

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 Mah Jongg - 2:30 PM	1	2	3 Walking and Outdoor Club - 9:00 AM	4	5 Veterans Health & Wellness Fair - 10:00 AM	6
7 Coffee & Conversation - How to Recycle Effectively in Queen Annes County - 10:00 AM	8 Brain Health Interest Group - 10:00 AM	9 Mah Jongg - 10:00 AM	10 Kent Island Farmers Market - Recruitment Event - 3:30 PM	11	12	13
14 Book Group Discussion-Letters in Time - 10:00 AM	15 Walking and Outdoor Club - 9:00 AM	16	17	18 18th Annual QAC Senior Summit & Recruitment - 9:00 AM	19	20
21	22 Brain Health Interest Group - 10:00 AM	23 Lunch Bunch at The Jetty - 11:30 AM Ready or Not Workshop, Session #1 - 7:00 PM	24	25	26	27
28	29	30	31 Walking and Outdoor Club - 9:00 AM	1	2	3

MAY, 2023



MAH JONGG Grasonville Senior Center

Mon. 5-1-23 2:30 to 3:45 PM

CLICK HERE TO REGISTER

Wed. 5-10-23 10:00 to Noon

CLICK HERE TO REGISTER



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. They also offer lunch there at 12 but if we want to stay for lunch, we have to be signed up 2 weeks prior.



FREE!

OPEN TO ALL

WALKING & OUTDOOR CLUB



Thu 5-4-23 9:00 to 10:00 AM
Chesapeake Bay Environmental Center

[CLICK HERE TO REGISTER](#)

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.

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.

Tue 5-16-23 9:00 to 10:00 AM
Millstream Hiking Trail

[CLICK HERE TO REGISTER](#)

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. May want to bring your favorite bug repellent.

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



COFFEE & CONVERSATION



Mon 5-8-23 10:00 to 11:00 AM
BAY COUNTRY MOOSE

[CLICK HERE TO REGISTER](#)

Bring your coffee and join us with our member Laura Connor (of Plastic Free QAC) for her presentation on "How to Recycle Effectively in Queen Anne's County". We will also find out the latest on banning bags in Centreville and Queen Anne's County.



BRAIN HEALTH INTEREST GROUP

Millstream Park, Centreville

Tue 5-9-23 10:00 to 11:00 AM

[CLICK HERE TO REGISTER](#)

Tue 5-23-23 10:00 to 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**

RECRUITMENT EVENT

KENT ISLAND FARMERS' MARKET
OPEN YEAR ROUND

Located at Cult Classic Brewery

Thu 5-11-23 3:30 to 6:30 PM

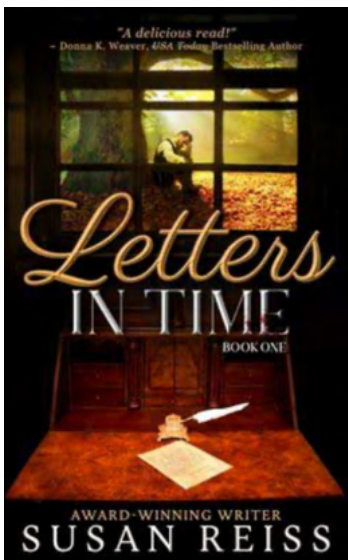
Come early if you are setting up

[CLICK HERE TO REGISTER](#)

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.

BOOK CLUB DISCUSSION

MON 5-15-23 10:00-11:00



The book we will be discussing at our May 15th meeting will be "Letters in Time" by Susan Reiss. This author will also be at Symphony Village on May 17th and all attending will get her second book in this series - more information to come on this!

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!

[CLICK HERE TO REGISTER](#)



SAVE THE DATE

Queen Anne's County Department of Community Services
Area Agency on Aging Presents

18th ANNUAL

SENIOR SUMMIT

Friday, May 19, 2023

9:00 AM to 2:00 PM

QAC 4-H Park

Watch the Queen Anne's County website and Facebook for more info!

We will also have a table at this event for recruitment. If you are able to work the table, please sign up and specify what time slot you are interested in attending to the table.

CLICK HERE TO REGISTER

LUNCH BUNCH at The Jetty

Wed 5-24-23 11:30 AM to 12:30 PM

Join us at The Jetty before the summer crowds arrive. We are hoping for a nice day to eat out on the deck - if the weather is not that great, we will eat indoors.

Make sure to register prior to May 22 at noon so I can make a reservation!

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

READY OR NOT WORKSHOP session 1

Wed 5-24-23 7:00 to 9:00 PM

**This session is now full. please register anyway to be put on the waiting list in case of cancellations.
We will also check the waiting list to determine whether to offer a second session.
Please call the "office" (410-635-4045) if you have any questions**

QA@H's "Ready or Not" Workshop helps participants take charge of their lives using a structured approach to thinking about and preparing 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. *If the program is full when you get to sign up, please sign up on the waiting list so that we can offer a second workshop a bit later on.*

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 by participants at this first workshop.

**Registration deadline: May 19
Register Now!!!**

CLICK HERE TO REGISTER

©2023 Queen Anne's at Home. All rights reserved
QA@H Contact Info: [\(410\) 635-4045](tel:4106354045) Our_QAH@gmail.com
www.QueenAnnesAtHome.org

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