

AUGUST, 2023 QA@H

Learn to Play (Games)



Fri. 8-4-23 10:00 am to 12:00 pm

Wed. 8-16-23 2:00 pm to 3:45 pm

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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!



WALKING & OUTDOOR CLUB



[**POWER WALKERS CLICK HERE**](#)

[**NATURE WALKERS CLICK HERE**](#)

8:00 am to 9:00 am

Thurs. 8-3-23

9:00 am to 10:00 am

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. This is a slower paced walk for observing nature. If you are looking for a faster pace, exercise walk - check out the 8-9 am walk for Power Walkers.

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.

[**POWER WALKERS CLICK HERE**](#)

[**NATURE WALKERS CLICK HERE**](#)

8:00 am to 9:00 am

Tues. 8-15-23

9:00 am to 10:00 am

The South Island Trail located on Route 8 on Kent Island is a 7-mile paved trail that runs parallel to Route 8. Beginning at Matapeake Park and ending at Romance Fishing Pier.. We will meet at the Matapeake Park's start of the South Island Trail and walk in the shaded area for about a mile and back.

Directions: Rt. 50/301 to South Rt. 8, turn right to Marine Academy Drive, turn right onto Aquaculture and left into the parking area.

Queen Anne's County Fair - Thursday, August 10

Senior Citizen Day - Seniors get in FREE!

Thurs. 8-10-23 9:00 am to 10:00 pm

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MAH JONGG

Mon. 8-7-23 2:00 pm to 3:45 pm

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Wed. 8-9-23 10:00 am to 12:00 pm

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Type to enter textWe will be playing Mah Jongg on the 1st Monday 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.

BRAIN HEALTH INTEREST GROUP

Tues. 8-8-23 10:00 am to 11:00 am

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Tues. 8-22-23 10:00 am to 11:00

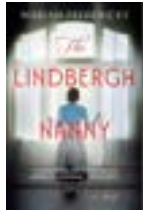
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*The BrainHEALTH interest group meets twice a month - and we get smarter each time! Using articles and individual experiences, we share information on a variety of subjects, some brain-related (e.g. how to maintain a healthy brain, causes of brain 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 or 410-758-7263*

BOOK GROUP DISCUSSION

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Mon. 8-21-23 10:00 am to 11:30 am



The book we will be discussing at our August 21st meeting will be "The Lindbergh Nanny" by Mariah Fredericks. 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.

Wed. 8-23-23 11:30 am to 12:30 pm

Come join us at Bridges Restaurant in Kent Narrows. They will provide us separate checks but have warned me it will take some extra time so we need to be patient with them. And we will be seated inside.

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

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LUNCH BUNCH at BRIDGES



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