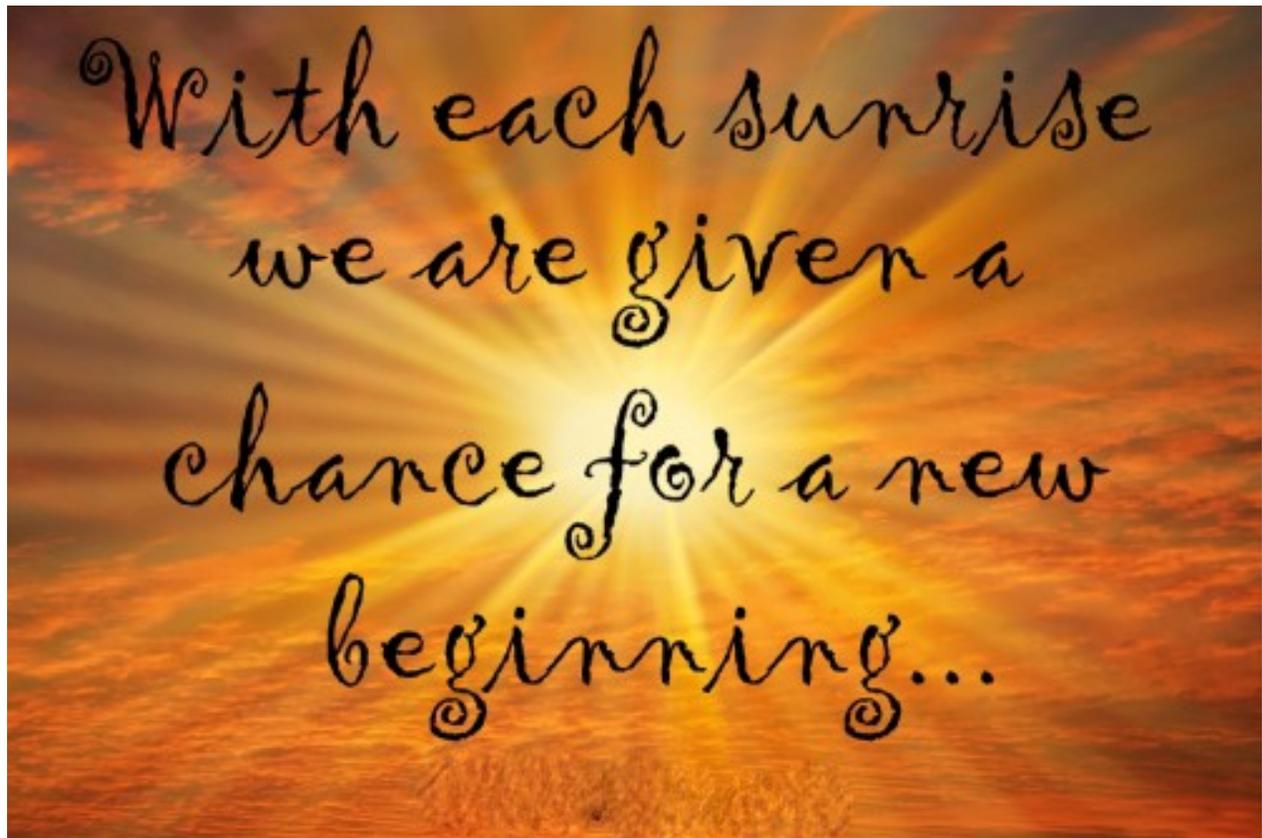


NEW BEGINNING

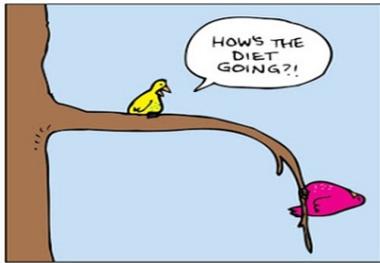
VOLUME 32 ISSUE 1

JANUARY-FEBRUARY 2019



A New Beginning-
A New Year ...

In This Issue...



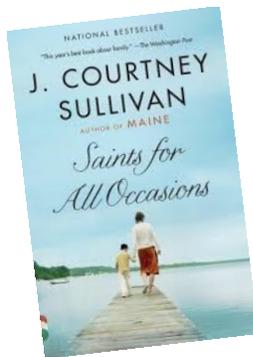
Every year an estimated 50 million Americans go on a diet yet only 5% manage to keep the weight off. Dieting rarely works! What to do?..... page 5



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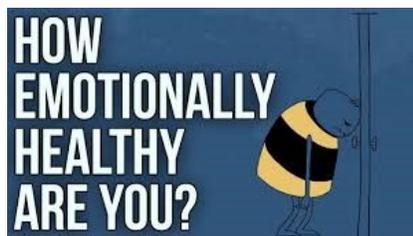


Focus on Fitness; Welcome to 2019!! It's a new year, so of course, it's time to make a New Beginning.page 9

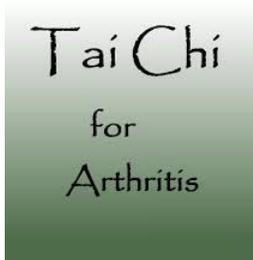


Book Discussion: In January the group will discuss *Saints for All Occasions* by J. Courtney Sullivan. In February, a special presentation will be given by editor Carol McCabe Booker regarding her work on *Alone Atop The Hill: The Autobiography of Alice Dunnigan*.....10

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Health Watch Presents; How are you feeling? It's not always easy to truthfully answer this seemingly simple question! Nevertheless, we would benefit from taking stock of what's going on in our lives and ascertain just how we are doing.....14



Tai Chi for Arthritis and Fall Prevention was developed as a safe and effective exercise program for those with Arthritis to improve balance, build strength, and promote total-body wellness.....18

From the Director's Desk...

By Lori Jennings-Harris

The dawn of the year 2019 brings a New Beginning! The start of another year also brings reflection of the year prior and all the things we have experienced together. The Department of Aging & Human Services launched the series named "Keys to Independence: Educational Planning and Early Preparation" in coordination with the College of Southern Maryland. The series of workshops aims at helping people of all ages become better prepared for their senior years, living independently for as long as possible while having the knowledge and tools to find available resources before the need arises. The workshops are conducted in a college setting to encourage an environment of learning. Last year's workshops provided information about a variety of topics that included, but was not limited to the programs and services offered by our Department. Looking toward the future and the year ahead, the workshops incorporated topics such as fall prevention, ways to prevent or handle hoarding, downsizing, pre-paid funeral arrangements, how to prevent or recognize fraud and scams, just to name a few.

