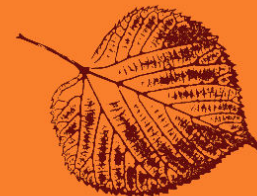




OCTOBER



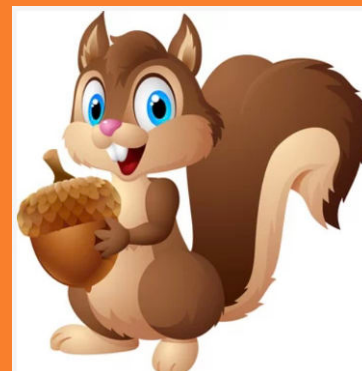
Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26	27	28	29	30	1
	Book Group Discussion - 10:00 AM	Brain Health Interest Group - 10:00 AM	September Lunch Bunch - 11:30 AM	Longwood Gardens - Join Adkins Arboretum Bus Trip for Bruce Munro Light Show - 12:00 PM		
2	3	4	5	6	7	8
		Dinner and Trivia Night - 6:00 PM		Walking and Outdoor Club - 9:00 AM		
9	10	11	12	13	14	15
		Coffee and Conversation With Prospective Members - 10:00 AM			Brain Health Interest Group - 10:00 AM	
16	17	18	19	20	21	22
	Book Group Discussion - 10:00 AM	Walking and Outdoor Club - 9:00 AM		Ready or Not Wookshop, Session 1 - 10:00 AM		
23	24	25	26	27	28	29
	Body and Balance~How To Age Well with Functional Fitness - 10:30 AM		Lunch Bunch - 11:30 AM		Brain Health Interest Group - 10:00 AM	
30	31	1	2	3	4	5



October, 2022

©2022 Queen Anne's at Home. All rights reserved
 QA@H Contact Info: (410) 635-4045 Our QA@H@gmail.com
www.QueenAnnesAtHome.org

<https://www.facebook.com/QueenAnnesatHome>



DINNER &



Tue 10-4-22 6:00 to 8:00 PM

Everyone enjoyed our chicken dinner so much in the spring, we have decided to do another one. Additionally, our member Mary Jo will host a Trivia game for us, although this will not be a typical trivia game. As suggested by our members at the last chicken dinner, the players will be submitting the trivia questions. **We are asking each person to bring 5 trivia questions (with answer) written down** to turn in to Mary Jo, please make sure to write legibly and put your name on your paper in case Mary Jo has a question about them. She will pick the questions to ask, as I doubt we will have time for all of the questions to be asked.

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 Monday, September 26th so we can provide a head count to the Moose for chicken.

Please list your side dish in the comments on the event page to assist in preventing duplicates.



[CLICK HERE TO REGISTER](#)



WALKING & OUTDOOR CLUB



Tue 10-6-22 9:00 to 10:00 AM CROSS ISLAND TRAIL

Kent Island side of Kent Narrows Bridge, Chester, MD. 21619

We will meet at the parking area under the Kent Narrows Bridge West (Kent Island side). On the day depending on the weather that day we will either go east or west for about a mile and back. East would take us on the Cross Island Trail (CIT) connector - The combination boardwalk and asphalt trail connects to the CIT extending the trail east from Kent Narrows for 1.3 miles. The trail runs parallel to the westbound side of Rt. 301/50. Scenic vistas of the Chester River can be viewed from this section of the trail. If it is windy, we may choose to go West along the CIT, mostly an asphalt trail through the woods, and parallel to RT 50/301.

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](#)

Tue 10-18-22 9:00 to 10:00 AM TUCKAHOE STATE PARK

Course Mill Rd. Queen Anne, MD 21657

We will meet at the parking area under the Kent Narrows Bridge West (Kent Island side). On the day depending on the weather that day we will either go east or west for about a mile and back. East would take us on the Cross Island Trail (CIT) connector - The combination boardwalk and asphalt trail connects to the CIT extending the trail east from Kent Narrows for 1.3 miles. The trail runs parallel to the westbound side of Rt. 301/50. Scenic vistas of the Chester River can be viewed from this section of the trail. If it is windy, we may choose to go West along the CIT, mostly an asphalt trail through the woods, and parallel to RT 50/301.

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](#)

More information?

