

Fake Fruitcake Toss Competition

Friday, January 3, 11 a.m.

Jan. 3rd is National Fruitcake Toss Day. Let's see who can toss this cake the farthest!

Music Show by Bruce Thomas

Wednesday, January 8, 10:30 a.m.

Come ring in the New Year with fun tunes performed by Bruce Thomas.

Vein Restoration Presentation

Friday, January 10, 11 a.m.

Sit in on a presentation about Vein Health hosted by The Center for Vein Restoration. Presentation will be held in the Old Bay Café.

National Hat Day

Wednesday, January 15

Wear your favorite and/or goofiest hat today!

Lunch & a Movie: Selma

Friday, January 25, 11 a.m.

Watch this powerful film that shows the chronicles of the three-month period when Dr. Martin Luther King Jr. led a campaign to secure equal voting rights. Must pre-register for lunch.

In-House Pool Tournament

Wednesday, January 22, 10 a.m.

Who will be named the Calvert Pines champion? Players must pre-register by Jan 17th.

Puzzle Competition

Wednesday, January 29, 11 a.m.

January 29th is National Puzzle Day. Come celebrate with a friendly Puzzle Competition. Lets see what team can complete a puzzle the fastest, and be named the Puzzle Champions!

Dining Room Trivia

Thursday, January 30, 11 a.m.

Stop by the Old Bay Café for a casual game of trivia.

Super Bowl Prediction

Friday, January 31, 11 a.m.

Wear your team's colors and make your prediction on who will win Super Bowl LIV.

January 2020




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

OTHER SCHEDULED ACTIVITIES

<p>\$ = Fee + = Must Pre-Register</p>			<p>CENTER CLOSED NEW YEARS</p>	<p>9:30 Senior Council Meeting</p>	<p>10:00 Ask the Nurse 11:00 Fake Fruitcake Toss Competition</p>
	<p>10:00 Contract Bridge</p>	<p>9:30 Coffee & Coloring 11:00 Hospice Support Group 11:30 Living Well with Diabetes +</p>	<p>10:30 Music Show by Bruce Thomas 12:30 Birthday Party</p>	<p>AUDITORIUM CLOSED FOR MUSIC PERFORMANCE</p>	<p>10:30 Veterans, Let's Talk 11:00 Center for Vein Restoration Presentation</p>
	<p>CalvertHealth Mobile Health Unit 10 a.m.-1 p.m. 10:30 Cozy Special Bingo 1:00 Meals on Wheels Meeting</p>	<p>10:00 Snowflake Craft + 11:30 Living Well with Diabetes +</p>	<p> National Hat Day Wear your Crazy Hat</p>	<p>9:00 Commission on Aging Meeting 1:00 Legal Aid +</p>	<p>Wellness Friday 10 a.m.-12 p.m.</p>
	<p>CENTER CLOSED MARTIN LUTHER KING JR. DAY</p>	<p>9:30 Coffee & Coloring 11:30 Living Well with Diabetes + 1:00 Friends of Calvert County Seniors Meeting (FCCS)</p>	<p>10:00 In-House Pool Tournament +</p>	<p>10:00 Contract Bridge</p>	<p>11:00 Lunch & a Movie: <i>Selma</i> +</p>
	<p>10:30 CREATE! Bingo 11:00 Music by the Sakai Family</p>	<p>9:30 Lattes & Rock Art 10:00 Healthy Gains 365 <i>Incontinence</i> Presentation 11:30 Living Well with Diabetes +</p>	<p>11:00 Puzzle Competition</p>	<p>11:00 Dining Room Trivia: Football</p>	<p>11:00 Super Bowl Predictions</p>

Super Bowl LIV Talk

Monday, February 3, 10 a.m.

Did your team win? Come to the Old Bay Café, grab a coffee/tea, and talk about the game and of course the commercials!

Lunch & a Movie: Hidden Figures

Wednesday, February 5, 11 a.m.

Come enjoy a movie during lunch based on the true-story of three African American Women who worked as Mathematicians at NASA during the "Space Race".
Must Pre-Register for Lunch.

Ray

Wednesday, February 19, 11 a.m.

Enjoy a wonderful movie about of the legendary Ray Charles!
Must pre-register for lunch.

Black History Month Jeopardy

Friday, February 7, 11 a.m.

Lets celebrate Black History Month with a fun game of Jeopardy in the Auditorium!

Pillow Craft

Tuesday, February 11, 9:30 a.m.

Create a Heart

Create a Heart Pillow for you or your loved one.

Valentines Day Dance

Friday, February 14, 10:15 a.m.

Grab your sweetheart and dance the morning away with music by Jimi Simon. Then stick around for lunch.

Must pre-register for lunch by 2/13.

Fat Tuesday Pancake Breakfast

Tuesday, February 25, 9:30-10:00 a.m.

Pancakes on Fat Tuesday is a must! Come eat some of Kristy's Famous Pancakes for Breakfast. *We'll only be serving from 9:30-10!*
Must Pre-Register by February 21st.

Antique Talk

Wednesday, February 26, 10 a.m.

If you love Antiques don't miss out on this talk hosted by the "Chesapeakers Club"!

February 2020



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OTHER SCHEDULED ACTIVITIES

3	10:00 Contract Bridge 10:00 Coffee & Super Bowl Talk	4	9:30 Coffee & Coloring 11:00 Hospice Support Group 11:30 Living Well with Diabetes +	5	11:00 Lunch & a Movie: <i>Hidden Figures</i> + 12:30 Birthday Party	6	9:30 Senior Council 1:00 Legal Aid +	7	11:00 Black History Month Jeopardy
10	CalvertHealth Mobile Health Unit 10 a.m.-1 p.m. 10:30 Lots of Love Special Bingo 1:00 Meals on Wheels Meeting	11	9:30 DIY Heart Pillow + 10:00 Healthy Gains 365 <i>Sepsis</i> Presentation 11:30 Living Well with Diabetes +	12		13	10:30 Nutrition Ed. With Tracey, Heart Healthy Foods	14	10:15 Valentines Day Dance 10:30 Veterans, Let's Talk AUDITORIUM CLOSED FOR PERFORMANCE
17	CENTER CLOSED PRESIDENTS' DAY	18	9:30 Coffee & Coloring 1:00 Friends of Calvert County Seniors Meeting (FCCS)	19	11:00 Lunch & a Movie: <i>Ray</i> +	20	9:00 Commission on Aging Meeting 11:00 Dining Room Trivia: Presidents	21	Wellness Friday 10 a.m.-12 p.m.
24	10:30 CREATE! Bingo 11:00 Music by the Sakai Family	25	9:30 Fat Tuesday Pancake Breakfast +	26	10:00 Antique Talk with the "Chesapeakers Club"	27	10:00 Contract Bridge	28	12:30 Newsletter Release Party
Newsletter Release Party Friday, February 28, 12:30 p.m. After lunch stick around for the Release Party of our March & April Newsletter. Staff will be around to answer any questions and get you registered for events!						Motown Music in the Old Bay Café all Month Long!		\$ = Fee + = Must Pre-Register	