Another major accomplishment of last year was the ground-breaking of the new Garvey Senior Activity Center and Leonardtown Library! After so many years of waiting for its visual conception, planning and drafting, the start of Garvey's New Beginning occurred in May 2018 and remains a vivid memory of joy and jubilation. The thoughts and ideas surrounding the programs that will be offered by the Department at the new location, along with the enthusiasm of partnering with the Library, will help us all get through the winter months. If the weather cooperates, we may see the completion of the new building by the end of this year or the beginning of 2020 when Garvey finally finds its new home.

(continued bottom of next page)

**A New
Beginning-
A New Year ...**



JANUARY-FEBRUARY 2019

NEW BEGINNING

The Commissioners of
St. Mary's County
James R. Guy, President
Eric Colvin
Michael L. Hewitt
Todd B. Morgan
John E. O'Connor
Publisher: Lori Jennings-Harris,
Director, Department of Aging &
Human Services
Editor: Taylor Gregg
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**St. Mary's County Department
of Aging & Human Services**
P.O. Box 653
Leonardtown, MD 20650
or visit the website at:
www.stmarysmd.com/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.

Meet Your Staff Members...



Gladys Duckett

Gladys Duckett was born and grew up in the County. Before coming to the St. Mary's County Department of Aging & Human Services Gladys worked for Adult Daycare, starting back in 1985.

She likes to be around people and loves to play Pitch with friends and relatives. She also enjoys being with her family; husband, two daughters and eight grandchildren.

She grew up around the Hollywood-Leonardtown area, and went to all the Leonardtown public schools. She is a member of St. Aloysius Catholic Parish, where she attends Mass every week. About work, given her enjoyment from being with people, she says she thinks she has the right job.

Gladys works in the Department as a Food Service Technician at Cedar Lane in the Congregate Meals Program.



Mercedez Jones

Mercedez Jones is the newest addition to the Department of Aging & Human Services, supporting the entire Department, while working closely with the Department Director as Coordinator I. Ms. Jones comes to the Department with a wide range of professional administrative experience. Most recently, Ms. Jones worked as an Assistant Office Manager for Kiewit Corporation, which constructed the liquefaction facilities for exporting LNG at the existing Cove Point LNG Terminal on the Chesapeake Bay in Lusby, Maryland. Prior to that, she worked as a Customer Service Representative at Municipal Emergency Services, the largest supplier of Firefighting equipment to first responders in North America, in Lanham, Maryland. She also worked at Charles Memorial Hospital for four years as a Telecommunications Operator. She is currently studying Business Management at the College of Southern Maryland. In her free time she enjoys dining out and spending time with family.

(Continued from previous page)

We invite you to explore all the New Beginnings available with the Department of Aging & Human Services.

"You will enrich your life immeasurably if you approach it with a sense of wonder and discovery, and always challenge yourself to try new things."-Nate Berkus



Nutrition Corner

by Donna Taggert, RD/LD/CDE

Email: dtaggert26@hotmail.com

So it is that time of the year again.....

The statistics are overwhelming. In 2018, 475% of people's New Year's resolutions were to lose weight and get in shape. Every year an estimated 50 million Americans go on a diet yet only 5% manage to keep the weight off. Dieting rarely works!

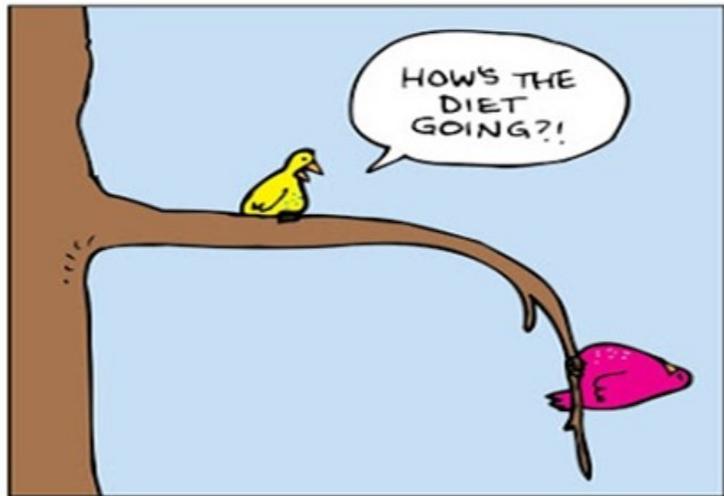
My advice to you for the new year is to resolve to have a healthy relationship with food. First, see food as food not a calorie or point, or grams of something. Become mindful of what you are eating, when you are eating, how much you are eating. It is important to not omit total food groups since crucial nutrients could be miss-

ing from your diet. Instead learn what foods are better choices within that group but always give yourself permission to have a "forbidden food" otherwise often that food becomes an obsession.

The scale is an important tool but it can be deceiving. How do your clothes fit? How do you feel? You need to eat enough food to fuel your body and boost your immune system. How do you know how much? What foods?

An overall healthy eating pattern can be found in the DASH and Mediterranean diets. Both are plant based with lots of fruits, vegetables, legumes, nuts, seeds, and whole grains but also allow animal products in some degree. Processed foods, heavy in salt and sugar are discouraged. See dashdiet.org for more details.

Please join me at one of the senior activity centers each month as I present topics to help you in pursuing a healthier lifestyle. Private counseling is also available.



Upcoming Nutrition presentations

Join Dietitian Donna Taggert as she discusses *Understanding Food Labels* in January. New food label guidelines will soon be implemented nationwide. If you would like to understand food labels better and how to better apply them to your nutritional lifestyle, come hear Donna's presentation at Garvey on January 7 at 1 p.m., Loffler on January 14 at 10 a.m., or Northern on January 28 at 11 a.m.

In February, in recognition of National Heart Disease Month, come learn how your diet can help decrease your risk for heart disease, the leading cause of death for both men and women in the United States. Attend the center of your choice. This session will be available at Garvey on January 4 at 1 p.m. or on February 25 at Northern at 11 a.m. or Loffler at 1 p.m.



Caregiver Concerns

by Daphne Bennear

Are you new to caregiving? Here are some tips if you are facing becoming a caregiver:

Take Time to Talk

Start a conversation. "What if" questions can help explore a person's wishes and family resources (financial, insurance, skills of family members, availability of family members, community services).

A conversation helps you put together a tentative plan of care if needs arise.

This can be a conversation full of emotion and difficult for families. Try to do this *before* a crisis arises. It will decrease worry and conflicts if everyone knows a course of action before you get bad news about a diagnosis, accident or hospitalization.



