

50/50 Fridays
 Each Friday, you will have an opportunity to purchase a 50/50 to raise funds for the North Beach Senior Council. A winner will be drawn every Friday at 12:15 p.m. for the entire year. Tickets will be sold each Friday from 8:30 - 12:00. Sales will begin on Friday, January 3 and end Friday, December 18, 2020.

Trivia Challenge
Friday, January 3, 9:45 a.m.
 Start the New Year off right with a trivia challenge.

2020 Census Presentation
Wednesday, January 8, 11 a.m.
 Get the facts on the 2020 Census.

"Put on Your Winter Coat"
Wednesday, January 8, 11 a.m.
 North Beach Town Eco Tourism Director, Lisa Garrett will be on hand to discuss animals that winter in Southern Maryland.

Morning Movie:
The Peanut Butter Falcon
Thursday, January 9, 10 a.m.
 A young man with Down Syndrome who escapes from an assisted living facility befriends a wayward fisherman on the run. As the two men form a rapid bond, a social worker attempts to track them.

Intergenerational Day
Monday, January 13, 9 a.m.
 Winter Friends Book and Craft

Pie Day
Thursday, January 23, 9 a.m.
 Enjoy a delicious piece of pie to celebrate National Pie Day!

Senior Charades
Monday, January 27, 11 a.m.
 Join us for a fun game of Charades.

Career Day
Tuesday, January 28, 10:45 a.m.
 Guess who is who by hearing their career interview. Interested in being interviewed? Let Linda know.


Prize Bingo Birthday Bash
Wednesday, January 29, 10 a.m.
 Register early for our annual Birthday Bash! Prize Bingo and Lunch with Birthday Cake. Register by January 24.

January 2020



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 12:15 Open Art Studio 12:30 Penny Bingo	8:30 Stability Ball Class 9:00 Bridge 9:30 Ceramics \$ 9:30 Increase the Beat (Aerobics) 10:00 Scrabble 10:00 Dance Fitness 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 Ceramics on Your Own 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 <b style="font-size: 1.2em;">Team Spirit Fridays 

OTHER SCHEDULED ACTIVITIES

<div style="border: 2px solid black; border-radius: 15px; padding: 10px; display: inline-block;"> National Holocaust Remembrance Day Friday, January 24 </div>	Centers Closed Happy New Year	1	2	3
9:00 Acrylic Painting \$ CalvertHealth Mobile Unit 10 a.m. - 1 p.m.	10:00 Ask the Expert - Nurse 11:00 Veterans, Let's Talk 11:00 Real Conversations	6	7	10:00 Face Yoga 1:00 Scribblers Creative Writing 9:45 Trivia Challenge 11:00 Increase Your Hold 50/50 Fridays Begin!
9:00 Intergenerational Day 9:00 Acrylic Painting \$ 10:45 Yin Yoga \$	10:00 Ask The Expert "Dietician" 10:30 Grief Support with Hospice	13	14	10:00 Wacky Words 11:00 Diabetes Prevention Program 11:00 2020 Census Presentation 11:00 Put on Your Winter Coat 10:00 Morning Movie <i>The Peanut Butter Falcon</i>
Center Closed to Honor Martin Luther King Holiday	Career Day 10:00 Ask the Expert - Nurse 10:00 Senior Council Meeting 11:00 Veterans, Let's Talk	20	21	10:00 Wacky Words 11:00 Diabetes Prevention Program 10:00 Face Yoga 11:00 Healthy Gains 365 <i>Incontinence</i> Presentation 1:00 Scribblers Creative Writing 11:00 Increase Your Hold 11:15 Martin Luther King Trivia
9:00 Acrylic Painting \$ 10:45 Yin Yoga \$ 11:00 Senior Charades	10:30 Napkin Folding with Ricca + 10:45 Career Day	27	28	10:00 Wacky Words 11:00 Diabetes Prevention Program 9:00 National Pie Day 11:00 Fall Into Reading Book Club 11:00 Sit a Spell with a Librarian
9:00 Acrylic Painting \$ 10:45 Yin Yoga \$ 11:00 Senior Charades	10:00 Prize Bingo Birthday BASH +	29	30	11:00 Real Conversations 9:00 Recycled Art Project

