



Where Seniors Help Each Other Thrive!

**Welcome to QA@H Monthly Event Mailing!**

You'll be noticing a few changes in our communications over the next few months. First, the monthly mailing will focus on this Events Calendar so that you can plan around which activities you'd like to sign up for. Click on each event in the calendar, or go to each event description and link to the registration page directly from there. *(If you're not able to get online, simply call the QA@H "Office" at (410) 635-4045 to get info and sign up.)* Second, we'll be transitioning to a quarterly newsletter in order to bring you a broader range of information to help you thrive! We'll be posting more information about that in the near future and look forward to your input. We're excited about the new direction we'll be taking!

Happy New Year

# January

## 2022





### December

S	M	T	W	T	F	S
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

### February

S	M	T	W	T	F	S
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	1	2	3	4	5
6	7	8	9	10	11	12

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <div>26</div>	<div>27</div>	<div>28</div>	<div>29</div>	<div>30</div>	<div>31</div>	<div>1</div> <div>Happy New Year!</div>
<div>2</div>	<div>3</div>	<div>4</div>	<div>5</div>	<div>6</div>	<div>7</div>	<div>8</div>
				<div>Walking Group 9 AM</div>		
<div>9</div>	<div>10</div>	<div>11</div> <div>Brain Health 10 AM DD</div> <div>SNAP: Dept of Aging</div>	<div>12</div>	<div>13</div>	<div>14</div>	<div>15</div>
<div>16</div>	<div>17</div> <div>Walking Group 9 AM</div>		<div>19</div>	<div>20</div> <div>Scavenger Hunt &amp; Trivia ZOOM 5 PM</div>	<div>21</div>	<div>22</div>
<div>23</div>	<div>24</div>	<div>25</div> <div>Brain Health 10 AM DD</div>	<div>26</div>	<div>27</div>	<div>28</div>	<div>29</div>
<div>30</div>	<div>31</div>	<div>1</div>	<div>2</div>	<div>3</div>	<div>4</div>	<div>5</div> 

## **WALKING CLUB Thursday Jan 6, 9:00 AM @ Terrapin**

We will meet in the parking lot and enjoy a walk in this 276-acre nature park which features a 3.25-mile oyster chaff walking trail, which meanders through wildflower meadows, wetlands, tidal ponds, woodlands and sandy shoreline. The trail provides a unique vantage point for viewing an incredible variety of waterfowl, wildlife's and plant species. Portable toilets are available year round. Directions: From 50/301S take exit 37 for MD8, turn right onto MD8 continue 0.3 miles, turn left onto Skipjack Parkway, continue 0.2 miles, turn left onto Log Canoe Circle, continue 0.4 miles, turn left into parking lot for Terrapin Nature area.

**CLICK HERE TO  
REGISTER**



**Monday January 17, 9am.**

**Cross Island Trail - Parking under Kent Narrows Bridge West (Kent Island side)**

We will meet at the parking area under the Kent Narrows Bridge West (Kent Island side). Depending on the day's weather, we will either go east or west for about a mile and back. Our route will take us either along the combination boardwalk and asphalt trail to the east, or west through the woods. Lovely views either way!

Directions:

From Centreville area – Take RT 50/301 west to Exit 41 West ramp, continue .25 mile turn right into the parking area under the Kent Narrows Bridge.

From the Kent Island area - Take 50/301 East to Exit 41 West, turn left onto RT 18, turn left on Piney Narrows Road, turn left into the parking area under the Kent Narrows Bridge.

**CLICK HERE TO  
REGISTER**



## **BRAIN HEALTH**

**Tue 01/11 /22 and Tue 01/25/22**

**10:00 AM to 11:00 AM**

Dunkin' Donuts, 110 Laser Drive, Centreville, MD 21617

Open to all FREE



This Interest Group has evolved from a group that participated in a study called StrongerMEMORY done by Goodwin House in northern Virginia and graduate students from George Mason. The group met its twelve week commitment but is interested in continuing to meet twice monthly to discuss brain health.

**[CLICK HERE TO REGISTER](#)**

## **QUEEN ANNE DEPT OF AGING**

**With Linda Teuber-Kampes**

**Tuesday 01/11/22 10:00 to 11:30 AM**

**On ZOOM Members only**

**SNAP**

Join this Zoom presentation to learn all about all the wonderful programs and services offered by our own Queen Anne's County Department of Aging. Sometimes we tend to think of county services as though they are only for certain things and certain populations. Not so!! It is nothing short of amazing all the services our Department of Aging provides from information on medicare and supplemental insurance to how to arrange for in-home care. Program specialists Pat Hodges and Jennifer Hall will inform us about these wonderful programs that can be used by any of us!

**[CLICK HERE TO REGISTER](#)**

# **SCAVENGER HUNT & TRIVIA** **with MARY JO VOLPICELLI**



Thu 01/20/22 5:00 to 6:00 PM  
FREE and open to all via ZOOM

Mary Jo is back with her delightful scavenger hunt and trivia contest. If you didn't join in on this fun time last year, consider it NOW! Mary Jo has very creative "things" for us to find in our homes and trivia that's just difficult enough to be fun! It's a great winter social hour.

**[CLICK HERE TO REGISTER](#)**

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