

May

2022



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



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
	Senior Law Day- Advance Medical Directives - 10:00 AM			Walking and Outdoor Club - 9:00 AM	Shred Day - 8:00 AM	
8	9	10	11	12	13	14
		Brain Health Interest Group - 10:00 AM	Plant and Seed Exchange - 10:00 AM			
15	16	17	18	19	20	21
		Walking and Outdoor Club - 9:00 AM	SNAP - Hearing Loss and Brain Health - 10:00 AM			
22	23	24	25	26	27	28
		Brain Health Interest Group - 10:00 AM				
29	30	31	1	2	3	4



SHRED DAY!

Saturday 5-7-22 8:00 - 12:00 PM

Queenstown Bank, 3701 Main St.

Queenstown, Md. 21658

Get a jump start on your Spring decluttering (SNAP Chapter 10)! Queenstown Bank will have All-Shred on site to help shred your sensitive paper documents that you no longer need to keep on hand. Each car can shred three boxes of documents, with the paper and binding clips removed. First 100 cars will receive a free gift from Queenstown Bank, plus we'll also be accepting non-perishable food donations for local food charities, to help those who need support in our area. Look for the giant, inflatable piggy bank at the Grasonville Branch.

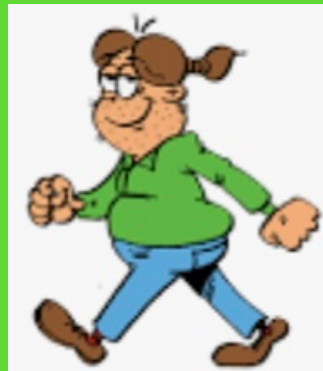
WALKING & OUTDOOR CLUB

Thursday May 5, 9am Adkins Arboretum 12610 Eveland Road, Ridgely, MD 21660

This delightful park has trails in and around meadows, through the forest by streams.

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](#)



Tuesday, May 17, 9 AM Millstream Hiking Trail, park at Millstream Park, 410 S Liberty Rd. Centreville, Md. 21617

This is a 2.5 mile round trip walk along a paved trail along Millstream, through woods and parkland areas, then onto the Wharf and back. As it's warming up you may want to bring your favorite bug repellent.

Directions: From North or south 301 - take 213N toward Centreville, turn left at the end of the bridge into the Millstream parking lot.

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PLANT AND SEED EXCHANGE

WED. MAY 11

10:00 to 11:00 AM

FREE & OPEN TO ALL

[CLICK HERE TO REGISTER](#)



Millstream Park 410 S Liberty St. on Rt. 213

Bring your coffee and seeds or plantings you've wintered over and we'll trade around. And if you aren't a plant person just come and join in the camaraderie!

SENIOR LAW DAY - ADVANCE MEDICAL DIRECTIVES

Monday 5-2-22 10:00 AM to Noon QAC KRAMER CENTER

104 Powell St. Centreville, Md. 21617

This is a FREE Informative Session on Advance Medical Directives

Presented by Mid-Shore Pro Bono

An Advance Medical Directive is a legal document that explains how you want medical decisions to be made if you cannot make them yourself. It lets your health care team and your loved ones know what kind of health care you want and who you want to make decisions for you when you cannot.

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SNAP - HEARING LOSS & BRAIN HEALTH

WED. 5-18-22 10:00 to 11:30 AM Bay Country Moose

6154 Main St. Queenstown, Md. 21658 FREE members only

May is Better Speech and Hearing Month – so there is no better time for Dr. Caroline Aland from Chesapeake Hearing Center to join us for a presentation on Hearing Loss and Brain Health. The following is Dr. Aland's bio provided by Chesapeake Hearing Center:

Caroline Aland, Au.D., has been a resident of Kent Island and a private practitioner with Chesapeake Hearing Centers since 1986. She is a former Girl Scouts leader and Sunday school teacher at Christ Church Parish of Kent Island. She sits on several boards in the community and has a passion for helping others. Dr. Aland received her bachelor's degree from East Tennessee State University in communicative disorders, her master's degree from the University of North Carolina at Chapel Hill in audiology, and her Doctor of Audiology degree from the University of Florida. She enjoys her work and believes helping people is what makes her job enjoyable. "I found a calling to audiology back when I was working with children, while going to college at East Tennessee State," she says. "The satisfaction of helping someone connect with their loved ones drives me to this day." Her professional experience includes clinical work at Womack Army Medical Center, the Durham VA Medical Clinic, and UNC Medical Center's Ear, Nose, and Throat services. Dr. Aland was appointed by the governor of Maryland to the State Board of Audiologists, Hearing Aid Dispensers, and Speech-Language Pathologists

**Coffee & water will be
supplied or bring own**

CLICK HERE TO REGISTER

BRAIN HEALTH INTEREST GROUP

Tuesday 5-10-22 10:00 - 11:00 AM

Tuesday 5-24-22 10:00 - 11:00 AM

Members Only Please Register



The BrainHEALTH interest group meets twice a month to increase our knowledge of how to keep healthy and *SMART*. Using articles and individual experiences we share tips on subjects such as how to maintain a healthy brain, causes of brain problems, care-giving experiences, etc. In addition, we sometimes do brain-strengthening exercises

Any QA@H member is welcome to join in at any time.

Come once, come now and then, come all the time!

Contact **Dora Jean Hanna** (**410-758-7263** or **dorajhanna@aol.com**)

to learn more and confirm meeting time and location.

**Millstream Park, 410 S Liberty St, Rt 213
Centreville, Md. 21617**

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