

**AARP Driver Safety Education & Training**

Tuesday, November 5, 9 a.m.

Learn how to maintain your skills behind the wheel for as long as possible. \$15 per person. Must pre-register by Nov. 1st.

**Line Dancing & Lessons**

Wednesday, November 6, 10 a.m.

Watch the pros line dance, then learn a dance, or two, yourself!

**Coffee & Coloring**

Tuesday, Nov 5th & 19th

Relax by coloring in (or outside) the lines with a cup of joe in the Craft Room.

**Veterans Day Breakfast**

Friday, November 8, 9:30 a.m.

Enjoy a Pancake Breakfast as we thank those who served in our Armed Forces. Must pre-register by Nov. 6.

**Veterans, Lets Talk**

Fridays, November 8 & 22, 10:30 a.m.

The Chaplain from Calvert Hospice, Bill Miller, will be hosting a Veterans Support Group twice per month. Stop in and meet other veterans.

**Watercolor Workshop**

Thursday, November 14, 9:30 a.m.

All levels welcome! \$15 per person. Must pre-register by Nov. 12.

**Flu Shots with CalvertHealth**

Monday, November 18, 10 a.m.

Flu season is here, prevent it by getting your flu shot. Must pre-register.

**Thanksgiving Luncheon**

Thursday, November 21, 12 p.m.

Enjoy a traditional Thanksgiving meal while listening to local jazz group Higher Standards. Must pre-register for lunch by Nov. 20th.

**November 2019**



**Calvert Pines News**

450 West Dares Beach Rd., Prince Frederick, MD 20678

Tel: 410-535-4606

Fax: 410-535-1903

Monday	Tuesday	Wednesday	Thursday	Friday
<b>9:00</b> Crafts with Rosemary <b>9:30</b> Walk to the Beat <b>10:00</b> Fitness Room Orientations <b>10:30</b> Let's Move <b>12:30</b> Hand and Foot (cards)	<b>8:30</b> Behavioral Health Counselor <b>12:00</b> Bone Density Training <b>1:00</b> Gentle Yoga  <b>Healthy Gains 365</b> <b>8:30 a.m. - 1:00 p.m.</b>	<b>9:00</b> Crafts with Rosemary <b>9:30</b> Duplicate Bridge <b>9:30</b> Ceramics \$ <b>9:30</b> Walk to the Beat <b>10:30</b> Let's Move <b>12:45</b> Hand and Foot (cards)  <b>Massages by Appointment \$</b>	<b>9:00</b> Adventures in Art & Acrylic Painting \$ <b>10:00</b> Scrabble <b>12:00</b> Bone Density Training <b>1:00</b> Bible Study <b>1:00</b> Gentle Yoga	<b>9:30</b> Ceramics \$ <b>9:30</b> Walk to the Beat <b>10:00</b> Open Studio Art \$ <b>10:30</b> Let's Move <b>2:30</b> Fitness Room Orientations

**OTHER SCHEDULED ACTIVITIES**

\$ = Fee + = Must Pre-Register	All pre-registrations can be done at the Front Desk or with Calvert Pines Program Specialist, Kristy Alleva.			
				<b>10:00</b> Ask the Nurse <b>1:00</b> Stepping On +
<b>10:00</b> Contract Bridge	<b>9:00</b> AARP Driver Safety Education Training + \$ <b>9:30</b> Coffee & Coloring <b>11:00</b> Hospice Support Group  <b>AUDITORIUM CLOSED</b>	<b>10:00</b> SOMD Boot Scooters, Line Dancing and Lessons <b>12:15</b> Birthday Party <b>AUDITORIUM CLOSED FOR PERFORMANCE</b>	<b>9:30</b> Reflexology +\$ <b>9:30</b> Senior Council Meeting <b>10:00</b> Co-Ed Fit \$ <b>10:30</b> Nutrition Education with Tracey: "Healthier Holiday Choices"	<b>9:30</b> Veterans Day Breakfast + <b>10:30</b> Veterans, Lets Talk <b>1:00</b> Stepping On +
<b>CENTER CLOSED VETERAN'S DAY</b>	<b>10:00</b> Co-Ed Fit \$ <b>10:30</b> Thankful for Special Bingo	<b>11:00</b> Corn Hole	<b>9:30</b> Watercolor Workshop +\$ <b>10:00</b> Co-Ed Fit \$ <b>11:00</b> Diabetes Awareness Presentation <b>1:00</b> Legal Aid +	<b>10:00</b> Ask the Nurse <b>1:00</b> Stepping On +  <b>Wellness Friday</b> <b>Personal Trainer: 8:30 -10 a.m.</b> <b>Deitian: 10 a.m.-12 p.m.</b>
<b>CalvertHealth Mobile Health Unit Flu Shots + 10 a.m.-1 p.m.</b> <b>1:00</b> Meals on Wheels Meeting	<b>9:30</b> Friends of Calvert County Seniors Meeting (FCCS) <b>9:30</b> Coffee & Coloring <b>10:30</b> Morning Trivia: Hint, Food.	<b>Toby's Dinner Theatre</b>	<b>10:00</b> Contract Bridge <b>12:00</b> Thanksgiving Luncheon +  <b>AUDITORIUM CLOSED FOR LUNCHEON</b>	<b>10:30</b> Veterans, Lets Talk <b>1:00</b> Stepping On +
<b>10:30</b> CREATE! Bingo <b>11:00</b> Music Show with the Sakai Family	<b>9:30</b> Thanksgiving Rock Art  <b>No Bone Density Training</b>		<b>CENTER CLOSED THANKSGIVING</b>	<b>CENTER CLOSED</b>

**D.I.Y. Christmas Ornaments**  
**Tuesday, December 3, 10:30 a.m.**  
 Make an adorable ornament for you or a loved one's tree!  
 Must pre-register by Nov. 27.

