



2025

National Senior Center Month “Powering Possibilities: Flip the Script!”

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|--|--|---|--|---|
| <div>1</div> <div>CLOSED</div> <div></div>   | <div>2</div> <div>8:30 S.A.I.L. Exercise<br/>9:00 Coffee Hour<br/>10:00 <b>BINGO</b><br/>12:00 Lunch<br/>12:30 Yarn &amp; Needle Group</div> <div>Why don't cats play poker in the jungle?<br/><i>There are too many cheetahs!</i></div>   | <div>3</div> <div>9:00 Coffee Hour<br/>9:00 Beginning Oil Painting<br/>10:00 <b>Music &amp; Movement w/Melanie</b><br/>10:30 Wii Bowling<br/>11:00 Duplicate Bridge<br/>12:00 Lunch</div>   | <div>4</div> <div>8:30 S.A.I.L. Exercise<br/>9:00 Coffee Hour<br/>10:30 <b>ShoGo Mobile</b><br/>12:00 Lunch<br/>2:00 Guitar &amp; Ukulele Lessons</div> <div>Why should you stand in the corner if you get cold?<br/><i>It's always 90 degrees.</i></div>  | <div>5</div> <div>9:00 Coffee Hour<br/>9:30 Line Dancing<br/>10:00 Mahjong<br/>11:00 <b>Tai Chi w/Nathan</b><br/>12:00 Lunch</div> <div></div>   |
| <div>8</div> <div>9:00 Coffee Hour<br/>9:30 <b>Life Without Limits</b><br/>11:00 Advance Beginners Watercolor<br/>11:00 <b>Tai Chi w/Nathan</b><br/>11:30 <b>Blood Pressure Screening w/Melanie</b><br/>12:00 <b>LUNCH &amp; LEARN W/MELANIE</b><br/>12:00 Mahjong</div> <div>What happens to a frog's car when it breaks down?<br/><i>It gets toad away</i></div> | <div>9</div> <div>8:30 S.A.I.L. Exercise<br/>9:00 Coffee Hour<br/>10:00 <b>Crafting w/Tonia</b><br/>12:00 <b>LUNCH W/HUBBY JENKINS</b><br/>12:30 Yarn &amp; Needle Group</div> <div></div> | <div>10</div> <div>8:30 Commission On Aging<br/>9:00 Coffee Hour<br/>9:00 Beginning Oil Painting<br/>10:00 <b>Music &amp; Movement w/Melanie</b><br/>10:30 Wii Bowling<br/>11:00 Duplicate Bridge<br/>12:00 Lunch<br/>1:00 Travel Advisory Meeting</div> <div>What lies at the bottom of the ocean and twitches?<br/><i>A nervous wreck</i></div>         | <div>11</div> <div>8:30 S.A.I.L. Exercise<br/>9:00 Coffee Hour<br/>10:30 <b>ShoGo Mobile</b><br/>12:00 <b>LUNCH W/GENE EDWARDS REVIEW</b><br/>2:00 Guitar &amp; Ukulele Lessons</div> <div></div>  | <div>12</div> <div>9:00 Coffee Hour<br/>9:30 Line Dancing<br/><br/>10:00 Mahjong<br/>10:00 <b>FIELD TRIP "HISTORICAL SOCIETY"</b><br/>11:00 <b>Tai Chi w/Nathan</b><br/>11:30 <b>Dutch Lunch Out "AMISH MARKET"</b><br/>12:00 Lunch<br/>12:00 Poetry At Noon</div>  |
| <div>15</div> <div>9:00 Coffee Hour<br/>11:00 Advance Beginners Watercolor<br/>11:00 <b>Tai Chi w/Nathan</b><br/>12:00 <b>LUNCH WITH JAZZY ED</b><br/>12:00 Mahjong</div> <div>CELEBRATING NATIONAL</div>  | <div>16</div> <div>8:30 S.A.I.L. Exercise<br/>9:00 Coffee Hour<br/>9:30 <b>CARFIT</b><br/>10:00 <b>Bingocize</b><br/>12:00 <b>Lunch w/DJ Chuckie</b><br/>12:30 Yarn &amp; Needle Group</div> <div>SENIOR CENTER</div>  | <div>17</div> <div>9:00 