

DECEMBER, 2023



LEARN TO PLAY (GAMES)

Fri, 12-1-23 10:00am to 12:00pm

CLICK TO REGISTER

Wed, 12-20-23 2:00pm to 3:45pm

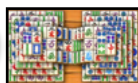
CLICK TO REGISTER

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



Mon, 12-04-23 2:00pm to 3:45pm

CLICK TO REGISTER

Wed, 12-13-23 10:00am to 12:00pm

CLICK TO REGISTER

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

BETWEEN THE HOLIDAYS LUNCH



Wed, 12-6-23 11:30am to 1:00pm

CLICK TO REGISTER

Instead of our normal 4th Wednesday of the month lunch, for November and December we will be having a "Between the Holidays Lunch".

This year it will be at Ram's Head Shore House. They will be providing us individual checks. I expect a big turnout, so please register early so I can provide an accurate head count.

In addition to lunch - we are going to do a Yankee Gift Exchange for anyone that would like to participate. In case you have never done one of these, here is a link to how it works:

[Yankee Swap - Rules and Gift Ideas](#)

If you would like to participate, purchase a gift of a \$10 value and bring it wrapped. You need one gift for each person that is going to participate, so a couple will need two gifts if they both want to participate. You generally want to purchase a non-gender specific gift, since it could be a man or woman getting your gift. Even if you don't want to participate, this game is a lot of fun to watch.

BRAIN HEALTH GROUP ACTIVITY WORKSHOP

Tues, 12-12-23 10:00am to 11:00am

CLICK TO REGISTER



After talking with the participants in Madina Khamzina's PHYSICAL AND COGNITIVE ACTIVITIES FOR ADULTS workshops we have decided to try something similar with the Brain Health group. On November 28 and December 12, we will offer two 1 hour workshops, including exercises that focus on "gross motor and fine motor abilities, as well as coordination, balance, memory, attention, visual-spatial skills, and executive functions". The exercises will not involve strenuous cardio or conditioning exercises, and the group leader will provide a variety of props and handouts.

Since the planned activities rely on a specific number of participants, REGISTRATION IS MANDATORY. If you do not register, but attend scheduled workshops anyway, you may not be able to participate, but you will be welcome to observe. Kay Alston is currently planning these workshops. If you have any suggestions or questions, please contact her through the website or at 410-212-9190. And, stay tuned, if all goes well on November 28 and December 12, there may be more such workshops in 2024!

NOTE: Classes are limited to 12 people - so make sure to sign up early!

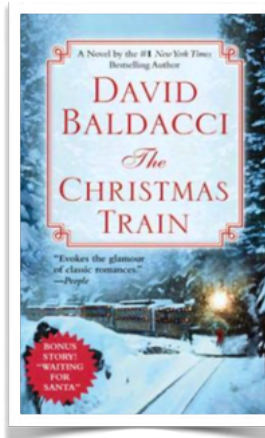
BOOK GROUP DISCUSSION, "The Christmas Train"

Mon, 12-18-23 10:00am to 11:30am

CLICK TO REGISTER

The book we will be discussing at our December 18th meeting will be "The Christmas Train" by David Baldacci.

We will be meeting at MaryJo's house in Centreville. Address will be emailed to those signed up by the date of our meeting.



WALKING AND OUTDOOR CLUB

Tuesday, 12-19-23

Chesapeake Bay Environmental Center



CLICK TO REGISTER 9:00am Power Walkers

CLICK TO REGISTER 10:00am Nature Walkers

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.



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