

NEW BEGINNING

VOLUME 37 ISSUE 1

JANUARY/FEBRUARY 2024

A publication of the St. Mary's County Department of Aging & Human Services



Turning Over A New Leaf!

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From the Director's Desk

By Lori Jennings-Harris, Director

Happy New Year!

As we begin a new year, we have an opportunity to consider changes, leave broken “things” in the past and look to the future. We can make a commitment, first to ourselves and to those whom we love and care about (and those who care about us), to make improvements in our lives. We can seek and nurture positive relationships, and shed those things which bring us down, zap our strength or undermine our happiness and success.

Joanne Raptis said - “Be Like a Tree - Stay grounded. Connect with your roots. Turn over a new leaf. Bend before you break. Enjoy your unique beauty. Keep growing.”

With our many programs and services, the Department of Aging & Human Services is available to help the people of St. Mary's County stand steady, maintain contact with family and friends, start anew, be flexible, appreciate oneself and keep striving, in whatever ways that progress is envisioned.

In this **New Year**, stay grounded, connect with your roots, turn over new leaves (why not more than one?), bend before you break, enjoy your unique beauty, keep growing, but above all else, be **Happy!**



NEW BEGINNING

The Commissioners of
St. Mary's County
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NEW BEGINNING

is published bi-monthly by the
St. Mary's County Department of
Aging & Human Services.
Articles may be reprinted from
this newsletter but must be
attributed to
“SMCDAHS, New Beginning.”

To receive a copy of this
newsletter through the U.S. Mail,
call 301-475-4200, ext. 1050.
Editorial submissions should
be sent to:

**St. Mary's County Department
of Aging & Human Services
P.O. Box 653
Leonardtown, MD 20650**

or visit the website at:

www.stmaryscountymd.gov/aging

Our Mission

To provide an array of programs
and services that foster
continued physical and mental
good health, and promote
healthy aging within the senior
community.



WARM (Wrapping Arms 'Round Many)

Volunteer Drivers Needed

With colder weather settling in, the Department is seeking additional volunteer drivers for WARM, a winter emergency shelter program for homeless individuals in St. Mary's County.

Volunteer Drivers Must:

- Be 18 or older
- Possess a valid drivers license

Volunteers will use a county-owned van for transportation.
Volunteer slots are open 7 days per week while WARM is operational.
This year's program ends on March 27, 2024.

Volunteer drivers are divided into evening and morning shifts:

Evening drivers pick up WARM guests at the Church of the Ascention at 5:30 p.m. for transportation to the selected church for the evening.

Morning drivers arrive at the church by 7 a.m. the next morning to transport guests back to the Church of the Ascention.



For more information or to volunteer, contact Ursula Harris at:
Ursula.Harris@stmaryscountymd.gov or 301-475-4200, ext. 1658.



St. Mary's County Commission on Aging

The Commission on Aging is your voice to advise and assist the Commissioners of St. Mary's County concerning county programs and resources offered for the senior residents of our county.

Upcoming Meetings:

Garvey Senior Activity Center
23630 Hayden Farm Lane, Leonardtown, MD

Monday, January 22, 2024
1 p.m.

Monday, February 26, 2024
1 p.m.

*At the time of publication, meetings are open to the public to attend.
A call-in option is also available for members of the public to attend this meeting.*

Attend Meetings to:

- * Meet your St. Mary's Commission on Aging members
- * Provide comments on the Department of Aging & Human Services
- * Obtain information on topics of senior interest

For more information, contact Mercedes Jones at 301-475-4200, ext. 1051, or Mercedes.Jones@stmarysmd.com.
Visit the Commission on Aging website at <https://www.stmaryscountymd.gov/boards/groups/default.aspx?board=11>



Nutrition Corner

By Donna Taggert, RD/LD/CDE
Email: dtaggert26@hotmail.com

January brings all sorts of resolutions, but the number one in the U.S. is to lose weight. Since approximately 74% of adult Americans are overweight, this is a worthy goal. However, I want to encourage you to take it a step further and instead of just concentrating on losing weight, focus on building a healthy eating routine. Healthy eating is a key to a healthy life and even small changes can make a difference!

First try to choose a mix of healthy foods from all the food groups. The more servings of fruits and vegetables, the lower the risk for several chronic diseases. Try to include at least 1-2 servings of fruits and/or vegetables at each meal. This will provide you with lots of vitamins, minerals, antioxidants and fiber. Next try to have at least 3 servings of whole grains a day choosing things like brown rice, oatmeal, bulgur, and whole wheat products.

Protein is important for all our cells in our body and for healing. As we age, we need more per body weight than we did when we were younger. Try to have a serving at each meal. Focus on lean choices of meats and chicken as well as eggs, seafood, beans and other legumes and nuts and seeds. If you follow a vegetarian diet, there are a lot of options. Dairy is a good source of protein as well as calcium, potassium, phosphorus, and other bone building nutrients. This group includes milk, yogurt, cheese, as well as lactose free dairy and fortified soy beverages. Aim for at least 3 servings a day.

Finally, fat is no longer the dietary bad guy. Healthy fats found in nuts and seeds as well as olive oil and fatty fishes can help reduce heart disease risk.

Try to cut down on added sugars, saturated fats, and sodium. Do you want to know how many calories you need each day and the amount of food you need from each food group? Go to: MyPlate.gov/MyPlate-Plan.

REMEMBER, it is never too late to start eating healthy! Happy New Year!



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Upcoming Nutrition Education Presentations:

Non-nutritive Sweeteners

Garvey - Wednesday, January 3, 12:45 p.m.

Garvey - Thursday, January 11 at 6 p.m.

Loffler - Monday, January 8, 10 a.m.

Northern - Monday, January 22, 12 p.m.

National Cancer Prevention Month

Garvey - Wednesday, February 7 at 12:45 p.m.

Garvey - Thursday, February 15 at 6 p.m.

Loffler - Monday, February 12, 10 a.m.

Northern - Monday, February 26, 12 p.m.

Home & Community-Based Services

Rebecca Kessler, HCBS Division Manager

2024 Caregivers Conference Save the Date!

31st Annual

Southern Maryland Caregivers Conference

Friday, April 12, 2024

University System of Maryland

at Southern Maryland

44219 Airport Road,

California, MD

Sponsor & Exhibitor opportunities available.

Registration information & brochure coming in

February 2024!

For Vendor Inquiries, call:

301-475-4200, ext. 1061

or email

Rebecca.Kessler@stmaryscountymd.gov

For Participant Inquiries, call:

301-475-4200, ext. 1050





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 240-230-8000

 dme.mdoa@maryland.gov

New Employee Spotlight!



Brandy Tulley

Brandy Tulley was recently promoted to Deputy Director of the Department of Aging & Human Services. Ms. Tulley has worked for the Department for over 17 years, first serving as the Program Specialist at the Garvey Senior Activity Center, then the Operations Manager, and most recently the Division Manager of Senior Center Operations. Ms. Tulley is passionate about the mission of the Department and enjoys bringing new and innovative programs and services to the seniors of St. Mary's County.

Ms. Tulley is a St. Mary's County native and lives in Leonardtown with her husband and two children. She enjoys spending time with her family, supporting her children in their sports and extra-curricular activities, learning new things, and reading.

Julienne France

Julienne France and her family recently moved from Washington State. Julienne holds a Bachelor's Degree in Psychology. She served as a Resource Specialist and Case Manager for four years. She also served as an Aging and Disability Resources Program Manager. She is currently serving as our new Ombudsman with the Home & Community Based Services Division. She finds fulfillment in being able to serve older adults and individuals with disabilities in her community by being an advocate. When she is not working, she loves spending time with her family, hiking, and working on home projects.



Nicoletta Pollice

Nicoletta Pollice is the new Outreach Specialist in the Community Programs & Outreach Division. In her role, she supports the development and distribution of informational material regarding the St. Mary's County Department of Aging & Human Services, and she assists in planning and promoting outreach events. Nicoletta strongly believes in public engagement, because it can lead to broader participation and to wider community input in decision-making.

Nicoletta holds a Bachelor of Arts in Advertising, Public Relations, and Strategic Communications. She was born and raised in Italy. In 2015, she moved to the United States.

In her spare time, Nicoletta enjoys spending time with her family, reading psychological thrillers, and taking her German Shepherd, Spock, for long walks.



Keys to Senior Independence

Save the Date!

Hosted by the
St. Mary's County Department of Aging & Human Services
at the
College of Southern Maryland - Leonardtown Campus
Building C-Room 204
Tuesdays, March 19 & 26 and April 2 & 9, 2024
Four Classes - 6-9 p.m.

Topics to be announced!

