

Christmas Gift Shop Opening!
 Shop the Beach Boutique
 for your Holiday Gifts and Decor
 November 1 - December 31st

**Billiards, *Billiards*, Billiards
 We Need You!**

Join us in our billiards room just for fun or
 learn the game.
 Monday thru Friday, 8:30 a.m. - 4:30 p.m.

**Love Letters from the Wars
 Thursday, November 7, 12:30 p.m.**

Do you have old love letters from war time?
 Would you like to share? Please join us for a
 Veterans Day tribute, and share or just listen.
 Wear your red, white, and blue.

**Piano Music and the Brain
 "The Fountain of Youth"**

Friday, November 8, 11 a.m.

What's the link between music and wellness?
 What's the difference between listening to
 music and playing a musical instrument? Why
 is music making arguably the most complex
 skill on the planet? We will explore the answer
 to these questions and more with Amy Deal.

**Samaritan's Purse
 Christmas Child Boxes**

Tuesday, November 12, 10:30 a.m.
 You donated, now let's pack them up!

**Napkin Folding with Ricca Baker
 Tuesday, November 19, 10:30 a.m.**

Ricca will be here to show how to fancy up our
 holiday tables with Napkin Folding.
 All supplies provided.

**Gobble, Gobble Bingo
 Thanksgiving Celebration
 Thursday, November 21**

Bingo begins at 10:15 and a traditional
 Thanksgiving meal at 12 noon.

**National Parfait Day
 Monday, November 25, 10 a.m.**
 Enjoy a parfait on us!

November 2019



North Beach News

9010 Chesapeake Ave., North Beach 20714
 Tel: 410-257-2549 Fax: 410-286-8095

Monday	Tuesday	Wednesday	Thursday	Friday
8:45 Increase the Beat (Aerobics) 9:00 Acrylic Painting \$ 9:30 Mats Class 10:30 Let's Move 10:45 Yin Yoga (Select Dates) \$ 11:00 Caring and Sharing Bible Study 12:30 Penny Bingo <div style="border: 1px solid black; padding: 5px; text-align: center;"> Fitness Room Orientations by Appointment </div>	8:30 Stability Ball Class 9:00 Bridge 9:30 Ceramics \$ 9:30 Increase the Beat (Aerobics) 10:00 Scrabble 10:00 Dance Fitness 10:45 Breathe, Relax and Meditate 12:45 Hand and Foot (Cards) Massages by Appointment \$	8:30 Behavioral Health Counselor by Appointment Only 8:45 Increase the Beat (Aerobics) 9:30 Mats Class 9:30 Open Art Studio 10:30 Let's Move 11:00 Strength Training \$ 12:30 Penny Bingo	8:30 - 1:00 Healthy Gains 365 8:30 Stability Ball Class 9:00 Mah Jongg 9:30 Increase the Beat (Aerobics) 9:30 Open Art Studio 10:00 Scrabble 10:00 Mats Class 12:45 Hand and Foot (Cards)	8:30 Information and Assistance 8:45 Increase the Beat (Aerobics) 9:00 Open Sewing (all day) 9:00 Pinochle 9:30 Mats Class 9:30 Open Art Studio 10:30 Let's Move 11:00 Strength Training \$ 12:30 Penny Bingo

OTHER SCHEDULED ACTIVITIES

National Kindness Day - November 13 ABC Day - November 13 Veteran's "Let's Talk" 1st and 3rd Tuesday's 11:00 a.m.		Red, White and Blue Fridays for Veterans Show your support for veterans on Fridays in November		¹ 9:00 Living Well with Diabetes 10:30 Bingo Marathon
⁴ 9:00 Acrylic Painting \$ 10:45 Yin Yoga \$ CalvertHealth Mobile Health Unit Flu Shots + 10 a.m. - 1 p.m.	⁵ 9:45 Morning Movie: <i>Our Souls at Night</i> 10:00 Ask the Expert - Nurse 11:00 Veteran's, Lets Talk	⁶ 10:00 Wacky Word Wednesday 11:00 Diabetes Prevention Program 11:00 Nutrition Talk	⁷ 10:00 Face Yoga 11:00 Historical Society Presentation 12:30 Love Letters from the Wars 1:00 Scribblers Creative Writing 2:00 Open Coffee Bar/Afternoon	⁸ 9:00 Living Well with Diabetes 11:00 Music and the Brain WELLNESS FRIDAY: Free Fitness & Nutrition Plans 10 a.m. -12 p.m.
¹¹ Veterans Day Holiday Closed	¹² 10:00 Ask The Expert "Dietician" 10:30 Grief Support with Hospice 11:00 Fall into Reading Book Club 11:00 Christmas Child Boxes	¹³ ABC DAY National Kindness Day 10:00 Wacky Word Wednesday 11:00 Diabetes Prevention Program 11:00 SAD and the Holidays	¹⁴ 11:00 Turkey Talk with Lisa Garrett	¹⁵ 9:00 Living Well with Diabetes 11:00 Increase Your Hold
¹⁸ 9:00 Acrylic Painting \$ 10:45 Yin Yoga \$	¹⁹ 10:00 Ask the Expert - Nurse 10:00 Senior Council Meeting 10:30 Napkin Folding with Ricca + 11:00 Veteran's, Lets Talk	²⁰ Toby's Trip 10:00 Wacky Word Wednesday 11:00 Diabetes Prevention Program	²¹ 10:15 Gobble, Gobble Bingo 12:00 Thanksgiving Luncheon+ 1:00 Scribblers Creative Writing	²² 10:00 Chesapeake Garden Club+ 10:30 Thankful Rock Art "Free"
²⁵ 9:00 Acrylic Painting \$ 10:00 National Parfait Day+	²⁶ 11:00 Real Conversations	²⁷ 10:00 Wacky Word Wednesday 10:30 Recycled Art	²⁸ Closed for Thanksgiving Holiday	²⁹ Closed for Thanksgiving Holiday

