

# JUNE 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1	2	3
				Walking and Outdoor Club-Power Walkers - 8:00 AM Walking and Outdoor Club-Nature Walkers - 9:00 AM	Learn To Play Games - 10:00 AM	
4	5	6	7	8	9	10
	Mah Jongg - 2:30 PM		SNAP- Understanding and Responding to Dementia Related Behaviors - 1:00 PM			
11	12	13	14	15	16	17
		Brain Health Interest Group - 10:00 AM	Mah Jongg - 10:30 AM	Meet the Worms - 10:00 AM		
18	19	20	21	22	23	24
	Book Group Discussion-It Ends With Us - 10:00 AM	Walking and Outdoor Club-Power Walkers - 8:00 AM Walking and Outdoor Club-Nature Walkers - 9:00 AM	Lunch Bunch At The Narrows - 11:30 AM	Member Summer Social at Talisman - 5:00 PM		
25	26	27	28	29	30	1
		Brain Health Interest Group - 10:00 AM	Poplar Island Tour - register early - limited to 24 - 8:45 AM			



## WALKING & OUTDOOR CLUB



[POWER WALKERS CLICK HERE](#)

[NATURE WALKERS CLICK HERE](#)

8:00 AM

Thursday, 6-1-23

9:00 AM

This delightful park has trails in and around meadows, through the forest by streams, a bit more of a hike. May want to bring bug spray. Restrooms are available at Adkins or Tuckahoe State park picnic area. Directions: From 301N or S, take MD-304 exit, at the traffic circle take the exit to MD-304E, exit onto MD 304E, drive 4 miles, turn right onto MD-481S, drive 2 miles, turn left onto Crouse Mill Road, slight left to stay on Crouse Mill Road past lake on the left 0.7 miles, Turn right onto Eveland Road. Continue 0.8 miles, turn right into **Adkins Arboretum**.

[POWER WALKERS CLICK HERE](#)

[NATURE WALKERS CLICK HERE](#)

8:00 AM

Tuesday 6-20-23

9:00 AM

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. Restrooms in the parking lot and Portable toilets are available year round throughout the park. 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 Center**.



## LEARN TO PLAY GAMES

### GRASONVILLE SENIOR CENTER

Fri. 6-2-23  
10:00 to 12:00

Wed. 6-21-23  
2:00 to 3:45

[CLICK HERE TO REGISTER](#)

[CLICK HERE TO REGISTER](#)

Let's learn to play some games!

Some people will bring some games and then we will figure out what games we want to play. Our choices are varied - some of the games we have been discussing are cards (rummy/gin, UNO, canasta, Pinochle, etc.), Bunco, Mexican Train, Pictionary, Yatzee, and the list goes on. We will probably have more than one game going at the same time, depending on the number of people attending.

When you enter the Grasonville Senior Center, sign in at the counter (Senior Center membership is free but required - if you are not already a member, come early and do your paperwork), then make a left and go to the first doorway on the left. This is the room that faces the parking lot and has the mirrors.

## MAH JONGG



We will be playing Mah Jongg on the 1st Monday and 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.

Mon. 6-5-23 2:30 to 3:45

Monday [CLICK HERE](#)

Wed. 6-14-23 10:00 to 12:00

Wed. [CLICK HERE](#)

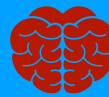
## SNAP - UNDERSTANDING & RESPONDING TO DEMENTIA RELATED BEHAVIORS

Wed. 6-7-23 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 alzheimers disease, this is the second one they have presented for us.

"Learn caregiver tips and strategies to respond to some common behaviors by individuals living with

[CLICK HERE TO REGISTER](#)



## BRAIN HEALTH

**Millstream Park, Centreville**  
**10:00 am to 11:00am**

*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. 6-13-23. [CLICK HERE](#)

Tues. 6-27-23 [CLICK HERE](#)

## MEET THE WORMS at Millstream Park



**Thurs. 6-15-23**

**10:00 to 11:00**

[CLICK HERE TO REGISTER](#)

Are you looking for a new way to get rid of kitchen scraps? Are you interested in helping the environment? Do you know the most secure way to get rid of your financial documents? Bring your coffee and chair and come listen to fellow members Laura Rocco and Ed Kampes tell us about composting with worms. Worm castings are great for fertilizing your indoor and outdoor plants and the most natural fertilizer available! You cannot over fertilize with these! Laura and Ed will bring some of their pet worms for viewing – you don't want to miss this!

