  **2023**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| National Nutrition Month: Eating Smarter  <https://www.myplate.gov/life-stages/kids>  for FUN activities | **MARCH IS NATIONAL WOMEN’S HISTORY MONTH**  Image result for WOMEN'S HISTORY MONTH | **1**  9:00 Coffee Hour  9:00 Beginning Oil Painting  10:00 Wii Bowling  11:30 Duplicate Bridge  12:00 Lunch  *What do you call someone who can’t stick with a diet?*  **A deserter!** | **2**  9:00 Coffee Hour  9:00 ***Torn Paper w/Laura***  ***Rankin***  10:00 Blood Pressure  Screening  10:00 Game Day  12:00Lunch  Image result for dr seuss birthday | **3**  9:00 Coffee Hour  10:00 Mahjong  11:00 ***Tai Chi w/Nathan***  11:30 Toastmaster’s  12:00 Lunch  *“Sometimes we stare so long at a door that is closing that we see too late the one that is open.”* **ALEXANDER GRAHAM BELL Inventor**  **BORN March 3rd, 1847**  **DIED 1922 (aged 75)** |
| **6**  9:00 Coffee Hour  9:00 S.A.I.L. Enhance Fitness  10:00 Advance Beginners  Watercolor  12:00 Mahjong  12:00 Lunch  *Why can't fishermen be generous?*  **Because their business makes them sellfish**! | **7**  8:30 Gentle Yoga  9:00 Coffee Hour  12:00 Lunch  12:30 Yarn & Needle Group  1:15 Computer Basics  2:00 Guitar & Ukulele Lessons | **8**  8:30 Commission on Aging  9:00 Coffee Hour  9:00 Beginning Oil Painting  10:00 Wii Bowling  11:30 Duplicate Bridge  11:30 ***Dutch Lunch Out***  ***Genesis***  12:00 Lunch | **9**  9:00 Coffee Hour  10:00 Game Day  12:00 ***Lunch w/Gene Edwards***  ***Review***  *What do puppies use to take their lunch to school?*  **A DOGGY BAG.** | **10**  9:00 Coffee Hour  9:30 Dance Fitness  10:00 Mahjong  11:00 ***Tai Chi w/Nathan***  12:00 Lunch  12:00 Poetry at Noon  *Why do the French eat snails?* **They don't like fast food!** |
| **13**  9:00 Coffee Hour  9:00 S.A.I.L. Enhance Fitness  10:00 Advance Beginners  Watercolor  12:00 Mahjong  12:00 ***Lunch & Learn***  ***w/Melanie***  *What do you say to Simba when he's moving too slowly?*  **MUFASA** | **14**  8:30 Gentle Yoga  9:00 Coffee Hour  10:00 ***Crafting w/Tonia***  12:00 ***Lunch w/Just In Time:***  ***Percussive Dance &***  ***Music***  12:30 Yarn & Needle Group  1:15 Computer Basics  2:00 Guitar & Ukulele Lessons | **15**  9:00 Coffee Hour  9:00 Beginning Oil Painting  10:00 Wii Bowling  11:30 Duplicate Bridge  12:00 Lunch  May be an image of dog and text that says 'MOM IS MAD THAT I ATE A ROLL OF PAPER TOWELS DAD THINKS IT'S FUNNY. HE'S CALLING ME DOG THE BOUNTY HUNTER' | **16**  9:00 Coffee Hour  9:00 ***Delaware Park***  10:00 Game Day  12:00 Lunch  *“I get paid for what most kids get punished for.”*  **JERRY LEWIS**  **Comedian**  **BORN March 16th, 1926 DIED 2017 (aged 91)** | **17**  9:00 Coffee Hour  9:30 Dance Fitness  10:00 Mahjong  11:00 ***Tai Chi w/Nathan***  11:30 Toastmaster’s  12:00 Lunch  Have a happy Saint Patrick&#39;s Day! | 5newsonline.com |