What are your plans for retirement?
Do you know how to access Medicare, Medicaid, or other programs and services?
Are you seeking volunteer opportunities within the St. Mary's County Community?
Find all that and more with the Department of Aging & Human Services!

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Sign up for one presentation or all four!
For more information, or to register, contact:
Sarah Miller, Community Programs & Outreach Division Manager
Phone: 301-475-4200, ext. 1073
Email: Sarah.Miller@stmaryscountymd.gov



*Brought to you by the Department of Aging & Human Services
and the Commissioners of St. Mary's County*



JANUARY/FEBRUARY 2024

Senior Information & Assistance

By Melissa Craig, Senior I&A Division Manager

2023 Social Security/Medicare Updates

The Social Security Administration announced that there will be a 3.2% cost of living increase for Social Security and Supplemental Security Income (SSI) recipients effective January 2024.

Additionally, the Centers for Medicare and Medicaid Services announced the following Medicare Part A & B increases for 2024:

Part B Medical Premium: \$174.70
Part B Medical Deductible: \$240
Part A Hospital Deductible: \$1,632



Medicare

In most cases, persons who have over 30 quarters of Social Security coverage, or were married to someone who does, will not have a Medicare Part A premium. For those who do not have enough quarters there is a minimum premium of \$278 or \$505 per month.

Beneficiaries who filed a 2022 income tax return of over \$97,000 if single and \$194,000 if married will be subjected to higher monthly Medicare Part B and Part D premiums based on income. Persons who have had a significant change in income due to retirement, death of a spouse, etc. may appeal the income-related monthly adjustment by filing form SSA-44.

Important Documents

January kicks off the mailing of important documents such as 1099s and Social Security benefit statements. These documents are mailed from places such as Social Security, banks, former employers, etc. It is important to keep this information in a safe place used to file your 2023 income tax return. For those who do not file income taxes these documents are still important to keep to file for benefits such as property tax credits and energy assistance.

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For more information, or to schedule a time to discuss Medicare, contact

Melissa Craig
Senior Information & Assistance Division Manager
Garvey Senior Activity Center
301-475-4200, ext. 1064
Melissa.Craig@stmaryscountymd.gov

TJ Hudson
Senior Information & Assistance Caseworker
Northern Senior Activity Center
301-475-4200, ext. 3104
Theron.Hudson@stmaryscountymd.gov

Riley Becker
Senior Information & Assistance Caseworker
Loffler Senior Activity Center
301-475-4200, ext. 1654
Riley.Becker@stmaryscountymd.gov



SENIOR RIDES PROGRAM VOLUNTEER DRIVERS NEEDED

Driver Benefits

Drivers are not required to volunteer a minimum number of hours per month and are offered the following benefits:

- Mileage Reimbursement
- Supplemental accident insurance
- CPR/First Aid Certification
- Volunteer Recognition
- Driver Safety Training

Driver Qualifications

- Love of helping other people
- 21 years of age or older
- Own personal vehicle
- Have an automobile insurance policy with a minimum personal liability limit of \$100,000

Driver Qualifications

- Completed application and volunteer driver waiver release
- Participate in informal interview
- Pass criminal background check
- Pass annual MVA driving record check

Contact Us

Melissa Beauvais

301-475-4200, ext. 1066

melissa.beauvais@stmaryscountymd.gov

<https://www.stmaryscountymd.gov/aging/seniorrides/>

A Letter from the Garvey Council

Dear Friends of the Garvey Senior Activity Center:

The Garvey Senior Activity Center Council, Inc., (GSAC) became Incorporated/Non-Profit, in December 2015. Over the past eight years, GSAC has raised funds to support the programs and activities at the Garvey Senior Activity Center. The GSAC has benefited from receiving grants for art classes as well. Free entertainment has been provided, as well as numerous other 'giving and caring' volunteers to support the Center.

After this eight-year-long wonderful journey, the time has arrived to step down. We have reached our goal and achieved many great things, including a new building for the Garvey Senior Activity Center. The GSAC is in the process of dissolving the non-profit. The GSAC has donated all raised funds (from the past eight years) to the Garvey Center effective immediately. The funds will be used to support the Seniors' needs who attend Garvey Senior Activity Center.

Our last day of being an Incorporated/non-profit Council (GSAC) was December 31, 2023, **but there is good news:**

On February 6, 2024, a meeting will be held to discuss the start of a new group to continue to support the Garvey Seniors. Everyone is welcome to attend. However, the fund-raising efforts and Grant application will no longer be viable for the new group. The volunteers of this new group will decide a name, a purpose, and a goal. Please join this meeting. WE NEED YOU: Tuesday, February 6, 2024, at 10 a.m. in the Garvey Senior Activity Center, Activity Room 1.

Thank you all for allowing us to serve you!

Dale Taylor, President
Garvey Senior Activity Center Council, Inc.



Focus on Fitness

By Brandy Tulley, Deputy Director

In celebration of American Heart Month we are going to play a game! Answer the following trivia questions and bring your completed trivia sheet to the receptionist desk at any of our senior activity centers anytime after Thursday, February 1, 2024 to receive a free step pedometer. Don't stress if you don't know all the answers. Giving it a try makes you a winner in our book!

Pedometers available while supplies last. One pedometer per person.

In 1960, which president wrote an article for "Sports Illustrated" (entitled "The Soft American") and created fitness councils to come up with physical education curriculums for schools?

Between 1982 - 1995, what two-time Academy Award winning actress (Klute and Coming Home) sold 17 million VHS copies of her "Workout" series?

A great workout can make you feel great physically and mentally, in part because of what "feel good" hormones that get released by your nervous system?

On average, what is the largest muscle in the human body? It's generally responsible for keeping the trunk of the body in an erect posture.

Who is the only athlete ever to play in a Super Bowl and a World Series?

Frequently the object of ridicule, what Olympic distance sport requires competitors to keep at least one foot on the ground at all time?

Popularly known as a "jump rope" in American English, what is the term for the same object in British English that is used for fitness, competition, and choreography?

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Ever started hurting a day or two after a workout? Blame DOMS, which stands for delayed onset _____ soreness.

What is the longest, largest nerve in the human body?

On average, a person walks _____ miles in their lifetime.

Garvey Senior Activity Center

In Leonardtown, 301-475-4200, ext. 1080

For events requiring registration, visit www.stmaryscountymd.gov/aging and click on the "View & Sign Up for Activities & Programs" button. Accommodations can be made for those requiring registration assistance by leaving a message at 301-475-4200, ext. 1080.

Embroidery Card-Making Class

Garvey Senior Activity Center

Tuesdays, January 2 & February 6, 1:30 p.m.

Cost: \$5

We will be adding a new card-making class on the first Tuesday of the month at 1:30 p.m. This method of card-making is used to create stunning gifts or greeting cards that will be suitable for framing. The technique uses single-strand embroidery thread and a fine needle to make simple line designs on quality card stock. This would be a great opportunity to make personalized cards for those important people in your life! Omega will teach you everything you need to know to create these cards. The price includes supplies! Advanced registration is required.

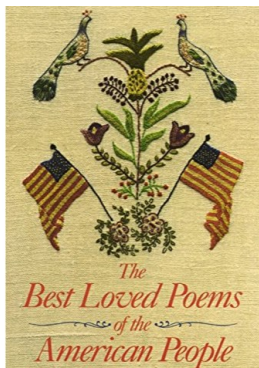
Basketball for Ages 50+

Margaret Brent Recreation Center

Fridays, January 5-April 26, 10-12 p.m.

Cost: \$30

Pick-up basketball games will be held in the gymnasium. Games are open to both males and females. Advance registration is required; a minimum of 8 players is needed to run the session. For more information, call 301-475-4200, ext. 1080.



NEW!! Book & Poetry Discussion Group

Garvey Senior Activity Center

The Best Loved Poems of the American People by Hazel Felleman

Tuesdays, January 8 & February 12, 5 p.m.

Cost: Free

Come join Ann Shaver for this new discussion group! The book will be used for both months. This is a drop-in program, so advanced registration is not required.

Watercolor with T.L. Ford

Garvey Senior Activity Center

Tuesdays, January 9 & February 13, 1:30 p.m.

Cost: \$25 per session

Would you like to learn how to paint with watercolor on a smaller scale? Come join T.L. Ford of Cattail.Nu, LLC as she teaches you the basics of watercolor painting in a relaxing, informal setting. In January, the project will be a snow-covered barn scene and the project in February will be a Valentine's Day theme. No experience or drawing skills are necessary and everything you need is provided! Advanced registration is required.

