

April, 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 Essential Oils for Emotional Health - 10:00 AM	4	5 Walking and Outdoor Club - 9:00 AM SNAP-The 10 Warning Signs of Alzheimer's - 1:00 PM	6	7	8
9	10 Brain Health Interest Group - 10:00 AM Appreciation Night - 5:30 PM	11	12 Mah Jongg - 10:00 AM	13 Kent Island Farmers Market - Recruitment Event - 3:30 PM	14	15
16	17 Book Group Discussion-The Woman in the Library - 10:00 AM	18 Walking and Outdoor Club - 9:00 AM	19	20	21	22
23	24 Brain Health Interest Group - 10:00 AM	25 Lunch Bunch at Adkins Arboretum - 12:00 PM	26 Rooted Wisdom Walk at Adkins Arboretum - 10:00 AM Kent Island Farmers Market - Recruitment Event - 3:30 PM	27	28	29

Essential Oils for Emotional Health

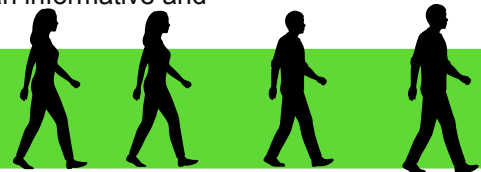
Tues 4-4-23 10:00 AM to 11:30 AM BAY COUNTRY MOOSE

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.



[CLICK HERE TO REGISTER](#)

WALKING & OUTDOOR CLUB



Tuckahoe State Park

4-6-23 9:00 to 10:00 AM

[CLICK HERE TO REGISTER](#)

This is a bit more of a hike in the woods with natural terrain, there are elevation changes and because of the natural terrain, there are roots and stones as well as fallen leaves to be aware of. It should be lovely in the forest as the leaves will be changing. Part of this walk is in the Adkins Arboretum. This walk could be up to 2.5 miles if we do the whole loop.

Directions: From 301N or S, take MD-304 exit, at the traffic circle take the exit to MC-304E, exit onto MD 304E, drive 4 miles, turn right onto MD-481S, drive

Cross Island Trail

Tues 4-18-23 9:00 to 10:00 AM

[CLICK HERE TO REGISTER](#)

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, this area will be mostly shaded at that time of day.

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 (Romance 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.

SNAP Warning Signs of Alzheimer's Thurs. 4-6-23 1:00 to 2:00 PM

Bay Country Moose

This presentation is being given by the Alzheimer's Association - Greater Maryland Chapter. They offer a series of presentations on alzheimer's disease, we hope to be offering more on this topic in the future.

This is an educational program to help recognize common signs of the disease in oneself and in others.

Learn what steps to take and how to talk to your doctor.



[CLICK HERE TO REGISTER](#)



BRAIN HEALTH INTEREST GROUP Millstream Park

Tues 4-11-23 10-11:00 AM

[CLICK HERE TO REGISTER](#)

Tues 4-25-23 10-11:00 AM

[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)

MEMBER APPRECIATION NIGHT Tues 4-11-23

Join us for our Appreciation Night catered by the Moose.

[CLICK HERE TO REGISTER](#)

Cocktail hour from 5:30 - 6:00 (cash bar at the Moose lounge). Dinner at 6:00

Menu will be lasagna (both a meat sauce and a vegetarian option), with garlic bread and salad. Dessert - cake and ice cream!

Members are free, guests will be \$20.

If a guest decides to join as a member of Queen Anne's At Home the night of the event, their \$20 charge will be refunded.

Please come join us and celebrate US and the people that make our group special!!



MAH JONGG

Wed 4-12-23 10:00 AM to 12:00 PM

We will be playing Mah Jongg on the 2nd Wednesday of the month at the Grasonville Senior Center.

Make sure to register if attending so we know how many people to expect!

If you have tiles, bring them along in case we need them. You may also want to bring your own drink.

You must be registered at the senior center prior to attending, so make sure to get registered there if you are not.

We will be meeting in the front room that looks out onto the parking lot - when you enter the building, go left down the hallway, room will be on your left. Make sure to sign in when you come in the senior center.