Coffee Hour<br/>9:00 Beginning Oil Painting<br/>10:00 <b>Music &amp; Movement w/Melanie</b><br/>10:30 Wii Bowling<br/>11:00 Duplicate Bridge<br/>12:00 Lunch</div> <div>MONTH</div>   | <div>18</div> <div>8:30 S.A.I.L. Exercise<br/>9:00 Coffee Hour<br/>10:00 <b>"HEARING LIFE"</b><br/>10:00 <b>Bingocize</b><br/>10:30 <b>ShoGo Mobile</b><br/>11:00 <b>Cooking w/David</b><br/>12:00 Lunch<br/>2:00 Guitar &amp; Ukulele Lessons</div> <div>“FLIPPING</div>  | <div>19</div> <div>9:00 Coffee Hour<br/>9:30 Line Dancing<br/>10:00 <b>VENDOR FAIR</b><br/>10:00 Mahjong<br/>10:30 <b>Life Without Limits</b><br/>11:00 <b>Tai Chi w/Nathan</b><br/>11:30 Toastmaster's<br/>12:00 Lunch</div> <div>THE SCRIPT”</div>  |
| <div>22</div> <div>9:00 Coffee Hour<br/>11:00 Advance Beginners Watercolor<br/>11:00 <b>Tai Chi w/Nathan</b><br/>12:00 Mahjong<br/>12:00 <b>Lunch &amp; Learn w/Advance Directives!</b></div> <div></div>   | <div>23</div> <div>9:00 Coffee Hour<br/>10:00 <b>Bingocize</b><br/>11:30 <b>MEDICARE OPEN ENROLLMENT CHANGES FOR 2026</b><br/>12:00 Lunch<br/>12:30 Yarn &amp; Needle Group</div> <div></div>   | <div>24</div> <div>9:00 Coffee Hour<br/>9:00 Beginning Oil Painting<br/>10:00 <b>Music &amp; Movement w/Melanie</b><br/>10:30 Wii Bowling<br/>11:00 Duplicate Bridge<br/>12:00 Lunch</div> <div></div>   | <div>25</div> <div>9:00 Coffee Hour<br/>10:00 <b>Bingocize</b><br/>10:00 <b>Elder Law Clinic</b><br/>10:30 <b>ShoGo Mobile</b><br/>12:00 <b>LUNCH w/ALZ Empowering Caregivers</b><br/>2:00 Guitar &amp; Ukulele Lessons<br/>“Show me someone who never gossips, and I will show you someone who is not interested in people.”<br/><b>HAPPY BIRTHDAY BARBARA WALTERS</b><br/><b>BORN SEPT 25, 1929</b><br/><b>DIED DEC 20, 2022</b></div> | <div>26</div> <div>9:00 Coffee Hour<br/>9:30 Line Dancing<br/>10:00 Mahjong<br/>10:30 <b>Life Without Limits</b><br/>11:00 <b>Tai Chi w/Nathan</b><br/>12:00 Lunch.</div> <div></div>  |
| <div>29</div> <div>9:00 Coffee Hour<br/>11:00 Advance Beginners Watercolor<br/>11:00 <b>Tai Chi w/Nathan</b><br/>12:00 Mahjong<br/>12:00 Lunch</div> <div></div>  | <div>30</div> <div>9:00 Coffee Hour<br/>10:00 <b>Bingocize</b><br/>10:00 <b>Positive Music w/DJ Randy P</b><br/>12:00 <b>Lunch w/LES RAYNE</b><br/>12:30 Yarn &amp; Needle Group</div> <div>How much room is needed for fungi to grow?<br/><br/>As mushroom as possible</div> | <div><br/>Aster<br/>September Birth Flower<br/><a href="http://www.Peterson-Dallagarda.com">www.Peterson-Dallagarda.com</a><br/><br/>Sapphire<br/>THE BIRTHSTONE OF SEPTEMBER</div> | <div></div>  | <div>VISIT US ON OUR WEBSITE:<br/><a href="http://www.brooklettsplace.org">www.brooklettsplace.org</a><br/>VISIT US ON FACEBOOK AT BROOKLETTS PLACE – TALBOT SENIOR CENTER<br/><br/>OR CALL<br/>410-822-2869<br/><br/>Upper Shore Aging<br/>Respect   Independence   Purpose</div> |

