

Northern Senior Activity Center

April 2025

Mon	Tue	Wed	Thu	Fri
	<b>1</b> 8 am-4 pm: Open Studio & Crafty Corner 9:30-10:30 am: Enhance® Fitness (Annette) \$ 10 am-2 pm: Oh Heck Cards 10 am-4:30 pm: Double Pinochle 10:45-11:45 am: Zumba Gold® (Leslie) \$ <b>1-3:30 pm: Living Well (6 of 6)</b> 1-4:30 pm: SWAG — Cards	<b>2</b> 9:30-10:30 am: Chair Yoga (Paty) \$ 9:30 am-12:30 pm: Dynamic Ceramics 10-11:30 am: Coloring Group II* 10 am-4 pm: Billiards Drop-in 10:45-11:45 am: Arthritis Exercise (Debbie) 1-2:30 pm: Line Dancing (Colleen) 1-2:30 pm: Coloring Group* 1-4 pm: Crafty Corner (Studio) 1-4 pm: Crochet DIY	<b>3</b> 8 am-4 pm: Open Studio & Crafty Corner <b>9:30-10:30 am: What's Involved When You Inherit a House? — Presentation</b> 9:30-10:30 am: Enhance® Fitness (Cheryl) \$ 10 am-1 pm: Party Bridge <b>11 am-Noon: Men's Strength Training Boot Camp (1 of 5) \$</b> 1-2 pm: Arthritis Exercise (Debbie) 1-4:30 pm: Eastern Mahjong	<b>4</b> 8 am-4 pm: Open Studio & Crafty Corner 9-10 am: Enhance® Fitness (Annette) \$ 9:45-11:15 am: Bingo <b>10 am-Noon: Art Pottery — Garden Mushrooms (2 of 2) \$</b> 10 am-2 pm: Oh Heck Cards 10 am-4:30 pm: Double Pinochle 11 am-Noon: Awakening Yoga (Judi) \$ 1-2 pm: R&B Line Dancing 1-4:30 pm: SWAG—Cards
<b>7</b> 8 am-4 pm: Open Studio & Crafty Corner 9:30-10:30 am: Awakening Yoga (Judi) \$ <b>10:30 am: Career Day Presentations</b> <b>11:30 am: LIVE Music by P.M. Barber</b> 10 am-4 pm: Billiards Drop-in <b>1-2:30 pm: Energizing Minds with Qigong — Workshop \$</b> 1-4 pm: Crochet DIY	<b>8</b> 8 am-4 pm: Open Studio 9:30-10:30 am: Enhance® Fitness (Annette) \$ 10 am-Noon: Homemakers* 10 am-2 pm: Oh Heck Cards 10 am-4:30 pm: Double Pinochle 10:45-11:45 am: Zumba Gold® (Leslie) \$ 12:30-4 pm: Crafty Corner <b>1-2:30 pm: Wii Bowling League (1 of 3) \$</b> 1-4:30 pm: SWAG — Cards	<b>9</b> 9:30-10:30 am: Chair Yoga (Paty) \$ 9:30 am-12:30 pm: Dynamic Ceramics <b>10 am: Cycling Meetup</b> 10 am-4 pm: Billiards Drop-in 10:45-11:45 am: Arthritis Exercise (Debbie) 11:30 am-3:30 pm: Northern Quilters* 1-2:30 pm: Line Dancing (Colleen) 1-4 pm: Crafty Corner (Studio) 1-4 pm: Crochet DIY	<b>10</b> 8 am-4 pm: Open Studio & Crafty Corner 9:30-10:30 am: Enhance® Fitness (Cheryl) \$ 10 am-1 pm: Party Bridge <b>11 am-Noon: Men's Strength Training Boot Camp (2 of 5) \$</b> 1-2 pm: Arthritis Exercise (Keilan) 1-4:30 pm: Eastern Mahjong	<b>11</b> 8 am-4 pm: Open Studio & Crafty Corner 9-10 am: Enhance® Fitness (Annette) \$ <b>9:45-11:15 am: Spring Bingo</b> 10 am-2 pm: Oh Heck Cards 10 am-4:30 pm: Double Pinochle 11 am-Noon: Awakening Yoga (Judi) \$ 1-2 pm: R&B Line Dancing <b>1-3 pm: Crafting with Helene &amp; Colleen</b> 1-4:30 pm: SWAG—Cards
