

# January 2023 ❄️ QA@H

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
				Walking and Outdoor Club - 9:00 AM		
8	9	10	11	12	13	14
	Brain Health Interest Group - 10:00 AM			After the Holidays Happy Hour - 4:00 PM		
15	16	17	18	19	20	21
Book Group Discussion - 2:00 PM	Walking and Outdoor Club - 9:00 AM	Possessions Wrangling: De-Cluttering – Use It or Lose It - 10:00 AM				
22	23	24	25	26	27	28
	Brain Health Interest Group - 10:00 AM		Lunch Bunch - Queenstown Pizzeria - 11:30 AM			
29	30	31	1	2	3	4

## After the Holidays Happy Hour

Thursday 1-12-23 4:00 PM to 5:30 PM

**OPEN TO ALL DUTCH TREAT**

[\*\*CLICK HERE TO REGISTER\*\*](#)



Come out and join us for a social drink at the Fisherman's Inn Nauti Mermaid Bar. Let's grab a few tables and chat about our adventures surviving the holidays! They should also have some Happy Hour specials if anyone would like some snacks or stay after Happy Hour for dinner (It is suggested we pay as we order because they will not provide individual checks for groups)

# WALKING & OUTDOOR CLUB

**Thu 1-5-23 9:00 to 10:00 AM**

**Chesapeake Bay Environmental Center  
600 Discovery Lane, Grasonville, Md 21638**

Walk around ponds, see and hear native wildlife, and take in beautiful views from observation decks and blinds. Explore the some of our 4 miles of hiking trails – all at your own pace. Maps and trail descriptions can be found on our Website, and both inside and outside of the Visitor Center. Trails are marked and QR codes are posted on signs. Use a downloadable QR Code Reader App on your smartphone while you are hiking for more information and photographs that may help you to find your way on our 510-acre preserve. There are places to rest along the way.

Directions: From the North – Take 301S, at the split continue onto US-50 W/Ocean Gateway, take exit 44A VFW Ave, Continue onto VFW Ave, turn left onto Chester River Beach Rd, turn left onto Main St, turn right onto Perrys Corner Rd, turn right onto Discovery Ln, continue to the parking lot.

From the South – Take 301N/50E towards Easton, take exit 43A Chester River Beach Road toward Main St, , turn left onto Chester River Beach Rd, turn left onto Main St, turn right onto Perrys Corner Rd, turn right onto Discovery Ln, continue to the parking lot.

Please register in advance - this will allow us to contact you in the event the walk is canceled due to bad weather.

**[CLICK HERE TO REGISTER](#)**

**Tues 1-17-23 9:00 to 10:00 AM**

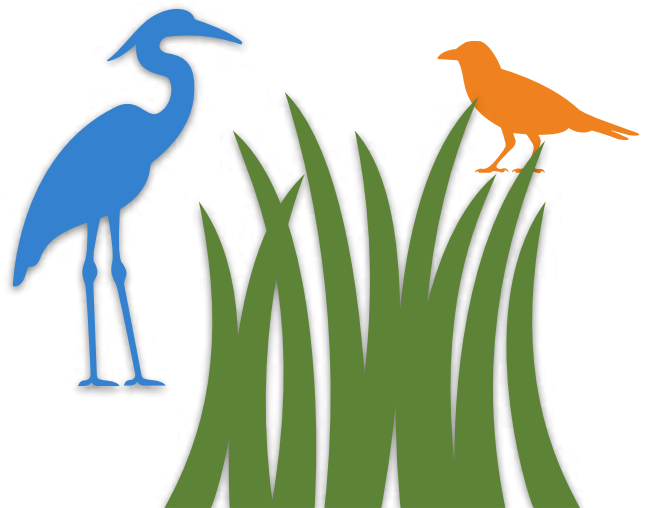
**Kent Island South Trail, Aquaculture  
Rd. Off Marine Academy, Stevensville**

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. There are benches along the trail for anyone that needs to rest.

Directions: Rt. 50/301 to South Rt. 8, turn right to Marine Academy Drive, turn right onto Aquaculture and left into the parking area.

Please register in advance - this will allow us to contact you in the event the walk is canceled due to bad weather.

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# BRAIN HEALTH INTEREST GROUP



Centreville Library small conf. room, 121 S Commerce St. Centreville, MD. 21617

**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**

**Tues 1-10-23 10:00 to 11:00 AM**

**[CLICK HERE TO REGISTER](#)**

**Tues 1-24-23 10:00 to 11:00 AM**

**[CLICK HERE TO REGISTER](#)**

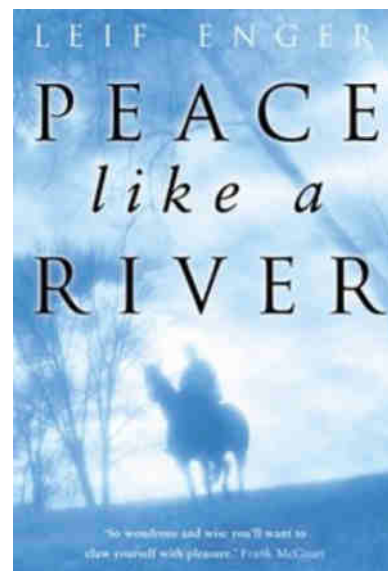
## BOOK CLUB DISCUSSION

**Mon 1-16-23 members only**

**NOTE - special time for this Book Club Meeting is 2:00 to 3:30 PM**

Come join us at Linda Teuber-Kampes' to discuss our book of the month, "Peace Like A River" by Leif Enger. Linda'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 of our website.

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# Possessions Wrangling: Decluttering

Wed 1-18-23 10:00 to 11:30AM FREE  
BAY COUNTRY MOOSE Members Only

# SNAP

Join us for a discussion by Peggy Schaefer – experienced as a Senior Move Manager for a company called Lets Move which has now become Way Forth (wayfoth.com/lets-move-llc/). Peggy was responsible for helping families, mainly seniors; downsize their possessions in order to move to continuing care retirement communities. These skills apply to anyone desiring to downsize or organize their homes.

In this presentation Peggy will discuss the following:

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- Reasons to start de-cluttering now
- Approaches to de-cluttering
- Planning for de-cluttering

Peggy will discuss how to approach de-cluttering various rooms and items in the house as well as maintaining a clutter-free home. At the end, we will have some hands-on techniques for folding and storing clothing items. Should be a fun time for all!

## LUNCH BUNCH at Queenstown Pizzeria



**[CLICK HERE TO REGISTER](#)**

Wed 1-25-23 11:30 AM to 1:00 PM  
7104 Main St. Queenstown, MD 21658

Join the Queen Anne's Lunch Bunch for lunch at Queenstown Pizzeria. They have a huge menu – from wings and pizza to salads and dinners. Something for everyone! There is street parking in front of the bank or a lot across the street.

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 January 20**, so we can make a reservation.



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