**We will meet at the Millstream Pavilion – but bring a chair in case the pavilion is already taken!**

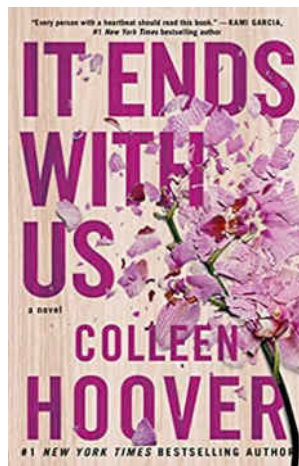
### BOOK GROUP DISCUSSION

**6-19-23 10:00 to 11:30 am**

The book we will be discussing at our June 19th meeting will be "It Ends With Us" by Colleen Hoover.

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](#)

### LUNCH BUNCH

**Wed. 6-21-23 11:30 am to 1:00 pm**

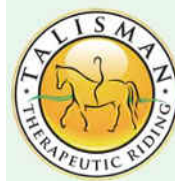
**The Narrows** in Grasonville

The June Lunch Bunch will be held on the 3rd Wednesday of the month since we have our Poplar Island Tour on the 4th Wednesday of the month.

We will be having lunch at **The Narrows** - please register no later than noon the Monday before so we can finalize our reservation. I am sure the restaurant will be very busy with the summer crowd.

[CLICK HERE TO REGISTER](#)

### MEMBER SUMMER SOCIAL



**TALISMAN**  
THERAPEUTIC RIDING

**Thurs. 6-22-23**

**5:00 - 7:00 pm**

Join us for drinks, news and light refreshments at our member summer social. This is a great opportunity to tour and learn about Talisman Therapeutic Riding, meet residents Hazel and Norman, socialize with **Queen Anne's At Home** members and learn about what is happening and opportunities in our group.

We will be outside, as long as the weather cooperates, so you may want to bring some bug spray and a lawn chair. (We will have inside arrangements in case of rain).

Hope to see you all there!

Please remember to register so we can get an appropriate head count for drinks and food!

[CLICK HERE TO REGISTER](#)

# POPLAR ISLAND TOUR

Limited Capacity

Wed. 6-28-23 8:45 am to 12:00 pm

**CLICK HERE TO REGISTER**



**Here are the highlights regarding the trip - I will be sending directions and more information to those registered as the date gets closer.**

Poplar Island is an active construction site. All guests are expected to be respectful to the site and other participants. We will catch the boat to Poplar Island (boarding starts at 8:45) - make sure to wear appropriate footwear. We will return from Poplar Island at noon. If enough people are interested, we may be able to coordinate lunch someplace in the area after the tour.

**The following safety regulations must be followed:**

1. Poplar Island is open to the public through prior arrangement only.
2. All posted signs and verbal notices must be obeyed.
3. Alcohol and controlled substances are prohibited.
4. Pets are prohibited.
5. The group must stay together at all times.
6. **Closed-toed shoes with appropriate soles such as sneakers or hiking shoes/boots are required. Failure to wear closed-toed shoes will result in getting turned away at the dock.**
7. High visibility vests (provided) must be worn at all times while onsite and outside vehicles.
8. Participants will not be allowed off the bus in areas designated as active construction zones.
9. All participants are required to wear a life jacket while on the boat (provided). Visitors under 50 lbs. must provide their own life jackets.
10. Our tour boat has a strict 24-passenger limit. If your group exceeds this number, we reserve the right to deny any unscheduled visitors.

To make the tour enjoyable for all participants, please take the following into consideration:

1. Tours run rain or shine; however, the tour may be cancelled in the event of severe weather. Please note that the island weather can be more severe than on the mainland, is unpredictable and change quickly. Therefore, if the Poplar Island staff feels it has become unsafe, cancellations can occur the same day as the tour. If inclement weather is in the forecast, tour participants will be reminded of the possibility of last-minute cancellations via their provided contact method(s) (phone and/or email). At that time, you can alert the tour coordinator if you will or will not be attending the tour.
2. Participants must be prepared to board a boat and climb a few steps; however, the amount of walking is minimal.
3. The boat will depart promptly at the above scheduled time. Please make sure to arrive on time so that you are not left behind. Alternative boat transportation to dock on Poplar Island is not allowed.
4. The tour does not include a designated lunch break but feel free to bring snacks.
5. Tours can be enjoyed by people of all ages, but keep in mind that some of the topics covered may be advanced for younger visitors.
6. Binoculars and cameras are encouraged.

©2023 Queen Anne's at Home. All rights reserved

QA@H Contact Info: [\(410\) 635-4045](tel:4106354045) [Our.QAH@gmail.com](mailto:Our.QAH@gmail.com)  
[www.QueenAnnesAtHome.org](http://www.QueenAnnesAtHome.org)

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