Black History Month Events

- Thursday Movies**
- **Thursday, February 6, 10 a.m.**
And Still I Rise
Maya Angelou Documentary
 - **Thursday, February 13, 10 am.**
The Jackie Robinson Story
 - **Thursday, February 20, 10 a.m.**
The Rosa Parks Story
 - **Wednesday, February 26, 11 a.m.**
Motown Music Videos
 - **Thursday, February 27 10 a.m.**
The Help

Black History Month Presentation

Friday, February 21, 11:15 a.m.
Learn about Calvert's Black History with Michael Kent, Calvert County NAACP President.

Get in The Grind

Fridays at 9:30 a.m.

Join us and try new coffees and chat.

Morning Movie

Tuesday, February 4, 10 a.m.

Groundhog Day

Bill Murray, a smug and selfish weatherman, who must live through the same day over and over again until he learns the value of caring about others, is a must see.

Intergenerational Day Activity

Monday, February 10, 9 a.m.

Here Comes Valentine Cat Book and Craft.

Animals That Mate for Life

Wednesday, February 12, 11 a.m.

North Beach Town Eco Tourism Director, Lisa Garrett will be on hand to talk about animals that mate for life.

Super Bowl LIV Party

Wednesday, February 19, 11 a.m.

Join us as we celebrate the Super Bowl Game with Super Bowl snacks. Wear your favorite team gear. We know who won, so now we will take a guess at who will be in Super Bowl LV.

Leap Year Letters

Friday, February 28, 11 a.m.

Leap Year only comes every four years. Join us in writing letters to ourselves, then we'll tuck them away for four years.

February 2020



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OTHER SCHEDULED ACTIVITIES

9:00 Acrylic Painting \$ 10:00 Face Yoga CalvertHealth Mobile Unit 10:00 a.m. - 1:00 p.m.	10:00 Morning Movie: <i>Groundhog Day</i> 10:00 Ask the Expert - Nurse 11:00 Veteran's Let's Talk 2:00 Open Coffee Bar	10:00 Wacky Word Wednesday 11:00 Diabetes Prevention Program	10:00 Thursday BHM Movie: <i>And Still I Rise</i> 1:00 Scribblers Creative Writing 2:00 Open Coffee Bar/Afternoon Delights	9:30 The Grind 10:30 Bingo Marathon 11:00 Increase Your Hold
9:00 Acrylic Painting \$ 9:00 Intergenerational Day 10:45 Yin Yoga \$	10:00 Ask The Expert "Dietician" 10:30 Grief Support with Hospice	10:00 Wacky Word Wednesday 11:00 Animals That Mate For Life	10:00 Thursday BHM Movie <i>The Jackie Robinson Story</i> 11:00 Real Conversations	9:30 The Grind 12:00 Valentines Day Dessert and Gift WELLNESS FRIDAY: Free Fitness & Nutrition Plans 10 a.m. -12 p.m.
Center Closed Presidents' Day Holiday	10:00 Senior Council Meeting 11:00 Veteran's Let's Talk	10:00 Wacky Word Wednesday 11:00 Diabetes Prevention Program 11:00 Super Bowl LIV Party	10:00 Thursday BHM Movie: <i>The Rosa Parks Story</i> 11:00 Healthy Gains 365 Sepsis Presentation 1:00 Scribblers Creative Writing 2:00 Open Coffee Bar	9:30 The Grind 11:00 Increase Your Hold 11:15 Calvert's Black History Presentation
9:00 Acrylic Painting \$ 10:00 Face Yoga 10:45 Yin Yoga \$	11:00 Real Conversations	10:00 Wacky Word Wednesday 11:00 Motown Music Videos	10:00 Thursday BHM Movie <i>The Help</i> 11:00 Fall Into Reading Book Club	9:30 The Grind 11:00 Leap Year Letters

Motown Classics All Month In
The Dining Room

"Be a bush if you can't be a tree. If you can't be a highway, just be a trail. If you can't be a sun, be a star. For it isn't by size that you win or fail. Be the best of whatever you are."
Martin Luther King Jr. October 26, 1967