


R&R Mondays
Mondays, 11:15 a.m.
 Got a case of the Manic Mondays? Come relax with Kristy in the Auditorium for a ten minute guided and seated relaxation class.

Gentle Yoga
Tuesdays & Thursdays, 1 p.m.
 Come spend your afternoon practicing traditional Yoga. During your practice you will be moving through exercises on and off the floor. Beginners are welcome!

Newcomers Coffee Talk
Wednesday, March 4, 9:30 a.m.
 Welcome to the center! Come grab a cup of coffee/tea in the Old Bay Café with Program Specialist, Kristy, and learn about all the fun things Calvert Pines has to offer!

Ceramic "Chocolate" Bunny
Thursday, March 12, 10 a.m.
 Get ready for Easter by making an adorable Ceramic "Chocolate" Bunny!
 Pre-Register by March 10th. \$5 per person.

Lunch & a Movie: Judy
Friday, March 13, 12 p.m.
 Enjoy this wonderful movie about Showbiz legend, Judy Garland.
 Pre-registration for lunch required.

Clovers & Gold Hunt 
Tuesday, March 17
9:30-11:30
 Clovers have been placed around the center, the most collected wins a prize. If you find the pot of Gold you'll win a *bigger* prize!

Face Yoga
Friday, March 20, 11 a.m.
 Time to giggle and stretch your face at the same time! Perfect for Happiness Day!

Game Morning
Friday, March 27, 9:30 a.m.
 Instead of Game Night, let's have a Game Morning! Grab some friends and play some favorites, like Dominos, Scrabble, and Rummikub!

March 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 10:30 Let's Move 11:15 R&R Mondays 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 9:00 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) 2:30 Fitness Room Orientations Massages by Appointment \$	9:00 Adventures in Art & Acrylic Painting \$ 10:00 Co-Ed Fit \$ 10:00 Scrabble 10:00 Fitness Room Orientations 12:30 Bible Study 1:00 Gentle Yoga	9:30 Ceramics \$ 9:30 Walk to the Beat 10:00 Open Studio Art \$ 10:30 Let's Move

\$ = Fee
 + = Must Pre-Register

OTHER SCHEDULED ACTIVITIES

Don't forget we *SPRING* forward, March 8th.
 Remember to change your clocks!

10:00 Contract Bridge ²	11:00 Hospice Support Group ³	9:30 Newcomers Coffee Talk 12:30 Birthday Party ⁴	9:30 Senior Council Meeting ⁵	10:00 CalvertHealth Nurse ⁶
1:00 Meals on Wheels Meeting ⁹	9:30 CalvertHealth Pharmacist 10:30 What's Cookin' Special Bingo 10:30 CSM Student Nurse Health Fair ¹⁰	11:00 Corn Hole Practice ¹¹	10:00 Ceramic "Chocolate" Bunny Craft +\$ ¹²	10:30 Veterans, Let's Talk 12:00 Lunch and a Movie: Judy + ¹³
CalvertHealth Mobile Unit 10 a.m.-1 p.m. 10:00 Music by the Variety Players ¹⁶	St. Patrick's Day 9:30 Clovers and Gold Hunt 9:30 Coffee & Coloring 1:00 Friends of Calvert County Seniors Meeting (FCCS) ¹⁷	10:30 Music by Tom Delaney ¹⁸ LET'S MOVE CANCELLED African American Museum Trip	11:00 Dining Room Trivia ¹⁹ First Day of Spring <i>Wear a colorful outfit!</i>	Wellness Friday: Free Fitness & Nutrition Plans 10 a.m.-12 p.m. 10:00 CalvertHealth Nurse 11:00 Face Yoga International Happiness Day ²⁰
10:30 CREATE! Bingo ²³	AUDITORIUM CLOSED NO EXERCISE CLASSES ²⁴	11:00 Staff vs. Seniors Corn Hole Tournament + 1:00 UMD Center for Excellence <i>Problem Gambling</i> ²⁵	10:00 Contract Bridge ²⁶ NO CO-ED FIT	9:30 Game Morning ²⁷
³⁰	9:30 Easter Egg Rock Art ³¹	Corn Hole Tournament: Wednesday, March 25, 11:00 a.m. Come play the Staff in this friendly game of Corn Hole! Register at the Front Desk.	The Calvert Pines Computer Lab will be closed for our Tax Program, Tuesdays-Fridays until April 15th.	