Aromatherapy Workshop
Garvey Senior Activity Center
Counting Sheep - Tuesday, January 9, 4 p.m.
Mood Boost – Tuesday, February 13, 4 p.m.
Cost: \$15 per session

In January, join Licensed Mental Health Therapist and Certified Professional Aromatherapy Practitioner, Glori VanBrunt for some creative holistic fun and learning! Learn how Aromatherapy can support the relaxation of body and mind to help drift off into restful slumber!

In this 75-minute workshop, you will:

- Learn about the art and science of aromatherapy.
- The benefits of using aromatherapy for calm, relaxation, and sleep.
- Sample several essential oils.
- Choose your favorite oils based on your specific sleep challenge and create a custom aromatherapy blend to take home and use when needed!

Come back in February to join Glori for some creative holistic fun! Learn how Aromatherapy can significantly impact issues with low mood and energy by uplifting the mind and body so you can move through your day with a little extra bounce in your step!

In this 60-minute workshop, you will:

- Learn about the art and science of aromatherapy.
- The benefits of using aromatherapy for boosting mood and energy.
- Sample several essential oils,
- Choose your favorite oils based on your specific mood and energy goal and create a custom aromatherapy blend to take home and use when needed.

Advanced registration is required.

Tribal Cane Belly Dancing Intensive Course
Garvey Senior Activity Center
Tuesdays, January 9-30, 2 p.m.
Cost: \$40

Join Geno Rothback for a 4-week course in an intensive course of tribal cane belly dancing! The idea of cane dancing originates from Egyptian Folkloric dances from the Saidi region of upper Egypt. Imitate these masculine moves in a flirtatious and cheeky way.

Advanced registration is required.



Presented by Hope & Healing
Garvey Senior Activity Center
Depression & Coping Skills
Tuesday, January 16
Grief & Loss
Tuesday, February 20
1 p.m.
Cost: \$5 (suggested donation)

As we age, life's events can often become overwhelming, both mentally as well as physically. Attend this presentation with Hope & Healing for tips to take care of your mental wellness. Advance sign-up is required and a suggested donation of \$5 for each series is requested.

Book Discussion Group
Garvey Senior Activity Center
Wednesdays, January 10 & February 14, 11 a.m.
January: *Bewilderment* by Richard Powers
February: *The Measure* by Nikki Erlick
Cost: Free

We want you to join us! If you love reading and sharing your thoughts about what you've read, this is the group for you.

Advanced registration is not required.

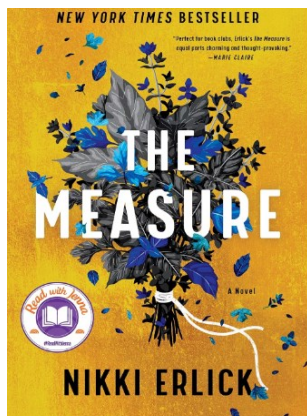
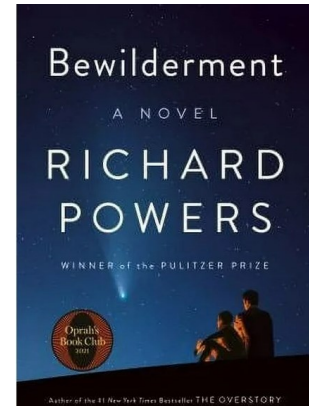
Bewilderment by Richard Powers

The astrobiologist Theo Byrne searches for life throughout the cosmos while single-handedly raising his unusual nine-year-old, Robin,

following the death of his wife. Robin is a warm, kind boy who spends hours painting elaborate pictures of endangered animals. He's also about to be expelled from third grade for smashing his friend in the face. As his son grows more troubled, Theo hopes to keep him off psychoactive drugs. He learns of an experimental neurofeedback treatment to bolster Robin's emotional control, one that involves training the boy on the recorded patterns of his mother's brain...

The Measure by Nikki Erlick

It seems like any other day. You wake up, pour a cup of coffee, and head out. But today, when you open your front door, waiting for you is a small wooden box. This box holds your fate inside: the answer to the exact number of years you will live. From suburban doorsteps to desert tents, every person on every continent receives the same box. In an instant, the world is thrust into a collective frenzy.



Discovering How Your Hips Hold Emotions with Paty Masson

Garvey Senior Activity Center
Tuesday, January 16, 2:15 p.m.

Cost: \$20

Come join Paty Masson as she guides you through this program. This is a 2-hour program in which you will explore different yoga flows and breathing techniques to release tension or ease pain in the hips. Meditations will inspire you to understand your inner wisdom and your own healing power using some personal mantras. Some information on the Yogic approach to healing hip problems, and a few Ayurvedic tips regarding what to eat to improve hip health will be offered. Advanced registration is required.

Iris Folding Projects

Garvey Senior Activity Center
Wednesday, January 17, 10 a.m.

Cost: Free

Iris Folding is done by arranging and layering strips of paper or fabric in a spiraled pattern that resembles the iris of a camera lens. Join Toni as she guides you through creating two Iris Folding projects. For this class, you will craft a journal cover for a coffee lover and a Valentine's Card that you can take home to add a personalized message to a loved one.

Supplies will be provided, but feel free to bring your favorite scissors.

Advanced registration is required.

Luncheon with Just Us 2
Garvey Senior Activity Center
Tuesday, January 23
Doors Open: 11:30 a.m.
Lunch Served: 12 p.m.
Music: 12:30 p.m.

Pat Nutter and Chris Tenney have performed at a wide variety of establishments throughout southern MD and most recently at the Saturday Night Live Open Mic in Prince Frederick. They are a duo that performs bluegrass, classic country, gospel, and original music. Their music will get your toes and fingers tapping along. Lunch will be served before the music starts. The cost for lunch is by donation for those ages 60 and above and \$6 for those under the age of 60. Advanced registration is required.

Movie Nights
Garvey Senior Activity Center
Thursdays, January 18 & February 15, 5:30 p.m.

Cost: Movie is free; \$3 (optional snack pack purchase)

Come join us in the dining room on the third Thursday of the month to enjoy a movie on the large screen! There is no charge for this program, but there will be snack packs available for purchase. You are welcome to bring your own dinner, but a meal will not be provided.

January: *The Martian* starring Matt Damon (PG-13)

During a manned mission to Mars, Astronaut Mark Watney is presumed dead after a fierce storm and left behind by his crew. But Watney has survived and finds himself stranded and alone on the



hostile planet. Millions of miles away, NASA and a team of scientists work tirelessly to bring "the Martian" home, while his crewmates concurrently plot a daring, if not impossible, rescue mission.

February: *Cruella* starring Emma Stone (PG-13)

Before she becomes Cruella de Vil, teenage Estella has a dream. She wishes to become a fashion designer, having been gifted with talent, innovation, and ambition all in equal measures. But life seems intent on making sure her dreams never come true. When a chance encounter vaults Estella into the world of the young rich and famous, however, she begins to question the existence she's built for herself in London and wonders whether she might, indeed, be destined for more after all.

Advanced registration is required.

Travel 101: Learn to Travel Europe with Us
Garvey Senior Activity Center
Mondays, January 22, 29 & February 5, 5:30 p.m.
Cost: \$10 (for all 3 sessions)

Join us for a 3-part workshop to help plan the trip of your dreams to Europe! The skills that will be covered span everything from passport information to knowing how to choose a good European laundromat on day seven. Travel professional Alexandra Tyson, founder of Babcia and Yia Yia Travel the World, has over 20 years of experience organizing the logistics of great European travel. It's time to make those travel dreams come true!

Advanced registration is required.

Sound Bath Workshops

Garvey Senior Activity Center

Preparation for the First Full Moon of 2024 - Tuesday, January 23

Self-Love - Tuesday, February 13

6:30 p.m.

Cost: \$20 per session

Join us for a full-body meditation experience that uses sound to create relaxation to nurture your mind and body. After a guided focus on your breath, the remainder of the experience is filled with different sounds introduced in succession, bathing the body with sound vibration. You will hear Chimes, Crystal, and Tibetan Singing Bowls, and other instruments. It is suggested you bring a pillow, yoga mat & blanket to build your comfy nest. Those with pacemakers or medical implants should consult their physician prior to attending this practice. Advanced registration is required.

Whole Body Bliss: An Introduction to Self-Myofascial Release

Garvey Senior Activity Center

Thursday, January 25, 2 p.m.-3:30 p.m.

Cost: \$20

Self-myofascial Release (SMR) is an easy, targeted, and drug-free self-treatment method that can provide immediate and long-lasting pain relief. SMR techniques can improve posture, mobility, blood flow, nerve function, and the immune system. This workshop addresses multiple issues and conditions and can be tailored to participants' specific needs. Conditions that benefit from SMR are Arthritis and Joint Pain, Back Pain, Carpal Tunnel Syndrome, Chronic Fatigue Syndrome, Congestion, Fibromyalgia, Frozen Shoulder, Headaches/Migraines, Plantar Fasciitis, and Repetitive Motion Injuries, Restless Leg Syndrome, Sciatica/Piriformis Syndrome, Scoliosis, TMJ Syndrome and more. Balls and full-color illustrated instruction handbook included. Advanced registration is required.

