



OCTOBER, 2023 QA@H



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Mah Jongg - 2:00 PM	2 Physical and Cognitive Activities for Adults - 10:30 AM CANCELLED!!! DINNER AND TRIVIA NIGHT CANCELLED!!! - 6:00 PM	3 Physical and Cognitive Activities for Adults - 10:30 AM	4 Walking and Outdoor Club-Power Walkers - 8:00 AM Walking and Outdoor Club-Nature Walkers - 9:00 AM	5 Learn To Play Games - 10:00 AM	6	7
8	9 Physical and Cognitive Activities for Adults - 10:30 AM	10 Mah Jongg - 10:00 AM	11	12	13	14
15 Book Group Discussion- Apples Never Fall - 10:00 AM	16 Walking and Outdoor Club-Power Walkers - 8:00 AM Walking and Outdoor Club-Nature Walkers - 9:00 AM PHYSICAL AND COGNITIVE ACTIVITIES FOR ADULTS - 10:30 AM	17 Learn To Play Games - 2:00 PM	18 Face It! Plan It! Do It! - 10:00 AM	19	20	21
22	23 Wye Research Angus farm tour - 9:30 AM Brain Health Interest Group - 10:00 AM	24 Lunch Bunch - Tokyo Bay - 11:30 AM	25 Social Hour with a purpose - 4:00 PM	26	27	28
29	30 Physical and Cognitive Activities for Adults - 10:30 AM	31 Physical and Cognitive Activities for Adults - 10:30 AM	1 Walking and Outdoor Club - 9:00 AM	2 Learn To Play Games - 10:00 AM	3	4

PHYSICAL & COGNITIVE ACTIVITIES FOR ADULTS

Instructor: Madina Khamzina, MPH, Ph.D. The general purpose of these classes is to provide older adults with the opportunity to stay physically and cognitively active. Each class lasts approximately 50 minutes and is divided into three parts:

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.

Class structure example:

10:30-10:40 – warm up/ice breaking activity

10:40-11:10 – main activity

§ Exercise on coordination with colored lines on the floor

§ Seated yoga/stretching

§ Balancing balls exercise

§ Memory game

11:10-11:20 – conclusion/feedback

10-3-23 KI Library

CLICK TO REGISTER

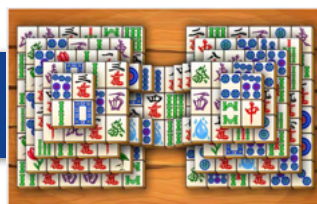
10-10-23 Moose

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10-17-23 KI Library

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MAH JONGG



We 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.

10-2-23 2:00 to 3:45 pm

CLICK TO REGISTER

We will be playing Mah Jongg on 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.

10-11-23 10:00 am to 12:00 pm

CLICK TO REGISTER



WALKING AND OUTDOOR CLUB



Adkins Arboretum 10-5-23

POWER WALK 8:00 to 9:00 am

CLICK TO REGISTER

NATURE WALK 9:00 to 10:00 am

CLICK TO REGISTER

Cross Island Trail 10-17-23

POWER WALK 8:00 to 9:00 am

CLICK TO REGISTER

NATURE WALK 9:00 to 10:00 am

CLICK TO REGISTER



LEARN TO PLAY GAMES

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.

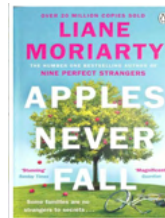
When you enter the Grasonville Senior Center, sign in at the counter (Senior Center membership is free but required - if you are not already a member, come early and do your paperwork), then make a left and go to the first doorway on the left. This is the room that faces the parking lot and has the mirrors.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

10-6-23 10:00 am to noon

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10-18-23 2:00 to 3:45 pm

CLICK TO REGISTER



BOOK GROUP DISCUSSION

The book we will be discussing at our October 16th 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!

10-16-23 10:00 to 11:30 am

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FACE IT, PLAN IT, DO IT! SNAP

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

CENTREVILLE LIBRARY

You know your SNAP binder is important but is yours incomplete. Let's get it done!

Face It! Plan It! Do It! will be an informal get together to discuss the SNAP binder and share suggestions for getting through what seems like a daunting task. We will discuss ideas as a group, so you may hear some ideas from others that would work for you also. This workshop is designed to be your incentive to get this task finally accomplished and off your To-Do list!

Remember to bring your binder, some paper and a pen. Coffee and a morning snack will be provided.

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WYE RESEARCH FARM TOUR

10-24-23 9:30 to 11:30 am

Have you heard of the Wye Angus Program run by the University of Maryland Research and Education Center? If not - you need to attend and check this out!

The tour will include the barns and what they do and possibly a wagon ride. The farm is in the U of MD and is an Agricultural Experiment Station and manages the angus herd daily. It sits on 563 acres and has conducted research since the 1950's. Our members can attend and learn what the U of MD Wye Research and Education center is doing and right in our backyard. Dress in farm clothing since we will be outside on a farm.

We will be limited to number of attendees so don't wait to sign up!

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BRAIN HEALTH INTEREST GROUP



TUESDAY, 10-24-23 10:00 am to 11:00 am

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.

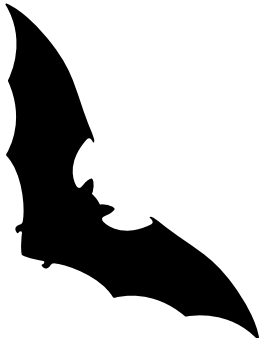
QA@H members are welcome to join in at any time.

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](tel:410-758-7263)

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LUNCH BUNCH



WED. 10-25-23 11:30 am

Let's go check out the new Japanese restaurant on Kent Island - Tokyo Bay! We have all been anxiously awaiting this and they have now had time to get settled.

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.

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SOCIAL HOUR (with a purpose)

THURS. 10-26-23 4:00 pm to 5:30 pm

Join us in the new Hyatt hotel's lovely waterside room for our October Social. We'll order up some snacks, drinks of all sorts will be available at the (cash) bar. If the weather is fine, we can head out to the deck and enjoy the early evening views of the Narrows. This will be a wonderful opportunity to connect with friends and meet new folks!

As an added attraction, we'll distribute the new decision tool developed by and for QA@H members: *How Can I Tell When I'm No Longer Safe At Home?* This is an excellent lead-in to the reprise of our Ready-or-Not Workshop that will be offered next spring.

CLICK TO REGISTER

