

Bananagrams
Tuesdays at 11 a.m.
 Join us as we try a tile crossword game that will drive you bananas.
 Learn the rules of the game
 Tuesday, March 3, 11:00 a.m.
 This game requires 3 - 4 players per banana.
 You'll see!

National Nutrition Month Activities
EAT RIGHT BITE by BITE
Nutrition Jeopardy
Thursday, March 5, 11 a.m.

Cable Machine Coaching Demo
with Kathy Shannon

Interested in pumping some iron?
 Stop by the fitness center for coaching on standard exercises for upper and lower body.
 Tuesdays, March 10 and 24 at 11 a.m.
 Wednesday, April 1 and 8 at 2 p.m.
 and Tuesday, April 14 at 11 a.m.

St. Patrick's Prize Bingo
Tuesday, March 17, 10 a.m.
 Prize Bingo and Lunch
 Register by Tuesday, March 10.

Women's History Month Events
 Women's History Month was first celebrated in March 1982.

Join us this month as we celebrate just a few of the amazing women that have paved the way for generations, proving that dreams are attainable.

- ◆ **Mother Teresa**
- ◆ **Julia Child**
- ◆ **Anne Frank**
- ◆ **Princess Diana**
- ◆ **Amelia Earhart**
- ◆ **Michelle Obama**
- ◆ **Eleanor Roosevelt**
- ◆ **Jane Austin**
- ◆ **Katherine Hepburn**
- ◆ **Katherine Johnson**
- ◆ **Cicely Tyson**
- ◆ **Aretha Franklin**

March 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 \$ = Fee + = Must Pre-Register	8:30 Stability Ball Class 9:00 Bridge 9:30 Ceramics \$ 9:30 Increase the Beat (Aerobics) 10:00 Scrabble 10:00 Dance Fitness 11:00 Bananagrams 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	9:00 - 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) <i>Wear Your Favorite Baseball Team Attire on Thursdays in March</i>	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 Green Fridays

OTHER SCHEDULED ACTIVITIES

9:00 Acrylic Painting \$ CalvertHealth Mobile Unit 10 a.m. - 1 p.m. 10:00 Face Yoga <i>Mother Teresa</i>	10:00 Ask the Expert - Nurse 11:00 Veterans, Let's Talk 11:00 Real Conversations 2:00 Open Coffee Bar	10:00 Wacky Words Wednesday 11:00 Diabetes Prevention Program <i>Amelia Earhart</i>	10:30 CSM Nursing Students 11:00 Nutrition Jeopardy 1:00 Scribblers Creative Writing	9:30 The Grind 11:00 Increase Your Hold 50/50 Friday! <i>Katherine Hepburn (movie 10 a.m.)</i>
9:00 Acrylic Painting \$ 9:00 Intergenerational Day+ 10:45 Yin Yoga \$ <i>Julia Child (movie 10 a.m.)</i>	10:30 Grief Support with Hospice 11:00 Cable Machine Coaching	10:00 Wacky Word Wednesday 11:00 Signs of Spring <i>Michelle Obama (movie 10 a.m.)</i>	10:00 Morning Movie "Granddaddy Daycare"	50/50 Friday! Wellness Friday: Free Fitness & Nutrition Plans 10 a.m.-12 p.m. <i>Katherine Johnson</i>
9:00 Acrylic Painting \$ 10:00 Face Yoga <i>Anne Frank</i>	St. Patrick's Day Party Lucky Bingo+ 10:00 a.m.	ABC DAY 10:00 Wacky Words Wednesday 11:00 Diabetes Prevention Program <i>African American Museum Trip</i>	11:00 Healthy Gains 365 Insomnia Presentation 1:00 Scribblers Creative Writing 2:00 Open Coffee Bar	9:30 The Grind 11:00 Increase Your Hold 50/50 Friday! <i>Cicely Tyson</i>
10:45 Yin Yoga \$ <i>Princess Diana (movie 10 a.m.)</i>	9:00 AARP Driving Safety+\$ 9:30 CalvertHealth Pharmacist 10:00 Senior Council Meeting 11:00 Cable Machine Coaching	10:00 Wacky Words Wednesday <i>Aretha Franklin</i>	Baseball Opening Day Orioles vs. Yankees <i>Eleanor Roosevelt</i>	9:30 The Grind 10:00 Bingo Marathon 11:00 Sit a Spell with a Librarian 50/50 Friday! <i>Jane Austin</i>
9:00 Acrylic Painting \$ 11:00 Senior Charades+	11:00 Real Conversations	"When You Walk Through That Open Door of Opportunity, You Don't Slam it Shut Behind You. You Hold it Open." <i>-Michelle Obama</i>		

What's Trending?
 Wednesdays, April 1 and 15, 11:15 a.m.
 See what's trending on YouTube.