Oh, Sugars! Cupcake Decorating Class

Garvey Senior Activity Center

Monday, February 12, 2 p.m.

Cost: \$30

Join Rebecca of Sweetheart Cupcakes to learn how to decorate cupcakes for events, holidays, or that special someone. You will complete 4 cupcakes (2 vanilla/2 devil food) with a Valentine's Day theme. Supplies will be provided! Advanced registration is required.



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Mardi Gras Luncheon with Jimi Simon

Garvey Senior Activity Center

Tuesday, February 13

Doors Open: 11:30 a.m.

Lunch Served: 12 p.m.

Music: 12:30 p.m.

Don't want to pay the travel fees, but still want to have the Mardi Gras experience? Dress your Mardi Gras best and leave the rest to us! The popular and talented Jimi Simon will be here to get you up and dancing. Jimi is the former leader and featured performer from the Fabulous Hubcaps band (1974-2006). Dessert will be King's Cake all the way from Gambino's, a local New Orleans bakery. The cost for lunch is by donation for those ages 60 and above and \$6 for those under the age of 60.



**Evening Music with Just Us 2
Garvey Senior Activity Center
Tuesday, February 13
5:45 p.m.**

Cost: Free; \$3 (optional snack pack purchase)

Pat Nutter and Chris Tenney have performed at a wide variety of establishments throughout Southern MD and most recently at the Saturday Night Live Open Mic in Prince Frederick. They are a duo that performs bluegrass, classic country, gospel, and original music. Their music

will get your toes and fingers tapping along! There is no charge for this program, but there will be snack packs available for purchase. You are welcome to bring your own dinner, but a meal will not be provided.

**Watercolor Button Art with Penny
Garvey Senior Activity Center
Tuesday, February 20, 5:45 p.m.**

Cost: \$20

Join Penny B. for a beautiful watercolor spring hanging. Penny will guide you through different watercolor techniques. All supplies will be provided. Advanced registration is required.



**Flower Wreath with Sunnyside Florals
Garvey Senior Activity Center
Tuesday, February 27, 1:30 p.m.**

Cost: \$45

Would you like a beautiful handmade arrangement for your home or to give to a loved one? Shelley Russell, owner, of Sunnyside Florals will be instructing the class. Explore the basics of floral arrangement with Shelley. Freshly cut, locally grown flowers and

foliage, provided by the instructor, will be identified along with suggestions for their application in this project. All supplies will be provided. Advanced registration is required.

**Move Your Energy, Maximize Your Brainpower Series
With Judi Lyons & Paty Masson
Garvey Senior Activity Center
Thursday, February 29, 2 p.m.**

Cost: \$20

Judi and Paty bring a perfect blend of Qi Gong and the Energy Medicine movement to our Senior Community in this brand-new, accessible-to-all workshop series.

Learn about the varied aspects of brain function and immerse yourself in new ways to:

- Boost the flow of cerebral fluid and blood to the brain.
- Increase neuroplasticity.
- Improve memory, focus, and coordination.
- Access the power of Metacognition.

This lovely workshop includes the beautiful tones of singing bowls to promote a greater sense of well-being. This workshop is 2 hours long. Advanced registration is required.

Loffler Senior Activity Center

In Great Mills, 301-475-4200, ext. 1658

For events requiring registration, visit www.stmaryscountymd.gov/aging and click on the "View & Sign Up for Activities & Programs" button. Accommodations can be made for those requiring registration assistance by leaving a message at 301-475-4200, ext. 1660.

Loffler Book Club News Loffler Senior Activity Center

Cost: Free

On January 5 at 2 p.m. discuss *A Season for Second Chances* by Jenny Bayliss (A holiday story)

In January read *Nazis on the Potomac* by Robert K. Sutton (Nonfiction)

Discuss on February 2 at 2 p.m.

In February read *The Lighthouse Effect: How Ordinary People Can Have an Extraordinary Impact in the World* by Steve Pemberton. (Collection of memoirs)

Discuss on March 1 at 2 p.m.

Enjoy a friendly discussion on the first Friday of every month- everyone's thoughts are appreciated. The Lexington Park Branch Library has been very helpful by holding several copies of the books for us.

Contact Sheila.Graziano@stmaryscountymd.gov to learn more about joining.



Bible Study with Phil Loffler Senior Activity Center Fridays at 10:30 a.m.

Cost: Free

This non-denominational, Christian-based Scripture group meets every week and is led by Phil Benedict. Mr. Benedict is a graduate of Moody Bible Institute in Chicago and Boise State University. He has spent most of his life teaching the Bible in churches as well as two rehabilitation organizations. Accurate teaching of the Bible is his aim in this study group.

Currently they are studying the Prison Epistles: Galatians, Ephesians, Philippians and Colossians, which were written by Paul during his imprisonment mentioned in Acts 28.

Each session ends with prayer. All are welcome. Reservations are not required.

For more information call 301-475-4200, ext. 1658.

Health Watch Series Loffler Senior Activity Center

Aging in Place - Wednesday, January 17, 9:30 a.m.

Make the Most of Your Dr. Visit - Wednesday, February 21, 9:30 a.m.

Cost: Free

Elaine Green and Kathy Blanchette will discuss these helpful and important topics. Advance registration is required for this presentation. Go to www.stmaryscountymd.gov/aging or leave a message on our reservation line at 301-475-4200, ext. 1660.

**Educational Video Series
Loffler Senior Activity Center**

***Tupperware!* (65 min.) - Thursday, January 11, 10 a.m.**

***Becoming Frederick Douglass* (60 min.) - Thursday, February 8, 10 a.m.**

Cost: Free

In the 1950s, American women discovered they could earn thousands, even millions of dollars, from bowls that burped. *Tupperware!* tells the story of the "Tupperware ladies" who fanned out across the nation's living rooms, selling efficiency and convenience to their friends and neighbors through home parties. The secret behind Tupperware's success: the women of all shapes, sizes, and backgrounds who discovered they could move up in the world without leaving the house. The unlikely partnership of Earl Silas Tupper, a reclusive small-town inventor, and Brownie Wise, a self-taught marketing whiz, and thousands of women unhappy with being pushed back to the kitchen after World War II, built an empire--bowl by bowl--that now spans the globe.

In *Becoming Frederick Douglass*, learn the inspiring story of how a man born into slavery became one of the most prominent statesmen and influential voices for democracy in American history. Born in 1818 on Maryland's Eastern Shore, he escaped from slavery in 1838 and went on to become the most well-known leader of the abolitionist movement.

Register for these videos at www.stmaryscountymd.gov/aging. or leave a message on our reservation line at 301-475-4200, ext. 1660. 16 seats available

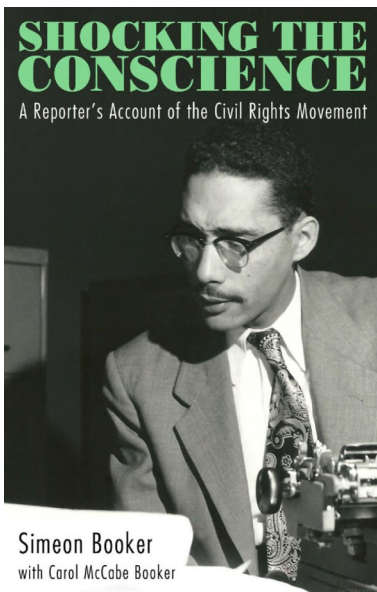
Learn About Human Trafficking

Loffler Senior Activity Center

Friday, January 26, 10 a.m.

Cost: Free

Sgt. Chris Beyer and Detective Taylore Nauman from the St. Mary's County Sheriff's Office will be at the Loffler Senior Activity Center to discuss the growing problem of human trafficking. Is it happening here in St. Mary's County? Who is vulnerable? What are the red flags you should be on the lookout for? How does cell phone/social media safety help? Register for this presentation at www.stmaryscountymd.gov/aging. or leave a message on our reservation line at 301-475-4200, ext. 1660. Limited seating.



Book Talk: *Shocking the Conscience:*

A Reporter's Account of the Civil Rights Movement

Loffler Senior Activity Center

Friday, February 9, 1 p.m.

Cost: Free

Local author Carol McCabe Booker will be at the Loffler Senior Activity Center to discuss her late husband's amazing book, *Shocking the Conscience: A Reporter's Account of the Civil Rights Movement*. Simeon Booker was the first full-time African-American reporter for the Washington Post and served as Jet magazine's White House correspondent for 50 years.