Floral Arranging Class

Friday, April 3, 10 a.m.

Create a beautiful Spring Floral Arrangement with Chesapeake Garden Club! Pre-registration required. Limited Seating.

Opening Day Celebration

Friday, April 3, 11 a.m.

It's Baseball's Opening Day! Wear your team's colors and enjoy peanuts and non-alcoholic beer in the Old Bay Café.

Croquet on the Lawn

Tuesday, April 7, 10:30 a.m.

It's Springtime, so lets get outside and play some Croquet! (Weather Permitting)

Easter Egg Hunt

Wednesday, April 8, 10 a.m.

Grab a basket and find some eggs. Whoever has the most wins a prize!

Thomas Jefferson Talk

Monday, April 13, 11 a.m.

President Thomas Jefferson was a man of many talents. Join us in the Old Bay Café to learn more about one of our Founding Fathers.

Lunch & a Movie: High Noon

Wednesday, April 15, 12 p.m.

Grab your lunch and enjoy watching one of the best western movies created! If eating lunch, pre-registration is required.

Sleep Better Presentation

Thursday, April 16, 11 a.m.

Learn tips on how to get a better nights rest.

Car Seat Presentation

Tuesday, April 21, 11 a.m.

Have a car seat in your car for the Grandkids? Come to this presentation and learn how to properly install a car seat. Only 20 spots available, must pre-register by April 15th.

Plant Swap for Earth Day

Wednesday, April 22, 10 a.m.

Want to change up your indoor plants? Bring one to swap with someone else.

April 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 10:30 Let's Move 11:15 R&R Mondays 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 9:00 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) 2:30 Fitness Room Orientations Massages by Appointment \$	9:00 Adventures in Art & Acrylic Painting \$ 10:00 Co-Ed Fit \$ 10:00 Scrabble 10:00 Fitness Room Orientations 12:30 Bible Study 1:00 Gentle Yoga	9:30 Ceramics \$ 9:30 Walk to the Beat 10:00 Open Studio Art \$ 10:30 Let's Move

\$ = Fee

+ = Must Pre-Register

OTHER SCHEDULED ACTIVITIES

		9:30 Newcomers Coffee Talk ¹ 12:30 Birthday Party	9:30 Senior Council Meeting ²	10:00 Floral Arranging Class + ³ 10:00 CalvertHealth Nurse 11:00 Opening Day Celebration
10:00 Contract Bridge ⁶	10:30 Croquet on the Lawn ⁷ 11:00 Hospice Support Group	10:00 Easter Egg Hunt ⁸	10:30 Nutrition Education ⁹ <i>Rainbow Nutrition</i> 1:00 Legal Aid +	CENTER CLOSED GOOD FRIDAY ¹⁰
11:00 Thomas Jefferson Talk ¹³ 1:00 Meals on Wheels Meeting	9:30 CalvertHealth Pharmacist ¹⁴ 9:30 Coffee & Coloring 10:30 Feelin' Springy, Special Bingo	12:00 Lunch & a Movie: <i>High Noon</i> + ¹⁵	International Pajama Day ¹⁶ <i>Wear your PJs!</i> 11:00 Sleep Better Presentation 	Wellness Friday: ¹⁷ Free Fitness & Nutrition Plans 10 a.m.-12 p.m. 10:00 CalvertHealth Nurse 11:00 Center for Vein Restoration Talk
CalvertHealth Mobile Unit ²⁰ 10 a.m.-1 p.m.	11:00 Car Seat Presentation + ²¹ 1:00 Friends of Calvert County Seniors Meeting (FCCS) No Healthy Gains 365	Earth Day ²² 10:00 Plant Swap 11:00 <i>Name That Tree</i> Game	10:00 Contract Bridge ²³ 11:00 Dining Room Trivia	Healthy Gains 365 ²⁴ 9:00 a.m. - 1:00 p.m. 12:30 Volunteer Party AUDITORIUM CLOSED
10:30 CREATE! Bingo ²⁷	9:30 Coffee & Coloring ²⁸ 11:00 Music by the Sakai Family AUDITORIUM CLOSED NO EXERCISE CLASSES	²⁹ <div style="border: 1px solid black; padding: 5px; display: inline-block;"> Fredericksburg Trip </div>	12:30 Newsletter Release Party ³⁰ NO CO-ED FIT	