<b>14</b> 8 am-4 pm: Open Studio 9:30-10:30 am: Awakening Yoga (Judi) \$ 10 am-3 pm: Scrapbooking 10 am-4 pm: Billiards Drop-in 1-4 pm: Crochet DIY	<b>15</b> 8 am-4 pm: Open Studio & Crafty Corner 9:30-10:30 am: Enhance® Fitness (Annette) \$ 10 am-2 pm: Oh Heck Cards 10 am-4:30 pm: Double Pinochle <b>1-2:30 pm: Wii Bowling League (2 of 3) \$</b> 1-4:30 pm: SWAG — Cards  ^Zumba Gold CANCELLED	<b>16</b> 9:30-10:30 am: Chair Yoga (Paty) \$ 9:30 am-12:30 pm: Dynamic Ceramics 10-11:30 am: Coloring Group II* 10 am-4 pm: Billiards Drop-in 10:45-11:45 am: Arthritis Exercise (Debbie) 1-2:30 pm: Line Dancing (Colleen) 1-2:30 pm: Coloring Group* 1-4 pm: Crafty Corner (Studio) 1-4 pm: Crochet DIY	<b>17</b> 8 am-4 pm: Open Studio & Crafty Corner <b>9 am: Northern Coffee Café with musical guest — Will Yeckley \$</b> 9:30-10:30 am: Enhance® Fitness (Cheryl) \$ 10 am-1 pm: Party Bridge <b>11 am-Noon: Men's Strength Training(3 of 5) \$</b> <b>11:30 am-1:30 pm: Glass Mosaic Frame \$</b> 1-2 pm: Arthritis Exercise (Debbie) 1-4:30 pm: Eastern Mahjong	<b>18</b> <b>CENTER CLOSED</b> Easter Holiday Good Friday
<b>21</b> 8 am-4 pm: Open Studio 9:30-10:30am: Awakening Yoga (Judi) \$ 10 am-Noon: Diamond Dazzle (Group 1)* 10 am-4 pm: Billiards Drop-in <b>Noon-1 pm: Nutrition Education — Cancer Prevention</b> 1-3 pm: Diamond Dazzle (Group 2)* 1-4 pm: Crochet DIY	<b>22</b> 8 am-4 pm: Open Studio 9:30-10:30 am: Enhance® Fitness (Geno) \$ 10 am-Noon: Homemakers* 10 am-2 pm: Oh Heck Cards 10 am-4:30 pm: Double Pinochle 10:45-11:45 am: Zumba Gold® (Geno) \$ <b>1-2:30 pm: Wii Bowling League (3 of 3) \$</b> 1-4:30 pm: SWAG — Cards	<b>23</b> 9:30-10:30 am: Chair Yoga (Paty) \$ 9:30 am-12:30 pm: Dynamic Ceramics <b>10 am: Cycling Meetup: Trails Day!</b> 10 am-4 pm: Billiards Drop-in 10:45-11:45 am: Arthritis Exercise (Debbie) 11:30 am-3:30 pm: Northern Quilters* 1-2:30 pm: Line Dancing (Colleen) 1-4 pm: Crafty Corner (Studio) 1-4 pm: Crochet DIY	<b>24</b> 8 am-4 pm: Open Studio & Crafty Corner 9:30-10:30 am: Enhance® Fitness (Cheryl) \$ 10 am-1 pm: Party Bridge 10:30-11:30 am: Book Chatter* <b>11 am-Noon: Men's Strength Training Boot Camp (4 of 5) \$</b> <b>12:30-3:30 pm: Pitch Card Day \$</b> 1-4:30 pm: Eastern Mahjong	<b>25</b> 8 am-4 pm: Open Studio & Crafty Corner 9-10 am: Enhance® Fitness (Annette) \$ 9:45-11:15 am: Bingo 10 am-2 pm: Oh Heck Cards <b>10 am-3 pm: Basket Weaving \$</b> 10 am-4:30 pm: Double Pinochle 11 am-Noon: Awakening Yoga (Judi) \$ <b>12:30-3:30 pm: Bunco Day \$</b> 1-2 pm: R&B Line Dancing 1-4:30 pm: SWAG—Cards
<b>28</b> 8 am-4 pm: Open Studio & Crafty Corner 9:30-10:30 am: Awakening Yoga (Judi) \$ 10 am-4 pm: Billiards Drop-in <b>1-2:30 pm: Chair Dance Connection — Laughter's Brain Boost \$</b> 1-4 pm: Crochet DIY	<b>29</b> 8 am-4 pm: Open Studio & Crafty Corner 9:30-10:30 am: Enhance® Fitness (Geno) \$ 10 am-2 pm: Oh Heck Cards 10 am-4:30 pm: Double Pinochle 10:45-11:45 am: Zumba Gold® (Geno) \$ <b>1-2:30 pm: Wii Bowling League (Awards)</b> 1-4:30 pm: SWAG — Cards	<b>30</b> 9:30-10:30 am: Chair Yoga (Paty) \$ 9:30 am-12:30 pm: Dynamic Ceramics 10 am-4 pm: Billiards Drop-in 10:45-11:45 am: Arthritis Exercise (Debbie) 1-2:30 pm: Line Dancing (Colleen) 1-4 pm: Crafty Corner (Studio) 1-4 pm: Crochet DIY	<div>Hours of Operation 8 a.m. - 4:30 p.m. Last Entry at 4 p.m.</div>	<div>Therapeutic Motions Private Sessions with instructor Judi Lyons Monday/Tuesday, 12:45-1:35 p &amp; 1:45-2:35 p.m. \$50 per session. Enroll &amp; read info online</div>