Booker's eye-witness reporting on the major events of the civil rights movement are recounted in this important work. To sign up for this presentation and discussion, go to

www.stmaryscountymd.gov/aging or leave a message on our reservation line at 301-475-4200, ext. 1660.

Art with Jamie
Loffler Senior Activity Center
Tuesdays, January 9, 16, 23
Tuesdays, February 6, 13, 20
10 a.m. – 12 p.m.

Cost: \$25 per session

Start the New Year off with Poured Acrylic. Using canvas and several colors of acrylic, Jamie will show you fun poured acrylic techniques using blow dryers, straws, chains, strings and even balloons to create stunning works of abstract art. Come learn the entire process, great for beginners and experts alike.

In February, we will be learning about Alcohol Ink on Yupo Paper and how to make alcohol ink, as well as the different types of material you can use them on. We will create bright sea life art that we will finish and frame in our three-week series.

Cost includes use of high-quality materials which will help you achieve the best possible results. Register and prepay for these classes by going to www.stmaryscountymd.gov/aging.



Make & Take Projects with Jamie
Loffler Senior Activity Center
Tuesdays, January 30 & February 27
10 a.m. – 12 p.m.

Cost: \$25 per session

In January, create Stunning Poured Acrylic Flowers on Canvas.

In February, use Alcohol Ink on tile sealed with resin to make 4 coasters.

Register and prepay for this class by going to www.stmaryscountymd.gov/aging.

Nutrition Presentations by Donna Taggart
Loffler Senior Activity Center

***What's the scoop on non-nutritive sweeteners?* - Monday, January 8, 10 a.m.**
***National Cancer Prevention Month* - Monday, February 12, 10 a.m.**

Cost: Free

Donna presents nutrition topics at the Loffler Senior Activity Center on the second Monday of each month at 10 a.m.

Register for these talks by going to www.stmaryscountymd.gov/aging or leave a message on our reservation line at 301-475-4200, ext. 1660. ADDITIONALLY- Donna offers free personal nutritional education at 11 a.m. on the day she is here if you make an appointment with her by text message or calling 240-538-6539.



**Memoirs for Your Grandchildren
Loffler Senior Activity Center
Thursdays, January 18-February 22, 12:30 p.m. (6 sessions)
Cost: Free**

This popular course is being repeated as requested. Let Joyce Haderly show you how to choose special memories from your lifetime and write about them so that your stories can be passed down to current and future generations. What may have been everyday events to you will be fascinating knowledge to great-great grandchildren- what better way for them to gain that knowledge than to read your very own words? Register for this course at www.stmaryscountymd.gov/aging or leave a message on our reservation line at 301-475-4200, ext. 1660.

**New - Starting Soon Chatter Box
Loffler Senior Activity Center
Thursdays Starting February 29, 12:30 p.m.
Cost: Free**

Here's an opportunity to discuss interesting topics and ideas with friends. Moderated by Joyce Haderly, This will be a friendly, non-controversial zone- hot button topics like politics, religion and volatile issues of the day are off limits. Joyce will provide some thoughtful ideas to explore. Respectful listening and speaking among friends are rewarding ways to reach out, connect and be heard. If this gentle approach to conversation appeals to you stop in. No need to register- drop-ins are welcome.

**Balance and Vestibular Rehabilitation
Loffler Senior Activity Center
Wednesday, January 24, 10 a.m.
Cost: Free**

Danielle LeClerc from Ultimate Therapy will offer a free presentation on vertigo and balance. Physical Therapy can help through vestibular rehabilitation which involves exercises that help you manage dizziness and balance issues



(imbalance). There will be time for a question-and-answer period. Sign up for this presentation at www.stmaryscountymd.gov/aging or leave a message on our reservation line at 301-475-4200, ext. 1660.



**Bereavement Support Group
Loffler Senior Activity Center
Thursdays, January 18 & February 15, 10 a.m.
Cost: Free**

Losing a friend or family member is never easy and grief can often feel like an invisible injury. We invite you to join us in a safe space to share your grief experience and learn new ways to cope while meeting friends for the journey. This group will be facilitated by the Bereavement Coordinator from Hospice of St. Mary's, Dr. Patricia Watson. No need to register, drop-ins are welcome.

Northern Senior Activity Center

In Charlotte Hall, 301-475-4200, ext. 3101

For events requiring registration, visit www.stmaryscountymd.gov/aging and click on the “View & Sign Up for Activities & Programs” button. Accommodations can be made for those requiring registration assistance by leaving a message at 301-475-4200, ext. 3115.

Cornhole Competition: Winter 2024

Northern Senior Activity Center

Monday, January 8, 1-3:30 p.m.

Cost: \$2

Who doesn't love a good round of cornhole? Compete in this casual & fun competition – back by popular demand! Show off your skills or try it out for the first time. Keep in mind that this game requires good dexterity, throwing, and hand-eye coordination. The 1st and 2nd place winners of the tournament will win a prize. This event will be held indoors. See top of this page for how to register.



Living Well with Chronic Conditions

Northern Senior Activity Center

Tuesdays, January 9-February 13 (6-sessions), 1-3:30 p.m.

Cost: Free

Start doing something wonderful for yourself by improving your life even while dealing with a chronic health condition! This evidence-based program, led by certified co-leaders, was developed by Stanford University to help people with chronic conditions take charge of their life. There is no charge for taking this class; however, a commitment to regular attendance is needed for good results. See top of this page for how to register.



Emotional Well-being through

CBT Yoga: Mindfulness in Action

Northern Senior Activity Center

Thursday, January 11, 2:30-4:30 p.m.

Cost: \$20

Emotional well-being is an important part of holistic wellness. In this workshop led by Paty Masson you will experience the inner work of each asana (yoga pose) and the flow of love and energy that comes with it. Relaxing stretching which allows to identify and modify

undesirable emotions through gentle journey that will end up with a long savasana with Tibetan bowls to harmonize the frequencies of the body, mind, and soul. Paty is certified in RYT® 500, CBT, and Qigong. See page top of this page for how to register.

**Maryland Relay – Presentation
Northern Senior Activity Center
Thursday, January 18, 10-11 a.m.**

Cost: Free

Have you heard of Maryland Relay? “Administered by Telecommunications Access of Maryland (TAM), [Maryland Relay is] a State agency that provides equipment and services for Marylanders who have difficulty using a telephone. Maryland Relay is a free public service that allows people, unable to use a standard telephone, to both make and receive phone calls.” (Maryland.gov). Join Maryland Relay Outreach Coordinator, Marcus J. Smith, to learn more about this excellent service! See page 24 for how to register.

**Daily Energy Routine: Detoxify Body & Mind
Northern Senior Activity Center
Monday, January 22, 1-3 p.m.**

Cost: \$20

Free the body of toxins and release the stored trauma and emotions that no longer serve you, or the person you want to be. Increase awareness of the myriad of toxins that accumulate in the body, and how to reset your system for optimal vitality and well-being. Join instructor Judi Lyons for this simple energy medicine movement routine. Accessible to everyone. Judi Lyons/Mindful Motions Md. is YACEP®, E-RYT® 200, EMYoga® Certified, RYT® 500 Therapeutic. See page 24 for how to register.



**Pitch Card Day
Northern Senior Activity Center
Thursday, January 25 &
February 29, 12:30-3:30 p.m.**

Cost: \$10

Pitch is daytime play for experienced players - progressive game style (like the card parties)! It will be held the last Thursday of each month unless there's a holiday. All signups are done in advance online and at that time the fee will be

collected. Enrollment means you'll be on the roster to play. When you arrive that day, you'll get the traditional game tally sheet and materials needed (this is not a tournament). Drop-ins will not be accommodated unless we need a substitute to fill in or round out a table. The fee will be \$10 per person and there will be a cash prize of \$40 for the top winner & descending prizes thereafter. Bring quarters for bump money! See page 24 for how to register.

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**AARP Smart Driver™ Safety Course
Northern Senior Activity Center
Monday, January 29, 9 a.m.-3 p.m.**

Cost: \$20 for AARP Members or \$25 for Non-members

The AARP Smart Driver™ Safety Course will be held with an hour lunch break at 11:30 a.m. This program includes emphasis on roundabouts, pavement markings, stop-sign compliance, red-light running, and safety issues such as speeding, seat belt and turn signal use. See page 24 for how to register. Payment is due to the instructor on January 29. Payable by cash or check.

Watercolor with Kat Mejia
Northern Senior Activity Center
Wednesday, January 31, 1-3 p.m.
Cost: Free

Let's watercolor! Join artist, Kat Mejia, to learn techniques such as wet-on-wet, underpainting, gradients, and more. All skill levels are welcome. See page 24 for how to register.