Lunch this day at the senior center will be Pineapple Ham, Au Gratin Potatoes and Braised Cabbage. If you want to stay for lunch, it needs to be ordered at least 2 weeks prior to that date. If you notify me or put a comment in your signup, I will put you on their list for lunch

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

KENT ISLAND FARMER'S MARKET RECRUITMENT EVENT

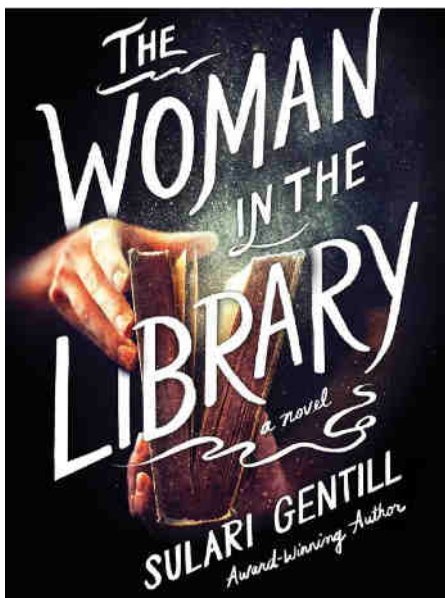
4-13-23 and 4-27-23

We are looking for members to come to the THURSDAY afternoon Farmer's Market to represent Queen Anne's At Home and help recruit new members. The Farmer's Market runs from 3:30 - 6:30. If you are interested, please sign up and put in the comments the timeframe you are available to help.

[**CLICK HERE TO REGISTER 4-13-23**](#)

[**CLICK HERE TO REGISTER 4-27-23**](#)

BOOK GROUP+ DISCUSSION



**Mon 4-17-23
10-11:00 AM**

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

The book we will be discussing at our April 17th meeting will be "The Woman in the Library" by Sulari Gentill.

Meeting will be held at Mary Jo's house in Centreville. 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!

LUNCH BUNCH

New Restaurant in Centreville

Let's check out the new Alibi Gastropub (formerly O'Shucks)

NOTE: Meet time is 12:00 instead of our usual 11:30 since they don't open until noon.

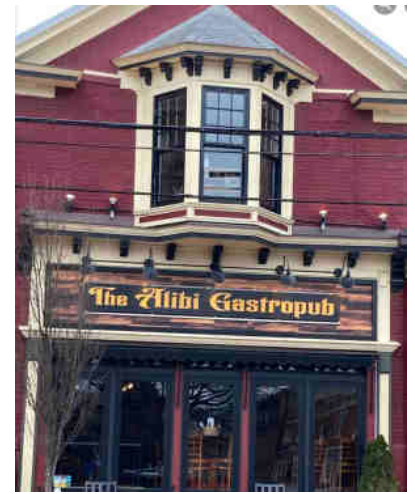
And it is Wednesday, so you can stop in Edwards before or after and get your senior citizen discount!

The Lunch Bunch will be scheduling monthly lunches on the 4th Wednesday of the month – 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

WED 4-26-23

NOON to 1:30 PM



ROOTED WISDOM WALK at ADKINS ARBORETUM

Thurs 4-27-23 10 AM to Noon

\$10 Members Only

CLICK HERE TO REGISTER

Rooted Wisdom: Nature's Role in the Underground Railroad

Travel through Adkins Arboretum with Master Naturalist/Docent Margan Glover to understand how self-liberators used the natural landscape to forge a path to freedom. Their methods for navigating, concealing themselves, finding food, and evading capture reflect a deep connection to, and understanding of, the natural landscape. Throughout the walk, we'll explore how nature both helped and hindered the journey, bringing history alive in the landscape you see today.

The 90-minute walking tour is \$10 per person. Minimum of 10 people. If we have over 15, we will probably split to two dates.

If you would like to attend but it is too much walking for you, contact Linda (410)596-2545 and we may be able to arrange for golf cart transportation but we need as much notice as possible!



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