



February, 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1	2	3	4
				Walking and Outdoor Club - 9:00 AM		
5	6	7	8	9	10	11
	Make a Blanket Day to Support Project Linus - 1:00 PM				SNAP - Body and Balance - How to Age Well with Functional Fitness - 10:30 AM	
12	13	14	15	16	17	18
Beginners Mah Jongg - 1:00 PM	Brain Health Interest Group - 10:00 AM		Book Group Discussion - 2:00 PM			
19	20	21	22	23	24	25
		Walking and Outdoor Club - 9:00 AM	Lunch Bunch - Pour House Pub - 11:30 AM	Bingo & Brunch with the QA@H Bunch (also Puzzle and Book Swap) - 10:00 AM	Beginners Mah Jongg - 1:00 PM	
26	27	28	1	2	3	4
	Brain Health Interest Group - 10:00 AM			Walking and Outdoor Club - 9:00 AM		

Walking and Outdoor Club

Thursday 2-2-23

9:00 - 10:00 AM

KENT ISLAND 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. 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.



[CLICK HERE TO REGISTER](#)

Tues 2-21-23

9:00 - 10:00 AM

MILLSTREAM WALKING TRAIL

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. We can also shorten it if needed.

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



[CLICK HERE TO REGISTER](#)

MAKE A BLANKET DAY TO SUPPORT PROJECT

Tues 2-7-23 1:00 - 4:00 PM BAY COUNTRY MOOSE

Join us to make no-sew fleece blankets for Project Linus. Project Linus Midshore Chapter will supply the fleece, Linda Teuber-Kampes and Kay Alston will provide the instructions. Also, if interested, you can preview the instructions for making the blankets on the Project Linus facebook Link below.

We have the hall from 1 - 4 - so come anytime in that timeframe that works for you and leave when you need to. You may bring other helpers - the more the better. And bring along your own drink.

If you have any of the following items, they would be helpful to bring along:

Sewing scissors

Rotary cutter for fabric

Mat for rotary cutter

Ruler or hem gauge

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



The following link is from Project Linus Midshore Chapter facebook page for making a no-sew fleece blanket:

[\(10\) Facebook](#)

SNAP - BODY & BALANCE - HOW TO AGE WELL

Fri 2-10-23 10:30 AM to 12:00 PM BAY COUNTRY MOOSE

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**](#)

BEGINNERS MAH JONGG

Mon 2-13-23 1:00 - 3:00 PM

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



Fri 2-24-23 1:00 - 3:00 PM

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

Kay Alston will be hosting Mah Jongg games for beginners at her house during January, February and March. Register here and then email her so she can track who has signed up and how many players she has. She will require at least 3 people to hold the game. She will email those that have contacted her a few days before the event to confirm that the game will be held.

Kay's email - kae0861@atlanticbb.net

BRAIN HEALTH INTEREST

Tue 2-14-23 10:00 - 11:00 AM
CENTREVILLE LIBRARY

[CLICK HERE TO REGISTER](#)



Tue 2-28-23 10:00 - 11:00 AM
CENTREVILLE LIBRARY

[CLICK HERE TO 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.

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

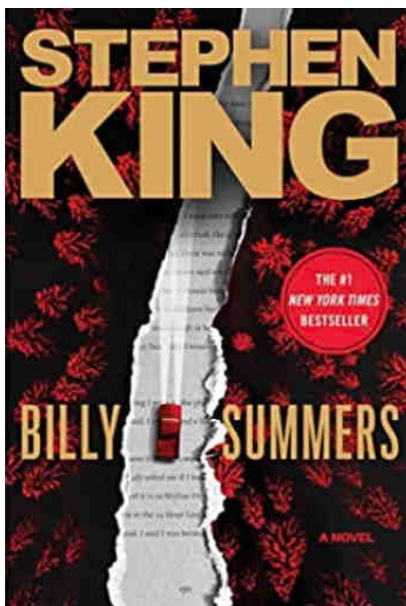
At times it's necessary to change location or even the date so **please** make sure you **contact Dora Jean Hanna** before joining in the first time.

dorajhanna@aol.com or [410-758-7263](tel:410-758-7263)

BOOK DISCUSSION GROUP

Thursday 2-16-23 2:00 - 3:30 PM

[CLICK HERE TO REGISTER](#)



NOTE - Book Club Meeting is 2:00 at Mary Jo's house

Come join us at MaryJo's to discuss our book of the month, "Billy Summers" by Stephen King.

MaryJo'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 on website.

LUNCH BUNCH – Poor House Pub

Join the Queen Anne's Lunch Bunch for lunch at Pour House Pub in Chester. They are located on Tackle Circle off of Castle Marina Road. Plenty of parking available!

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 February 20th so we can make a reservation if we have a large group.

Wed. 2-22-23 11:30 AM to 1:00 PM



[CLICK HERE TO REGISTER](#)

BINGO & BRUNCH WITH QA@H BUNCH (puzzle & book swap)



**Thursday 2-23-23 10:00 - 11:30 AM
BAY COUNTRY MOOSE**

[CLICK HERE TO REGISTER](#)

Join us for a morning of Bingo and brunch.

Bring a brunch item to share, along with any puzzles or books you are looking to re-home as we will also be doing a puzzle and book swap.

If you have never played Bingo before - this is a good time to learn.

If you are interested in attending but don't want to play Bingo, that is fine also - come out and socialize with us.

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