



A place to connect. A place to thrive.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>9:00 Coffee Hour 11:00 Advance Beginners Watercolor 11:00 Tai Chi w/Nathan 12:00 Mahjong 12:00 Lunch 2:00 Guitar & Ukulele Lessons</p> 	<p>4</p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 Bingocize 12:00 Lunch & Learn HBNewLife Mgmt 12:30 Yarn & Needle Group</p> <p>ON THIS DAY IN 1975 <i>People magazine is published for the first time in the United States as People Weekly.</i></p>	<p>5</p> <p>9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 Music & Movement w/Melanie 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch</p> <p>ON THIS DAY IN 1963 <i>The Hula Hoop is patented.</i></p>	<p>6</p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 Bingocize 10:00 CABIN FEVER 10:30 ShoGo Mobile 12:00 Lunch</p> <p><i>"What's the use of having ignorance if you can't show it?"</i> HAPPY BIRTHDAY Lou Costello BORN March 6th, 1906 DIED 1959 (aged 52)</p>	<p>7</p> <p>9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 10:30 Life Without Limits 11:00 Tai Chi w/Nathan 11:30 Dutch Lunch Out "CHILLI'S" 11:30 Toastmaster's 12:00 Lunch</p> <p><i>Why did the picture go to jail? It was framed.</i></p>
<p>10</p> <p>9:00 Coffee Hour 9:30 Crafting with Tonia 11:00 Advance Beginners Watercolor 11:00 Tai Chi w/Nathan 11:30 Blood Pressure Screening w/Melanie 12:00 LUNCH & LEARN W/MELANIE 12:00 Mahjong 2:00 Guitar & Ukulele Lessons</p>	<p>11</p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 Bingocize 12:00 LUNCH W/CARPE DIEM 12:30 Yarn & Needle Group</p> 	<p>12</p> <p>8:30 Commission on Aging 9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 Music & Movement w/Melanie 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch</p> 	<p>13</p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 Bingocize 10:30 ShoGo Mobile 12:00 LUNCH W/GENE EDWARDS REVIEW</p> 	<p>14</p> <p>9:00 Coffee Hour 9:30 Line Dancing 10:30 Life Without Limits 10:00 Mahjong 11:00 Tai Chi w/Nathan 12:00 Lunch 12:00 Poetry at Noon</p> 
<p>17</p> <p>9:00 Coffee Hour 11:00 Advance Beginners Watercolor 11:00 Tai Chi w/Nathan 12:00 Mahjong 12:00 Lunch 2:00 Guitar & Ukulele Lessons</p> 	<p>18</p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 Bingocize 12:00 Lunch w/DJ Chuckie 12:30 Yarn & Needle Group</p> <p>HAPPY BIRTHDAY TOM RIDER!!</p> 	<p>19</p> <p>9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 Music & Movement w/Melanie 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch</p> 	<p>20</p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 Bingocize 10:30 ShoGo Mobile 11:00 Cooking w/David 12:00 Lunch</p> 	<p>21</p> <p>9:00 Coffee Hour 9:30 Line Dancing 10:30 Life Without Limits 10:00 Mahjong 11:00 Tai Chi w/Nathan 11:30 Toastmaster's 12:00 Lunch</p> 
<p>24</p> <p>9:00 Coffee Hour 11:00 Advance Beginners Watercolor 11:00 Tai Chi w/Nathan 12:00 Mahjong 12:00 Lunch 2:00 Guitar & Ukulele Lessons</p> <p>HAPPY BIRTHDAY Harry Houdini Magician BORN March 24th, 1874 DIED 1926 (aged 52)</p>	<p>25</p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 Bingocize 11:00 Positive Music w/DJ Randy P 12:00 Lunch Birthday Celebration! 12:30 Yarn & Needle Group</p> <p>Join us on the 25th to celebrate Upper Shore Aging's 50th Birthday. (There will be cake!)</p>	<p>26</p> <p>9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 Music & Movement w/Melanie 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch</p> <p>HAPPY BIRTHDAY DIANA ROSS Singer & Actress BORN March 26th, 1947</p>	<p>27</p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 Bingocize 10:30 ShoGo Mobile 10:00 Elder Law Clinic 12:00 Lunch</p> 	<p>28</p> <p>9:00 Coffee Hour 9:30 Line Dancing 10:30 Life Without Limits 10:00 Mahjong 11:00 Tai Chi w/Nathan 12:00 Lunch</p> <p>ON THIS DAY IN 1019 <i>The first seaplane in history takes off.</i></p>
<p>31</p> <p>9:00 Coffee Hour 11:00 Advance Beginners Watercolor 11:00 Tai Chi w/Nathan 12:00 Mahjong 12:00 Lunch 2:00 Guitar & Ukulele Lessons</p> <p>CELEBRATE March is National Reading Month</p> 				<p>VISIT US ON OUR WEBSITE: www.brooklettsplace.org VISIT US ON FACEBOOK AT BROOKLETTS PLACE - TALBOT SENIOR CENTER OR CALL 410-822-2869</p> 

