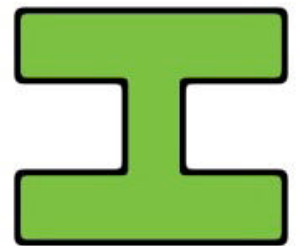
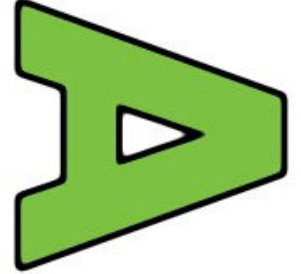


# JULY, 2023



| Sun | Mon   | Tue   | Wed   | Thu  | Fri   | Sat |
|-----|---|---|---|--|---|-----|
|     | 2<br>Mah Jongg - 2:00 PM                                | 3   | 4   | 5<br>Walking and Outdoor Club-Power Walkers - 8:00 AM<br>Walking and Outdoor Club-Nature Walkers - 9:00 AM | 6<br>Learn To Play Games - 10:00 AM                               | 7   |
| 8   | 9   | 10  | 11<br>Brain Health Interest Group - 10:00 AM                      | 12<br>Mah Jongg - 10:00 AM   | 13  | 14  |
| 15  | 16<br>Book Group Discussion-Take Me With You - 10:00 AM | 17<br>Walking and Outdoor Club-Power Walkers - 8:00 AM<br>Walking and Outdoor Club-Nature Walkers - 9:00 AM | 18<br>Project Linus - Hole in the Wall Gang Blanket Day - 1:00 PM | 19<br>Lunch Bunch at Kentmorr Restaurant - 11:30 AM<br>Learn To Play Games - 2:00 PM                       | 20<br>Project Linus - Hole in the Wall Gang Blanket Day - 9:00 AM | 21  |
| 22  | 23  | 24<br>Brain Health Interest Group - 10:00 AM  | 25<br>Sunset Cruise on the Chester River - 6:00 PM                | 26   | 27  | 28  |
| 29  | 30  | 31  | 1   | 2<br>Walking and Outdoor Club - 8:00 AM  | 3<br>Learn To Play Games - 10:00 AM                               | 4   |
| 5   |   |   |   |  |   |     |



## MAH JONGG

**Mon. 7-3-23 2:00 pm to 3:45 pm**

**Wed. 7-12-23 10:00 am to 12:00 pm**

[CLICK HERE TO REGISTER](#)

[CLICK HERE TO REGISTER](#)

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



# WALKING & OUTDOOR CLUB

## Cross Island Trail at Macuum Creek

**Thurs. 7-6-23 8:00 to 9:00**

**POWER WALKERS**

[CLICK HERE TO REGISTER](#)

**Thurs. 7-6-23 9:00 to 10:00**

**NATURE WALKERS**

[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.

## Millstream Hiking Trail in Centreville

**Tues. 7-18-23 8:00 to 9:00**

**POWER WALKERS**

[CLICK HERE TO REGISTER](#)

**Tues. 7-18-23 9:00 to 10:00**

**NATURE WALKERS**

[CLICK HERE TO REGISTER](#)

We'll walk along a paved trail along Millstream, through woods and parkland areas. There are plenty of birds to be seen along this walk. You may want to bring your favorite bug repellent along.

## LEARN TO PLAY (GAMES)

**Grasonville Senior Center**



**Fri. 7-7-23 10:00 am to noon**

[CLICK HERE TO REGISTER](#)

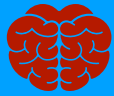
**Wed. 7-19-23 2:00 to 3:45 pm**

[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. Feel free to bring a drink along!