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

# Important Information

The Online Registration System  
Opens on **April 20** at 8 a.m. for select **May & June** activities.

To create an account & register for activities, visit [www.stmaryscountymd.gov/aging](http://www.stmaryscountymd.gov/aging) and click the button that reads **"View & Sign Up for Activities & Programs."**



Scan using smartphone camera to view Activity Enrollment website!

***This month, online reservations are needed for:***

- \* Art Pottery, Basket Weaving, Bunco, Career Day, Chair Dance, Crafting with H & C, Energizing Minds, Glass Mosaic, Living Well, Men's Strength Training, Northern Coffee Café, Nutrition Education, Pitch, ...*When You Inherit a House?*, & Wii Bowling League.
- \* For details, see Online Registration System, E-News, or the New Beginning newsletter. Accommodations will be made for those requiring registration assistance by leaving a voicemail request at (301) 475-4200, **ext. 3115**.

***Additionally:***

- \* **Lunches**— need a reservation by calling the kitchen **ext. 3105** by noon the day before. See the front desk with any questions.
- \* **Tech Rescue**— Keilan Ruppert is offering tech help by appointment for a particular problem or hang-up.  
To request a 15-30 minute appointment, email [Keilan.Ruppert@stmaryscountymd.gov](mailto:Keilan.Ruppert@stmaryscountymd.gov) (preferred) or call **ext. 3103**.  
Please include device information & questions/concerns when requesting. Drop-ins might not be accepted.

## **VIRTUAL Fitness Classes**

Registration opens on **April 20** at 8 a.m. Visit [www.stmaryscountymd.gov/aging](http://www.stmaryscountymd.gov/aging) to register & pay.

