

QA@H September, 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

WALKING & OUTDOOR CLUB

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. Beautiful new bathrooms are available year round.

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 area.

8:00 to 9:00 am **Thurs. 9-7-23** 9:00 to 10:00 am

POWER WALKERS

NATURE WALKERS

Chesapeake Bay Environmental Center – 600 Discovery Lane, Grasonville, MD 21638

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.

8:00 to 9:00 am **Tue. 9-19-23** 9:00 to 10:00 am

POWER WALKERS

NATURE WALKERS

LEARN TO PLAY

Fri. 9-1-23 10:00 to noon

Wed. 9-20-23 2:00 to 3:45

[CLICK TO REGISTER](#)

[CLICK 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!



MAH JONGG

Tue. 9-5-23 2:00 to 3:45 pm **Wed. 9-13-23 10:00 to noon**

[CLICK TO REGISTER](#)

[CLICK 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.

Physical & Cognitive Activities

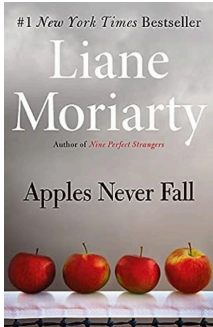
Tue. 9-12-23 **Tue. 9-19-23** **Tue. 9-26-23**

10:30 to 11:30

GO TO WEBSITE FOR DETAILS

Each class is designed to be unique, addressing gross motor and fine motor abilities, as well as coordination, balance, memory, attention, visual-spatial skills, and executive functions. The exercises are carefully crafted to ensure safety and do not involve strenuous cardio or conditioning exercises. The instructor utilizes a variety of equipment, such as cones, balls, rockets, elastic bands, stickers, and more, to make the class engaging. Prior to participating, all attendees are required to sign an informed consent form.

BOOK GROUP DISCUSSION



Mon. 9-18-23 10:00 to 11:30 am

The book we will be discussing at our September 18th meeting will be "Apples Never Fall" by Liane Moriarty. We will be meeting at MaryJo'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 TO REGISTER



CLICK FOR MORE DETAILS

LUNCH BUNCH

Wed. 9-27-23 11:30 to 1:00 pm

CLICK TO REGISTER



Let's take this end of summer opportunity to visit the Red Eye Dock Bar and eat on the covered outdoor dock. They do have a limit of 6 checks per table so we will need to spread out across multiple tables but this is a big area with lots of tables so we should not have a problem socializing amongst tables. They said no reservations needed but it would help us know how many tables to grab when we get there if everyone makes sure to register ahead of time!

The Lunch Bunch will be scheduling monthly lunches on the 4th Wednesday of the month at 11:30 – any member is welcome to attend.

PROJECT LINUS



Tue. 9-19-23 1:00 to 3:45 pm

CLICK TO REGISTER

Thu. 9-28-23 9:00 to noon

CLICK 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!

POWER OF PSYCHODRAMA - HEALING TRAUMA

Fri. 9-22-23 10:00 to 11:00 am

CLICK TO REGISTER

Linda Ciotola will join us again with a topic everyone was interested in when she did her February presentation on Body and Balance: Psychodrama. Come join us and learn what it is!

Linda is a MEd, TEP (Board certified trainer -educator -practitioner of psychodrama, sociometry and group psychotherapy; certified trainer the The Therapeutic Spiral Model for trauma healing; and certified Souldrama trainer for developing spiritual intelligence) You can visit Linda's website at www.healing-bridges.com to read more about her certifications, education, etc.

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