**Holiday Movies**  
**Friday, December 6, 11 a.m.:**  
*National Lampoon's Christmas Vacation*  
**Tuesday, December 24, 9:30 a.m.:**  
*The Christmas Story*

**Crab Shell Ornament**  
**Monday, December 9, 9:30 a.m.**  
 Create a festive Crab Shell Ornament for your tree.  
 Free. Pre-register by 12/6.

**Senior Council Purse Sale**  
**Wednesday, December 11, 9:30 a.m.**  
 Stop by the Old Bay Gift Shop to purchase a purse for you or as a gift! All proceeds benefits the Calvert Pines Senior Council Cash or Check only.

**Holiday Luncheon**  
**Friday, December 13, 12 p.m.**  
 It's time for our Holiday Luncheon, then Rock around the Christmas Tree with live music from Southern Maryland's favorite singers, John Luskey and Ryan Forrester.  
 Must pre-register for lunch by Dec. 12.

**Happy Hour with Seasonal Drinks**  
**Thursday, December 19, 10:30 a.m.**  
 Enjoy a cup of (*non-alcoholic*) Egg Nog or warm Cider while listening to Holiday Tunes in the Old Bay Café!

**2-4-U Performance**  
**Friday, December 20, 12:30 p.m.**  
 Dance the afternoon away with the music group 2-4-U!

**New Years Eve Toast**  
**Tuesday, December 31, 12:30 p.m.**  
 Join us in the Old Bay Cafe as we raise a glass to say *Goodbye 2019 and Hello 2020!*

# December 2019



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### OTHER SCHEDULED ACTIVITIES

<b>10:00</b> Contract Bridge <span style="float:right">2</span>	<b>9:30</b> Coffee & Coloring <span style="float:right">3</span> <b>10:30</b> DIY Christmas Ornaments + <b>11:00</b> Hospice Support Group <b>12:00</b> Bone Density Training	<b>11:00</b> Corn Hole <span style="float:right">4</span> <b>12:15</b> Birthday Party	<b>9:30</b> Senior Council Meeting <span style="float:right">5</span> <b>12:00</b> Bone Density Training <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 5px auto;">Sight &amp; Sound Trip</div>	<b>9:30</b> iPhone Training <span style="float:right">6</span> <b>10:00</b> Ask the Expert Nurse <b>11:00</b> Movie Showing: <i>National Lampoon's Christmas Vacation</i>
<b>9:30</b> Crab Ornament Craft + <span style="float:right">9</span> <b>11:15</b> Talk Saves Lives <b>1:00</b> Meals on Wheels Meeting	<b>10:30</b> Holly Jolly Special Bingo <span style="float:right">10</span> <b>12:00</b> Bone Density Training	<b>Senior Council Purse Sale</b> <span style="float:right">11</span> <b>9:00 - 11:30 a.m.</b>  <b>10:00</b> SOMD Boot Scooters, Line Dancing and Lessons <b>AUDITORIUM CLOSED FOR PERFORMANCE</b>	<b>12:00</b> Bone Density Training <span style="float:right">12</span> <b>1:00</b> Legal Aid +  <b>Reflexology by Appointment \$</b>	<b>10:30</b> Veterans, Lets Talk <span style="float:right">13</span> <b>12:00</b> Holiday Luncheon + Music with John Luskey & Ryan Forrester  <b>AUDITORIUM CLOSED FOR LUNCHEON</b>
<b>CalvertHealth's Mobile Health Unit</b> <span style="float:right">16</span> <b>10 a.m.-1 p.m.</b>	<b>9:30</b> Friends of Calvert County Seniors Meeting (FCCS) <span style="float:right">17</span> <b>9:30</b> Coffee & Coloring <b>10:30</b> Morning Trivia: Hint, Holidays	<b>9:30</b> Holiday Rock Art <span style="float:right">18</span> <b>11:00</b> Corn Hole	<b>10:30</b> Happy Hour with Seasonal Drinks <span style="float:right">19</span> <b>Lunch at 11:30 a.m.</b>  <b>CENTER CLOSING AT 1:00 P.M.</b>	<b>10:00</b> Ask the Expert Nurse <span style="float:right">20</span> <b>10:00</b> Floral Arranging with Chesapeake Garden Club + <b>12:30</b> 24U Music Performance <b>Wellness Friday 10 a.m.-12 p.m.</b>
<b>10:30</b> CREATE! Bingo <span style="float:right">23</span>	<b>9:30</b> Morning Movie: <span style="float:right">24</span> <i>The Christmas Story</i>	<span style="float:right">25</span> <b>CENTER CLOSED CHRISTMAS DAY</b>	<span style="float:right">26</span>	<b>10:30</b> Veterans, Lets Talk <span style="float:right">27</span>
<span style="float:right">30</span>	<b>9:30</b> Coffee & Coloring <span style="float:right">31</span> <b>12:30</b> New Years Eve Toast		<b>All pre-registrations can be done at the Front Desk or with Calvert Pines Program Specialist, Kristy Alleva.</b>	<b>\$ = Fee</b> <b>+ = Must Pre-Register</b>