Information gathered from:

<https://www.focusonthefamily.com>

<https://caregiver.com>

<https://www.nextavenue.org>



Build Your Team

A Care Team includes:

- *the person who needs the care
- *family members, friends (informal caregivers)
- *physicians, specialists
- *community services (home delivered meals, Department of Aging, transportation providers)
- *formal caregivers (in home services, day programs, assisted living, nursing care options)
- *legal & financial advisers

Fill Your Cup

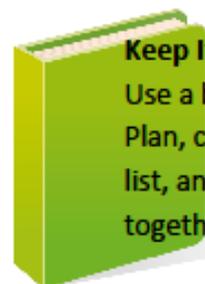


Caregiving is exhausting physically and emotionally. You will need self-care and support.

- *Exercise *Good Nutrition
- *Pleasant, relaxing, recharging activity (walking, sewing, woodworking, pet care, coloring, writing, bubble bath)
- *Stay social (make time for friends)
- *Connect with others in the same boat. Identify support groups and educational opportunities for caregivers. (Contact your local Department of Aging & Human Services).



Stay Flexible



Keep It Together

Use a binder to keep Care Plan, contacts, medication list, and appointments together.

Senior Information & Assistance

By Debbie Barker, Senior I & A Manager

2019 Social Security/Medicare Changes

Everyone receiving Social Security benefits will receive a 2.8% cost of living adjustment increase beginning with their January 2019 payment. The Centers for Medicare and Medicaid Services has also announced that the 2019 Medicare Part B premium will be \$135.50 per month; however, everyone who receives Part B benefits will not pay the same amount. Premiums are determined based upon when an individual began receiving Part B benefits, how they have their premiums paid, and their income. Anyone who becomes newly entitled to Part B benefits in 2019 will be subjected to the \$135.50 monthly premium. In addition to the Part B premium announcement there will also be changes to the Part A hospital insurance deductible. Beginning in 2019 the Part A deductible will increase from \$1,340 to \$1,364. The Part B deductible will also increase to \$185 annually.



Medicare Presentations

The Department will host a Welcome to Medicare seminar on Friday, January 11 from 10-a.m.-Noon and Wednesday, March 13 from 5:30-7:30 p.m. at the Chesapeake Building located at 41770 Baldrige Street, in Leonardtown, Maryland. These sessions are designed for persons new to Medicare but everyone is welcome. Topics to be discussed are what Medicare covers, Medigap policies, Medicare Part D, and more. Reservations are required by calling 301-475-4200, ext. 71050 or email Debbie.barker@stmarysmd.com.

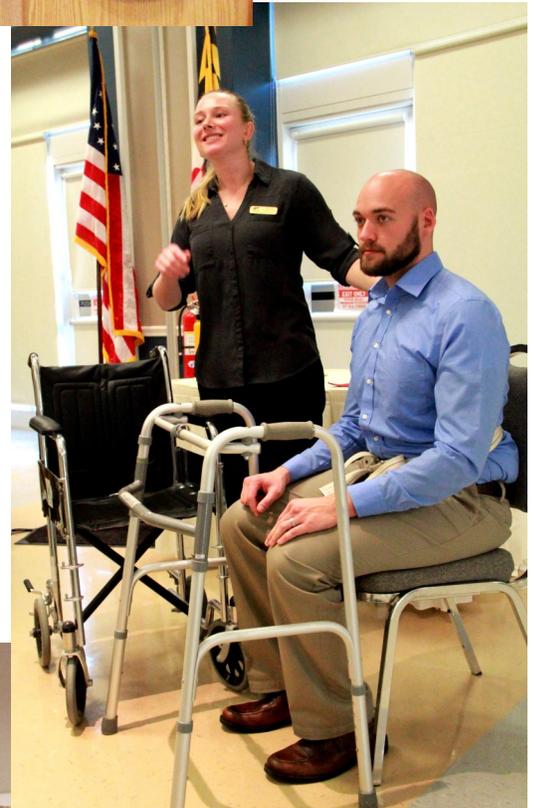


Northern Senior Activity Center class participants show off their work in the Hearts Desire Creations Painting Class taught by Lorrie Johnston. For details see page 18.



Caregivers Breakfast...

Sixty guests gathered in November for the 12th Annual Family Caregivers Breakfast. They enjoyed a buffet style breakfast, informative speakers and lovely music. Generous sponsors for this event include: St. Mary's Adult Medical Day Care, INC., Gateau Physical Therapy & Sports Medicine, St. Mary's Nursing & Rehabilitation Center, Charlotte Hall Veterans Home, God's Special Church: Community With a Cause, Maryland Access Point, Visiting Angels, and Home Health Products Express.



Focus On Fitness

By Alice Allen, Division Manager

Welcome to 2019!! It's a new year, so of course, it's time to make a New Beginning. One thing that is vital no matter the time of year is to be aware of how much you are sitting. Did you know that extended periods of sitting is now considered the "new smoking?"

Even if you exercise regularly, like 1 hour a day, the effects of sitting for long periods of time can be very harmful. The likelihood of heart disease, reduced life expectancy, diabetes, cancer,

and high blood pressure all increase due to sitting for extended periods of time. Blood clots can develop and weight gain is certainly possible. Then there is back pain. A seated position stresses your back, neck and spine, resulting in pain. Some types of cancer such as colon, endometrial and lung cancers are even more likely if you have a history of sitting for long periods. (Source: WebMD: *Why Sitting Too Much is Bad for Your Health*)



So, how do you combat the effects of sitting? Try to be as active as possible. Get up every half hour and move around. At-

tend your local senior activity center and become involved in the many interesting and fun activities that are available. You'll increase your activity level while getting the benefits of being in a social environment. And of course, exercise regularly. The senior activity centers offer a variety of physically active classes. You'll combat the bad effects of sitting, you'll make new friends, and you'll get out of the house and off the couch.

See pages 28-29 of this newsletter for the complete listing of physical activities available at each of the centers.

For classes that are on the Fitness Card, please note that beginning January 1, the price of the Fitness Card will increase to \$35. The income from Fitness Card sales pays our wonderful contractual instructors.

And, to get you into the habit of attending regularly, EnhanceFitness will be offered **free** of charge during the month of January. I hope you take advantage of that great opportunity.

NOTE: For classes that are on the Fitness Card, please note that beginning January 1, the price of the Fitness Card will increase to \$35. The income from the Fitness Card sales pays our wonderful contractual instructors.

GARVEY Senior Activity Center

In Leonardtown, 301-475-4200, ext. 71050

Basketball for Ages 50+

Margaret Brent Recreation Center

Fridays, January 4-February 22, 10-11 a.m.

