

April

2022



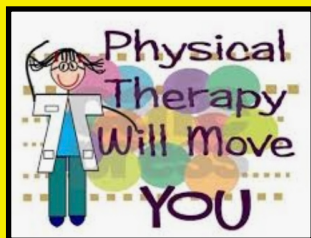
March

S	M	T	W	T	F	S
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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		

May

S	M	T	W	T	F	S
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				

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1	2
3	4	5	6	7	8	9
				Walking and Outdoor Club - 9:00 AM		
10	11	12	13	14	15	16
		Brain Health Interest Group - 10:00 AM				
17	18	19	20	21	22	23
Walking and Outdoor Club - 9:00 AM			Spring Fried Chicken Dinner - 6:00 PM			
24	25	26	27	28	29	30
		Brain Health Interest Group - 10:00 AM			PreSnap lunch @ Mamma Mia	
					SNAP: Balance and Strength - 2:00pm	



SNAP - BALANCE & STRENGTH what Physical Therapy Can do for you! FRIDAY, 4-29-22 2:00 PM
Tidewater Physical Therapy, 140 Pennsylvania Ave., 1A Centreville, MD

See registration page to find out how to register for pre-lunch!

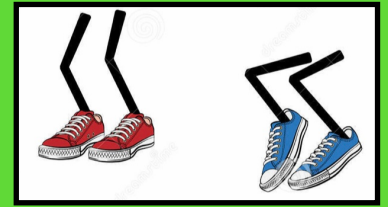
As we age, we know we feel just a little less strong and lose our balance a bit more often. Josh Bigelow, DPT, CLT, MBA is a Doctor of Physical Therapy, Certified Lymphedema Therapist and the Clinical Director of the Centreville Clinic specializes in comprehensive lymphedema management, sports medicine injuries, vestibular dysfunction, spinal disorders, headaches/migraines and neurological impairments. We will surely learn some tactics to keep us stronger,

CLICK HERE TO REGISTER FOR SNAP

WALKING & OUTDOOR CLUB

Free and open to all!

Walks are generally an hour or less. This delightful park has trails in and around meadows, through the forest by streams. Enjoy the Spring flowers. GOOD EXERCISE, GREAT CAMARADERIE.



Thursday April 7, 2022 at 9 am. **Adkins Arboretum** 12610 Eveland Road, Ridgely, MD 21660

This delightful park has trails in and around meadows, through the forest by streams. It should be delightful with spring flowers.

Directions: From 301N or S, take MD-304 exit, at the traffic circle take the exit to MD-304E, exit onto MD 304E, drive 4 miles, turn right onto MD-481S, drive 2 miles, turn left onto Crouse Mill Road, slight left to stay on Crouse Mill Road past lake on the left 0.7 miles, Turn right onto Eveland Road. Continue 0.8 miles, turn right into Adkins Arboretum.

[CLICK HERE TO REGISTER](#)

Monday April 18, 2022 at 9am. - **Tuckahoe State Park** Crouse Mill Road, Queen Anne, MD 21657. Park on Crouse Mill Road opposite the lake.

This is a bit more of a hike in the woods with natural terrain, there are elevation changes and because of the natural terrain, there are roots and stones as well as fallen leaves to be aware of. It should be lovely in the forest with spring flowers. Part of this walk is also in the Adkins Arboretum. This walk is approximately 2.5 miles.

Directions: From 301N or S, take MD-304 exit, at the traffic circle take the exit to MC-304E, exit onto MD 304E, drive 4 miles, turn right onto MD-481S, drive 2 miles, turn left onto Crouse Mill Road, follow to the bridge where the dam is, continue about 200 yards and park on the right hand side of the road in the parking area off the road.



[CLICK HERE TO REGISTER](#)

BRAIN HEALTH INTEREST GROUP

TIME and LOCATION may change! Contact DoraJean (dorajhanna@aol.com) to confirm each event...

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 continuing to meet twice monthly to discuss brain health and provide support.

QA@H 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!

10:00AM to 11:00 AM

Tuesday, 4-12-22

Tuesday, 4-26-22

[CLICK HERE TO REGISTER](#)

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Dunkin' Donuts

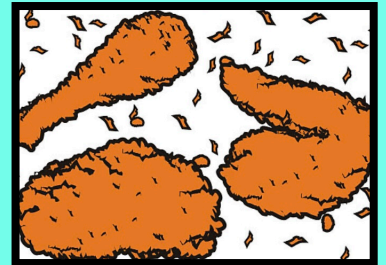
110 Laser Dr. Centreville, Md. 21617

SPRING FRIED CHICKEN DINNER

Wednesday 4-20-22 6:00 - 8:00 PM

Queenstown Moose Lodge \$5.00 OPEN TO ALL

6154 Main St. Grasonville, Md. 21638



Guests are welcome as long as they are registered so we can provide a count for chicken. If you have any friends interested in our wonderful community, this would be a great time for them to meet us. Dress is casual. Bring a side dish to share and your own non-alcoholic drinks and join us to enjoy the Moose's fried chicken with your fellow members. Alcoholic drinks may be purchased at the Moose lounge – cash only. No alcoholic drinks can be brought on the premises from outside Registration is a must by April 13th so we can provide a head count to the Moose Lodge for chicken. Please email Linda at linda_kampes@atlanticbb.net with the side dish you are bringing so we can coordinate.

[CLICK HERE TO REGISTER](#)



May our thoughts be
With all those in need.



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