



A place to connect. A place to thrive.



2024

National Senior Center Month "POWERING CONNECTIONS!"

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>CLOSED</p> <p>HAPPY LABOR DAY</p>	<p>3</p> <p>9:00 Coffee Hour 10:00 Bingocize 12:00 Lunch 12:30 Yarn & Needle Group</p> 	<p>4</p> <p>9:00 Coffee Hour 9:00 Beginning Oil Painting 9:30 Music w/Melanie 10:00 Blood Pressure Screening 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch</p> <p>ON THIS DAY IN 1957 Ford introduces "The Edsel" automobile - one of the biggest business flops in history.</p>	<p>5</p> <p>8:30 S.A.I.L. Enhance Fitness 9:00 Coffee Hour 10:00 Bingocize 10:30 ShoGo Mobile 12:00 Lunch</p> 	<p>6</p> <p>9:00 Coffee Hour 10:00 Mahjong 11:00 Tai Chi w/Nathan 11:30 Toastmaster's 11:30 Dutch Lunch Out "AMISH MARKET MARLBORO AVE" 12:00 Lunch</p> <p><i>What is a King's favorite kind of precipitation? Hail!</i></p>
<p>9</p> <p>9:00 Coffee Hour 9:00 S.A.I.L. Enhance Fitness 10:00 STATE RETIREE'S SHIP PRESENTATION 11:00 Advance Beginners Watercolor 11:00 Tai Chi w/Nathan 12:00 LUNCH & LEARN w/MELANIE 12:00 Mahjong 2:00 Guitar & Ukulele Lessons</p>	<p>10</p> <p>9:00 Coffee Hour 10:00 Bingocize 12:00 LUNCH w/ALISON CROCKETT 12:30 Yarn & Needle Group</p>  	<p>11</p> <p>8:30 Commission on Aging 9:00 Coffee Hour 9:00 Beginning Oil Painting 10:30 Wii Bowling 10:30 MUSIC w/MELANIE 11:00 Duplicate Bridge 12:00 Lunch</p> 	<p>12</p> <p>8:30 S.A.I.L. Enhance Fitness 9:00 Coffee Hour 10:00 Bingocize 10:30 ShoGo Mobile 12:00 "OPEN ENROLLMENT" PRESENTATION WITH SHIP PROGRAM COUNSELOR MAELA 12:00 LUNCH w/GENE EDWARDS REVIEW</p>	<p>13</p> <p>8:00 YARD SALE 9:00 Coffee Hour 9:30 Dance Fitness 10:30 VENDOR FAIR 10:00 Mahjong 11:00 BBQ FUNDRAISER w/CHUBB'S 11:00 Tai Chi w/Nathan 12:00 Lunch 12:00 Poetry at Noon</p>
<p>16</p> <p>9:00 Coffee Hour 9:00 S.A.I.L. Enhance Fitness 9:30 Crafting with Tonia 11:00 Advance Beginners Watercolor 11:00 Tai Chi w/Nathan 12:00 Lunch and Learn w/Phoenix Physical Therapy 12:00 Mahjong 2:00 Guitar & Ukulele Lessons</p>	<p>17</p> <p>9:00 Coffee Hour 10:00 Bingocize 12:00 Lunch w/DJ Chuckie 12:30 Yarn & Needle Group</p> <p>HAPPY BIRTHDAY Hank Williams Singer-Songwriter BORN Sept. 17th, 1923 DIED 1953 (aged 29)</p>	<p>18</p> <p>9:00 Coffee Hour 9:00 Beginning Oil Painting 9:30 Music w/Melanie 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch</p> 	<p>19</p> <p>8:30 S.A.I.L. Enhance Fitness 9:00 Coffee Hour 10:00 Bingocize 10:30 ShoGo Mobile 12:00 Lunch</p> 	<p>20</p> <p>9:00 Coffee Hour 9:30 Dance Fitness 10:00 Mahjong 11:00 Tai Chi w/Nathan 11:30 Toastmaster's 12:00 Lunch</p>  <p>What do you call a parade of rabbits hopping backwards? A receding hare-line.</p>
<p>23</p> <p>9:00 Coffee Hour 9:00 S.A.I.L. Enhance Fitness 11:00 Advance Beginners Watercolor 11:00 Tai Chi w/Nathan 12:00 Mahjong 12:00 Lunch 2:00 Guitar & Ukulele Lessons</p> <p><i>What do you call a musician with problems? A trebled man.</i></p>	<p>24</p> <p>9:00 Coffee Hour 10:00 Bingocize 11:00 Positive Music w/DJ Randy P 12:00 Lunch w/Les Rayne 12:30 Yarn & Needle Group</p> 	<p>25</p> <p>9:00 Coffee Hour 9:00 Beginning Oil Painting 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch</p>  <p>How much room is needed for fungi to grow? As mushroom as possible</p>	<p>26</p> <p>8:30 S.A.I.L. Enhance Fitness 9:00 Coffee Hour 10:00 Bingocize 10:00 Elder Law Clinic 10:30 ShoGo Mobile 12:00 Lunch</p> 	<p>27</p> <p>9:00 Coffee Hour 9:30 Dance Fitness 10:00 Mahjong 11:00 Tai Chi w/Nathan 12:00 Lunch</p> 
<p>30</p> <p>9:00 Coffee Hour 9:00 S.A.I.L. Enhance Fitness 11:00 Advance Beginners Watercolor 11:00 Tai Chi w/Nathan 12:00 Mahjong 12:00 Lunch 2:00 Guitar & Ukulele Lessons</p> <p><i>What happens to a frog's car when it breaks down? It gets toad away</i></p>				<p>VISIT US ON OUR WEBSITE:</p> <p>www.brooklettsplace.org</p> <p>VISIT US ON FACEBOOK AT BROOKLETTS PLACE – TALBOT SENIOR CENTER</p>