| **20**  9:00 Coffee Hour  9:00 S.A.I.L. Enhance Fitness  10:00 Advance Beginners  Watercolor  12:00 Mahjong  12:00 ***Lunch w/DJ Chuckie***  The First Day Of Spring Latvia, SAVE 47% - spori.is | **21**  8:30 Gentle Yoga  9:00 Coffee Hour  12:00 Lunch  12:30 Yarn & Needle Group  1:15 Computer Basics  2:00 Guitar & Ukulele Lessons  *Which animal is the most religious?*  **A CHIP-MONK!** | **22**  9:00 Coffee Hour  9:00 Beginning Oil Painting  10:00 Wii Bowling  11:30 Duplicate Bridge  12:00 Lunch  March 26 Birthstone Color Deals, SAVE 59%. | **23**  9:00 Coffee Hour  10:00 ***Armchair Travels***  ***w/Tonia***  10:00 ***Elder Law Clinic***  12:00 Lunch    *“I never go outside unless I look like Joan Crawford the movie star. If you want to see the girl next door, go next door.”*  **JOAN CRAWFORD**  **Actor**  **BORN March 23rd, 1905 DIED 1977 (aged 72)** | **24**  9:00 Coffee Hour  9:30 Dance Fitness  10:00 Mahjong  11:00 ***Tai Chi w/Nathan***  12:00 Lunch  Here's all about March-born Birth Flower |
| **27**  9:00 Coffee Hour  9:00 S.A.I.L. Enhance Fitness  10:00 Advance Beginners  Watercolor  12:00 Mahjong  12:00 Lunch  Image result for march is national what month | **28**  8:30 Gentle Yoga  9:00 Coffee Hour  10:00 ***Talbot Master***  ***Gardeners Present:***  ***2023 Cabin Fever***  ***Reliever Series***  10:00 ***Positive Music w/DJ***  ***Randy P***  12:00 Lunch  12:30 Yarn & Needle Group  1:15 Computer Basics  2:00 Guitar & Ukulele Lessons  *.* | **29**  9:00 Coffee Hour  9:00 Beginning Oil Painting  10:00 Wii Bowling  11:30 Duplicate Bridge  12:00 Lunch  **On This Date**  **In 1959** *Some Like It Hot starring Marilyn Monroe, Tony Curtis, and Jack Lemmon, is released.*  **In 1973** *U.S. withdraws from Vietnam.* | **30**  9:00 Coffee Hour  10:00 Game Day  12:00 Lunch  *“I put my heart and my soul into my work,*  *and have lost my mind in the process.”*  **VINCENT VAN GOGH**  **Painter**  **BORN March 30th, 1853 DIED 1890 (aged 37)** | **31**  9:00 Coffee Hour  9:30 Dance Fitness  10:00 Mahjong  11:00 ***Tai Chi w/Nathan***  12:00 Lunch  **VISIT US ON OUR**  **WEBSITE:**  [**www.brooklettsplace.org**](http://www.brooklettsplace.org)  **VISIT US ON FACEBOOK AT**  **BROOKLETTS PLACE – TALBOT SENIOR CENTER** |