Monday	Tuesday	Wednesday	Thursday	Friday
9-10 am: Enhance Fitness with Sherry	9:30-10:30 am: Chair Assisted Yoga with Karen  3-4 pm: Chair Pilates with Sherry	9-10 am: Enhance Fitness with Sherry	NO VIRTUAL CLASSES	9:30-10:30 am: Chair Assisted Yoga with Judi

## **Reminders**

- In-person classes at the Center are open to St. Mary's & out-of-county residents. Most are drop-in unless otherwise indicated.
- **VIRTUAL** fitness classes are held on Zoom and open to all members.
- Updated membership paperwork is required before participating.
- Any programs requiring a fee are shown with \$ (In-person fitness classes require a fitness card purchase). Payments may be made with a credit card (Visa or Mastercard) or in-person at the front desk. Check or exact cash are also accepted.

# The Staff

**(301) 475-4200**

**MarieNoelle Lautieri**

Operations Manager, **ext. 3102**  
[MarieNoelle.Lautieri@stmaryscountymd.gov](mailto:MarieNoelle.Lautieri@stmaryscountymd.gov)

**Keilan Ruppert**

Program Specialist, **ext. 3103**  
[Keilan.Ruppert@stmaryscountymd.gov](mailto:Keilan.Ruppert@stmaryscountymd.gov)

**Helene Hunter**

Senior Office Specialist, **ext. 3101**  
[Helene.Hunter@stmaryscountymd.gov](mailto:Helene.Hunter@stmaryscountymd.gov)

**MAP I&A Caseworker**

**ext. 3104**

**Penny Ellingwood**

Food Service Technician, **ext. 3105**  
[Penny.Ellingwood@stmaryscountymd.gov](mailto:Penny.Ellingwood@stmaryscountymd.gov)

**Computer Lab  
& Workout Room**

Drop-in basis  
with usage maximums

**Hot Lunches  
Served Daily**

Ages 50+. Call **ext. 3105**  
the day before to reserve.

For weather related closures and cancellations...

Call (301) 475-4200, **ext. 3101**

The \* symbol indicates full with waitlist.