Daily Energy Routine: Detoxify Body & Mind
Northern Senior Activity Center
Monday, January 22, 1-3 p.m.
Cost: \$20

Free the body of toxins and release the stored trauma and emotions that no longer serve you, or the person you want to be. Increase awareness of the myriad of toxins that accumulate in the body, and how to reset your system for optimal vitality and well-being. Join instructor Judi Lyons for this simple energy medicine movement routine. Accessible to everyone. Judi Lyons/ Mindful Motions Md. is YACEP[®], E-RYT[®] 200, EMYoga[®] Certified, RYT[®] 500 Therapeutic. See page 24 for how to register.



Goofy Karaoke
Northern Senior Activity Center
Monday, February 5, 10-11:30 a.m.
Cost: Free

Have a great voice? Can't hold a note to save your life? Doesn't matter! Join us for a fun, unserious morning of singing karaoke. We'll have some costume props available – you can also bring your own! See page 24 for how to register.

Balance and Vestibular Rehabilitation
Northern Senior Activity Center
Wednesday, February 7, 10 a.m.
Cost: Free

Danielle LeClerc from Ultimate Therapy is joining us for a free 30-minute presentation on vertigo and balance! Physical Therapy can help through vestibular rehabilitation which involves exercises that help you manage dizziness and balance issues (imbalance). A brief Q&A session will follow the presentation. See page 24 for how to register.

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Valentine's Day Breakfast Café with Bruce Thomas
Northern Senior Activity Center
Wednesday, February 14, 9-10 a.m.
Cost: \$5 for meal + free sponsored entertainment

Who wouldn't LOVE a yummy breakfast with lovely friends and live entertainment? Musical guest, Bruce Thomas, is making his first visit to the Northern Senior Activity Center! Mr. Thomas has performed across the mid-Atlantic region. His website describes his music style as "Michael Bublé or Frank Sinatra with the gymnastics and vocal agility of Al Jarreau and the soulfulness of Gregory Porter." See page 24 for how to register.





Northern Stars Movie Club: *Green Book*

Northern Senior Activity Center

Monday, February 12, 1-3:30 p.m.

Cost: Free

Get your snacks and popcorn ready! This bi-monthly film club, led by Keilan Ruppert (Program Specialist), explores classic and modern movies. The club reviews each film based on specific criteria such as cinematography, editing, writing, and soundtrack. Ultimately, the group assigns a rating using 1 to 5 “Northern stars.” This month’s film selection is the 2019 Academy Awards Best Picture winner – *Green Book* (2018, PG

-13, Drama/Comedy, 2 hr. 10 min), starring Viggo Mortensen & Mahershala Ali, and directed by Peter Farrelly. “Dr. Don Shirley is a world-class African-American pianist, who is about to embark on a concert tour in the Deep South in 1962. In need of a driver and protection, Shirley recruits Tony Lip, a tough-talking bouncer from an Italian-American neighborhood in the Bronx.” See page 24 for how to register.

Drums Alive® : Golden Beats

Northern Senior Activity Center

Tuesdays, February 20-March 26, 2 p.m.

Cost: \$12

Drums Alive® returns to Northern! This program uses drumming, music, movement, and science to make the most of health and wellness in a fun and engaging way. Golden Beats® enhances the fitness and lives of older adults – stimulating those young at heart. Come join the fun of drumming and dance! This version will be less-intensive, and accommodating to most participants. Seated only. Program Specialist and certified trainer, Keilan Ruppert, will lead this program for a limited group over the course of 6 weeks. See page 24 for how to register.

Renovate, Relocate, or Reverse – Options for Older Homeowners in Retirement

Northern Senior Activity Center

Wednesday, February 21, 1-2:30 p.m.

Cost: Free

The decision to downsize and move to a new neighborhood or renovate to suit your retirement needs can be complex and emotional. Adding in the cost to do either makes the decision that more vexing. Local real estate professional Frank McKnew, a certified Senior Real Estate Specialist, and Robbie Loker, a Home Equity Strategist for seniors, will explore the pros and cons to consider as homeowners shift into retirement. See page 24 for how to register.

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Poetry Workshop with Lori Joseph (Author of *Seventy-Five*)

Northern Senior Activity Center

Thursday, February 22, 9-11 a.m.

Cost: Free

This interactive poetry workshop is based on Lori Joseph’s recently published book, *Seventy-Five: Connectivity Through the Ages*. Ms. Joseph is joining us in-person to provide select readings that demonstrate ways to live more attentively. Participants will be introduced to sensory exploration to heighten their own writing experience. Reference books and writing materials are provided. This workshop is being offered for free through the generosity of the Maryland State Arts Council. See page 24 for how to register.

Retired and Senior Volunteer Program

By : Monika Williams, RSVP Program Manager



Above: RSVP Volunteers welcome attendees to the Community Health & Wellness Fair!

Left: A volunteer takes a break from directing traffic to grab lunch!

The New Year is here. We made it through and are now wondering what the New Year has in store. Is it time to turn over a new leaf? Many people have made resolutions vowing to change their lives for the better. How about you? Do you have pockets of time where there's nothing to do. RSVP has many rewarding volunteering opportunities that bring a sense of accomplishment while helping others. We could definitely use your talents and skills to strengthen our community. Consider joining our team!



We would like to thank RSVP volunteers for serving at our Community Health Fair last year. The Department of Aging & Human Services staff and the event Vendors were able to concentrate on providing care to community members due to your wonderful assistance. We also thank all RSVP volunteers for your endless dedication of service within the year 2023.

We are so appreciative of your valuable time and talents. Here's to another year!!

Why Join RSVP?

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- An active person engaged in the community has a greater chance of staying healthy both mentally and physically than one who retires and stays at home.
 - RSVP will help you find a volunteer job that will keep you active, be meaningful to you and be valuable to the community.
 - You will be included in appreciation events throughout the year as an RSVP member.
 - Volunteering promotes human connection, greater sense of purpose, and happiness.
 - Research shows volunteering reduces depression and improves mental health.
 - A small insurance policy, free to you, covers you in case of injury while you are volunteering.

Volunteer Opportunities

Please contact the RSVP office at 301-475-4200, ext. 1653, or Monika.Williams@stmaryscountymd.gov if you would like to learn of more volunteering opportunities or would like to join our team.

Charlotte Hall Veterans Home

- Activity Assistant
- Gift Shop Attendant
- Technical Support
- Read to Residents

A Community That Shares (ACTS)

- Receiving and dispersing medical equipment
- Repairing Equipment

Hospice of St. Mary's

- Grocery Shopping
- Watering Flowers
- Making phone calls to family members
- House Patient Cook
- Office Assistance

Community Mediation of St. Mary's County

- Mediating
- Promoting fundraisers
- Disseminating brochures
- Office assistance

St. Mary's County Crime Solvers Board

- Educate the community about Crime Solvers, solicit donations, and arrange fundraisers to obtain funding for rewards.

Treasurer's Office

- Volunteers assist with mailings in August, November, January, and March. Organize files, data entry and updating documents.

Historic Sotterley

- Special event set-up
- Front desk attendant
 - Tour guide
- Gift shop attendant
- Garden attendant

Historic St. Mary's

- Special event set-up
- Front desk attendant
 - Tour guide
- Gift shop attendant
- Garden attendant

Northern

Senior Activity Center

- Chess Volunteer
- Outdoor Landscaping
- Book Club Leader

Garvey Senior Activity Center

- Evening activity leaders for art classes, dance classes, card groups and book discussion.

Loffler

Senior Activity Center

- Zoom Activity Monitor

Teen Court

- Teen Court Judge
- Hearing Support Assistants

Home-Delivered Meals

- Drivers are needed in the Lexington Park, Great Mills, California, and Leonardtown areas.

The Old Jail & Leonardtown Visitor Center

- Greet the public
- Conduct tours
- Operate the gift shop
- Share the history of the site.

St. Clement's Island Museum

- Special event set-up
- Front desk attendant
 - Tour guide
- Gift shop attendant
- Garden attendant

Helpers Overcoming Problems Effectively (HOPE)

- Phone Screener
- Helping county residents connect to needed assistance

Patuxent River Naval Air Museum

- Tour Guide
- Flight Simulator Team
- Exhibit Team
- Organizing & Data Entry

Senior Rides

- Drivers to transport seniors to doctor appointments, shopping, and social engagements.

Habitat for Humanity

- Receive, sort, price, and place donations on sales floor
 - Office assistance
- Assist committees in selecting partner-families

Literacy Council of St. Mary's

- Volunteers are needed to assist adults with: learning workplace language skills, job interview skills, citizenship test preparation, GED preparation, ASVAB test preparation, reading, writing, and basic math.

