



A place to connect. A place to thrive.

OLDER AMERICANS MONTH



POWERED BY CONNECTION: MAY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>VISIT US ON OUR WEBSITE:</p> <p>www.brooklettsplace.org</p> <p>VISIT US ON FACEBOOK AT BROOKLETTS PLACE – TALBOT SENIOR CENTER</p>	<p>ADVICE FROM A Sunflower:</p> <p>BE BRIGHT, SUNNY AND POSITIVE. Spread seeds of happiness. RISE, SHINE, AND HOLD YOUR HEAD HIGH.</p> 	<p>1</p> <p>9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 Blood Pressure Screening 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch</p>  <p>May Day</p>	<p>2</p> <p>8:30 S.A.I.L. Enhance Fitness 9:00 Coffee Hour 9:00 Painting with Wool w/Laura Rankin 10:00 ShoGo Mobile 12:00 Lunch</p>  <p>TALBOT ARTS</p>	<p>3</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 KENTUCKY DERBY MAY 4TH</p> 
<p>6</p> <p>9:00 Coffee Hour 9:00 S.A.I.L. Enhance Fitness 10:30 Music w/Melanie 11:00 Advance Beginners Watercolor 11:00 Tai Chi w/Nathan 12:00 Lunch & Learn w/Summit Community Bank 12:00 Mahjong 1:00 Guitar & Ukulele Lessons</p>	<p>7</p> <p>9:00 Coffee Hour 10:00 "Crokinole" 12:00 Lunch 12:30 Yarn & Needle Group 1:00 Basic Computer Class</p> <p>BROOKLETTS PLACE CRAFTERS POP-UP CRAFT SALE FOR MOTHER'S DAY/SPRINGTIME! MAY 7 & 8 10AM – 2PM</p>	<p>8</p> <p>8:30 Commission on Aging 9:00 Coffee Hour 9:00 Beginning Oil Painting 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch</p> <p>REMINDER: SHRED FEST 9AM -1PM EGLSEDER WEALTH MGMT 8694 COMMERCE DR EASTON</p>	<p>9</p> <p>8:30 S.A.I.L. Enhance Fitness 9:00 Coffee Hour 10:00 ShoGo Mobile 12:00 Lunch w/Gene Edwards Review</p>  <p>National Strawberry Month May</p>	<p>10</p> <p>9:00 Coffee Hour 9:30 Dance Fitness 10:00 Mahjong 11:00 Tai Chi w/Nathan 11:30 Dutch Lunch Out "Amish Market" 12:00 Lunch 12:00 Poetry at Noon</p>
<p>13</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 & Learn w/Melanie 1:00 Guitar & Ukulele Lessons</p>	<p>14</p> <p>9:00 Coffee Hour 10:00 Crafting with Tonia 12:00 Lunch w/CARPE DIEM 12:30 Yarn & Needle Group 1:00 Basic Computer Class</p>  <p>TALBOT ARTS</p>	<p>15</p> <p>9:00 Coffee Hour 9:00 Beginning Oil Painting 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch 6:00 "A Different Mindset" Support Group</p>	<p>16</p> <p>8:30 S.A.I.L. Enhance Fitness 9:00 Coffee Hour 10:00 ShoGo Mobile 12:00 Lunch</p>  <p>National Barbeque Day May 16</p>	<p>17</p> <p>9:00 Coffee Hour 9:00 Field Trip "19th Annual Sr Summit QAC 4-H Park" 9:30 Dance Fitness 10:00 Mahjong 11:00 Tai Chi w/Nathan 11:30 Toastmaster's 12:00 Lunch</p>
<p>20</p> <p>9:00 Coffee Hour 9:00 S.A.I.L. Enhance Fitness 10:30 Music w/Melanie 11:00 Advance Beginners Watercolor 11:00 Tai Chi w/Nathan 12:00 Mahjong 12:00 Lunch 1:00 Guitar & Ukulele Lessons</p>	<p>21</p> <p>9:00 Coffee Hour 10:00 "Crokinole" 12:00 Lunch w/DJ Chuckie 12:30 Yarn & Needle Group 1:00 Basic Computer Class</p>	<p>22</p> <p>9:00 Coffee Hour 9:00 Beginning Oil Painting 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch</p> <p>Senior Resource Fair Easton Volunteer Fire Dept 10:00 a.m. – 2:00 p.m.</p>	<p>23</p> <p>8:30 S.A.I.L. Enhance Fitness 9:00 Coffee Hour 10:00 Elder Law Clinic 10:00 ShoGo Mobile 12:00 Lunch</p>  <p>NATIONAL WATER SAFETY MONTH</p>	<p>24</p> <p>9:00 Coffee Hour 9:30 Dance Fitness 10:00 Mahjong 11:00 Tai Chi w/Nathan 12:00 Lunch</p>  <p>may NATIONAL SALAD MONTH</p>
<p>27</p> <p>CLOSED</p> <p>MEMORIAL DAY</p>  <p>REMEMBER AND HONOR</p>	<p>28</p> <p>9:00 Coffee Hour 10:00 Positive Music w/DJ Randy P 12:00 Lunch w/Les Rayne 12:30 Yarn & Needle Group 1:00 Basic Computer Class</p> 	<p>29</p> <p>9:00 Coffee Hour 9:00 Beginning Oil Painting 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch</p>  <p>may BIRTH FLOWER</p>	<p>30</p> <p>8:30 S.A.I.L. Enhance Fitness 9:00 Coffee Hour 10:00 ShoGo Mobile 12:00 Lunch</p>  <p>MAY is national BIKE MONTH</p> <p>LET'S GO FOR A RIDE</p>	<p>31</p> <p>9:00 Coffee Hour 9:30 Dance Fitness 10:00 Mahjong 11:00 Tai Chi w/Nathan 12:00 Lunch</p>  <p>may BIRTHSTONE</p> <ul style="list-style-type: none"> • Symbolizes rebirth • Represents dedication and courage in the darkest times due to its association with fertility • Color can range from light to deep, rich green