*Programs may be subject to change  
or additional programs may be added.*

*Call ahead for more info on any program!*



Northern Senior Activity Center

May 2025

Mon	Tue	Wed	Thu	Fri
<div></div>	<div>20<sup>th</sup> Anniversary Open House <i>Tuesday, June 10</i> 1-4:30 p.m. — FREE</div>	<div>Lyme Action Tool Kits Visit the front desk to request a kit and more info.</div>	<div>1 8 am-4 pm: Open Studio &amp; Crafty Corner 9:30-10:30 am: Enhance® Fitness (Cheryl) \$ 10 am: Crime Solvers* 10 am-1 pm: Party Bridge <b>11 am-Noon: Men's Strength Training Boot Camp (5 of 5) \$</b> 1-2 pm: Arthritis Exercise (Debbie) 1-4:30 pm: Eastern Mahjong</div>	<div>2 8 am-4 pm: Open Studio &amp; Crafty Corner <b>9 am-4 pm: Law Day — Call ext. 1074 or ext. 1051 to schedule appointments</b> 9-10 am: Enhance® Fitness (Annette) \$ 9:45-11:15 am: Bingo 10 am-2 pm: Oh Heck Cards 10 am-4:30 pm: Double Pinochle 11 am-Noon: Awakening Yoga (Judi) \$ 1-2 pm: R&amp;B Line Dancing 1-4:30 pm: SWAG—Cards</div>
<div>5 8 am-4 pm: Open Stu. &amp; Crafty Corner 9:30-10:30 am: Awakening Yoga (Judi) \$ 10 am-4 pm: Billiards Drop-in 1-4 pm: Crochet DIY</div> <div></div>	<div>6 8 am-4 pm: Open Studio &amp; Crafty Corner 9:30-10:30 am: Enhance® Fitness (Geno) \$ 10 am-2 pm: Oh Heck Cards 10 am-4:30 pm: Double Pinochle 10:45-11:45 am: Zumba Gold® (Geno) \$ 1-4:30 pm: SWAG — Cards</div>	<div>7 9:30-10:30 am: Chair Yoga (Paty) \$ 9:30 am-12:30 pm: Dynamic Ceramics 10-11:30 am: Coloring Group II* 10 am-4 pm: Billiards Drop-in 10:45-11:45 am: Arthritis Exercise (Debbie) 1-2:30 pm: Line Dancing (Colleen) 1-2:30 pm: Coloring Group* 1-4 pm: Crafty Corner (Studio) 1-4 pm: Crochet DIY</div>	<div>8 8 am-4 pm: Open Studio &amp; Crafty Corner 9:30-10:30 am: Enhance® Fitness (Cheryl) \$ 10 am-1 pm: Party Bridge 1-2 pm: Arthritis Exercise (Keilan) 1-4:30 pm: Eastern Mahjong</div>	<div>9 8 am-4 pm: Crafty Corner 9-10 am: Enhance® Fitness (Annette) \$ <b>9:45-11:15 am: Mother's Derby Day Bingo</b> <b>10 am-Noon: Art Pottery (1 of 2) \$</b> 10 am-2 pm: Oh Heck Cards 10 am-4:30 pm: Double Pinochle 11 am-Noon: Awakening Yoga (Judi) \$ 1-2 pm: R&amp;B Line Dancing 1-4:30 pm: SWAG—Cards</div>
<div>12 8 am-4 pm: Open Studio 9:30-10:30 am: Awakening Yoga (Judi) \$ 10 am-3 pm: Scrapbooking 10 am-4 pm: Billiards Drop-in 1-4 pm: Crochet DIY</div> <div></div>	<div>13 8 am-4 pm: Open Studio 9:30-10:30 am: Enhance® Fitness (Geno) \$ 10 am-Noon: Homemakers* 10 am-2 pm: Oh Heck Cards 10 am-4:30 pm: Double Pinochle 10:45-11:45 am: Zumba Gold® (Geno) \$ 12:30-4 pm: Crafty Corner 1-4:30 pm: SWAG — Cards</div>	<div>14 9:30-10:30 am: Chair Yoga (Paty) \$ 9:30 am-12:30 pm: Dynamic Ceramics <b>10 am: Cycling Meetup</b> 10 am-4 pm: Billiards Drop-in 10:45-11:45 am: Arthritis Exercise (Debbie) 11:30 am-3:30 pm: Northern Quilters* 1-2:30 pm: Line Dancing (Colleen) 1-4 pm: Crafty Corner (Studio) 1-4 pm: Crochet DIY</div> <div></div>	<div>15 8 am-4 pm: Open Studio &amp; Crafty Corner 9:30-10:30 am: Enhance® Fitness (Cheryl) \$ 10 am-1 pm: Party Bridge 1-2 pm: Arthritis Exercise (Debbie) <b>1-3:30 pm: Puzzle Master Challenge \$</b> 1-4:30 pm: Eastern Mahjong</div> <div></div>	<div>16 8 am-4 pm: Open Studio &amp; Crafty Corner 9:45-11:15 am: Bingo 10 am-2 pm: Oh Heck Cards 10 am-4:30 pm: Double Pinochle 11 am-Noon: Awakening Yoga (Judi) \$ 1-2 pm: R&amp;B Line Dancing 1-4:30 pm: SWAG—Cards</div> <div><div>^Enhance Fit. CANCELLED</div><div></div></div>