Ongoing Activities - Garvey

CLASS/ ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Arthritis Foundation Exercise Program (AFEP)	Thursdays & Fridays 8:45-9:45 a.m. Tuesdays & Thursdays 9:45-10:30 a.m.	Gentle, range of motion, stretching and flexibility led by certified instructor.	No	No
Art Studio	2 nd & 4 th Fridays 12:30 – 4 p.m.	Open Art Studio hours. Bring your own supplies. Instruction not provided.	No	No
Billiards	Daily 8 a.m. -4 p.m.	Bring your own or use ours.	No	No
Bingo	Mondays 10-11:30 am	Game with volunteer bingo callers. Pantry items for prizes.	No	No
Book Discussion Group	2 nd Wednesdays 11 a.m.	Loaner books provided by St. Mary's Public Library.	No	No
Bridge Club	Wednesdays & Thursdays 10 a.m.-2 p.m.	Best suited for experienced players.	Closed	No
Cardio Lite	Mondays 5:30 p.m.	Light Cardio & low impact class.	No	Fitness Card
Collage Group	1st & 3rd Tuesdays 6 p.m.	In this drop-in class you will learn how to make collages on postcards to send out to your friends and family.	No	No
Cornhole	Daily 8 a.m. -4 p.m.	2 boards, 8 bags.	No	No
Crochet Club	1st & 3rd Tuesdays 5:30 p.m.	This is a social group and you must bring your own projects as there will not be materials available or an instructor.	No	No
Diamond Dots	Every Thursday 2 p.m.	Paint by color with diamonds. No experience needed. Bring your own supplies. Light boards provided.	No	No
Enhance Fitness	Mon., Wed., Fri. 11-12 p.m. Wednesdays 5:30 p.m.	Cardiovascular/weight training exercises to improve flexibility, strength, balance.	No	Fitness Card
Fitness Room	Daily 8 a.m. -4 p.m.	1 Elliptical Trainer; 1 Seated Elliptical. 3 Treadmills; 2 Recumbent Bikes; 1 Row machine, 1 Independent Total Body Trainer.	No	No
Geri-Fit	Monday & Wednesday 2-3 p.m.	Helping to rebuild strength that has been lost.	No	No
Line Dancing	Tuesdays 11 a.m.	No experience necessary. Volunteer leads group in a variety of steps.	No	No
Men's Strength	Mondays 9:30-10:30 a.m.	Low impact strength training class.	No	Fitness Card
Pickleball Courts	Open	Pickleball courts are available daily, dawn to dusk. See staff during hours for access info.	No	No
Ping Pong	Daily 8 a.m. -4 p.m.	1 table, paddles and balls are available.	No	No

Ongoing Activities - Garvey

CLASS/ ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Readers Theater	Meeting 2 nd Tuesdays 11 a.m. Rehearsals as needed	Readers Theater is a form of theater that involves minimal props and no line memorization.	Yes	No
R&B Line Dancing	Mondays 12:30 p.m.	Line Dancing with specific instructions on popular line/party dance styles.	No	No
Scrapbooking Day	1 st Friday of the Month. 9 a.m. – 4 p.m.	Open Art Studio Hours. Supplies & Instruction are not provided.	No	No
Walk & Tone	Fridays 9:30-10:30 a.m.	A low impact aerobic class. Strength training using bands, weights and balls is included.	No	Fitness Card
Walking Club	Mon., Wed. & Fri. 9 a.m.	Meet in the lobby of the Garvey Senior Activity Center & walk around surrounding facilities.	No	No
Watercolor with T.L. Ford	2 nd Tuesday 1:30 p.m.	Come learn the basics of watercolor painting in a relaxing & informal setting.	Yes	Yes
Yoga (Chair)	Wednesdays 9:30 a.m.	Improves muscle strength & tone. Reduces stress & increases relaxation.	No	Fitness Card
Yoga (Mat)	Tuesday & Fridays 12:30 p.m. Tues. 5:30 p.m.	Improves muscle strength & tone. Reduces stress & increases relaxation.	No	Fitness Card
Zumba Gold	Thursdays 12:30 p.m. 5:30 p.m.	Dance based exercise program led by certified instructor.	No	Fitness Card

Helpful Links:

St. Mary's County
Department of Aging & Human Services
www.stmaryscountymd.gov/aging

Senior Information & Assistance Contacts
www.stmaryscountymd.gov/aging/SeniorIA-Contacts

Department of Aging & Human Services Facebook Page
www.facebook.com/SMCDAHS

Department of Aging & Human Services YouTube Channel
www.youtube.com/c/SMCAgingHumanServices

Ongoing Activities - Loffler

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Art with Jamie	Tuesdays 4 sessions each month 10 a.m.	Start up materials provided; instructor will notify of other items needed.	Yes	\$25 per class
Arthritis Foundation Exercise Program (AFEP)	Tuesdays & Thursdays 12:30-1:30 p.m.	Gentle, range of motion, stretching and flexibility led by certified instructor.	No	No
Bible Study	Fridays 10:30 a.m.	Non-denominational, Christian-based scripture group led by volunteer Phil Benedict.	No	No
Bingo	Wednesdays 12:30-1:30 p.m.	Game with volunteer bingo callers. Pantry items for prizes.	No	No
Bio/History Series	1 st or 2 nd Thursdays 10 a.m.	Educational films selected and shown by video.	Yes	No
Bridge	Tuesdays 10 a.m.	New & experienced players welcome.	No	No
Canasta & Pitch	Tuesdays 9 a.m.	New & experienced players welcome.	No	No
Charity Crafters	2 nd & 4 th Tuesdays 1 p.m.	Make hats, mittens, scarves, baby blankets, and granny squares for various community outreach programs.	No	No
Contract Bridge Club	Wednesdays 10 a.m.	Best suited for experienced players.	Yes	No
Current Events	Mondays 10 a.m.	Volunteer led discussion group.	No	No
Dice Rummy	Tuesdays & Thursdays 9 a.m.	Suitable for all levels of experience.	No	No
Embroidery on Paper	Mondays 12:30 p.m.	Supply kits will need to be purchased to get started with making embroidered cards and other crafts.	No	Yes
EnhanceFitness	Mondays, 11 a.m. Wednesdays, 12:30 p.m.	Cardiovascular/weight training exercises to improve flexibility, strength, balance.	No	Fitness Card
Exercise Equipment	Daily 8 a.m. -4 p.m.	2 treadmills, 2 seated ellipticals & a recumbent bike.	No	No
Health Watch Presentations	2 nd Wednesdays 9:30 a.m.	Volunteer led informational session on various health topics.	Yes	No
Honey Bee Quilters	1 st , 3 rd , & 5 th Wednesdays 10 a.m.	Bring your own quilting supplies. Sewing machines available at center if needed.	No	No
Line Dancing	Fri. 11 a.m.	Volunteer led group.	No	No
Loffler Sunshine Singers	Thursdays 10 a.m.	Casual singing group, no singing or music reading experience required.	No	No
Mah Jong	Tuesdays & Thursdays 12:30 p.m.	New and experienced players welcome!	No	No
Needle Crafters	Mondays & Thursdays 10 a.m.	Knit & crochet group. Some yarn available at center or bring your own.	No	No

Ongoing Activities - Loffler

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Nutrition Ed. with Donna Taggart	2 nd Mondays 10 a.m.	Nutrition presentations led by a Licensed Dietician.	Yes	No
Open Art Studio	Fridays 9 a.m.	Drop in for guided art practice with volunteer Chris Sisk.	No	Drop in fee
Pinochle	Mon., Wed., & Fri. 9 a.m.	Experienced players welcome.	No	No
Project Linus	3 rd Fridays 10 a.m.	Make blankets for children and teenagers who are hospitalized or in shelters.	No	No
Rummikub	Wednesdays 9 a.m.	Fun tabletop game for all levels of experience.	No	No
Sew-It-Alls	Mondays 12:30 p.m.	Bring own supplies.	No	No
Tai Chi/Arthritis & Fall Prevention	Tuesdays & Thursdays 11 a.m. -12 p.m. (scheduled sessions)	Evidence based exercise program suitable for all abilities.	Yes	No
Walking Club	Mon., Wed., Fri. 9 a.m.	All are welcome, group walks laps around the park.	No	No
Wii Games	Daily see staff	Open to new and experienced players.	No	No
Wood Carving	Tuesdays 1 p.m.	Will need to bring own supplies. Volunteer led group.	No	No
Yoga	Mon., Wed., Thurs., Fri., 9:30 a.m.	Gentle range of motion stretches and poses along with meditation.	No	Fitness Card
Zumba Gold	Mondays 12:30 p.m.	Dance based exercise program led by certified instructor.	No	Fitness Card