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

OUTINGS & EVENTS:

JOIN US AS WE FIND MANY WAYS TO CELEBRATE OLDER AMERICAN MONTH 2024 "POWERED BY CONNECTION"

Monday, May 6 - (12:15 p.m. – 1:00 p.m.) Lunch & Learn w/Summit Community Bank. Presenting Banking 101 – Covering account types, credit scores, budgeting and so much more! A two-week advance sign-up is required for lunch or you may bring your own.

Thursday, May 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 is required 2 weeks in advance or you may bring your own lunch.

Friday, May 10 – (11:30 a.m. – 1:00 p.m.) Dutch Lunch Out "Amish Market" 101 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.

Monday, May 13 - (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, May 14 - (12:15 p.m. – 1:00 p.m.) Carpe Diem Arts presents CARON DALE/Jewish American Heritage Month. Caron presents a marvelous blend of music that will stir up happy memories and have you singing along! A songwriter, performer, Cantorial Soloist, and CEO of Chords of Courage. Caron is inspiring hope and lifting spirits wherever she goes. 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.

Friday, May 17 – (9:00 a.m. – 3:00 p.m.) Field Trip to 19th Annual Senior Summit at QAC 4-H Park, Centreville, MD. Bus will leave Brookletts Place Talbot Senior Center 9:00 a.m. and return approx. 3:00 p.m. Advance registration is required to ride the bus as space is limited or you can meet us there.

Tuesday, May 21 – (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 April 9th or you may bring your own lunch.

Wednesday, May 22 – (10:00 a.m. – 2:00 p.m.) "Senior Resource Fair" Easton Volunteer Fire Dept. Learn about resources for seniors in Talbot County! Free Admission, Free Parking, Health Screenings, Giveaways, Food, Raffle Prizes & Vendors. Hosted by the Talbot County Commission on the Aging.

Tuesday, May 28 – (12:30 p.m. – 1:00 p.m.) Lunch/Music with Les Rayne. A two-week advance sign-up is required for lunch or you may bring your own.

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

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.
- Thursday, May 2 – (9:00 a.m. – 12:00 a.m.) Painting w/wool With Laura Rankin. In this workshop, all the students will be learning how to create the same floral still life picture, which I will provide. Laura will be demonstrating a variety of needle felting techniques which in turn will enable the students to "paint" with wool. All supplies are supplied. Advance registration is required as space is limited.
- Tuesday, May 14 - (10:00 a.m. – 11:00 a.m.) Join us for Crafting with Tonia "God Watches Over You Rainbow Craft". Limited to 10 participants – Advance sign-up is required.
- Wednesday, May 15 – (6:00 p.m. – 8:00 p.m.) You're invited to "A Different Mindset" Supporting our loved ones as they age. ALZ & Dementia Partnership w/Candle Light Cove Assisted Living & Memory Care. RSVP to swolfberg@integracare.com 410-770-9707
- Thursday, May 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 Shore Legal Assets (previously known as Mid-Shore Pro Bono) at 410-690-8128 for an appointment or additional information.
- Tuesday, May 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 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
- 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 10:00 am to 11:00 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