## BRAIN HEALTH



### Millstream Park, Centreville, Md.

**Tues. 7-11-23 10:00 to 11:00 am**

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

**Tues. 7-25-23 10:00 to 11:00 am**

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

*The BrainHEALTH interest group meets twice a month - and we get smarter each time! Using articles and individual experiences, we share information on a variety of subjects, some brain-related (e.g. how to maintain a healthy brain, causes of brain problems, etc); and others just because WE WANT TO KEEP LEARNING. It is also a great opportunity to learn about each other.*

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

*Note: the group coordinator will email members if there is a last minute change to the meeting date or time, so if you are new to the group or haven't come for awhile, **let Dora Jean know** so that she can notify you should this happen.*

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

## BOOK CLUB

**Mon. 7-17-23 10:00 to 11:30 am**

The book we will be discussing at our July 17th meeting will be "Take Me With You" by Catherine Ryan Hyde. 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.

## PROJECT LINUS



### Grasonville Senior Center

**Tues. 7-11-23 1:00 to 3:45 pm**

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

**Thur 7-20-23 9:00 am to Noon**

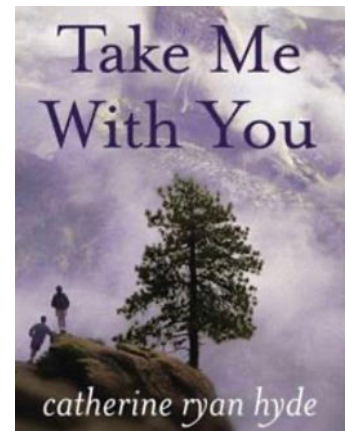
**[CLICK HERE TO REGISTER](#)**

Project Linus is gearing up to make blankets for a new group for seriously ill children coming to our area next year and can use our help. Kim (of our regional Project Linus) would like to be able to present them with fleece blankets the size of a twin bed by the end of October (these are bigger ones than we have made in the past). The new group is called "The Hole in the Wall Gang" - here is a link about the new Maryland location: **[Maryland Location | The Hole in the Wall Gang Camp](#)**

The Grasonville Senior Center is letting us use tables there and we may also have others from the senior center join in to help. You will need to be registered at the senior center, so if you aren't, just stop by and fill out the easy paperwork.

If you have fabric scissors, ruler and/or a rotary cutter, please bring them along!

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





## LUNCH BUNCH at KENTMOOR

**Wed. 7-19-23 11:30 am to 1:00 pm**

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

Come join us at the Kentmorr Restaurant - will most likely eat inside as it will probably be hot in July. They will provide us separate checks but the gratuity will automatically be added onto the check.

The July Lunch Bunch will be held on the 3rd Wednesday of the month since we have our Sunset Cruise on the 4th Wednesday of the month.

Please register no later than noon the Monday before so I can provide an accurate head count to the restaurant.

## SUNSET CRUISE ON THE CHESTER RIVER

**Wed. 7-26-23 6:00 pm to 8:00 pm**

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



Join us for a sunset cruise with the Chester River Packet Company. The cost is \$45 per person which includes the **cruise and dinner served on-board**. **Drinks (except water) are not included in the ticket price.** Soft drinks are \$2/each, wine and beer are \$6/each, and mixed/liquor drinks are \$7/each. All forms of payment are accepted on board for drinks.

In addition to an outdoor deck, there is an indoor, climate-controlled area with seating for 35 people and 2 restrooms. We are limiting our trip to 35 people so we can be sure everyone has a seat indoors in case the weather isn't bright and sunny.

Here is a link to the website for Chester River Packet Company to read more about the cruise:

**About – Chester River Packet ([chesterriverpacketco.com](http://chesterriverpacketco.com))**

Registration is **TWO STEPS:**

**1) Register on our site** like you do for any event.

**2) Go to** the link below (Queen Anne's @ Home Seniors) to purchase your tickets:

**Queen Anne's At Home | Chester River Packet ([square.site](http://square.site))**

Tickets **MUST** be purchased through this site by **July 18 at 5 pm!** Only 35 tickets are available for this trip. So! Register **EARLY!** Parking information will be provided closer to the date of the event. If you have any questions, contact our events coordinator, Linda at **(410)596-2545**

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QA@H Contact Info: [\(410\) 635-4045](tel:(410)635-4045) [Our.QAH@gmail.com](mailto:Our.QAH@gmail.com)  
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