

**Kindness Day**  
**Tuesday, November 5, 1 p.m.**  
 Did you know that Winnie the Pooh was a real bear and member of the Canadian military? Enjoy some afternoon tea as we learn the history behind the most beloved KIND bear in the world!

**Quilts of Valor**  
**Thursday, November 7, 10:30 a.m.**  
 Join us as we recognize community veterans, celebrate their service and present them with Quilts of Valor.

**Veterans, Let's Talk**  
**Tuesdays, November 12 & 26, 10 a.m.**  
 Join Chaplain Miller and connect with other veterans in the community.

**Alzheimer's:**  
**Creating Safe Living Spaces**  
**Tuesday, November 12, 11:30 a.m.**  
 Learn helpful tips on creating safe living spaces for loved ones experiencing Alzheimer's.

**Grief & Loss Support**  
**2nd & 4th Tuesday of Each Month, 1 p.m.**  
 Loss comes in many forms and can become more difficult at the holidays. Join us as we support & encourage one another.

**Wreath Making**  
**Tuesday, November 19, 1 p.m.**  
 Design and decorate wreaths to be donated in support of Festival of Wreaths for Hospice.

**SoMD Encore Chorale**  
**Wednesday, November 20, 10:30 a.m.**  
 Sip on some apple cider and enjoy the angelic voices of the Southern MD Encore Chorale.

**Wii Bowling Tournament**  
**Friday, November 22, 10 a.m.**  
 Strike out your opponents and spare no one! 1st and 2nd place winners. Must register.

**Thanksgiving Silent Auction**  
**Monday, November 18 thru**  
**Thursday, November 21, 9 a.m. - 12 noon**  
 Bid on auction items and baskets.  
 Auction Drawing - 11/21, 1 p.m.

**History Presentation:**  
**Uncle Sam Wants YOU!**  
**Tuesday, November 26, 11 a.m.**  
 Commemorating Veterans

# November 2019





## Southern Pines News

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

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 Computer Lab 8:30 Fitness Room Open 8:30 Healthy Gains 365 8:30 Open Sewing Room 9:00 Open Art Studio 9:30 Ceramics \$ 10:00 Walk For Fun 10:30 Yoga Demos & Flows 12:30 Duplicate Bridge 1:00 Penny Bingo	8:30 Computer Lab 8:30 Fitness Room Open 9:00 Creative Expressions 9:00 Embroidery 10:00 Let's Move Exercise Class 12:30 Duplicate Bridge 1:00 Card Stamping Group  <b>Reflexology by Appointment \$</b> <b>Massages by Appointment \$</b>	8:30 Computer Lab 8:30 Fitness Room Open 8:30 Open Sewing Room 8:45 Bone Builders \$ 9:00 Adventures in Studio Art \$ 10:00 Board Games 10:00 Line Dancing 10:00 Walk For Fun 1:00 Knitting & Crocheting	8:30 Computer Lab 8:30 Fitness Room Open 9:00 Information and Assistance 9:00 Needlepoint 9:30 Ceramics \$ 10:00 Let's Move Exercise Class 11:00 Christian Conversations  <b>Behavioral Health Counselor By Appointment</b>	8:30 Computer Lab 8:30 Fitness Room Open 8:30 Open Sewing Room 8:30 Calvert Health Social Worker 8:45 Bone Builders \$ 10:00 Walk for Fun 10:30 Basic Tai Chi 1:00 Penny Bingo

