

Wellness Friday
1st Friday of each Month, 10 a.m.
 Meet with the personal trainer and nutritionist to help create a personalized plan to meet your New Year's goals.

Creative Writing
1st & 3rd Tuesdays, 11 a.m.
 Express yourself creatively through writings. Group meets twice a month.

Open Jam Music Session
4th Wednesday of each Month, 1 p.m.
 If your New Years resolution was to pick up the old love of playing music, this group is for you! Come jam with us!

Veterans, Let's Talk
4th Tuesday, 10 a.m.
 Join Chaplain Miller and connect with other veterans in the community.

NEW - SPSC Lattes & Learn
Friday, January 3, 10:30 a.m.
 Enjoy a latte and connect with other new folks at the center as you learn about our programs and activities and SPSC.

Southern Pines Book Club
3rd Wednesday of each Month, 1 p.m.
 Join us for January's discussion of *The Immortal Life of Henrietta Lacks*, by Rebecca Skloot.

New Year Toast & Crazy Gift Exchange
Wednesday, January 8, 1 p.m.
 Toast in the New Year with us. Bring a gift for the crazy gift exchange. \$5 - 10 limit.

DC Snowstorm of 1922
Tuesday, January 14, 11 a.m.
 Learn about the largest and most devastating snowstorm in DC's history. What can we learn from it to be prepared?

Unique as a Snowflake
Thursday, January 16, 1 p.m.
 Through photography, the uniqueness of snow crystals were discovered. Learn the history as we look at Wilson Bentley's incredible photographs. Craft activities follows for those interested.

Wii Snow Sports
Friday, January 17, 1 p.m.
 Which is your favorite snow sport? Ski jumping, bobsledding, figure skating, alpine skiing, or speed skating? Who will be the SPSC champion?

January 2020



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 Embroidery 10:00 Let's Move Exercise Class 12:30 Duplicate Bridge 1:00 Card Stamping Group Reflexology by Appointment \$ Massages by Appointment \$	8:30 Computer Lab 8:30 Fitness Room Open 8:30 Open Sewing Room 8:45 Bone Builders \$ 9:00 Adventures in Studio Art \$ 9:00 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 Behavioral Health Counselor By Appointment	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

		CENTERS CLOSED NEW YEARS DAY	11:15 Mental Gymnastics	10:30 NEW - SPSC Lattes & Learn WELLNESS FRIDAY: Free Fitness & Nutrition Plans 10 a.m. -12 p.m.
	10:00 Ask the Expert – Nurse 11:00 Creative Writing	10:00 Pour-a-Pot Workshop 12:45 Birthday Party 1:00 New Years Toast & Crazy Gift Exchange	11:00 Senior Council Meeting 12:30 Watercolor Painting \$	10:00 Oil Painting: Beginners to Intermediate \$
11:45 Healthy Gains 365 <i>Incontinence Presentation</i>	9:00 Information and Assistance 11:00 DC Snowstorm of 1922 1:00 Grief and Loss Support	11:00 Couponing Group 1:00 Southern Pines Book Club: <i>The Immortal Life of Henrietta Lacks</i> , by Rebecca Skloot	11:15 Mental Gymnastics 1:00 Unique as a Snowflake	10:00 Oil Painting: Beginners to Intermediate \$ 1:00 Wii Snow Sports
CENTERS CLOSED MARTIN LUTHER KING DAY	10:00 Ask the Expert – Nurse 11:00 Creative Writing	1:00 Open Jam Music Session	11:00 Beginner's Genealogy 12:30 Watercolor Painting \$ 1:00 Monthly Movie: <i>Eight Below</i>	10:00 Oil Painting: Beginners to Intermediate \$
1:00 Let It Snow Special Bingo	9:00 Information and Assistance 10:00 Veterans, Let's Talk 11:00 History Presentation: Battle of Fort Sumter 1:00 Grief and Loss Support			10:00 Oil Painting: Beginners to Intermediate \$

Gospel Music
Wednesday, February 5, 1 p.m.
 Relax and enjoy music from the Male Gospel Choir of Lothian as we celebrate our February birthdays.

Puppy Love
Friday, February 14, 10:30 a.m.
 Enjoy the unconditional love of a dog on the sweetest day of the year. Pets on Wheels will bring some furry friends for us to love.

Sweetheart Doo Wop
Friday, February 14, 1 p.m.
 Sing along to classic doo wop music from back in the day and sip on a root beer float .

Love Your Pet Intergenerational Storytime
Tuesday, February 18, 10 a.m.
 Bring your grandkids to storytime, presented by the Library featuring "Love Your Pet" on National Love Your Pet Day followed by an activity by Parks & Recreation. Free.

African American Unsung Heroes
Thursday, February 20, 1 p.m.
 Join us as we celebrate some of the unsung African American heroes that helped change history.

Fat Tuesday Pancake Feast
Tuesday, February 25, 9:30 a.m.
 Indulge in a pancake feast before the Lenten season. Must sign up by February 20th. Free.

History Presentation: Tuskegee Airmen
Tuesday, February 25, 11 a.m.
 Discuss the major achievements of these brave men that eventually helped overcome 300 years of discrimination.

Monthly Movie: Green Book
Thursday, February 27, 1 p.m.
 A historically based comedy about two men from very different worlds, finding common ground and overcoming their unhealthy attitudes about race, class and culture.

February 2020



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OTHER SCHEDULED ACTIVITIES

3	4	5	6	7
	10:00 Ask the Expert – Nurse 11:00 Creative Writing	10:00 Pour-a-Pot Art 12:45 Birthday Party 1:00 Gospel Music <i>Male Gospel Choir of Lothian</i>	11:15 Mental Gymnastics	10:00 Oil Painting: Beginners to Intermediate \$ WELLNESS FRIDAY: Free Fitness & Nutrition Plans 10:00-12:00
10	11	12	13	14
11:45 Healthy Gains 365 <i>Sepsis Presentation</i>	9:00 Information and Assistance 1:00 Grief and Loss Support		11:00 Senior Council Meeting 12:30 Watercolor Painting \$ 1:00 Movie: <i>Letters to Juliet</i>	10:00 Oil Painting: Beginners to Intermediate \$ 10:30 Puppy Love 1:00 Sweetheart Doo Wop
17	18	19	20	21
CENTER CLOSED PRESIDENTS' DAY	10:00 Ask the Expert – Nurse 10:00 Love Your Pet Intergenerational Storytime 11:00 Creative Writing NATIONAL LOVE YOUR PET DAY	11:00 Couponing Group 1:00 Southern Pines Book Club: <i>An American Family</i> , by Khiz Khan	11:15 Mental Gymnastics 1:00 African American Unsung Heroes	10:00 Oil Painting: Beginners to Intermediate \$ 10:00 Nutrition Talk: Ancient Grains
24	25	26	27	28
1:00 Sweetheart Special Bingo Calvert Health Mobile Unit 10:00-1:00	9:00 Information and Assistance 9:30 Fat Tuesday Pancake Feast 10:00 Veterans, Let's Talk 11:00 History Presentation: Tuskegee Airmen 1:00 Grief and Loss Support	1:00 Open Jam Music Session	11:00 Beginner's Genealogy 12:30 Watercolor Painting \$ 1:00 Monthly Movie: <i>Green Book</i>	10:00 Oil Painting: Beginners to Intermediate \$