
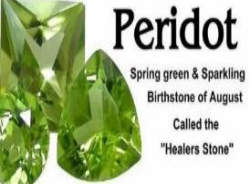














A place to connect. A place to thrive.



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>AUGUST BIRTH FLOWER: GLADIOLUS</p>  <p>Peridot Spring green & Sparkling Birthstone of August Called the "Healers Stone"</p>	<p>August is National Wellness Month</p>   <p>PEACE International Peace Month</p>	<p>1</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>NATIONAL Mah Jongg Day</p>	<p>2</p> <p>9:00 Coffee Hour 10:00 Mahjong 11:00 Tai Chi w/Nathan 11:30 Toastmaster's 12:00 Lunch</p>  <p>August is NATIONAL BLACK BUSINESS MONTH</p>
<p>5</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>ON THIS DAY IN 1936 American athlete Jesse Owens wins 200m in world record time (20.7), his 3rd gold medal of the Berlin Olympics.</p>	<p>6</p> <p>9:00 Coffee Hour 12:00 Lunch 12:30 Yam & Needle Group</p> <p>HAPPY BIRTHDAY LUCILLE BALL BORN August 6th, 1911 DIED 1989 (aged 77) "The secret to staying young is to live honestly, eat slowly, and lie about your age."</p>	<p>7</p> <p>9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 Blood Pressure Screening 10:30 Wii Bowling 11:00 Duplicate Bridge 11:30 Dutch Lunch Out "GENESIS/MARLBORO" 12:00 Lunch</p>  <p>National Lighthouse Day</p>	<p>8</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 w/Gene Edwards Review</p>  <p>NATIONAL PICKLEBALL DAY</p>	<p>9</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>August is National Golf Month</p>
<p>12</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>HAPPY NATIONAL MIDDLE CHILD DAY</p> 	<p>13</p> <p>9:00 Coffee Hour 10:00 Crafting with Tonia 12:00 Lunch w/MDOT – Maintaining Your Driving Health 12:30 Yam & Needle Group</p> <p>HAPPY BIRTHDAY ALFRED HITCHCOCK August 13th, 1899 DIED 1980 Filmmaker, widely regarded as one of the most influential filmmakers in the history of cinema. Known as "the Master of Suspense", he directed 53 feature films in a career spanning six decades.</p>	<p>14</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>AUGUST IS CELEBRATING NATIONAL SANDWICH MONTH</p> 	<p>15</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><i>How do you cut ancient Rome in Half? With a pair of Caesars Where do bulls exchange their messages? On A Bulletin Board.</i></p>	<p>16</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>NATIONAL TELL A JOKE Day AUGUST 16TH</p>
<p>19</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>National Soft Ice Cream Day August 19</p>	<p>20</p> <p>9:00 Coffee Hour 12:00 Lunch w/DJ Chuckie 12:30 Yam & Needle Group</p> <p>One minute you are young and carefree and the next minute you can feel rain coming in your knee.</p>  <p>COFFEE AND JELLY BEANS</p>	<p>21</p> <p>9:00 Coffee Hour 9:00 Beginning Oil Painting 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch</p>  <p>NATIONAL SENIOR CITIZENS DAY AUGUST 21</p>	<p>22</p> <p>8:30 S.A.I.L. Enhance Fitness 9:00 Coffee Hour 10:00 Elder Law Clinic 10:30 ShoGo Mobile 12:00 Lunch</p> <p>ONCE I ACCIDENTALLY SWALLOWED A DICTIONARY</p>  <p>IT GAVE ME THE SAURUS THROAT I'VE EVER HAD.</p> <p>COFFEE AND JELLY BEANS</p>	<p>23</p> <p>9:00 Coffee Hour 9:30 Dance Fitness 10:00 Mahjong 11:00 Tai Chi w/Nathan 12:00 Lunch</p> <p>Sometimes the best way to stay out of trouble is to just go take a nap.</p>  <p>COFFEE AND JELLY BEANS</p>
<p>26</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>Why was the king only a foot tall?</p>  <p>Because he was a ruler.</p> <p>COFFEE AND JELLY BEANS</p>	<p>27</p> <p>9:00 Coffee Hour 10:00 BINGOCIZE 10:00 Positive Music w/DJ Randy P 12:00 Lunch 12:30 Yam & Needle Group</p> <p>AUGUST 27TH IS NATIONAL PEACH DAY</p>  <p>AUGUST NATIONAL Peach Month</p>	<p>28</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 1963 Martin Luther King delivers his famous "I have a dream" speech. It became a symbol of the American civil rights movement and is one of the most recognizable speeches in recorded history.</p>	<p>29</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>HAPPY BIRTHDAY MICHAEL JACKSON Singer, Songwriter, Dancer BORN August 29th, 1958 DIED 2009 (aged 50) "Some friends are like shadows, you only see them when the sun shines"</p>	<p>30</p> <p>9:00 Coffee Hour 9:30 Dance Fitness 10:00 Mahjong 11:00 Tai Chi w/Nathan 12:00 Lunch</p>  <p>National Dog Month!</p>

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

OUTINGS & EVENTS:

Wednesday, August 7 – (11:30 a.m. – 1:00 p.m.) Dutch Lunch Out “GENESIS” 219 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, August 8 – (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.**

Monday, August 12 - (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, August 13 – (12:00 p.m. – 1:00 p.m.) *Lunch & Learn w/MVA Driver Wellness & Safety Division.* Come join us for lunch and learn how to Maintain Your Driving Health with Safe Driving Skills for Life and Sign Up . **A two-week advance sign-up is required for lunch or you may bring your own.**

Tuesday, August 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 required by Aug 6th or you may bring your own lunch.**

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 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 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.
- Tuesday, August 13 - (10:00 a.m. – 11:00 a.m.) Join us for Crafting with Tonia “Bubble Painting”. Limited to 10 participants – Advance sign-up is required.
- Thursday, August 22 - (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, August 27 – (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**
- 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 SEPTEMBER – “SEPTEMBER IS NATIONAL SENIOR CENTER MONTH – “POWERING CONNECTIONS”

SEPTEMBER 9TH THROUGH THE 13TH LOOK FOR EXCITING HAPPENINGS AT BROOKLETTS PLACE WITH SPECIAL PROGRAMS, ENDING WITH A VENDOR FAIR/FLEA MARKET/BBQ, ETC.

BINGOCIZE- FALL PREVENTION BEGINNING AUG 27TH THRU NOV 7TH TUESDAYS & THURSDAYS