**OTHER SCHEDULED ACTIVITIES**

<div style="display: flex; justify-content: space-between; align-items: center;">  <div style="text-align: center;"> <p><b>Calling All Senior Crafters</b>            Santa's Workshop Craft Sale            Wednesday, December 4, 9:30 a.m. - 2:30 p.m.            Tables - \$15 each. Sign up in the Front Office.</p> </div>  </div>				
4	<b>KINDNESS DAY</b> 5	6	7	8
	10:00 Ask the Expert – Nurse 11:00 Creative Writing 1:00 Kindness Day Afternoon Tea & Movie	10:00 Pour-a-Pot Workshop 11:00 Talk Saves Lives 12:45 Birthday Party 1:00 Beginner's Genealogy	10:30 Quilts of Valor Celebration 11:15 Mental Gymnastics 12:30 Watercolor Painting \$	10:00 Oil Painting: Beginners to Intermediate \$ 11:00 Census Presentation <b>WELLNESS FRIDAY:</b> <b>Free Fitness &amp; Nutrition Plans</b> 10 a.m. - 12 p.m.
11	12	13	14	15
<b>CENTERS CLOSED</b> <b>VETERANS DAY</b>	9:00 Information and Assistance 10:00 <i>Veterans, Let's Talk</i> 11:30 Alzheimer's: Creating Safe Living Spaces 1:00 Grief and Loss Support	1:00 Open Jam Music Session	11:00 Senior Council Meeting 1:00 Monthly Movie: <i>Bucket List</i>	10:00 Oil Painting: Beginners to Intermediate \$
18	19	20	21	22
9:00 Thanksgiving Silent Auction 9:00 Fresh Conversations: <i>Ancient Grains</i>	9:00 Thanksgiving Silent Auction 10:00 Ask the Expert – Nurse 11:00 Creative Writing 1:00 Wreath Making for Festival of Wreaths	9:00 Thanksgiving Silent Auction 11:00 Couponing Group 1:00 Southern Pines Book Club: <i>The Story Keeper</i> , by Lisa Wingate 1:00 SOMD Encore Chorale  <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 0 auto;">Toby's Dinner Theatre</div>	9:00 Thanksgiving Silent Auction 12:30 Watercolor Painting \$ 1:00 Auction Drawing	10:00 Oil Painting: Beginners to Intermediate \$ 10:00 Wii Bowling Tournament
25	26	27	28	29
1:00 Give Thanks Special Bingo <b>Calvert Health Mobile Unit</b> 10 a.m. - 1 p.m. <b>Flu Shots +</b>	9:00 Information and Assistance 10:00 <i>Veterans, Let's Talk</i> 11:00 History Presentation: "Uncle Sam Wants YOU!" 1:00 Grief and Loss Support		<b>CENTERS CLOSED</b> <b>THANKSGIVING</b>	<b>CENTERS CLOSED</b> <b>THANKSGIVING</b>

**Deck the Halls**  
**Monday, December 2, 9 a.m.**  
 Help us deck the halls of our center!  
**Santa's Workshop Craft Fair**  
**Wednesday, December 4**  
**9 a.m. - 2:30 p.m.**

Find the perfect gift for all of those on your list. Purchase affordable items crafted by our senior crafters.

**Beginner's Genealogy**

**Wednesday, December 4, 1 p.m.**

Interested in your family heritage? Learn questions to ask your family during the holidays to delve deeper into your family's history.

**Twelve Days of Christmas**

Enjoy the twelve days before Christmas with us.

**12/9, 1 p.m.** - Enjoy Chevy Chase's *Christmas Vacation* as we sip on hot chocolate.

**12/10, 1 p.m.** - Enjoy Christmastime Doo Wop.

**12/11, 1 p.m.** - Join our Open Jam Music Session with some of your favorite Holiday tunes.

**12/12, 1 p.m.** - Create cute Winter Critter Craft decorations out of natural elements.

**12/13, 11 a.m.** - Enjoy our Christmas lunch and dessert as we listen to holiday music by JustUs2. Must pre-register for lunch.

**12/16, 1 p.m.** - Win prizes with our monthly 'Tis the Season Special Bingo.

**12/17, 1 p.m.** - Help Santa respond to the many letters he receives from children in our community & enjoy some Eggnog.

