors. No need to sign up in advance, just drop in. Fee: \$10 per class

Visiting Nurses
Tuesday, March 1
9 a.m.-12 p.m.

The College of Southern Maryland nursing students will conduct a presentation and screening for diabetes. Learn about risk factors, wound care, foot care and prevention, as well as other important information.

AARP Driver Safety Course
Monday, March 14
10 a.m.-2 p.m.



Bone up on your driving skills. Pre-registration is required at least one week prior to class and payment is requested at the time of registration. Fee: \$12/AARP members \$14/non-members

Living Well
Tuesdays, March 15-April 19
11 a.m.-1:30 p.m.

This popular six-week workshop teaches tools to self-manage ongoing health problems. It helps you develop plans to manage symptoms; communicate effectively with your doctor; and fight fatigue, pain and limitations. The workshop is free but there is a \$25 refundable book deposit. Pre-registration is required.

St. Patrick's Day Celebration
Wednesday, March 17, 12 p.m.

Join us for some traditional Irish food, fun and fellowship as we all become a little Irish. Don't forget to wear your green!

Then and Now
Wednesday, March 23, 12:30p.m.

How good is your memory? Test it out by guessing prices then and now. Learn how much consumer prices have risen over the years and useful tips to cut costs today.

March 2011



Southern Pines News

20 Appeal Lane, Lusby MD. 20657
 Tel: 410-586-2748 Fax: 410-326-0673

Monday	Tuesday	Wednesday	Thursday	Friday
11:00 Wii Games 12:30 Duplicate Bridge 1:00 Penny Bingo 1:00 Rummikub	9:00 Brazilian Embroidery 9:30 Open Sewing 10:00 AFEP* 10:00 Ask for the Nurse 10:00 Wii Games 12:30 Duplicate Bridge 1:00 Card Stamping Club 1:00 Coupon Club 1:00 Rummikub	9:00 Information and Assistance 9:30 Open Sewing 10:00 Knit Wits 10:00 Parcheesi 1:00 Rummikub 1:00 Wii Games	9:00 Drop-In Art Class 9:00 Nurse Counselor 9:30 Ceramics 10:00 AFEP* 11:00 Freedom to Move 11:00 Spiritual Study 12:45 Party Bridge 1:00 Rummikub 1:00 Wii Games	9:00 Information and Assistance 10:00 Advanced Oil 1:00 Knit Wits 1:00 Penny Bingo 1:00 Rummikub 1:00 Wii Games

* 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>	9:00-12:00 Visiting Nurses "Diabetes" ¹	12:30 Birthday Party ²	9:00 Men's Bridge ³	12:30 Crazy Cathy's Nutritional Trivia <i>The History of Corned Beef</i> ⁴
⁷	Massage by Appointment ⁸	⁹	11:00 Senior Council Meeting 1:00 Legal Aid ¹⁰	¹¹
10:00 AARP Driver Safety Course + ¹⁴	11:00 Living Well Workshop+ ¹⁵	12:30 Favorite Jokes and Other Tall Tales! ¹⁶	9:00 Men's Bridge 12:00 St. Patrick's Day Celebration+ ¹⁷	1:00 Project Linus ¹⁸
²¹	11:00 Living Well Workshop Massage by Appointment ²²	12:30 Then and Now Center Closes at 2 p.m. For Staff Meeting ²³	²⁴	12:30 Book Talk with Trudy ²⁵
²⁸	11:00 Living Well Workshop ²⁹	³⁰	9:00 Men's Bridge 2:00 Cooking with Carolyn "Pasta Dishes" ³¹	

Dance Off

Friday, April 1, 10 a.m.

Dust off your dancing shoes and be a part of the first Wii Dance Off competition. Participants will be judged and eliminated one by one until the final dancer wins the prize. It's a great way to have fun and exercise, too!

Lawn and Garden Presentation

Tuesday, April 5, 12:30 p.m.



Just in time for spring Master Gardener Nancy Radcliffe will share her knowledge on preparing shrubs and bushes for spring, container gardening and small vegetable gardens.

Memory Cuff Bracelet

Thursday, April 7, 1 p.m.

Carolyn Ezerins will teach you how to make a beautiful bracelet using memory wire and beads. All materials will be provided. Space is limited. Fee: \$20

Better Blood Pressure

Thursday, April 14, 12:30 p.m.

Learn tips on improving and sustaining a healthy blood pressure. Presented by Lorraine Harley.

Wii Bowling Tournament at Calvert Pines

Monday, April 18, 10 a.m.

Help us bring the trophy back to Southern Pines! Calvert Pines will host this special event. Whether you are a player or participant cheering us on, we need your support. Transportation is on your own and pre-registration is required.



Cooking With Carolyn

Thursday, April 21, 2 p.m.

Easter Ideas!

Couples Appreciation

Wednesday, April 27, 10 a.m.

Spring is in the air and so is love. Let's celebrate couples. Enjoy punch and cookies and be prepared to share how you met, your first kiss, how long you have been together. Share your secrets for a long and happy relationship.

April 2011



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* Arthritis Foundation Exercise Program

OTHER SCHEDULED ACTIVITIES

				10:00 Dance Off + 12:30 Crazy Cathy's Nutritional Trivia: "Pasta" Arts Competition Deadline	1				
<div style="border: 1px solid black; padding: 5px; width: fit-content;"> +Must register 1 week prior to event </div>					8				
4	11:00 Living Well Workshop 12:30 Lawn and Garden Presentation Massage by Appointment	5	12:30 Birthday Party	6	9:00 Men's Bridge 1:00 Memory Cuff Bracelet+	7	8		
11	11:00 Living Well Workshop	12	13	11:00 Senior Council Meeting 12:30 Better Blood Pressure	14	1:00 Project Linus	15		
18	10:00 Wii Bowling Tournament at CPSC+	19	11:00 Living Well Workshop Massage by Appointment	20	12:30 Favorite Jokes and Other Tall Tales!	21	9:00 Men's Bridge 2:00 Cooking with Carolyn "Easter Ideas"	22	Center Closed for Good Friday 
25	26	27	10:00 Couples Appreciation	28	29	12:30 Book Talk with Trudy 3:00 Volunteer Party at CPSC (by invitation)			