Cost: \$16; payable in advance at the Garvey Senior Activity Center.

Pick-up basketball games will be held in the gymnasium during this eight-week session. Games are open to both males and females. Advance registration is required; a minimum of 8 players is needed to run the session. Players may register at the Garvey Senior Activity Center in Leonardtown. To learn more call 301-475-4200, ext. 71050.



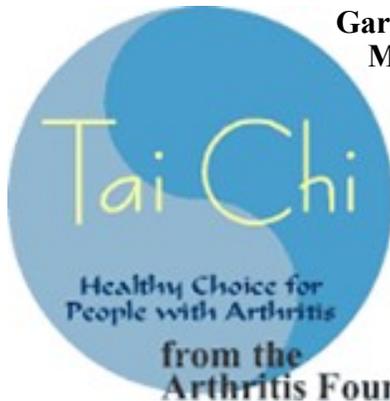
Seated Tai Chi

Garvey Senior Activity Center

Monday, January 7-February 25 (no class Jan. 21, Feb. 18), 8:30 a.m.

The Garvey Senior Activity Center will be offering Seated Tai Chi starting Monday, Jan. 6-Feb. 10 at 8:30 a.m. This modified seated version of Tai Chi for Arthritis can be enjoyed by anyone wishing to practice Tai Chi sitting down. People with almost any chronic condition can learn to improve their health and mobility. It is suitable for people who are either unable to walk or are required to be seated e.g. while in flight. Medical studies confirm that Tai Chi for Arthritis relieves pain, reduces falls, and improves quality of life.

To learn more or sign up call, 301-475-4200, ext. 71050.



Make-up with Therese: A New Year, A New You

Garvey Senior Activity Center, Tuesday, January 8, 10 a.m.

Let's ring in the New Year with a make-up session! Mary Kay expert, Therese Simons, will be here to show you what colors work best for you and the proper technique to apply make-up to enhance your best features. We will have a delicious selection of breakfast pastries, non-alcoholic mimosas and coffee from the local coffee house. Space is limited so be sure to sign up early! Cost for the class will be \$5. Payment is due at the time of sign up. For more information please call 301-475-4200, ext. 71050.

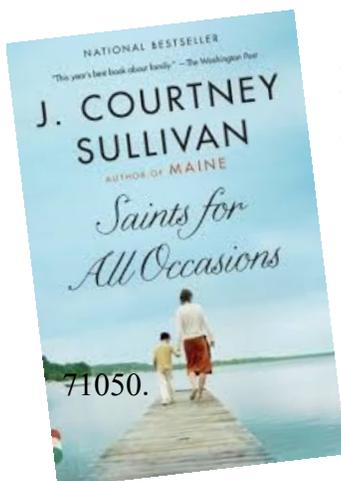


Book Discussion

Garvey Senior Activity Center

Wednesdays, January 9 & February 13, 10:30 a.m.

In January the group will discuss *Saints for All Occasions* by J. Courtney Sullivan. In February, a special presentation will be given by editor Carol McCabe Booker regarding her work on *Alone Atop The Hill: The Autobiography of Alice Dunnigan, Pioneer of the National Black Press*. See below for more details regarding the February meeting. To learn more, or to borrow a copy of discussion books, call 301-475-4200, ext.



NEW BEGINNING

Personal Security & You

Garvey Senior Activity Center, Friday, January 11, 10 a.m.

Are you being flooded with phone calls telling you the IRS is coming for you, you are about to be arrested, or similar type calls? Is your email cluttered with notices from banks telling you that you owe them money or that your account has been compromised and to "click this link" to reset your account? What about when you go to the grocery store or have to go out at night: ever been frightened by the circumstances you found yourself in?

Join us for a presentation by Harold "Harry" Tafe, a retired police detective and international banking security expert to discuss these and other related security subjects. Mr. Tafe has a very unique style of presentation where he involves his audience in addressing their concerns. This will be time well spent. Advance registration required. Call 301-475-4200, ext. 1050.

Healthy Living with Essential Oils for Seniors

Garvey Senior Activity Center, Wednesday, January 16, 10 a.m.-11:30 a.m., Cost: \$5

Please join Sarah Strain, reflexologist, for a Healthy Living with Essential Oils for Seniors Workshop on Wednesday, Jan. 16 at 10 a.m. Come learn the basic information you need to understand and utilize essential oils in your household. Topics covered include: History, Growing & Distillation Process, Purity, Household Uses, Personal Care, Children, and Pets. The workshop will conclude with an Aromatherapy session to release stress. Each participant will take home an essential oil sample sachet. Payment is due at the time of sign up; checks payable to Sarah Strain. For more information please call 301-475-4200, ext. 71050.

Luncheon with Paul Barber

Garvey Senior Activity Center, Wednesday, January 16, Noon

Paul Barber performed at the Talent Show at Northern Senior Activity Center last year and has performed all over St. Mary's County. He displays his musical talent through playing the piano and singing. Paul's musical style ranges from good old country to the upbeat music of Elvis Presley. You will not want to miss out on this performance that will surely have you out of your seat dancing! The meal for that day will be *Tossed Salad w/ dressing, Hamburger w/Swiss Cheese on a Bun with Lettuce, Tomato, Onion, Oven Baked Sweet Potato Wedges, Spinach, Peaches and 1% Milk*. Space is limited! Cost for lunch is a donation for those ages 60 and above and \$6 all others. Call 301-475-4200, ext. 71050 to learn more or make reservations.



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Kickboxing

Garvey Senior Activity Center, Wednesday, January 16-February 19, 8:30 a.m., Cost: \$35

Kickboxing will be offered on Wednesdays from 8:30-9:30 a.m. starting January 16 and run four weeks until Feb. 19. This form of exercise tones muscles through punching and kicking. During the class participants use focus pads, target pads and mitts. Participants may notice an improvement in overall balance and flexibility. The aerobic moves of kickboxing have been shown to improve circulation and it offers a great stress relief. This specialized class is geared towards active men and women ages fifty and above and has great energy without the high impact exercises that are done during a mainstream kickboxing class. The instructor, Geno Rothback, is a registered nurse, a senior fitness instructor, and is a black belt in Taekwondo and certified Martial Fusion and Kickboxing instructor. Cost is \$35 payable to Geno Rothback. Payment required at time of reservation. Call 301-475-4200, ext. 71050 to learn more.

Advance Directives

Garvey Senior Activity Center, Tuesday, January 22, 10 a.m.