**12/18, 10 a.m.** - Join us for fun and tons of laughs with our Christmas Charades.

**12/19, 10 a.m.** - Have fun coloring Christmas and Holiday Cards.

**12/20, 10 a.m.** - Join us for a jolly good time at our Christmas Pool Tournament. Must register. Lunch provided.

**12/23, 1 p.m.** - Learn how to make a Pumpkin Roll and enjoy a tasting.

**12/24, 1 p.m.** - Enjoy the classic movie, *It's a Wonderful Life*.

**December 2019**



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<b>8:30</b> Computer Lab <b>8:30</b> Fitness Room Open 8:30 Healthy Gains 365 <b>8:30</b> Open Sewing Room <b>9:00</b> Open Art Studio <b>9:30</b> Ceramics \$ <b>10:00</b> Walk For Fun <b>10:30</b> Yoga Demos & Flows <b>12:30</b> Duplicate Bridge <b>1:00</b> Penny Bingo	<b>8:30</b> Computer Lab <b>8:30</b> Fitness Room Open <b>9:00</b> Embroidery <b>10:00</b> Let's Move Exercise Class <b>12:30</b> Duplicate Bridge <b>1:00</b> Card Stamping Group  <b>Reflexology by Appointment \$</b> <b>Massages by Appointment \$</b>	<b>8:30</b> Computer Lab <b>8:30</b> Fitness Room Open <b>8:30</b> Open Sewing Room <b>8:45</b> Bone Builders \$ <b>9:00</b> Adventures in Studio Art \$ <b>10:00</b> Walk For Fun <b>10:00</b> Board Games <b>10:00</b> Line Dancing <b>1:00</b> Knitting & Crocheting	<b>8:30</b> Computer Lab <b>8:30</b> Fitness Room Open <b>9:00</b> Information and Assistance <b>9:00</b> Needlepoint <b>9:30</b> Ceramics \$ <b>10:00</b> Let's Move Exercise Class <b>11:00</b> Christian Conversations  <b>Behavioral Health Counselor By Appointment</b>	<b>8:30</b> Computer Lab <b>8:30</b> Fitness Room Open <b>8:30</b> Open Sewing Room <b>8:30</b> Calvert Health Social Worker <b>8:45</b> Bone Builders \$ <b>10:00</b> Walk For Fun <b>10:30</b> Basic Tai Chi <b>1:00</b> Penny Bingo

**OTHER SCHEDULED ACTIVITIES**

<b>9:00</b> Christmas Decorating <sup>2</sup>	<b>10:00</b> Ask the Expert – Nurse <sup>3</sup> <b>11:00</b> Creative Writing	<b>9:00</b> Santa's Workshop Craft Fair <sup>4</sup> <b>10:00</b> Pour-a-Pot Art <b>12:45</b> Birthday Party <b>1:00</b> Beginner's Genealogy	<b>11:15</b> Mental Gymnastics <sup>5</sup>  <div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>MIRACLE OF CHRISTMAS SIGHT &amp; SOUND TRIP</b> </div>	<b>WELLNESS FRIDAY: Free Fitness &amp; Nutrition Plans 10 a.m. - 12 p.m.</b> <sup>6</sup>
<b>1:00</b> Movie: <i>Christmas Vacation</i> <sup>9</sup>	<b>9:00</b> Information and Assistance <sup>10</sup> <b>10:00</b> <i>Veterans, Let's Talk</i> <b>1:00</b> Grief and Loss Support with Ruth Dixon <b>1:00</b> Christmastime Doo Wop	<b>1:00</b> Open Jam Music Session: Holiday Favorites <sup>11</sup>	<b>11:00</b> Senior Council Meeting <sup>12</sup> <b>12:30</b> Watercolor Painting \$ <b>1:00</b> Winter Critter Craft	<b>12:30</b> Christmas Music by JustUs2 & Dessert <sup>13</sup>  <b>CHRISTMAS LUNCHEON</b>
<b>9:00</b> Fresh Conversations: <i>Sugar, Sinfully Sweet</i> <sup>16</sup> <b>1:00</b> 'Tis the Season Special Bingo	<b>10:00</b> Ask the Expert – Nurse <sup>17</sup> <b>11:00</b> Creative Writing <b>1:00</b> Santa Letters	<b>10:00</b> Christmas Charades <sup>18</sup> <b>11:00</b> Couponing Group <b>1:00</b> Southern Pines Book Club: <i>The Invention of Wings</i> by Sue Monk Kidd	<b>11:15</b> Mental Gymnastics <sup>19</sup>  <b>Lunch at 11:30 a.m.</b>  <b>CENTER CLOSING AT 1:00 P.M.</b>	<b>10:00</b> Christmas Pool Tournament <sup>20</sup>
<b>1:00</b> Pumpkin Roll Demonstration <sup>23</sup>  <b>Calvert Health Mobile Unit 10 a.m. - 1 p.m.</b>	<b>9:00</b> Information and Assistance <sup>24</sup> <b>1:00</b> Movie: <i>It's a Wonderful Life</i>	<b>25</b>  <b>CENTERS CLOSED CHRISTMAS</b>	<b>26</b>	<b>27</b>
<b>30</b>	<b>12:30</b> New Years Toast <sup>31</sup>			