BROOKLETTS PLACE – TALBOT COUNTY SENIOR CENTER – MARCH 2025
400 BROOKLETTS AVENUE * EASTON, MD 410-822-2869

OUTINGS & EVENTS:

Tuesday, March 4 - (12:15 p.m. – 1:00 p.m.) Lunch & Learn /HBNewLife Management, LLC. FREE Smartphone Services in Maryland! Bridging the digital divide! Come Out and Learn More About This Program! A 2-week advance notice is needed for lunch or you can bring your own. **Please call 410-822-2869 to sign up for lunch.**

A two-week advance sign-up is required for lunch.

Friday, March 7 – (11:30 a.m. – 1:00 p.m.) Dutch Lunch Out “CHILLI’S” 28587 Marlboro Ave., Easton, MD Bus will leave Brookletts Place 11:15 a.m. and return 1:15 p.m. Advance sign-up is required as space is limited.

Monday, March 10 - (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, March 11 - (12:15 p.m. – 1:00 p.m.) Carpe Diem Arts presents SONG RIOT – Song Roit (Gabe Hutter, Paul Oorts, Christopher Brown) mixes genres like a good bartender mixes cocktails. A cool jazz standard one minute; a rousing Celtic number the next; then a popular show tune – and that’s for starters. Yet it all sounds of a piece, strong melodies and words that say something! 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.

Thursday, March 13 – (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.

Tuesday, March 18 – (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 March 4th or you may bring your own lunch.

UPCOMING TRIPS: **2025/2026 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!!*

- **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.
- **Tuesday and Thursday – Jan. 21st – April 1st (10:00 a.m. – 11:00 a.m.) BINGOCIZE – NUTRITION WORKSHOP** A 10-week health promotion program that combines the game of bingo with inclusive exercises for everyone! Come play and meet new people while learning about Nutrition! 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 June 2 – (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.
- **Thursday, March 6 - (10:00 a.m. – 11:00 a.m.) Talbot Master Gardeners Present: 2025 Cabin Fever Reliever Series.** Join the Talbot County Master Gardeners for our Winter Workshop for seed starting and house plant propagation. Advance reservation is required as space is limited. Please call Mikaela Boley 2 weeks prior to the event at 410-822-1244 ext. 1002 to register.
- **Monday, March 10 - (9:30 a.m. – 10:30 a.m.) Crafting with Tonia “MARCH WINDS BLOW”.** Join us as we create a windy craft for a windy March. Limited to 10 participants – Advance sign-up is required as space is limited.
- **Thursday, March 20 – (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.
- **Tuesday, March 25 – (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, March 27 - (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 are recommended. \$8.00 per-person per class

OTHER PROGRAMS:

- **Blood Pressure Screening –** 2nd 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 11:30 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 EVENTS: Sign up now for our upcoming workshop with Laura Rankin “Torn Paper” April 10th 9:30am – 11:30am