**BROOKLETTS PLACE – TALBOT COUNTY SENIOR CENTER – MARCH 2023**

**400 BROOKLETTS AVENUE \* EASTON, MD 410-822-2869**

**OUTINGS & EVENTS:**

**Wednesday, March 8 – (11:30 a.m. – 1:00 p.m.) Dutch Lunch Out *“Genesis”* 8305 Ocean Gateway, Easton, MD Bus will leave Brookletts Place 11:15 a.m. and return 1:15 p.m. Advance signup is required as space is limited.**

**Thursday, March 9 – (12:00 p.m. – 1:00 p.m.) *Lunch/Music with Gene Edwards Review* digital keyboard and vocal music, featuring a full array of amazing hits.** **Advance sign-up for lunch required 2 weeks in advance or you may bring your own lunch.**

**Monday, March 13 - (12:15 p.m. – 1:00 p.m.) *Lunch & Learn w/Melanie*. University of Maryland Shore Regional Health presents: Medication 101 with Melanie. Join Melanie Chapple, Pharm-D, transitions pharmacist at the Easton, Dorchester & Chestertown hospitals of Shore Regional Health as she gives tips on medication safety, medication organization and cost savings. A two-week advance sign-up is required for lunch.**

**Tuesday, March 14 - (12:15 p.m. – 1:00 p.m.)** **Carpe Diem Arts presents *JUST IN TIME: PERCUSSIVE DANCE & MUSIC* – St. Patrick’s Celebration. Made possible by the generous support of the Talbot County Arts Council with revenues provided by the Maryland State Arts Council, the Mid-Shore Community Foundation (MSCF), Dock Street Foundation, Artistic Insights Fund, Brookletts Place, and by individual contributions to Carpe Diem Arts Outreach Fund c/o MSCF. A two-week advance sign-up is required for lunch or you may bring your own.**

**Monday, March 20 – (12:00 p.m. – 1:00 p.m.)** **Lunch w/*DJ CHUCKIE LOVE* Come out and enjoy the sounds of *DJ Chuckie*. A 2 week *advance sign-up for lunch is* or you may bring your own lunch.**

**UPCOMING TRIPS: 2023/2024 Travel Log is now available!! Please visit our website** [**www.brooklettsplace.org**](http://www.brooklettsplace.org) **Or stop by the senior center and pick up a copy.**

**ALASKA CRUISE, LAND & RAIL W/PRINCESS CRUISES® ON THE MAJESTIC PRINCESS®**

**11 DAYS / 10 NIGHTS ~ SEPTEMBER 6 – 16, 2023**

**Right Click here & click on “Open Hyperlink”:** [Talbot County Senior Center Presents Alaska Cruise, Land & Rail on the Majestic Princess® ~ September 6, 2023](https://grandamericantours.com/princessmajesticak-ct-ab3)

**FREE PROGRAMS: *Advance sign-up requested for most programs – PLEASE NOTE – IF YOU SIGN UP FOR ANY OF THE FREE PROGRAMS THAT HAVE SPACE LIMITATIONS AND ARE UNABLE TO ATTEND, PLEASE BE COURTEOUS AND CALL TO LET US KNOW BECAUSE SOMEONE ELSE CAN BE PUT IN YOUR SLOT. ADDITIONALLY IN SOME CASES A FEE MAY APPLY FOR NO SHOWS!!***

* **OBSERVING NATIONAL NUTRITION MONTH – *With games, activities and challenges to eat healthy/live healthy* 😊**
* **Thursday, March 2 - (9:00 a.m. – 11:30 a.m.) Torn Paper Workshop w/ Laura Rankin. This is one of the most freeing ways to create art. Learn how to make artwork simply by tearing paper into shapes and gluing them onto a cardboard backing to build a picture- either impressionistic or abstract. Examples will be provided to help you on your way to some amazing self-expression! All materials- paper, glue, and cardboard backing will be provided. Limited to 10 participants – Advance sign-up is required.**
* **Monday, March 6th, 13th, 20th, & 27th – (9:00 a.m. – 10:00 a.m.) HEALTHY LIVING FOR OLDER ADULTS—SAIL (Stay Active & Independent for Life) Advance registration is required as space is limited.**
* **Tuesday, March 14- (10:00 a.m. – 11:00 a.m.) *Free “Rainbow Shamrock Bracelet” Craft* – Join us for Crafting with Tonia. Limited to 10 participants – Advance sign-up is required.**
* **Thursday, March 23 (10:00 a.m. – 11:00 a.m.)** ***Armchair Travel w/Tonia*. Las Vegas! Nestled in the Nevada desert, Las Vegas is a sprawling city of glitzy hotels, bustling casinos, wild nightclubs, and world-class restaurants. Advance registration is required as space is limited.**
* **Thursday, March 23 - (10:00 a.m. – 1:00 p.m.) *Elder Law Clinic* Attorneys will be present (by appointment only) to discuss legal issues pertaining to seniors to include: Elder Abuse, Adult Guardianship; homeowner and consumer related issues and much, much, more. Contact Mid-Shore Pro-Bono at 410-690-8128 for an appointment or additional information.**
* **Tuesday, March 28 (10:00 a.m. – 11:00 a.m.) Talbot Master Gardeners Present: 2023 Cabin Fever Reliever Series. Join Mikaela Boley with the University of Maryland Extension. With the holidays over, but spring isn’t here yet; how do you beat the winter blues? Try joining the Talbot County Master Gardeners for their winter lecture series, covering a variety of topics to keep you busy until spring. Advance reservation is required as space is limited. Please call Mikaela Boley 2 weeks prior to the event at 410-822-1244 ext. 1002 to register.**
* **Tuesday, March 28 – (10:00 a.m. – 11:00 a.m.) “*Positive Music w/DJ Randy P”.* Reduce your weekly stress by enjoying a fun, safe, and positive musical experience in a motivation environment.**

