

QA@H

JANUARY



2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	31 Mah Jongg - 2:00 PM	1	2	3	4 Walking and Outdoor Club - 9:00 AM	5 Learn To Play Games - 10:00 AM
7	8 Starfish Monday - Painting Party at the Moose - 2:00 PM	9 Brain Health Group Activity Workshop at the Moose - 10:00 AM	10 Mah Jongg - 10:00 AM	11	12	13
14	15 Book Group Discussion - Long Road to Mercy - 10:00 AM	16 Walking and Outdoor Club - 9:00 AM	17 Learn To Play Games - 2:00 PM	18 Happy Hour at El Jefe - 4:00 PM	19	20
21	22	23 Brain Health Group Activity Workshop - Journaling - 10:00 AM	24 Lunch Bunch-Squidito at Queenstown - 11:30 AM	25	26	27
28	29	30	31	1	2	3

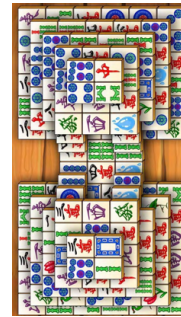
We will be playing Mah Jongg on the 1st Monday and 2nd Wednesday of the month at the Grasonville Senior Center.

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.



MAH JONGG

Mon. 1-1-24. 2:00 to 3:45 PM

[CLICK TO REGISTER](#)

Wed. 1-10-24 10:00-Noon

[CLICK TO REGISTER](#)



WALKING & OUTDOOR



Thurs. 1-4-24 10:00 AM to 11:00 AM

This is about a mile in the park on a paved trail along Millstream Hiking Trail, through woods and parkland areas. We will walk as far as is comfortable about 40 mins along the trail and back. Directions: From North or south 301 - take 213N toward Centreville, turn left at the end of the bridge into the Millstream parking lot.

Tues. 1-16-24 10:00 AM to 11:00

[CLICK TO REGISTER](#)

We will meet in the Chesapeake Heritage and Visitor Center parking lot. Ferry Point Park is 41 acres of tidal wetlands, non-tidal wetlands and uplands. Rich in wildlife, one might expect to possibly see herons, ospreys, eagles, ducks, geese, swans, turtles, bullfrogs, and deer at Ferry Point. Surrounded by three bodies of water (Chester River, Kent Narrows and Piney Creek) the parks scenic views are magnificent. Ferry Point Park has approximately (1) mile of hiker / biker trails, sitting benches and interpretive signage. The park is a wonderful interpretive and passive recreation spot within the Kent Narrows. Restrooms available at Visitor Center or portable. From Centreville area - Take RT 50/301 west to Exit 41 West ramp, continue to Piney Narrows Road, turn left onto Piney Narrows Road, stay on Piney Narrows Road, (follow signs for Chesapeake Heritage and Visitor Center) turn left into the parking lot.

From the Kent Island area - Take 50/301 East to Exit 41 West, turn left onto RT 18, turn left on Piney Narrows Road, turn right to stay on Piney Narrows Road, (follow signs for Chesapeake Heritage and Visitor Center) turn left into the parking lot.

[CLICK TO REGISTER](#)



LEARN TO PLAY (GAMES) Grasonville Senior Center

Fri. 1-5-24 10:00 AM to Noon

[CLICK TO REGISTER](#)

Wed. 1-17-24 2:00 to 3:45 PM

[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!

BRAIN HEALTH GROUP



Tues. 1-9-24 10:00 to 11:00 AM. Bay Country Moose

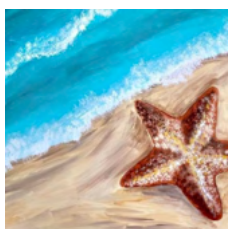
[CLICK TO REGISTER](#)

Tues. 1-23-24 10:00 to 11:00 AM, KI Library

[CLICK TO REGISTER](#)

This workshop will include 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](tel:410-212-9190).



STARFISH MONDAY - PAINTING PARTY AT THE MOOSE

Mon. 1-8-24 2:00 to 4:00

[CLICK TO REGISTER](#)

Join us for a fun Monday afternoon to paint your very own starfish picture.

Our class will be led by Lori Freedman - owner of L & M Design Studio. The cost will be \$25 each - please bring cash along for our instructor or follow this link to prepay with PayPal or charge card: ([Dreaming of Starfish Paint Party \(constantcontact.com\)](#))
[Deadline for sign up is 12/31/2023 at 8 pm to allow our host time to prep for us.](#)

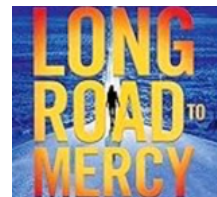
You may bring a non-alcoholic drink or purchase drinks from the Moose Lodge bar.

This should be a fun afternoon event for a cold winter day!

BOOK CLUB DISCUSSION

Mon. 1-15-24 10:00 to 11:30 AM

[CLICK TO REGISTER](#)



The book we will be discussing at our January 15th meeting will be "Long Road to Mercy" by David Baldacci. We enjoyed his Christmas Train book so much, we wanted to read one of his thriller books. This is the first in his Atlee Pine series.

We will be meeting at Mary Jo's house but you can also join using Zoom - use the link below to join us but make sure to sign up so we know to connect the Zoom.

HAPPY HOUR



[CLICK TO REGISTER](#)

Thurs. 1-18-24 4:00 to 6:00 PM

Join us for Happy Hour and \$3.50 margaritas. Thursday is also Burrito special night if anyone wants to stay for dinner.

LUNCH BUNCH



[CLICK TO REGISTER](#)

Wed. 1-24-24 11:30 to 1:00 PM

We will be going Italian for this luncheon at Squisito's Pizza & Pasta at the Queenstown Outlets. They are located in Suite 101 next to Aunt Annie's and face Route 50.

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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QA@H Contact Info: [\(410\) 635-4045](tel:(410)635-4045) [Our QA@H@gmail.com](mailto:QA@H@gmail.com)
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