Ongoing Activities - Northern

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Arthritis Foundation Exercise Program	Wednesdays 10:45-11:45 a.m. Thursdays, 1-2 p.m.	Gentle, range of motion, stretching and flexibility led by certified instructor.	No	No
Awakening Yoga	Mondays , 9:30-10:30 a.m.	Gentle range of motion/ meditation.	No	Fitness Card
Basket Weaving	Periodically	Typically, two-part classes offered.	Yes	Varies; \$30
Billiards	Mondays Preferred	Bring your own or use ours.	Yes	No
Bingo	Fridays 9:45-11:15 a.m.	Game with volunteer bingo callers. Pantry items for prizes.	Yes	No
Book Club: Book Chatter	4 th Thursdays 11 a.m.-12 p.m.	Read & review new books each month. Different books for each club.	Waitlist	No
Breakfast Café	Wednesdays, 9-10 a.m.	Breakfast by signup. Menu and dates vary per month.	Yes	\$5
Bridge	Thursdays 10 a.m.-2 p.m.	Best suited for experienced players.	Preferred	No
Crafty Corner	Mon., Tues., Thurs., Fri. 8 a.m.-4 p.m. Wednesdays, 1-4 p.m.	Open time to work on textile based projects like beads, crochet, and coloring.	No	No
Coloring Group (two groups)	1 st & 3 rd Wednesdays 1-2:30 p.m.	Participants supply coloring utensils if possible; some are provided.	Waitlist	No, work-book if desired

Ongoing Activities - Northern

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Chair Yoga	Wednesdays, 9:30 – 10:30 a.m.	Chair Yoga has been modified to allow participants to safely perform positions with a chair incorporated for ease and stability.	No	Fitness Card
Crochet DIY	Mon. & Wed., 1-4 p.m.	Beginners or experienced.	No	No
Cycling Meetup	2nd & 4th Wednesdays 10 a.m.	Meet at Northern for a group ride on Three Notch Trail.	No	No
Cycling Without Age	1st Thursdays 9 a.m.-12 p.m.	Fun rides on trishaw, by appointment only.	Yes	No
Diamond Dazzle (two groups)	3 rd Monday 10 a.m.-Noon & 1- 3 p.m.	Diamond and associated bead crafts.	Waitlist	Yes for kits
Double Pinochle	Tuesdays & Fridays 10 a.m.-4:30 p.m.	Moderately experienced players.	No	No
Drums Alive	Tuesdays February 20-March 26 2-3 p.m.	Instructor-lead drum and dance class. Helps cognitive function. Program runs for 6-weeks at a time .	Yes	\$12 for 6-week program
Dynamic Ceramics	Wednesdays 9:30 a.m.-12:30 p.m.	Variety of bisque pieces available to purchase. Supplies provided.	Drop-in	Buy items, firing fees
EnhanceFitness	Tuesday & Thursdays 9:30-10:30 a.m. Fridays, 9-10 a.m.	Cardiovascular/weight training exercises to improve flexibility, strength, balance.	No	Fitness Card
Homemakers	2nd & 4th Tuesdays 10 a.m.-12 p.m.	Social time and homemade items made for fun and charity.	Yes Call to inquire	No
Line Dancing	Wednesdays 1-2:30 p.m.	Volunteer leads group/variety of steps.	No	No
Lyme Discussion & Support Initiative	TBD ToolKits by pickup	Facilitator-led group with education and support for Lyme Disease.	Yes, all ages	No
Mahjong (Eastern)	Thurs 1-4:30 p.m.	Popular tile game involves skill, strategy & luck. Beginners welcome.	No	No
OH HECK (Cards)	Tuesdays & Fridays 10 a.m. -2 p.m.	Experienced players and beginners welcome.	No	No
Open Studio: Pottery and Ceramics	Mon., Tues., Thurs., & Fri. 8 a.m. -4 p.m.	Crafters continue work on individual clay, pottery, or paint pieces. Some Fridays are reserved for specific art pottery projects/ classes.	Studio orientation	Fee for clay ceramics, fire, supplies
Pitch Card Day	Last Thursday of the month 12:30-3:30 p.m.	Experienced players enjoy an afternoon of Pitch. Top players will receive a prize.	Yes	\$10
Quilting for Beginners	2 nd & 4 th Wednesday 12:30-4:30 p.m.	Instructor teaches basic skills and techniques. Individual projects.	Preferred- Not required	TBD, Varies
R&B Line Dancing	Fridays 1-2 p.m.	Popular line/party dance styles.	No	No
Scrapbooking	2nd Monday, 10 a.m.-3 p.m.	Organizing photos into a book using artistic skill.	Waitlist	Bring your own materials
S.W.A.G. (Seniors Winning at Games)	Tuesdays & Fridays 1-4:30 p.m.	Various card games like SkipBo, Canasta, Rummy, etc.	No	No
Tech Rescue	Monday-Friday after 2 p.m. By appointment only	15-30 appointments with Keilan Ruppert to work on specific needs with computers, smartphones, etc.	Yes	No
Workout Room	Open during normal operating hours	1 Bow Flex; 1 Standing Elliptical; 1 Seated Elliptical; 2 Pec/Fly; 2 Treadmills; 2 Recumbent Bikes.	No	No
Zumba Gold	Tuesdays 10:45 a.m. -11:45 a.m.	Latin music and dance fitness program.	No	Fitness Card

St. Mary's County Department of Aging & Human Services At A Glance

Lori Jennings-Harris, Director

**St. Mary's County Department of Aging & Human Services
P.O. Box 653, Leonardtown, MD, 20650**

Senior I&A-Help for seniors in the form of services, benefits and assistance is provided. Access to information and referral services, options counseling, support for caregivers, and more, are provided. Call 301-475-4200, ext. 1057, for information.

Home and Community-Based Services (HCBS)/Maryland Access Point (MAP)- MAP is your link to health and support services providing older adults, persons with disabilities and caregivers with a single point of entry. Consists of multiple programs providing the following services: Medicaid-funded community-based services, Long-Term Care Ombudsman, Senior Care Program, Respite Assistance, and Caregiver Support. To be assessed for services, contact MAP at 301-475-4200, ext. 1057.

Senior Activity Centers-The three county senior activity centers are places where active adults age 50 and over can participate in activities, events, exercise programs, and group meal programs. Call the Division Manager, at 301-475-4200, ext. 1063.

Home Delivered Meals-A service for seniors 60 and over who are homebound and have a moderate to severe disability which prevents them from shopping or cooking for themselves, and who have no one to prepare meals. The Program Coordinator can be reached at 301-475-4200, ext. 1060.

Retired and Senior Volunteer Program (RSVP)-Offering persons 55 years of age or older an opportunity to donate their time, talents, enthusiasm, and expertise in the local community. Call 301-475-4200, ext. 1653.

Senior Rides Program-A program which connects individuals who meet certain criteria and need transportation to important events and appointments with pre-screened, trained volunteer drivers. Call 301-475-4200, ext. 1066, for more information.

Community Programs & Outreach-Communicates timely and topical information to the senior community through a bi-monthly newsletter, website updates, local and state-wide events, and local media. To receive the bi-monthly newsletter, call 301-475-4200, ext. 1073.

Human Services-Areas of responsibility of the Division of Human Services include: community development, homelessness, supportive services for children and youth, and social, educational and recreational activities for children and families. Call 301-475-4200, ext. 1849.

Website: www.stmaryscountymd.gov/aging

Facebook: www.facebook.com/SMCDAHS

YouTube: www.youtube.com/c/SMCAgingHumanServices

Phone: 301-475-4200, ext. 1050

Fax: 301-475-4503

LOCATIONS



Department of Aging & Human Services Building
301-475-4200, ext. 1050
*41780 Baldrige Street
Leonardtown, MD 20650*

Garvey Senior Activity Center
301-475-4200, ext. 1080
*23630 Hayden Farm Lane
Leonardtown MD, 20650*

Loffler Senior Activity Center
301-475-4200, ext. 1658
*21905 Chancellor's Run Road
Great Mills, MD 20634*

Northern Senior Activity Center
301-475-4200, ext. 3101
*29655 Charlotte Hall Road
Charlotte Hall, MD, 20622*

Human Services and MAP Site
301-475-4200, ext. 1057
*23115 Leonard Hall Drive
Leonardtown, MD, 20650*



St. Mary's County Department of Aging &
Human Services
41780 Baldrige Street
P.O. Box 653
Leonardtown, MD 20650

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Holiday Closings
(No Home-Delivered or Congregate Meals Served)

Monday, January 1 - New Year's Day
Monday, January 15 - Martin Luther King, Jr., Day
Monday, February 19 - President's Day

NEW BEGINNING