Linda Teuber-Kampes lindat_01@comcast.net 410) 596-2545

COFFEE & CONVERSATION WITH PROSPECTIVE MEMBERS

Tue. 10-11-22 10:00 AM to Noon BAY COUNTRY MOOSE LODGE

6154 Main St. Queenstown, MD. 21658

The membership team is inviting our list of prospective members to join us for coffee at the Moose! If you know someone or several people who you think might be right for our organization, please come and bring them! Everyone is welcome! So please come and help us share the joy of Queen Anne's @ Home. And if you'd like to become a member of this dynamic team, please let me know.

Jinny Guy

jinnyjouris@gmail.com

301-641-8729

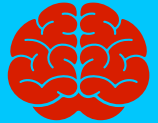
The more of us there are the better!

[CLICK HERE TO REGISTER](#)



BRAIN HEALTH INTEREST

Dunkin' Donuts, 110 Laser Dr. Centreville, MD. 21617



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**

Fri 10-14-22 10:00 to 11:00 AM

[CLICK HERE TO REGISTER](#)

Fri 10-28-22 10:00 to 11:00 AM

[CLICK HERE TO REGISTER](#)

BOOK DISCUSSION GROUP

MON 10-17-22 10:00 To 11:00 AM

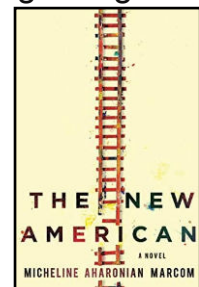
Private Home, please log in to see more

Come join us at Dora Jean's house on Kent Island to discuss our book of the month: "The New American" by Micheline Marcom. Dora Jean's address will be emailed to those registered prior to the event.

Please bring your own drink and be ready to discuss questions and topics regarding the book which we will have posted in the Conversation section below.



[CLICK HERE TO REGISTER](#)



"READY OR NOT" Workshop, Session 1

Thu 10-20-22 10:00 AM to Noon

Home of Margan Glover 3 Bunker Court Grasonville, MD. 21638

"Ready or Not" Workshop helps participants take charge of their lives using a structured approach to planning for the many critical decisions facing all of us as we age. This program, designed by and for our members, is a 3-4 session workshop and planning tool that builds on our three quality of life pillars:

Connection Purpose Empowerment

Ready or Not provides:

- A tool to help our members organize and plan for aging in place
- An educational program to provide our members with knowledge they'll need to thrive
- An opportunity to collaborate and develop practical strategies for staying healthy, safe, connected and independent at home.

Over the course of the workshop, you will use the Ready or Not workbook as structured "homework" to spark conversations about visions and fears, challenges and opportunities that will impact their ability to age in place. After tackling each workbook section individually, households come together along with the facilitator, a QA@H member who is trained and certified in mediation and problem-solving techniques.

Space is limited to eight participants, singles as well as couples. Single attendees from multiple households can participate as long as they agree to follow up with us in 1 month to let us know whether the experience was helpful. Sessions 2, 3, and 4 (if needed) will be scheduled and the location(s) determined at this first workshop.

[CLICK HERE TO REGISTER](#)

BODY & BALANCE - HOW TO AGE WELL WITH FUNCTIONAL FITNESS

Mon 10-24-22 10:30 AM to Noon at Bay Country Moose
6145 Main St. Queenstown, MD. 21658

Join ACE certified Health Coach, Personal Trainer, and Senior Fitness Specialist Linda Ciotola to discover how to develop a more fit body and brain - PLUS better balance. Watch a live demo and learn practical incremental moves to keep yourself fit.

You can visit Linda Ciotola's website at www.healing-bridges.com to read about her certifications, education, etc.

This will be a SNAP presentation you won't want to miss!

[CLICK HERE TO REGISTER](#)

 **LUNCH BUNCH Wed 10-26-22 11:30 AM to 1:30 PM**
FRIX FIRE GRILL 1533 Postal Rd. Chester, MD. 21619 

Join the Queen Anne's Lunch Bunch for lunch at Frix's Fire Grill in Chester in the Rainbow Plaza Shopping Center on Postal Road.

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 no later than noon on October 24th** so we can make a reservation.

[CLICK HERE TO REGISTER](#)