The Maryland Department of Health has partnered with Deep Launchings to increase awareness about Advance Directives and the important role this document serves in assuring a person's medical wishes are carried out. Learn about Advance Directives and share why completing an Advance Directive is such an important step in planning for the future. Light refreshments will be provided. Sign up by calling 301-475-4200, ext. 71050.

Diabetes Self-Management

Garvey Senior Activity Center, Tuesdays, January 22-February 26, 1:30-4 p.m.

Living with diabetes is a full time job. The Diabetes Self-Management classes give attendees tools needed to take control of their disease. Topics covered include nutrition, stress management, medication management and many more! Space in the class is limited. Register by calling 301-475-4200, ext. 71050. There is no fee to attend; however, attendance at all six sessions is highly recommended.

Closed Captions Presentation

Garvey Senior Activity Center, Tuesday, January 29, 10 a.m.

What is ClearCaptions and how can I get it for free? Find out at this free and informative presentation. And while you're at it, enjoy a free continental breakfast! Clear Captions is a free



phone captioning service that provides near real-time call captions of phone conversations for anyone hard-of-hearing or with any form of hearing loss. This free captioning service is provided by ClearCaptions

and paid through a fund administered by the Federal Communications Commission (FCC). There is no cost to qualified individuals whose hearing loss inhibits their phone use. For more information or to sign up, call 301-475-4200, ext. 71050.

NEW!! Drums Alive: Golden Beats

Garvey Senior Activity Center

Wednesday, February 2-April 3, 8:475 a.m.

Using rhythm as the source of inspiration to discover a new group fitness experience, 'Drums Alive' combines the benefits of a traditional physical fitness program with the brain affected benefits of music and rhythm and fosters a healthy balance physically, mentally, emotionally and socially! Golden Beats stimulates people whether they are young or old, healthy or ill.

When we drum and dance we are having FUN! This in return releases endorphins and releases negative feelings. The rhythmical patterns of the drum increase synchronization of brain wave

activity which in turn provides feelings of euphoria and improved mental awareness. Golden Beats® is specially designed for the senior population. Kathy Creswell, Program Specialist at Garvey Senior Activity Center, is the instructor for this new program and will demonstrate different levels of participation that best meet the class's physical needs. You do not need any prior experience in drumming or music!!! This class is FREE, but space is limited so make sure to sign up quickly. Attendance at all classes is mandatory. To learn more or sign up, call 301-475-4200, ext. 71050.



Canvas Art: Valentine's Day Theme

Garvey Senior Activity Center, Wednesday, February 6, 10 a.m., Cost: \$5

Looking for a personalized gift or a unique decoration for Valentine's Day? Come join us as we create a simple, but unique piece of canvas art. We will supply all the materials and provide the instruction. No experience needed! **Cost for the class is \$5 for each piece and payment is due at the time of sign up.** Space is limited and fills quickly. To learn more, call 301-475-4200, ext. 71050.

Special Guest Presentation by Carol McCabe Booker

Garvey Senior Activity Center, Wed., February 13, 10:30 a.m.



In 1942, Alice Dunnigan, a sharecropper's daughter from Kentucky, made her way to the nation's capital and a career in journalism that eventually led her to the White House. With *Alone Atop the Hill*, Carol McCabe Booker has condensed Dunnigan's 1974 self-published auto-biography to appeal to a general audience and has added scholarly annotations that provide historical context. Dunnigan's dynamic story reveals her importance to the fields of journalism, women's history, and the civil rights movement and creates a compelling portrait of a groundbreaking American. To sign up call 301-475-4200, ext. 71050.

Valentine's Day Luncheon with Bruce Thomas

Garvey Senior Activity Center, Wednesday, February 13, Noon

Bruce is a diverse performer who can effortlessly move through the musical categories of inspirational, swing, jazz, pop, and R&B. Please join us for his energetic and interactive performance while dining. Make sure to put on your best red outfit for the event! The special meal for the day will be *Tossed Salad w/Dressing, Lasagna w/Meat Sauce (8 oz.), Seasoned Kale, French Bread, Peaches and Cherry Pie*. The cost is a donation if you are age 60 or older, and \$6 for all others. For reservations call 301-475-4200, ext. 71050.



Hearing Screenings & Presentation by Jacobs Audiology

Garvey Senior Activity Center, Tuesday, February 19, 9:30-11:30 a.m.

Dr. Randi Pinno with Jacobs Audiology will offer free hearing screenings on Tuesday, Feb. 19. Her clinical interests include comprehensive audiological assessment as well as the fitting and programming of amplification devices. Previously known as Dr. Randi Cropper, Dr. Pinno was born and raised in St. Mary's County and holds a very special place in her heart for the area and enjoys being able to give back. She will be offering hearing screenings before and after the presentation. If you would like to sign up for a hearing screening and the presentation call 301-475-4200, ext. 71050.

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Pickleball for Experienced Players

Leonard Hall Recreation Center

Mondays, March 4-April 22, 8-10 a.m. Cost: \$32

Wednesdays, March 6 April 24, 8-10 a.m. Cost: \$32

These Pickleball sessions are for those familiar with the game of Pickleball. **Court rotation procedures will be discussed at the first sessions (March 4 & 6) at 7:50 a.m. Plan to arrive early as to not miss important information.** Payment is due at the time of reservation. Registration opens Feb. 11 at 8 a.m. at the Garvey Senior Activity Center. Space is limited and fills quickly. To learn more, call 301-475-4200, ext. 71050.

LOFFLER Senior Activity Center

In Great Mills, 301-475-4200, ext. 71658



Art Classes by Jamie Naluai:

Loffler Senior Activity Center

Tuesdays, January 8, 15, 22, 29

February 5, 12, 19, 26

10 a.m.-12 p.m., \$85 each month (4 classes)

How about taking up art in 2019? Jamie's classes are suitable for beginners as well as intermediate level. She teaches drawing, painting and other mediums in four 2-hour sessions per month. Cost of these classes includes enough paint and supplies to get you started. Payment may be made to instructor on the first day of class. Call 301-475-4200, ext. 71658 to sign up or to learn more.