# BROOKLETTS PLACE – TALBOT COUNTY SENIOR CENTER – SEPTEMBER 2025

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

## OUTINGS & EVENTS:

**Monday, September 8** - (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, September 9** – (12:15 p.m. – 1:00 p.m.) *Lunch w/ CARPE DIEM – HUBBY JENKINS* - Hubby Jenkins is a multi-instrumentalist who studies and performs old-time American music on banjo, bones, guitar, and more. He is a former member of the Grammy- winning Carolina Chocolate Drops and the Rhiannon Giddens band. A consummate performer, sure to knock your socks off! A two-week advance sign-up is required for lunch or you may bring your own.

**Thursday, September 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 required 2 weeks in advance or you may bring your own lunch.

**Friday, September 12** – (10:00 a.m. – 1:00 p.m.) Field Trip & Dutch Lunch Out “TALBOT HISTORICAL SOCIETY” 25 S. Washington St, Bus will leave Brookletts Place at 9:45 and will leave Historical Society at 11am and go to the AMISH MARKET 101 Marlboro Ave. Pick up 1:00 p.m. to return to Brookletts Place by 1:30 p.m. Advance sign-up is required as space is limited.

**Monday, September 15** – (12:00 p.m. – 1:00 p.m.) *LUNCH With “The Smooth Sounds of Jazzy Ed Wilz”* A two-week advance sign-up is required as space is limited.

**Tuesday, September 16** – 9:30 a.m. – 2:00 p.m.) CAR FIT presented by the Maryland Highway Safety Office. Register now and come get you and your car checked for safe driving. **MUST PRE-REGISTER!!!**

**Tuesday, September 16** – (12:00 p.m. – 1:00 p.m.) *Lunch w/DJ CHUCKIE* Come out and enjoy the sounds of DJ Chuckie. A 2 week advance sign-up for lunch is required by April 4th or you may bring your own lunch.

**Friday, September 19** – (10:00 a.m. – 1:00 p.m.) *VENDOR FAIR* Community Vendors sharing their resources with you. **CHUBB’S BBQ FUNDRAISER (11:00 a.m. – 1:00 p.m.)** BBQ Chicken & Pulled Pork available for purchase. Advance orders are welcome. For more information please feel free to contact Teresa 410-822-2869 ext 222

**Monday, September 22** – (12:00 p.m. – 1:00 p.m.) Lunch & Learn w/UMM. Come join Shore Regional Health/Community Health for lunch and learn more about what an Advance Directive is, Why it's important for your healthcare planning and How to create one. A two-week advance sign-up is required for lunch or you may bring your own.

**Tuesday, September 23** – (11:00 a.m. - 12:00 p.m.) **2025 MEDICARE OPEN ENROLLMENT CHANGES.** Join our SHIP Counselor for a very informative presentation. Advance registration is required as space is limited.

**Thursday, September 25** - (12:15 p.m. – 1:00 p.m.) *Lunch & Learn w/ ALZ* – Empowering Caregivers: “Responding to Dementia-Related Behaviors” Learn common behavior changes and how they are a form of communication, non-medical approaches to behaviors and recognizing when additional help is needed. A two-week advance sign-up is required for lunch or you may bring your own.

**Tuesday, September 30**– (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. 12<sup>th</sup> or you may bring your own.

**UPCOMING TRIPS:** **2025/2026 Travel Log is available! Please visit our website [www.brooklettsplace.org](http://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!!***

- **Tuesdays 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 TO 20. NEW SESSION BEGINS OCTOBER 7<sup>TH</sup> MUST BE REGISTERED TO ATTEND**
- **Tuesday and Thursday – September 16<sup>th</sup> – Nov 20<sup>th</sup> (10:00 a.m. – 11:00 a.m.) BINGOCIZE** – Combine Bingo, Education & Exercise to Improve Your Health. Join us- Must pre-register to attend as space is limited.
- **Every Wednesday** – (10:00 a.m. – 11:00 a.m.) *Music & Movement With Melanie* – Come sing & play along to familiar favorites. Enjoy music therapy, chair yoga, cardio drumming and many more activities that bring us together with shared experiences. Advance sign-up is required as space is limited.
- **Fridays beginning January 17 through September 26** – (10:30 a.m. – 11:30 a.m.) **LIFE WITHOUT LIMITS:** Diabetes Free Living. 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 and will include: A Fun environment to learn healthy habits weekly, Engaging group setting, Introduction to USA Senior Center services, and Health Screening and Preventative diabetes education. Contact USA 410-778-6000 to register.
- **Tuesday, September 9** - (9:30 a.m. – 10:30 a.m.) *Crafting with Tonia “It’s Fall”* Join us for a “FALL” craft to brighten up your day. Limited to 10 participants – Advance sign-up is required as space is limited.
- **Thursday, September 18** – (10:00 a.m. – 11:30 a.m.) **“HEARING LIFE” – SIGN UP NOW** for your “FREE” hearing test. Must register in advance as space/time slot will fill up quickly.
- **Thursday, September 18**– (11:00 a.m. – 12:00 p.m.) *Cooking With David* - "Explore and taste some healthy recipes with Chef David. Learn tips and tricks to make cooking and eating healthy at home much easier!" Advance sign-up is required as space is limited.
- **Thursday, September 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, September 30** – (10:00 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.

## 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.
- **Guitar and Ukulele Lessons** with Chuck of Mike Elzey Guitar Thursday at 2:00 p.m. \$5.00 per session
- **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. Comfortable clothing and sneakers are recommended. \$8.00 per-person per class

## OTHER PROGRAMS:

- **Blood Pressure Screening** – 2<sup>nd</sup> Monday – (11:30 a.m. – 12 noon) Subject to change.
- **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 10:30 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 11:00 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 4<sup>th</sup> 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 2<sup>nd</sup> Friday

**UPCOMING EVENTS – FRIDAY, OCTOBER 24<sup>TH</sup> JONES BOYS – THURSDAY, OCTOBER 30<sup>TH</sup> 3D NEEDLE FELTING W/LAURA**