BROOKLETTS PLACE – TALBOT COUNTY SENIOR CENTER – SEPTEMBER 2024
400 BROOKLETTS AVENUE * EASTON, MD 410-822-2869

OUTINGS & EVENTS:

Friday, September 6 – (11:30 a.m. – 1:00 p.m.) Dutch Lunch Out “AMISH MARKET” Marlboro Ave, 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.**

JOIN US FOR A WEEK OF EVENTS AS WE CELEBRATE NATIONAL SENIOR CENTER MONTH “POWERING CONNECTIONS”

**Monday, September 9 – (10:00 a.m. – 11:00 a.m.) STATE RETIREE’S SHIP Presentation. Join our SHIP Counselor for a very informative presentation. Advance registration is required as space is limited.*

**Monday, September 9 - (12:15 p.m. – 1:00 p.m.) Lunch & Learn w/Melanie. University of Maryland Shore Regional Health presents: Nutrition & 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 or you may bring your own.*

** Tuesday, September 10 – (12:15 p.m. – 1:00 p.m.) Lunch w/ CARPE DIEM - Alison Crockett presents a dynamic and engaging mix of jazz, rhythm and blues, soul and pop music. She has toured the world several times over, performing and recording with multiple artists in various genres. A powerhouse -not to be missed! A two-week advance sign-up is required for lunch or you may bring your own.*

**Wednesday, September 11 – (10:30 a.m. – 11:30 a.m.) Music With Melanie – It’s a SIT & PARTY Chair Dance for Seniors. Join us for some Fun & Fitness for your Brain & Body. Low Impact Chair Dance to Tone Muscles, Improve Flexibility and Joint Health. Advance sign-up is required.*

**Thursday, September 12 – (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 is required 2 weeks in advance or you may bring your own lunch. Also Our SHIP counselor, Maela will do a brief presentation on this year’s OPEN ENROLLMENT for Medicare.*

**Friday, September 13 – (8:00 a.m. – 12:00 noon) YARD SALE Rental Space available first come first served – VENDOR FAIR (10:00 a.m. – 1:00 p.m.) Community Vendors share their resources with you. CHUBB’S BBQ FUNDRAISER (11:00 a.m. – 1:00 p.m.) BBQ Chicken & Pulled Pork available for purchase. For more information please feel free to contact Teresa 410-822-2869 ext 222*

Monday, September 16 – (12:00 p.m. – 1:00 p.m.) Lunch & Learn w/Phoenix Physical Therapy. Join the team at Phoenix as they demonstrate low impact exercises and ways to prevent falling at home. A two-week advance sign-up is required for lunch or you may bring your own.

Tuesday, September 17 – (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 required by Sept 3rd or you may bring your own lunch.