Educational Video Series:

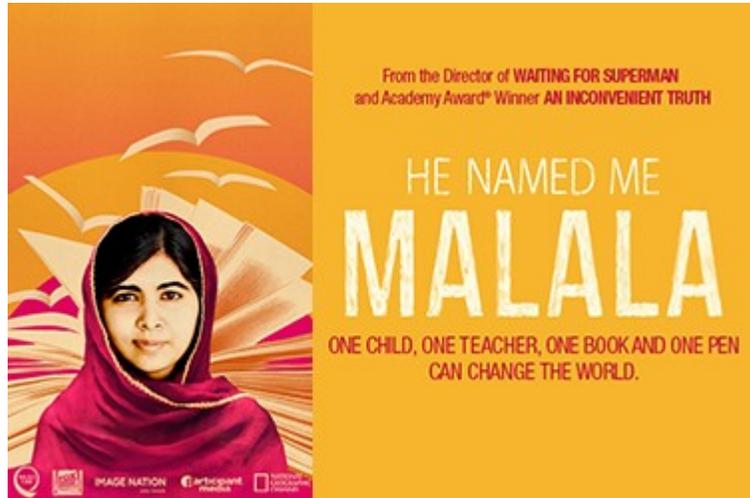
He Named Me Malala

Loffler Senior Activity Center

Wednesday, January 9, 10 a.m.
88 Minutes, Free

This video shows an intimate portrait of Malala Yousafzai, who was wounded when Taliban gunmen opened fire on her in Pakistan's Swat Valley. The shooting of the then fifteen-year-old teenager sparked international media outrage. An educational activist in Pakistan, Yousafzai has since emerged as a leading campaigner for the rights of children worldwide and in December 2014,

became the youngest-ever Nobel Peace Prize Laureate. Register to see this video by calling 301-475-4200, ext. 71658, or stop by the reception desk to sign up. Seating is limited.



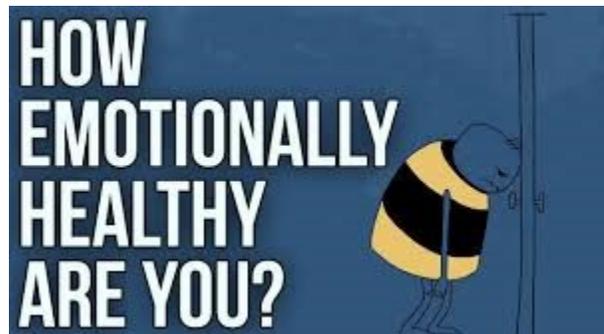
14

Health Watch presents: *Assessing Your Mental Health*

Loffler Senior Activity Center

Thursday, January 10, 10 a.m., Free

How are you feeling? It's not always easy to truthfully answer this seemingly simple question! Nevertheless, we would benefit from taking stock of what's going on in our lives and ascertain just how we are doing. How do we go about that? Linda Weintraub will offer this free health presentation as part of Loffler's monthly Health Watch Program. To sign up call 301-475-4200, ext. 71658, or stop by the reception desk.



NEW BEGINNING

Independent Art

Loffler Senior Activity Center

Wednesdays, 1 p.m., Free or minimal supply fee if doing a project

Independent Art on Wednesdays is available to anyone who wants to work on a current project or would like to start something new. Chris Sisk will be on hand to guide you through it or offer a simple take-home project, whichever you prefer. For questions call 301-475-4200, ext. 71658.



January Monthly Craft: *Welcome Sign*

Loffler Senior Activity Center

Friday, January 11, 10 a.m., Free

Signs are so much fun, especially if you designed it yourself. For this project you will be attaching several small planks (shims, actually) together so that it looks like a miniature pallet. The colors, wording and embellishments are up to you. We will provide all the supplies but you are welcome to bring anything you'd like to add to your creation. Sign up for this project by calling 301-475-4200, ext. 71658 or by stopping by the reception desk. Class size is limited to eight.

Beginning Keyboard/Piano Lessons

Loffler Senior Activity Center

Tuesdays, January 15-February 19 (6 sessions), 1 p.m.

\$100 for 6 sessions (includes instruction and textbook)

Need to invest in an inexpensive keyboard. (\$50-100+ available at local stores and online)

These are group lessons and a minimum of 3-4 students is required for these lessons to commence.

Yet another Loffler tradition, Dr. Robert L. Jefferson, the author of the "How to Play Gospel" book series and an experienced vocalist, songwriter, recording artist, pianist and teacher will be returning to the Loffler Senior Activity Center to offer his specialized beginner classes. \$100 payment is due to Dr. Jefferson on the first day of class. Pre-registration is required. To sign up for these lessons, call 301-475-4200, ext. 71658, or stop by the reception desk to register by Thursday, January 10.



The Balancing Act

Loffler Senior Activity Center

Tuesdays Jan. 22, 29, Feb. 5, 9 a.m.

\$20 for 3 sessions

Developed and taught by Dave Scheible, this three-session workshop series is ideal for anyone who has balance challenges. The basic exercises in this class are designed to improve stability and balance. The \$20 fee is payable to Dave on the first day of class. Call 301-475-4200, ext. 71658 to sign up or stop by the reception desk.

Beginning Tai Chi for Arthritis and Fall Prevention

Loffler Senior Activity Center, FREE

Mondays & Thursdays, January 28-February 25, (8 sessions), 11 a.m.

Beginner classes for Tai Chi for Arthritis and Fall Prevention will meet on Mondays and Thursdays at 11 a.m. beginning January 28. You will learn some core movements in a graceful routine while applying basic Tai Chi principles. There is no fee for this class, but a commitment to attendance and practice are necessary for success. Pre-registration is required. As space is limited for new participants, sign up only if you are sure that you will be able to attend regularly. Students who have previously studied Tai Chi for Arthritis and Fall Prevention in St. Mary's County are welcome and not required to sign up. Call 301-475-4200, ext. 71658, or stop by by January 18.



February Monthly Craft: Brick Picture Holder

Loffler Senior Activity Center, Friday, Feb. 1, 10 a.m., Free

There are so many fun ways to display pictures- especially when you make a holder using everyday materials. These unique displays are made with decorated bricks and clothes pins. What a great way to show off your beautiful grandchildren! You can sign up for this project by calling 301-475-4200, ext. 71658 or stop by the reception desk. Limited space.

Amazing Cane

Loffler Senior Activity Center, Tuesdays February 5, 19 & 26, 11 a.m.

Cost: Bring in a plain old cane

Meet Bonnie Hollyer, lover of dance, creative arts and people. She has a plan for combining all these talents to show you a good time! First, bring in a plain old cane to transform into your own unique creation. Then learn some dance moves using your newly styled stick. Don't like standing? Fine, you can cut a rug while seated! At the end of each session you will have done some great stretches, dance moves and, of course, laughing- because it's really all about the fun! Cane you do it? Yes, you CANE! Sign up by calling 301-475-4200, ext. 71658 or stop by the reception desk.