National Sock Day
Wednesday, December 4
 Wear your favorite Christmas socks.

Hallmark Holiday Movies

- Friday, December 6, 10 a.m.
“Christmas in Evergreen”
- Thursday, December 12, 10 a.m.
Evergreen Christmas Part II
- Friday, December 20, 10 a.m.
“Christmas at Graceland”
- Friday, December 27, 10 a.m.
“A Cookie Cutter Christmas”

Holiday Sing Along
December 10 and 16, 12:30 p.m.



Luau Christmas Party with the 2-4-U Band
Friday
December 13, 11 a.m.

Come dressed in your Hawaiian style outfit and enjoy the 2-4-U Band and a delicious lunch.

An Afternoon with JustUs2
Coffee Bar and Afternoon Delights
Tuesday, December 17, 1 p.m.

Join us for a coffee bar and some country gospel and bluegrass music along with a few Christmas tunes from **“JustUs2”**. Let us know you're coming!

Cocoa with Santa

Monday, December 9, 11:15 a.m.

You're never too old for Santa! Come enjoy a cup of cocoa on Santa's lap. Please let us know you are coming by Thursday, December 5, 12 p.m.

Noon Years Eve Toast

Tuesday, December 31, 12 noon

Help us start off the new year right with a toast. We will provide the bubbly (non-alcoholic). Write down your New Years resolution and we will put them away for safe keeping. We will look at them again in **January 2021**.

December 2019



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OTHER SCHEDULED ACTIVITIES

9:00 Acrylic Painting \$ 10:45 Yin Yoga \$ 1:00 Ceramics on Your Own	10:00 Ask The Expert "Nurse" 11:00 Veteran's, Lets Talk	National Sock Day 10:00 Wacky Word Wednesday 11:00 Diabetes Prevention Program	Sight and Sound Trip 10:00 Face Yoga 1:00 Scribblers Creative Writing 2:00 Open Coffee Bar	10:00 Friday Hallmark Movie <i>Christmas in Evergreen</i> 11:00 Increase Your Hold
9:00 Acrylic Painting \$ 11:15 Cocoa with Santa 1:00 Ceramics on Your Own CalvertHealth Mobile Unit 10 a.m. - 1 p.m.	10:00 Ask the Expert - "Dietician" 11:00 Real Conversations 10:30 Grief Support with Hospice 11:00 Fall into Reading Book Club 12:30 Holiday Sing Along	10:00 Wacky Word Wednesday 11:00 Diabetes Prevention Program 11:00 Winter Waterfowl, Ducks on the Bay	10:00 Hallmark Morning Movie <i>Evergreen Christmas Part II</i> 10:30 Bow Making with Treva	Luau Christmas Party 11:00 a.m. No Lets Move
9:00 Acrylic Painting \$ 10:45 Yin Yoga \$ 12:30 Holiday Sing Along 1:00 Ceramics on Your Own	10:00 Ask The Expert "Nurse" 11:00 Veteran's, Lets Talk 10:00 Senior Council Meeting 1:00 An Afternoon with JustUs2 Coffee Bar and Afternoon Delights	10:00 Wacky Word Wednesday 11:00 Fall into Reading Book Club 11:00 Rock Art/Recycled Art 11:00 Diabetes Prevention Program ABC DAY	10:30 Cookie Decorating w/Karla 10:00 Face Yoga Lunch will be served at 11:30 a.m. CENTER CLOSING AT 1:00 P.M.	10:00 Friday Hallmark Movie <i>Christmas at Graceland</i> 11:00 Increase Your Hold
9:00 Acrylic Painting \$ 1:00 Ceramics on Your Own	11:00 Real Conversations	Center Closed for Christmas Holiday		10:00 Friday Hallmark Movie <i>A Cookie Cutter Christmas</i> 11:00 Sit a Spell with a Librarian
9:00 Acrylic Painting \$ 1:00 Ceramics on Your Own	Noon Years Eve Toast	Holiday Tunes Daily 8:30 a.m.- 12:30 p.m.	Coming in January 2020 Senior Council Year Long 50/50 Raffle	