Tuesday, September 24 – (12:30 p.m. – 1:00 p.m.) Lunch/Music with Les Rayne. A two-week advance sign-up is required for lunch by Sept 9th or you may bring your own.

UPCOMING TRIPS: 2024/2025 Travel Log is available!! Please visit our website www.brooklettsplace.org

“NEW” Sunday May 4 – Saturday May 10, 2025

St. Augustine, Amelia Island & Jacksonville, FL

7 Days/6 Nights Bus trip \$1200.00 per person double occupancy \$1600.00 single occupancy. Package includes: 6 Nights lodging (includes 2 overnight stops), 6 Breakfasts, 4 Dinners including Alhambra Dinner Theater. Tour of St. Augustine, Amelia Island & Jacksonville. Visit to Kingsley Plantation, Fernandina Beach & American Beach. Perimeter Tour of Castillo de San Marcos. Admission to Ponce de Leon’s “Fountain of Youth”. Sightseeing cruise on St. John River, visit to Spanish Quarter & St. George Street. Luggage handling in Florida and Souvenir gift. All taxes and gratuities are included. Motorcoach transportation. **DEPOSIT OF \$150.00 per person is DUE BY FRIDAY, NOVEMBER 22, 2024 WITH FINAL PAYMENT DUE BY MONDAY MARCH 3, 2025**

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!!

- **Every 1st and 3rd Wednesday – (9:30 a.m. – 10:30 a.m.) Music With Melanie –** Come sing & play along to familiar favorites. Enjoy music activities that bring us together with shared experiences. Advance sign-up is required.
- **Tuesday and Thursday – August 27th – Nov 7th (10:00 a.m. – 11:00 a.m.) BINGOCIZE –** Combine Bingo, Education & Exercise to Improve Your Health – Falls Prevention Workshop. Did you know exercise can help prevent chronic diseases and falls in older adults? Join us- Must pre-register to attend as space is limited.
- **Monday, September 16 - (9:30 a.m. – 10:30 a.m.)** Join us for Crafting with Tonia “DIY Fall Wreath”. Limited to 10 participants – Advance sign-up is required.
- **Tuesday, September 24 – (11:00 a.m. – 12:00 noon)** “Positive Music w/DJ Randy P”. Reduce your weekly stress by enjoying a fun, safe, and positive musical experience in a motivational environment.
- **Thursday, September 26 - (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 Shore Legal Assets (previously known as Mid-Shore Pro Bono) at 410-690-8128 for an appointment or additional information.

SELF-PAY CLASSES: SPACE AVAILABLE IN ALL CLASSES.

- **Advance Beginners Watercolor –** Every Monday (11:00 a.m. – 1:00 p.m.) \$50.00 per 4 week session. New students are welcome, contact Diana Evans, Instructor 443-239-0657
- **Guitar and Ukulele Lessons with Chuck of Mike Elzey** Guitar Monday 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 Monday & 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:

- **Mondays - (9:00 a.m. – 10:00 a.m.) and Thursdays (8:30 a.m. – 9:30 a.m.) HEALTHY LIVING FOR OLDER ADULTS—SAIL** (Stay Active & Independent for Life) Advance registration is required as space is limited.
- **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.
- **Blood Pressure Screening –** 1st Wednesday of each month at 10:00 a.m.
- **Video (Wii) Bowling -** Every Wednesday 10:30 a.m. in the TV Room. **COME JOIN THE TEAM. NEW MEMBERS ARE WELCOME!**
- **Sho Go Mobile** is bringing the market to Talbot Senior Center, Thursdays 10:30 am to 11:30 am. The bus will be stocked with fresh produce, soup, salad & sandwiches from Shore Gourmet! Make sure to take advantage of the convenience of our mobile market!
- **Elder Law Clinic –** Every 4th Thursday 10:00 a.m. – 1:00 p.m. **BY APPOINTMENT ONLY** Contact Shore Legal Assets (previously known as Mid-Shore Pro Bono) at 410-690-8128
- **Poetry at Noon –** Every 2nd Friday

UPCOMING EVENT FOR OCTOBER – THURSDAY, OCT 3RD – FELTING WITH LAURA THURSDAY, OCT 10TH – SHOWSTOPPERS
FRIDAY, OCT 25TH – JONES BOYS THURSDAY, OCT 31ST – DJ CHUCKIE HALLOWEEN BASH!!