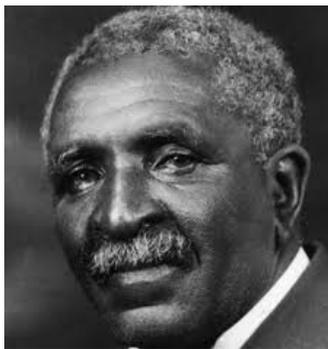


Educational Video Series: George Washington Carver: An Uncommon Way

Loffler Senior Activity Center, Wednesday, February 6, 10 a.m.

60 min., Free

Despite being born into slavery and having to live through poor health, poverty, and prejudice, Carver emerged as a great scientist and inventor, and is known not only for his discoveries, but for changing the myth that one race was inferior to another based on intellect. There are 16 seats available, reserve yours by calling 301-475-4200, ext. 71658 or stop by the reception desk.



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Healthwatch presents: Cardiovascular Health

Loffler Senior Activity Center, Thursday, February 14, 10 a.m., Free

Since this is the month of love, let's talk about your heart! Do you know the symptoms of heart disease and what you can do to cut down on your chances of developing it? If you do have it, what are some things you can do to help yourself and what are some of the most effective treatments? Linda Weintraub will open this discussion with you during this free presentation! Call 301-475-4200, ext. 71658, or stop by the reception desk to sign up.

NEW BEGINNING

Loffler's LUNCH CONNECTION

Tuesday January 8, Thursday January 24, Tuesday February 12, Thursday February 28

Entertainment begins at 11:30 a.m., lunch is served at noon. Advance reservations are required, preferably at least 2 weeks in advance. Call 301-475-4200, ext. 71658. There will be an appreciation basket for our performers and a 50/50 raffle at each luncheon.

Tuesday, January 8- Start 2019 at the Senior Activity Center with a meal of *Roast Beef & Gravy, Mashed Potatoes, Stewed Tomatoes, Applesauce, Whole Wheat Dinner Roll, Orange Juice and Bread Pudding with Vanilla Sauce* for dessert. At 11:30, enjoy keyboard and vocal artist Paul Barber as he shares his musical gifts with you.



Thursday, January 24- Join your friends as lunch is served! *Roast Turkey, Gravy, Stuffing, Broccoli, Cauliflower, Applesauce and a piece of Chocolate Cake* will fill you on this winter day. For 2019, our Skit Group will entertain with home grown comedic skits at our Thursday Lunch Connections.

Tuesday, February 12- Bring your Valentine to this Lunch Connection and celebrate your love! Lunch will be served, *Low-Sodium V-8 Juice, BBQ Chicken Oven Roasted Red Potatoes and Onions, Roasted Carrots, WW Dinner Roll, Baked Apple and a Red Velvet Cupcake*. While you are enjoying lunch, Tommy Alvey and his band will provide musical entertainment with familiar bluegrass songs.



Thursday, February 28- *Meatloaf, Gravy, Mashed Potatoes, Kale, Whole Wheat Dinner Roll, and Mandarin Orange sections served over a scoop of Vanilla Ice Cream* will be served to you at your table, after you enjoy skits presented by the *Loffler Skit Group*.

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Advance Directive Event

Loffler Senior Activity Center, Wednesday, February 20, 10 a.m., Free

Advance Directives are legal documents that let others, such as family and medical staff, know what your medical preferences are in the event you are unable to communicate for yourself, due to illness or medical emergency. There are two parts to an advance directive, a living will and a durable power of attorney for health care. Though Advance Directives are legal documents, a lawyer is not needed to complete one. Here is an opportunity to learn how Advance Directives work and how they can help you and your loved ones in the event of an emergency. The forms will be available at this event but you can also access them online at

<http://www.marylandattorneygeneral.gov/Pages/HealthPolicy/advancedirectives.aspx>

Call 301-475-4200, ext. 71658, or stop by the desk before Friday, February 15 to sign up.

NORTHERN Senior Activity Center

In Charlotte Hall, 301-475-4200, ext. 73101

Seated Tai Chi for Arthritis

Northern Senior Activity Center

Mondays, January -February 25 (6 classes), 10:15-11 a.m., Free

Tai Chi for Arthritis is an evidence-based program that is designed to help reduce pain, improve balance, and promote total body wellness. The seated version of this class is ideal for those interested in the health benefits of Tai Chi while utilizing the safety and security of a chair. This series does involve commitment to attend as many of the six classes as possible.

Classes are progressive and attending all will help participants get the maximum benefit. Please note that not all classes are consecutive due to holiday closings. Space is limited. Advanced sign up is required, no drop in space is available.

To sign up for this series in advance, please visit the sign up table or

call 301-475-4200, ext. 73103.

To sign up for this series in advance, please visit the sign up table or

call 301-475-4200, ext. 73103.



Tai Chi for Arthritis, Complete Series

Northern Senior Activity Center

Tuesdays, January 8-March 26 (12 classes), 10-11 a.m., Free

Tai Chi for Arthritis and Fall Prevention was developed by Dr. Paul Lam with the Tai Chi for Health Institute as a safe and effective exercise program for those with Arthritis to improve balance, build strength, and promote total-body wellness. Dr. Lam developed his original TCA routine and later added with the TCA Part 2 movements. In this class series, participants will learn both the original and Part 2 movements in a complete 12-week cycle. The first weeks will focus on the core and extended movements taught in the original program. The final 5 weeks will focus on the Part 2 movements. Space is limited. Advanced sign up is required, no drop in space is available. To sign up for this 12-week series in advance, please visit the sign up table or call 301-475-4200, ext. 73103.

R&B Line Dancing

Northern Senior Activity Center

Fridays, January 11-February 22 (6 sessions), 1-2 p.m., \$12/\$2 per class

For the first time at the Northern Senior Activity Center, welcome Marie Bond and Catherine Bush for their first session of R&B Line Dancing. These ladies will guide you step-by-step as you learn some of today's trendiest line dances; including dances such as the Cupid Shuffle and the Wobble. Payment of \$12 for 6 classes/\$2 per class is made directly to instructors the day of class. To sign up for this 6 session class in advance, please visit the sign up table or call 301-475-4200, ext. 73103.

Hearts Desire Creations Painting Classes

Northern Senior Activity Center, Thursdays, January 1 & February 21, 1:30-3:30 p.m. \$5

Showcase your inner artist and create a beautiful impressionist painting! Local self-taught artist Lorrie Johnston of Hearts Desire Creations, will guide you as you paint the class design on a 16" x 20" canvas using acrylic paint. On Jan. 1 the class will paint a beautiful impressionist snow tree design. On Feb. 21 the class will paint a Cardinal in the snow. These designs are suitable for artists of all skill levels. Please be sure to dress ready to paint. The cost per class is \$5 due at signup. This fee includes all materials and instruction. Space is limited. To sign up and pay for each class in advance, please visit the front desk. For more information, call 301-475-4200, ext. 73103.