<div>19 8 am-4 pm: Open Studio 9:30-10:30am: Awakening Yoga (Judi) \$ 10 am-Noon: Diamond Dazzle (Group 1)* 10 am-4 pm: Billiards Drop-in <b>Noon-1 pm: Nutrition Education</b> <b>1-2:15 pm: Thrive Mindfully — Brain Fitness for All (Judi &amp; Paty)</b> 1-3 pm: Diamond Dazzle (Group 2)* 1-4 pm: Crochet DIY</div>	<div>20 8 am-4 pm: Open Studio &amp; Crafty Corner 9:30-10:30 am: Enhance® Fitness (Geno) \$ 10 am-2 pm: Oh Heck Cards 10 am-4:30 pm: Double Pinochle 10:45-11:45 am: Zumba Gold® (Geno) \$ 1-4:30 pm: SWAG — Cards</div>	<div>21 9:30-10:30 am: Chair Yoga (Paty) \$ 9:30 am-12:30 pm: Dynamic Ceramics 10-11:30 am: Coloring Group II* 10 am-4 pm: Billiards Drop-in 10:45-11:45 am: Arthritis Exercise (Debbie) 1-2:30 pm: Line Dancing (Colleen) 1-2:30 pm: Coloring Group* 1-4 pm: Crafty Corner (Studio) 1-4 pm: Crochet DIY</div> <div></div>	<div>22 8 am-4 pm: Open Studio &amp; Crafty Corner 9:30-10:30 am: Enhance® Fitness (Cheryl) \$ 10 am-1 pm: Party Bridge <b>10:30-11:30 am: Meet the Author — Thelma Smoot — Signing &amp; Discussion</b> 1-4:30 pm: Eastern Mahjong</div>	<div>23 8 am-4 pm: Crafty Corner 9-10 am: Enhance® Fitness (Annette) \$ 9:45-11:15 am: Bingo <b>10 am-Noon: Art Pottery (2 of 2) \$</b> 10 am-2 pm: Oh Heck Cards 10 am-4:30 pm: Double Pinochle 11 am-Noon: Awakening Yoga (Judi) \$ 1-2 pm: R&amp;B Line Dancing 1-4:30 pm: SWAG—Cards</div> <div></div>
<div>26 <b>CENTER CLOSED</b> Memorial Day</div>	<div>27 8 am-4 pm: Open Studio 9:30-10:30 am: Enhance® Fitness (Geno) \$ 10 am-Noon: Homemakers* 10 am-2 pm: Oh Heck Cards 10 am-4:30 pm: Double Pinochle 10:45-11:45 am: Zumba Gold® (Geno) \$ 12:30-4 pm: Crafty Corner 1-4:30 pm: SWAG — Cards</div>	<div>28 9:30-10:30 am: Chair Yoga (Paty) \$ 9:30 am-12:30 pm: Dynamic Ceramics <b>10 am: Cycling Meetup</b> 10 am-4 pm: Billiards Drop-in 10:45-11:45 am: Arthritis Exercise (Debbie) 11:30 am-3:30 pm: Northern Quilters* 1-2:30 pm: Line Dancing (Colleen) 1-4 pm: Crafty Corner (Studio) 1-4 pm: Crochet DIY</div> <div></div>	<div>29 8 am-4 pm: Open Studio &amp; Crafty Corner 9:30-10:30 am: Enhance® Fitness (Cheryl) \$ 10 am-1 pm: Party Bridge 10:30-11:30 am: Book Chatter* <b>12:30-3:30 pm: Pitch Card Day \$</b> 1-4:30 pm: Eastern Mahjong</div> <div></div>	<div>30 8 am-4 pm: Open Studio &amp; Crafty Corner 9-10 am: Enhance® Fitness (Annette) \$ 9:45-11:15 am: Bingo 10 am-2 pm: Oh Heck Cards 10 am-4:30 pm: Double Pinochle 11 am-Noon: Awakening Yoga (Judi) \$ <b>12:30-3:30 pm: Bunco Day \$</b> 1-2 pm: R&amp;B Line Dancing 1-4:30 pm: SWAG—Cards</div> <div></div>