**Open Coffee Bar and
 Van Morrison Hits**

Tuesday, April 7, 2 p.m.
 Join us for a fancy coffee and great music.

**April Foolers
 Animals that Camouflage**

Wednesday, April 8, 11 a.m.
 Lisa Garrett, North Beach Director of Eco-Tourism, Town of North Beach, will join us for this interesting and informative discussion.

**Color Splash Week
 April 13 ~ 17**

Let's Celebrate Spring!
 Wear the designated colors
 of the week listed on the calendar.

**Family Feud with Karla
 and Kelly (Harvey)**

Thursday, April 23, 11 a.m.
 Register your team by April 16.

**Spring Fling Fried Chicken Dinner,
 Bingo, Silent Auction and 50/50**

Friday, April 24, 4:00 p.m.
 Fried Chicken, Potato Salad and Garden Salad
 with Dessert and Drinks.
 \$15.00 Per Person/Plate
Please Register by April 20.
 Maximum Seating of 70.

**Volunteer Recognition Party
 Monday April 27, 11 a.m.**

The 24U Band will be here to help us celebrate
 our fantastic Volunteers.
 We're "Psyched" to Have You on our Team!
 is our theme. Dig out those bell bottoms and
 peace signs and come prepared for a 70's
 themed event.

Lip Sync Show

Tuesday, April 28, 11 a.m.
 Prepare to be entertained with a Great Show!
 The staff and a couple special guests will battle
 for the title of the Best Lip Syncer.
 You be the judge.

April 2020



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OTHER SCHEDULED ACTIVITIES

 Register Now For The Spring Fried Chicken Dinner/Bingo April 24, 4:00 p.m. 70 Maximum \$15		1 10:00 Wacky Word Wednesday 11:15 What's Trending ? 2:00 Cable Machine Coaching	2 1:00 Scribblers Creative Writing	3 9:30 The Grind 11:00 Increase Your Hold 11:00 Car Seat Safety Presentation/Demonstration
6 9:00 Acrylic Painting \$ 10:45 Yin Yoga \$ CalvertHealth Mobile Unit 10:00 a.m. - 1:00 p.m.	7 10:00 CalvertHealth Nurse 11:00 Veteran's Let's Talk 2:00 Open Coffee Bar and Van Morrison Hits	8 10:00 Wacky Word Wednesday 11:00 April Foolers Nature Talk <i>Animals that Camouflage</i> 11:00 Diabetes Prevention Program 2:00 Cable Machine Coaching	9 11:00 Real Conversations 10:00 Morning Movie <i>Same Kind of Different as Me</i>	10 Closed for Good Friday
13 9:00 Acrylic Painting \$ 9:00 Intergenerational Day+ COLOR SPLASH WEEK RED	14 10:30 Grief Support with Hospice 11:00 Cable Machine Coaching 11:00 Real Conversations BLUE	15 10:00 Wacky Word Wednesday 11:15 What's Trending ? ABC Day GREEN	16 9:00 Commission on Aging 11:00 Healthy Gains 365 Arthritis Presentation 1:00 Scribblers Creative Writing 2:00 Open Coffee Bar/Afternoon Delights PINK	17 9:30 The Grind 11:00 Increase Your Hold PURPLE
20 9:00 Acrylic Painting \$ 10:00 Face Yoga 10:45 Yin Yoga \$	21 10:00 Senior Council Meeting	22 10:00 Wacky Word Wednesday 11:00 Diabetes Prevention Program	23 11:00 Family Feud+	24 9:30 The Grind 10:00 Wellness Friday 10:00 Bingo Marathon 4:00 Spring Dinner and Bingo +\$
27 NO LET'S MOVE 9:00 Acrylic Painting 11:00 Volunteer Recognition Party+ with 24U Band 11:00 Living Well with Diabetes +	28 9:30 CalvertHealth Pharmacist 11:00 Lip Sync Show	29 10:00 Wacky Word Wednesday <div style="border: 1px solid black; padding: 2px; display: inline-block;">Fredericksburg Trip</div>	30  National Adopt A Shelter Pet Day  Animal Shelter Donations Accepted Today	\$ = Fee + = Must Pre-Register