



June

2022



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				

July

S	M	T	W	T	F	S
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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
29	30	31		1 Walking and Outdoor Club - 9:00 AM	2	3
5	6 Book Club-NEW Interest Group - 1:00 PM	7	8	9	10	11
12	13	14 Brain Health Interest Group - 10:00 AM SNAP: Nutrition for Seniors - 10:00 AM	15 SOCIAL HOUR AT QUEENSTOWN GOLF - 4:30 PM	16	17	18
19	20	21 Walking and Outdoor Club - 9:00 AM	22	23	24	25
26	27	28 Brain Health Interest Group - 10:00 AM	29 LUNCH 11:30	30	1	2
3	4	5	6	7	8	9

The Walking and Outdoor Club encourages YOU to join!

Walks are generally an hour or less and take place on the first Thursday and third Tuesday of each month.

Good exercise! Great camaraderie!

Thursday 6-2-22 9-10AM KI Library

The six-mile **Cross Island Trail** traverses the width of Kent Island. We will meet at the KI Library and join the CIT at the Library walking towards Castle Marina Road in an area that is mostly shaded, and back. Our walk will be about an hour.

Directions to Library. From Centreville and north – Head south on 50W/301S to exit 38A Duke Street. Turn Right onto Main Street for 0.2 miles, turn left onto Library Circle.

From Kent Island – Take MD-8N/Romancoke Road, turn right onto MD-18E/Main Street, continue 0.8 miles, turn left onto Library Circle. Access to the trail is on the left, you may want to park in that area, at the moment the Library is under construction and there are trailers etc. in the parking lot.

Tuesday 6-21-22 9-10AM KI South Trail

The South Island Trail located on Route 8 on Kent Island is a 7-mile paved trail that runs parallel to Route 8. Beginning at Matapeake Park and ending at Romancoke Fishing Pier.. We will meet at the Matapeake Park's start of the South Island Trail and walk in the shaded area for about a mile and back.

Directions: Rt. 50/301 to South Rt. 8, turn right to Marine Academy Drive, turn right onto Aquaculture and left into the parking area. Parking at Matapeake park's entrance to the South Island trail – Aquaculture road off Marine Academy Drive.



**FREE
OPEN TO ALL**

**CLICK HERE TO REGISTER
FOR 6-2-22**

**CLICK HERE TO REGISTER
FOR 6-21-22**



SNAP - Nutrition for Seniors
Tuesday 6-14-22 10-11:00 AM
FREE ON ZOOM, members only

CLICK HERE TO REGISTER

This ZOOM presentation will be of interest to those of us concerned about nutrition for seniors. Certified and licensed dieticians MacKenzie Minotti RD, LDN and Kaitlyn Schotz RD, CSO, LDN, CNSC of the University of Maryland Medical System will discuss this interesting topic and be available for individual concerns and questions we may have.

Join with this Zoom link about 10 minutes before 10:00:

<https://us02web.zoom.us/j/88968657481?pwd=SmwrREt1YkxLc0x3MC9VbU5XK2ZhQT09>

BOOK CLUB - New Interest Group
Monday 6-6-22 1:00-2:00 PM
FREE on ZOOM, Open to All



Looking for others interested in forming a book club. This will be an initial meeting to determine meeting day, time and frequency. We also need to come up with a fun name for our group and decide on our first book to read. If you are interested but this day or time is bad, let me know lindat_01@comcast.net, we may be able to switch it. I am hoping we can do this as a Zoom but also have the capability for people to call in that do not have internet access.

Zoom Link: <https://us02web.zoom.us/j/83413295289?pwd=bzJwTkoweFIlbWV4UjRNeTlwcDk5QT09>

Call in (if not using Zoom):
1 301 715 8592 US (Washington DC)
Meeting ID: 834 1329 5289

CLICK HERE TO REGISTER

BRAIN HEALTH INTEREST GROUP
Tuesday 6-14-22 10:00-11:00 AM
Tuesday. 6-28-22 10:00-11:00 AM
Millstream Park, @ Rt 213, Centreville
FREE Members only



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.

QA@H members are welcome to join in at any time.
Come once, come now and then, come all the time!

At times it's necessary to change location or even the date so
please make sure you **contact Dora Jean Hanna** before joining in the first time.

dorajhanna@aol.com or **410-758-7263**

CLICK HERE TO REGISTER
For 6-14-22

CLICK HERE TO REGISTER
FOR 6-28-22



**My Grandmother told me "never
say You are Sick. Even if you are
Sick. Say you are healing.
Words do manifest".**





SOCIAL HOUR AT QUEENSTOWN GOLF

Wednesday 6-15-22 4:30 - 6:00 PM
FREE & OPEN TO ALL

Let's get social!!!

Our member, Lamar Perry, has again generously arranged for us to gather under the pavilion at Queenstown Harbor Golf. **We can purchase drinks (alcohol may not be brought in) and share appetizers we bring** while looking out over the fairways and greens at this truly beautiful golf course. This is the same location of our social last October and the event was enjoyed by all. So hone-up those social genes, ready-up a little nibble to share and join the fun! This golf course is a magnificent spot to schmooze!

Directions to Queenstown Harbor Golf:

From Stevensville, take 50 E to 301, N (left bend at the split). Then bear left onto MD-18 / Main St toward Queenstown, then left onto Links Lane, then two right turns and you'll arrive at the club house.

From Centreville, take 301 S to Main Street and turn right, then left onto Links Lane, then two right turns and you'll arrive at the club house. The pavilion is just behind the club house.

Park behind the club house and walk across the road to the pavilion.

CLICK HERE TO REGISTER

Q. A. LUNCH BUNCH WED. 6-29

Big Bats - 216 St Claire Pl. Stevensville, Md. 21666

Join the Queen Anne's Lunch Bunch for a casual outdoor (weather permitting) lunch at Big Bats Café (in bad weather we will eat inside). The Lunch Bunch will be scheduling monthly lunches on the 4th Wednesday of the month at 11:30 – any member is welcome to attend – just please register by noon the prior day so we can make a reservation.



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