# Important Information

The Online Registration System  
Opened on **April 20** at 8 a.m. for select **May & June** activities.

To create an account & register for activities, visit [www.stmaryscountymd.gov/aging](http://www.stmaryscountymd.gov/aging) and click the button that reads **"View & Sign Up for Activities & Programs."**

*This month, online reservations are needed for:*

- \* Art Pottery, Bunco Day, Meet the Author: Thelma Smoot — *Book Signing & Discussion*, Men's Strength Training Boot Camp, Nutrition Education: *Bone Health*, Pitch Card Day, Puzzle Master Challenge, & Thrive Mindfully: *Brain Fitness for All*
- \* For details, see Online Registration System, E-News, or the New Beginning newsletter. Accommodations will be made for those requiring registration assistance by leaving a voicemail request at (301) 475-4200, **ext. 3115**.

*Additionally:*

- \* **Lunches**— need a reservation by calling the kitchen **ext. 3105** by noon the day before. See the front desk with any questions.
- \* **Tech Rescue**— Keilan Ruppert is offering tech help by appointment for a particular problem or hang-up.  
To request a 15-30 minute appointment, email [Keilan.Ruppert@stmaryscountymd.gov](mailto:Keilan.Ruppert@stmaryscountymd.gov) (preferred) or call **ext. 3103**.  
Please include device information & questions/concerns when requesting. Drop-ins might not be accepted.

## **VIRTUAL Fitness Classes**

Registration opened on **April 20** at 8 a.m. Visit [www.stmaryscountymd.gov/aging](http://www.stmaryscountymd.gov/aging) to register & pay.

Monday	Tuesday	Wednesday	Thursday	Friday
9-10 am: Enhance Fitness with Sherry	9:30-10:30 am: Chair Assisted Yoga with Karen  3-4 pm: Chair Pilates with Sherry	9-10 am: Enhance Fitness with Sherry	NO VIRTUAL CLASSES	9:30-10:30 am: Chair Assisted Yoga with Judi

## **Reminders**

- In-person classes at the Center are open to St. Mary's & out-of-county residents. Most are drop-in unless otherwise indicated.
- **VIRTUAL** fitness classes are held on Zoom and open to all members.
- Updated membership paperwork is required before participating.
- Any programs requiring a fee are shown with \$ (In-person fitness classes require a fitness card purchase). Payments may be made with a credit card (Visa or Mastercard) or in-person at the front desk. Check or exact cash are also accepted.

### **Therapeutic Motions Private Sessions with instructor Judi Lyons**

Monday/Tuesday, 12:45-1:35 p & 1:45-2:35 p.m.  
**\$50 per session.** Enroll & read info online

# **The Staff**

**(301) 475-4200**

### **MarieNoelle Lautieri**

Operations Manager, **ext. 3102**  
[MarieNoelle.Lautieri@stmaryscountymd.gov](mailto:MarieNoelle.Lautieri@stmaryscountymd.gov)

### **Keilan Ruppert**

Program Specialist, **ext. 3103**  
[Keilan.Ruppert@stmaryscountymd.gov](mailto:Keilan.Ruppert@stmaryscountymd.gov)

### **Helene Hunter**

Senior Office Specialist, **ext. 3101**  
[Helene.Hunter@stmaryscountymd.gov](mailto:Helene.Hunter@stmaryscountymd.gov)

### **MAP I&A Caseworker**

**ext. 3104**

### **Penny Ellingwood**

Food Service Technician, **ext. 3105**  
[Penny.Ellingwood@stmaryscountymd.gov](mailto:Penny.Ellingwood@stmaryscountymd.gov)

### **Hours of Operation**

**8 a.m. - 4:30 p.m.**  
Last Entry at 4 p.m.

### **Hot Lunches Served Daily**

Ages 50+. Call **ext. 3105**  
the day before to reserve.

For weather related closures and cancellations...

Call (301) 475-4200, **ext. 3101**

The \* symbol indicates full with waitlist.

*Programs may be subject to change  
or additional programs may be added.*

*Call ahead for more info on any program!*

