



A place to connect. A place to thrive.



2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9:00 Coffee Hour 9:00 S.A.I.L. Enhance Fitness 10:30 Music w/Melanie 11:00 Tai Chi w/Nathan 12:00 Mahjong 12:00 Lunch 2:00 Guitar & Ukulele Lessons</p> <p>HAPPY BIRTHDAY Princess Diana Princess & Activist BORN July 1st, 1961 DIED 1997 (aged 36)</p>	<p>2</p> <p>9:00 Coffee Hour 10:00 "Crokinole" 12:00 Lunch 12:30 Yam & Needle Group 1:00 Travel Advisory Meeting</p> 	<p>3</p> <p>9:00 Coffee Hour 9:00 Beginning Oil Painting 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch</p> <p>On This Day In 1985 <i>Back to the Future</i> was released, featuring the now famous 1981 DeLorean DMC-12 time machine/automobile.</p>	<p>4</p> <p>CLOSED</p> 	<p>5</p> <p>9:00 Coffee Hour 10:00 Mahjong 11:00 Tai Chi w/Nathan 12:00 Lunch</p>  <p>July is National Ice Cream Month!</p>
<p>8</p> <p>9:00 Coffee Hour 9:00 S.A.I.L. Enhance Fitness 11:00 Tai Chi w/Nathan 12:00 Lunch & Learn w/Melanie 12:00 Mahjong 2:00 Guitar & Ukulele Lessons</p> <p>On This Day In 1889 <i>The first issue of The Wall Street Journal is published.</i></p>	<p>9</p> <p>9:00 Coffee Hour 10:00 Crafting with Tonia 12:00 Lunch 12:30 Yam & Needle Group</p> 	<p>10</p> <p>9:00 Coffee Hour 9:00 Beginning Oil Painting 10:30 Wii Bowling 11:00 Duplicate Bridge 11:30 Dutch Lunch Out "LEDO'S" 12:00 Lunch</p> <p>Why should you take a pencil to bed? <i>To draw the curtains!</i></p>	<p>11</p> <p>8:30 S.A.I.L. Enhance Fitness 9:00 Coffee Hour 10:00 Farmers Market Program 10:30 ShoGo Mobile 11:00 Diabetes Screening & Health Education Program 12:00 Lunch w/Gene Edwards Review</p>	<p>12</p> <p>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</p>  <p>JULY is National HIV AWARENESS MONTH</p>
<p>15</p> <p>9:00 Coffee Hour 9:00 S.A.I.L. Enhance Fitness 10:30 Music w/Melanie 11:00 Tai Chi w/Nathan 12:00 Lunch 12:00 Mahjong 2:00 Guitar & Ukulele Lessons</p>  <p>NATIONAL GIVE SOMETHING AWAY DAY JULY 15</p>	<p>16</p> <p>9:00 Coffee Hour 10:00 "Crokinole" 12:00 Lunch w/DJ Chuckie 12:30 Yam & Needle Group</p>  <p>I'll tell you whether I make a sound talking when no one's around if you tell me why you crossed the road!</p>	<p>17</p> <p>9:00 Coffee Hour 9:00 Beginning Oil Painting 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch</p> <p>On This Day In 1955 Disneyland opens its doors for the first time. The popular theme park ("The Happiest Place on Earth") was opened by Walt Disney in Anaheim, California.</p>	<p>18</p> <p>8:30 S.A.I.L. Enhance Fitness 9:00 Coffee Hour 10:30 ShoGo Mobile 11:00 Diabetes Screening & Health Education Program 12:00 Lunch</p> <p>What is the best day to go to the beach? <i>Sunday, of course!</i></p>	<p>19</p> <p>9:00 Coffee Hour 9:30 Dance Fitness 10:00 Mahjong 11:00 Tai Chi w/Nathan 11:00 Pit Beef Fundraiser 11:30 Toastmaster's 12:00 Lunch</p> 
<p>22</p> <p>9:00 Coffee Hour 9:00 S.A.I.L. Enhance Fitness 11:00 Tai Chi w/Nathan 12:00 Mahjong 12:00 Lunch & Learn w/DSS 2:00 Guitar & Ukulele Lessons</p> <p>What did the stamp say to the envelope? <i>Stick with me and we will go places!</i></p> <p>What kind of lights did Noah use on the Ark? <i>Flood lights!</i></p>	<p>23</p> <p>9:00 Coffee Hour 12:00 Lunch w/Les Rayne 12:30 Yam & Needle Group</p>  <p>Tech support... I'd like to report a FARMER IN THE DELL!</p>	<p>24</p> <p>9:00 Coffee Hour 9:00 Beginning Oil Painting 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch</p>  <p>THE SECRET OF BEING HAPPY is accepting where you are in life and making the most out of every day</p>	<p>25</p> <p>8:30 S.A.I.L. Enhance Fitness 9:00 Coffee Hour 10:00 Elder Law Clinic 10:30 ShoGo Mobile 11:00 Diabetes Screening & Health Education Program 12:00 Lunch</p>  <p>National Hot Dog Month!</p>	<p>26</p> <p>9:00 Coffee Hour 9:30 Dance Fitness 10:00 Mahjong 11:00 Tai Chi w/Nathan 12:00 Lunch</p>  <p>What do you call a cow in an earthquake? A milkshake.</p>
<p>29</p> <p>9:00 Coffee Hour 9:00 S.A.I.L. Enhance Fitness 11:00 Tai Chi w/Nathan 12:00 Mahjong 12:00 Lunch 2:00 Guitar & Ukulele Lessons</p>  <p>What do you call a famous fish? A star fish.</p>	<p>30</p> <p>9:00 Coffee Hour 10:00 Positive Music w/DJ Randy P 12:00 Lunch 12:30 Yam & Needle Group</p>  <p>National Cheesecake Day! July 30th</p>	<p>31</p> <p>9:00 Coffee Hour 9:00 Beginning Oil Painting 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch</p>  <p>At the end of the day all that really matters is your loved ones are well, you've done your best and you're thankful for all you have.</p>	<p>July Birthstone -Ruby-</p>  <p>A ruby provides strength, vigor, and nobility, helping protect its wearer from the evils of the world. It signifies love and passion while attracting good luck.</p>  <p>JULY BIRTH FLOWER <i>Larkspur</i> THE LARKSPUR SYMBOLIZES GOOD LUCK, FAITHFULNESS AND LIGHTNESS. IF YOUR BIRTH FLOWER IS LARKSPUR, YOU HAVE A CHARMING AND STRONG PERSONALITY. YOU HAVE A WONDERFUL SENSE OF HUMOR. YOU HAVE A WARM AND INVITING PERSONALITY. YOUR FAMILY IS VERY IMPORTANT TO YOU IN EVERY ASPECT OF YOUR LIFE.</p>	<p>VISIT US ON OUR WEBSITE: www.brooklettsplace.org</p> <p>VISIT US ON FACEBOOK AT BROOKLETTS PLACE – TALBOT SENIOR CENTER</p>

