




March 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
26				1 Walking and Outdoor Club - 9:00 AM	2	3
						4
5	6 SNAP - Home Safety - 10:00 AM	7 Beginners Mah Jongg - 1:00 PM	8	9 SNAP - MOLST Form - 10:00 AM	10 Beginners Mah Jongg - 1:00 PM	11
12		13 Brain Health Interest Group - 10:00 AM	14	15 Essential Oils for Emotional Health - 10:00 AM	16 	17
18						
19	20 Book Group Discussion-The Inheritance Games - 2:00 PM	21 Walking and Outdoor Club - 9:00 AM	22 Lunch Bunch at Island Pub - 11:30 AM	23	24 Beginners Mah Jongg - 1:00 PM	25
26		27 Brain Health Interest Group - 10:00 AM	28	29	30	31
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WALKING & OUTDOOR CLUB

Thursday 3-2-23 9:00 AM to 10:00 AM CROSS ISLAND TRAILHEAD

We will meet at this new parking lot with beautiful restrooms on the Cross Island Trail that Four Seasons built. We will walk towards Terrapin Park. Directions - From the north - Take RT 50 West toward the Bay Bridge, take Exit 39B toward Piney Creek Road, turn left onto Piney Creek Road, go 250 feet, turn right into the parking lot. From Kent Island - take Rt8 North (Romancoke Road), turn right onto RT 18E, continue 1.8 miles, at the traffic circle take the second exit onto Main street, in 0.1 mile turn left onto Piney Creek Road, continue .03 miles, turn left into the parking lot.

[CLICK HERE TO REGISTER](#)

Tuesday 3-21-23 9:00 AM to 10:00AM TERRAPIN NATURE CENTER

We will meet in the parking lot and enjoy a walk in this 276-acre nature park which features a 3.25-mile oyster chaff walking trail, which meanders through wildflower meadows, wetlands, tidal ponds, woodlands and sandy shoreline. The trail provides a unique vantage point for viewing an incredible variety of waterfowl, wildlife and plant species. The Ranger station and restrooms are open year round.

Directions: From 50/301S take exit 37 for MD8, turn right onto MD8 continue 0.3 miles, turn left onto Skipjack Parkway, continue 0.2 miles, turn left onto Log Canoe Circle, continue 0.4 miles, turn left into parking lot for Terrapin Nature area.

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](#)

SNAP



OPEN TO ALL

Monday 3-6-23 10:00 AM to 11:30 AM **BAY COUNTRY MOOSE**

Join us for a presentation by our Queen Anne's At Home President, Cindy Bach, regarding things you can do to make your home safe. Find out things you could do on your own or maybe have a contractor or company modify to make your home safer as your needs change.

Cindy has lived in Queen Anne's County for over 20 years since moving to the Eastern Shore of Maryland from Ohio. Cindy has been providing home based services to individuals in Queen Anne's County since moving to Maryland and is committed to expanding quality at-home services for older adults living on the Eastern Shore. Cindy is a licensed Occupational Therapist that has been serving seniors for over 40 years as a clinician, business developer and administrator. Cindy has served on the Board of Directors for Queen Anne's At Home for the past 3 years and is currently serving as President of the board. She is committed to serving seniors and their caregivers, helping them safely age in place through her practice and participation in community activities.

[CLICK HERE TO REGISTER](#)



BEGINNERS MAH JONGG

1:00 PM to 3:00 PM **PRIVATE HOME, PLEASE LOG IN**

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

[CLICK HERE TO REGISTER
FOR 3-7-23](#)

[CLICK HERE TO REGISTER
FOR 3-10-23](#)

[CLICK HERE TO REGISTER
FOR 3-24-23](#)

SNAP - MOLST FORM

Centreville Library

Medical Orders for Life-Sustaining Treatment
Thursday 3-9-23 10:00 AM to 11:00 AM

[CLICK HERE TO REGISTER](#)

Join us to understand the MOLST form. Our member, Janet Melson will walk us through what all of those questions mean and answer our questions. Janet taught this prior to her retiring so she has lots of experience!

Janet and her family are long-time residents of the Eastern Shore of Maryland. She is a registered nurse with degrees from the Universities of Virginia and Maryland. Recently retired from her career as a nursing facility inspector, for the previous ten years she inspected long-term care facilities in Maryland to ensure compliance with state and federal regulations.

BRAIN HEALTH INTEREST GROUP



Centreville Library 10:00 AM to 11:00 AM

**CLICK HERE TO REGISTER
FOR 3-14-23**

**CLICK HERE TO REGISTER
FOR 3-28-23**

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**

ESSENTIAL OILS FOR EMOTIONAL HEALTH



**Thursday 3-16-23
10:00 AM to 11:30 AM
BAY COUNTRY MOOSE**

CLICK HERE TO REGISTER

Whether you are new to essential oils, or have been using them for years, the topic of emotional aromatherapy is both fascinating and applicable in everyday life. Yes, essential oils can be useful for cleaning, cooking, maintaining good health and promoting wellbeing, but if you haven't tried using essential oils to manage your emotions, you are missing out on a huge benefit that essential oils have to offer. In this class we will briefly discuss the history and science of essential oils and experience a number of oils that are emotionally beneficial. We will also be 'hands on' and create a blend for you to take home.

Diana Newcomer is a doTERRA Essential Oil distributor and has been a Wellness Advocate since 2014. Please join us for an informative and fun class.

BOOK GROUP DISCUSSION

Monday 3-20-23 2:00 PM to 3:00 PM

The book we will be discussing at our March 20th meeting will be "The Inheritance Games" by Jennifer Lynn Barnes. While it is a read for young adults, this does meet the February requirement for anyone working on the Friends of QAC Library Reading Challenge for the year and it sounded like an interesting read to our group. This book is one in a series of 3, so if you like the first one, you may also want to read the other two.



All the Inheritance Games books in order:

Book 1: *The Inheritance Games* (2020)

Book 2: *The Hawthorne Legacy* (2021)

Book 3: *The Final Gambit* (2022)

Meeting will be held at Linda Teuber-Kampes's house. Address will be emailed to those signed up by the date of our meeting. If anyone wants to attend via Zoom, let Linda know (410)596-2545 and a Zoom will also be setup.

Please bring your own drink - Linda will supply a snack!

CLICK HERE TO REGISTER

LUNCH BUNCH Wednesday 3-22-23 11:30 AM to 1:00 PM



Join us at the Island Pub (formerly Luke's Grille). They are located in the shopping center where Food Lion and Ace Hardware are located. Here is a link to their website: [Home - Island Pub \(kentislandpub.com\)](http://kentislandpub.com)

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 the Monday before so we can make a reservation if we have a large group.

CLICK HERE TO REGISTER

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