**SELF-PAY CLASSES: SPACE AVAILABLE IN ALL CLASSES.**

* **Advance Beginners Watercolor - Every Monday (10:00 a.m. – 12:00 p.m.) $50.00 per 4 week session.** **New students are welcome, contact Diana Evans, Instructor 443-239-0657**
* **Guitar and Ukulele Lessons with Emma Bailey of Mike Elzey Guitar Tuesday at 2:00 p.m. $5.00 per session**
* **Beginning Oil Painting – Every Wednesday (9:00 a.m. – 12:00 p.m.) $5.00 per hour. NO CHARGE for SUPPLIES for first three sessions. New students are welcome. Contact Jane Bollman, Instructor at 410-770-8611 or bollman@goeaston.net for additional information or to register**
* ***TAI CHI W/NATHAN* – Every Friday (11:00 a.m. – 12:00 p.m.) You will be introduced to the lifestyle wellness system of Taijiquan, which has promoted the health of millions around the world for a long time. People have experienced their balance improving, their respiratory and cardiovascular health improved, connection with new friends expanded, better sleep, and mental focus. Comfortable clothing and sneakers recommended. $8.00 per-person per class**

**OTHER PROGRAMS:**

* **Computer Basics – Every Tuesday at 1:15 p.m. – Need to learn or refresh your computer skills – Register by calling 410-822-2869**
* **Yarn & Needle Group – Every Tuesday 12:30 p.m. If you knit, crochet, needlepoint, felt or weave, this is the Gathering for you. Practice your craft and bring your skills to others for a hour or two. No registration necessary, just drop in. Call 410-822-2869 for more information.**
* **Video (Wii) Bowling - Every Wednesday 10:00 a.m. in the TV Room. Come Join the Team. New Members Are Welcome!**
* **Blood Pressure Screening – 1st Thursday of each month at 10:00 a.m.**
* **Game Day – Every Thursday at 10:00 a.m. Join in on the fun of a board game, card game, BINGO etc. Something different each week.**
* **Elder Law Clinic – Every 4th Thursday 10:00 a.m. – 1:00 p.m. BY APPOINTMENT ONLY Contact Mid-Shore Pro-Bono at 410-690-8128**
* **Poetry at Noon – Every 2nd Friday**

**UPCOMING EVENTS:**

***Lunch with Hal & His Pals “Brookletts Band” Thursday, April 20th. Lunch at 12:00pm Concert begins 12:30pm.* Hal is a singer/songwriter from the East Coast who has performed with various bands since the 1950's. In 2012, determined to find only the best musicians to join him, Hal set out to record some favorite hit songs from his youth. A two-week advance sign-up is required for lunch by April 6th or you may bring your own.**