

February

2022



January

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March

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| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--|---|-----------|--|--|----------|
| 30 | 31 | 1 | 2 | 3 WALKING GROUP 9:00 AM Terrapin Nature Area | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 QA@H Tutorial on ZOOM 11 AM - 12 PM Tour our website | 12 |
| 13 | 14 Valentines Day Stories 10 - 11:30 AM ON ZOOM | 15 BRAIN HEALTH 10 AM Dunkin Donuts | 16 | 17 KICKOFF MTG CHARITY DONATION SPEC. INT. GROUP ZOOM 1:00-2:00 PM | 18 | 19 |
| 20 | 21 WALKING GROUP 9:00 AM Cross Island Trail, park at Kent Narrows | 22 BRAIN HEALTH 10 AM Dunkin Donuts | 23 | 24 SNAP-DANCE 12 - 3:00 PM Grasonville Senior Center | 25 1w | 26 |
| 27 | 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 |

Meeting plans may change due to Covid.
PLEASE register on our website by using links provided here
or call (410) 635-4045 so that we can contact you if we need to cancel.

Brain Health Interest

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.

Members are welcome to join in at any time. It isn't necessary to have been part of the study. Come once, come now and then, come all the time!

Tues, Feb 8, 10:00 [CLICK HERE TO REGISTER](#)
Dunkin Donuts

Tues, Feb 22, 10:00 [CLICK HERE TO REGISTER](#)
Dunkin Donuts

VALENTINES STORIES

FROM AND FOR YOU

10 - 11:30 AM

Free to All on ZOOM



Click that Zoom invitation, bring your coffee or tea and share a Valentine's Day story or two. Maybe you don't have a story but would be delighted to make one up. That works! Or maybe you have a good story that has nothing to do with Valentine's Day. That works TOO! OR maybe you just like to listen to stories. It all works!!

[CLICK HERE TO REGISTER](#)

Did you know you can access technology tutorials, new and updated SNAP materials, local resources and much, much more from the QA@H website? Would you like to know how to join a QA@H Interest Group or register for an event?

Margan Glover, QA@H's "IT Department", will take us on a tour (via Zoom) of the information available on the Queen Anne At Home's website. Learn how to:

- find a fellow member's phone number or email address
- learn about and register for upcoming programs and seminars, both those provided by QA@H and other local sources like WAVE (Washington Area Village Exchange)
- submit a service request, or volunteer to help another member
- look at recordings of past QA@H events (including a tutorial on using Zoom)
- and much more.

You can watch-and-learn, or follow along on your own computer or smartphone - whatever best suits your learning style. Submit your questions for a personalized tour!

Friday, Feb 11, 11:00-noon ZOOM

[CLICK HERE TO REGISTER](#)

Special Interest Group - initial kickoff meeting WED, FEB 16, 1:00 - 2:00 PM

Our events survey showed many members are interested in getting involved with a Charity Donations Special Interest Group. This is an initial kick-off meeting to discuss what we want this group to be, when we want to meet and to find a point person for the group. If you are interested but cannot make this day or time, please notify Linda at lindat_01@comcast.net with days and times you are available. If the majority of people interested cannot do this day or time – we will reschedule to when most can attend.

CLICK HERE TO REGISTER

SNAP - DANCE YOUR WAY TO HEALTH

Thurs Feb 24, 12:00 - 3:30 PM

FREE TO ALL Grasonville Senior Center

Come join us at the Grasonville Senior Center for an afternoon of dance. **Annie Monego** will be educating us on the benefits of dance and then directing us through learning different steps. Annie currently teaches dance classes at the senior centers for Chesapeake Community College and organizes the *Starlite Dance* once a month at Kent Island Senior Center.

Lunch can be purchased at the senior center for \$5.30 for ages 55-59 and for those 60 and over, a \$3 donation is suggested. The menu that day will be a baked potato bar with chili & cheese and a salad. **Those wishing to purchase lunch at the senior center must let us know (or signup individually through the senior center) no later than 2/9/2022** as we need to provide a count 2 weeks in advance. If you want to purchase lunch – please send an email to lindat_01@comcast.net with a count of how many lunches are needed and also put a note in the comments section when you register. Lunch will be served at 12:00 noon.

The dance portion of our day is expected to start around 12:30, immediately after lunch and commence until everyone is worn out but we do need to wrap up by 3:30 as the Senior center Closes at 4. Annie will have some of her students joining her to help, so even if you aren't into dancing yourself, it may be entertaining to watch.



OF COURSE SINGLES ARE ALWAYS WELCOME!!



You must be registered with the Queen Anne's County Senior Centers to attend – there is no fee – anyone over the age of 55 is eligible. The 4-page application can be filled out there, or pick up and drop off later. In addition to any events we may schedule there, the senior centers also offer many activities which may be of interest to our members, including very affordable classes, lunches, exercise room, etc. There are three Senior Center locations and by signing up at one you have access to all three. Here is a link to their website for more information: [**Senior Centers**](http://SeniorCenters|QueenAnne'sCounty,MD-OfficialWebsite(qac.org))
[**| Queen Anne's County, MD - Official Website \(qac.org\)**](http://SeniorCenters|QueenAnne'sCounty,MD-OfficialWebsite(qac.org))

CLICK HERE TO REGISTER

Walking & Outdoor Club @ Terrapin

Thursday, Feb 3 9:00 - 10 AM free and open to all



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 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

Outdoor & Nature Club @ Cross Island Trail

Mon Feb 21 9:00 - 10:00 AM Free to all, meet at Kent Narrows

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!

CLICK HERE TO REGISTER

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<https://www.QueenAnnesAtHome.org>

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