



# NOVEMBER, 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1	2	3	4
			Walking and Outdoor Club-Power Walkers - 9:00 AM	Learn To Play Games - 10:00 AM		
5	6	7	8	9	10	11
	Mah Jongg - 2:00 PM	Physical and Cognitive Activities for Adults - 10:30 AM	Mah Jongg - 10:00 AM			
12	13	14	15	16	17	18
			Learn To Play Games - 2:00 PM			
19	20	21	22	23	24	25
Book Group Discussion Mad Honey - 10:00 AM	Walking and Outdoor Club-Power Walkers - 9:00 AM	Walking and Outdoor Club-Nature Walkers - 10:00 AM				
26	27	28	29	30		

## Learn to Play Games



### Grasonville Senior Center

Fri. 11-3-23 10:00-12:00

Wed. 11-15-23 2:00-3:45

[REGISTER HERE](#)

[REGISTER HERE](#)

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!

## BOOK CLUB Mon. 11-20-23 10:00

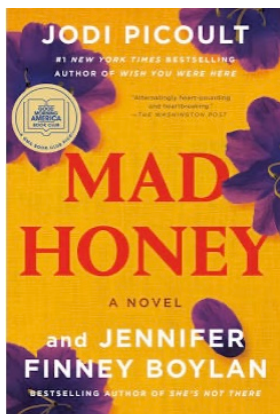
[REGISTER HERE](#)

The book we will be discussing at our November 20th meeting will be "Mad Honey" by Jodi Picoult.

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!



## WALKING & OUTDOOR CLUB



### Tuckahoe State Park Thurs. 11-2-23

Power Walkers 9:00-10:00

Nature Walk 10:00-11:00

[REGISTER HERE](#)

[REGISTER HERE](#)

This is a bit more of a hike in the woods with natural terrain, there are elevation changes and because of the natural terrain, there are roots and stones as well as fallen leaves to be aware of. It should be lovely in the forest as the leaves will be changing. Part of this walk is in the Adkins Arboretum. This walk is approximately 2.5 miles.

Directions: From 301N or S, take MD-304 exit, at the traffic circle take the exit to MC-304E, exit onto MD 304E, drive 4 miles, turn right onto MD-481S, drive 2 miles, turn left onto Crouse Mill Road, follow to the bridge where the dam is, continue about 200 yards and park on the right hand side of the road in the parking area off the road.

Park on Crouse Mill Road opposite the lake.

### Millstream Park Tues. 11-21-23

Power Walkers 9:00-10:00

Nature Walk 10:00-11:00

[REGISTER HERE](#)

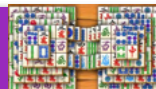
[REGISTER HERE](#)

This is a 2.5 mile round trip walk along a paved trail along Millstream, through woods and parkland areas, then onto the Wharf and back.

**This is a faster paced walk for exercise. If you are looking for a slower pace, nature walk - check out the 10-11 am walk for Nature Walkers.**

Directions: From North or south 301 - take 213N toward Centreville, turn left at the end of the bridge into the Millstream parking lot.

## MAH JONGG



Mon. 11-6-23 2:00-3:45

Wed. 11-8-23 10:00-12:00

[REGISTER HERE](#)

[REGISTER HERE](#)

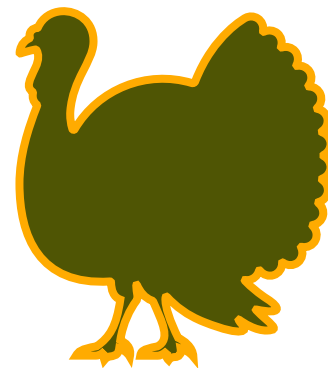
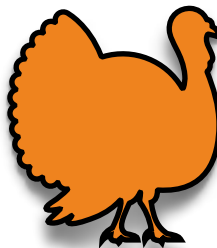
We will be playing Mah Jongg on the 1st Monday and 2nd Wednesday of the month at the Grasonville Senior Center.

**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.



# PHYSICAL & COGNITIVE ACTIVITIES FOR ADULTS

**Tues. 11-7-23 10:30 to 11:30**

**REGISTER HERE**

**Instructor: Madina Khamzina, MPH, Ph.D.**

## Program Overview

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:

- § Ice-breaking activity/warm-up
- § Main part - consisting of both group and individual activities
- § Conclusion

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



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“  
Gratitude  
unlocks  
the fullness  
of life.”

Melody Beattie, *The Language of Letting Go*

Happy Thanksgiving  
to you and your family.  
May all the good things of  
life be yours throughout  
the coming year.

“  
I awoke this morning  
with devout thanksgiving  
for my friends, the old  
and the new.

RALPH WALDO EMERSON