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

OUTINGS & EVENTS:

Monday, July 08 - (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.

Wednesday, July 10 – (11:30 a.m. – 1:00 p.m.) Dutch Lunch Out “LEDO’S” 108 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.

Thursday, July 11 – (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.

Tuesday, July 16 – (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 July 2nd or you may bring your own lunch.

Friday, July 19 – (11:00 a.m. – 2:00 p.m.) Pit Beef/Pit Turkey Fundraiser. Catering By Jamie - Come on out and help support our ongoing fundraising efforts for Brookletts Place. **Pre sales only for Pit Turkey by July 1st.** Cost \$10.00/combo of Sandwich, Chips & Drink. Contact tgreene@uppershoreaging.org to register or call 410-822-2869

Monday, July 22 – (12:00 p.m. – 1:00 p.m.) Lunch & Learn w/DSS. Come join us for lunch and learn more about the Consumer Portal, how to set up an account, view your case status, view notifications, etc. A two-week advance sign-up is required for lunch by July 8th or you may bring your own.

Tuesday, July 23 – (12:30 p.m. – 1:00 p.m.) Lunch/Music with Les Rayne. A two-week advance sign-up is required for lunch by July 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 Monday – (10:30 a.m. – 11:30 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.
- Every 1st and 3rd Tuesday – (10:00 a.m. – 11:30 a.m.) “CROKINOLE” Have you ever heard about Crokinole? Please come join us and learn a new game and have some fun with us!
- Every Thursday beginning May 30th – August 15th - (11:00 a.m. – 12:00 p.m.) Upper Shore Aging’s Diabetes Health Education and Screening Program offers participants a free, high-quality lifestyle change program to reduce their risk of type 2 diabetes and improve their overall health. The program will be held at Brookletts Place, will include: Fun environment to learn healthy habits weekly, Engaging group setting, Introduction to USA Senior Center services, Health Screening and Preventative diabetes education. Contact USA 410-778-6000 to register.
- Tuesday, July 9 - (10:00 a.m. – 11:00 a.m.) Join us for Crafting with Tonia “Coffee Filter Flowers”. Limited to 10 participants – Advance sign-up is required.
- Thursday, July 11 – (10:00 a.m. – 11:00 a.m.) Join Maela Rider for the “Farmer’s Market” presentation. Afterwards, **eligible participants** will receive the 2024 Maryland Senior Farmer’s Market Nutrition Program Coupon Booklets! **MUST BE PRESENT TO RECEIVE THE COUPONS.** For questions, please call Maela Rider – Program Counselor at 410-822-2869 ext. 231
- Thursday, July 25 - (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.
- Tuesday, July 30 – (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 motivational environment.

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 – **HAVE A GREAT SUMMER SEE YOU IN THE FALL**
- 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. **NO BLOOD PRESSURE IN JULY WILL BE BACK IN AUGUST**
- 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 AUGUST – DIABETES WORKSHOP CONTINUES UNTIL AUGUST 15TH

SUICIDE BRIDGE CRAB FEAST AUGUST 22ND STILL A FEW SEATS AVAILABLE

BINGOCIZE- FALL PREVENTION BEGINNING AUG 27TH THRU OCT 31ST TUESDAYS & THURSDAYS