Breakfast Café

Northern Senior Activity Center
Wednesday, January 23 & February 20
9-10 a.m., \$2

Start your day off right with a delicious breakfast made by Ginger! Make your reservation today to have breakfast with friends and let us do the cooking and clean up.

Breakfast on January 23 will be *French Toast Casserole, Sausage, and Fruit.*

Breakfast on February 20 will be *Scrambled Eggs, Pancakes, and Fruit.*



The cost is \$2 due at signup. Space is limited. To sign up and pay for breakfast in advance, visit the front desk. For availability call 301-475-4200, ext. 73101.

Living Well with Diabetes

Northern Senior Activity Center

Mondays, January 28-March 18 (sessions), 1-3:30 p.m., Free

Health Connections with MedStar St. Mary's

Hospital will lead Living Well with Diabetes at the

Northern Senior Activity Center. This evidence-based

program was developed by Stanford University to teach

self-management tools for managing your diabetes. Take

charge of your health and carry out an action plan that fits your life. This series is free, but does re-

quire your committed attendance. Please note that not all classes are consecutive due to holiday

closings. To sign up for this series, please register with Health Connections by

calling 301-475-76019.



AARP Smart Driving Course

Northern Senior Activity Center

Tuesday, January 29, 9 a.m.-2 p.m., \$15 AARP members, \$20 non-members

This course includes proven safety strategies that older drivers can use to compensate for changes as they age and allow them to drive more safely and confidently for as long as possible. The fee is \$15 for AARP members and \$20 for non-members with cash or check made payable to AARP. Payment is required to sign up for the class. Class is 4 hours with a break for lunch at 11:30 a.m. Lunch is a donation from seniors 60 and older; \$6 for others made the day of the class. To sign up and pay for this class in advance and to sign up for lunch, please visit the front desk or call 301-475-4200, ext. 73101.

Whole-Body Tension Relief

Northern Senior Activity Center

Tuesday, January 29, 1-4 p.m., \$30

Learn this easy, targeted, self-treatment method that will give you drug-free pain relief that is both immediate and long lasting. Led by Judi Lyons, learn to use simple soft tennis ball techniques that reduce or eliminate pain and improve the condition of muscles and fascia to benefit posture, mobility, stability, range of motion, blood flow, nerve function, and the immune system. This workshop addresses multiple issues and conditions from head to toe and is tailored to participants' specific needs. Some conditions that benefit 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 such as Restless Leg Syndrome, Sciatica/Piriformis Syndrome, Scoliosis, TMJ Syndrome, and more. The cost is \$30, includes two therapeutic-grade balls and is due at signup. To sign up and pay for this class in advance visit the front desk. For more information call 301-475-4200, ext. 73101.



Senior Tech: Understanding the Keyboard

Northern Senior Activity Center

Wednesday, January 30, 10-11:30 a.m., Free

Do you want to do more with computers but can't seem to navigate the keyboard? Don't let QWERTY intimidate you! Come to this free class and learn the function and location of all of the buttons and practice some basic typing. There will be a period at the end where the instructor can work with participants individually to address specific questions. Space is limited. Personal laptops welcome! To sign up for this free class in advance visit the signup table or call 301-475-4200, ext. 73103.



Cozy Comforts Bingo

Northern Senior Activity Center

Friday, February 1, 10-11:30 a.m., \$3

Maryland winters can be tough so what better way to stay warm than to win something that can keep you all snuggly? The Northern Senior Activity Center will have a Cozy Comforts Bingo featuring prizes such as socks, mugs, hot beverages, and even blankets! The best part? No advance signup! The cost is \$3 the day of the event. For more information call 301-475-4200, ext. 73101.

Cigar Box Clock Class

Northern Senior Activity Center

Tuesday, February 12, 1-3:30 p.m., \$20

It's time to get crafty, and make a clock! Repurpose a wooden cigar box to make your very own, custom cigar box clock. This class is taught by artist and crafter, Barbara Ferrante. She will guide you as you not only assemble your clock, but inspire you to decorate the clock with paint, paper, shells, and other adornments that reflect your personal style. If you have an item you would like attach to your clock, bring it with you to class. The cost is \$20 and covers all materials. Space is limited and payment is due at the time of signup. To sign up and pay for this craft in advance, please visit the front desk. For more information call 301-475-4200, ext. 73103.



Celebrate Someone Special Event

Northern Senior Activity Center

Friday, February 15, 11:30 a.m.-1:30 p.m., \$6

Valentine's Day is a time to celebrate the ones you love whether they are a spouse, friend, or family member. Come to the Northern Senior Activity Center to our Celebrate Someone Special Event. This event features the musical duo known as Rearview Mirror. They perform a mix of music including country, rock and roll, R&B, and Motown. They also incorporate comedy, dancing, trivia and more into their modern vaudeville act. The ticket includes the entertainment and a delicious lunch of *chicken parmesan with tomato sauce over spaghetti, tossed salad, broccoli, Italian bread, fresh orange slices, and dessert*. There will also be money raffle tickets sold at the door and some door prizes at the conclusion of the event. The suggested donation for a ticket is \$6 and is due at sign up. To sign up and pay for this event in advance, please visit the front desk. For more information call 301-475-4200, ext. 73101.



Senior Tech: Create a

Northern Senior Activity Center, Wednesday, February 2, 10-11:30 a.m., Free

Don't have email? No problem! We can help you out. Come to this free class and learn how to create an email account through Gmail. Participants will practice sending and receiving emails, save pictures from emails, send pictures, and more. There will be a period at the end where the instructor can work with participants individually to address specific questions. Space is limited. Personal laptops welcome! To sign up for this free class in advance, visit the signup table or call 301-475-4200, ext. 73103.

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Senior Matters

Northern Senior Activity Center, Thursdays, 12:30-1:30 p.m., Free

Senior Matters is back! Come join a group that discusses issues and concerns that are important to you. Designed like a focus group, facilitator Lynn Perry will help guide discussions for balanced input and topic progression. Some meetings will have set topics that encourage you to bring a relevant article or item while others will be more open with conversations developing from group feedback. Come be part of the conversation, after all, Senior Matters matter! For more information about the program, please call 301-475-4200, ext. 73103.

Retired and Senior Volunteer Program

By Norine Rowe, RSVP Project Manager

A New Year, A New Beginning

Before we launch into a new year, it may be helpful to pause for a moment to reflect on the year we're leaving behind. As we take a glimpse into the rear view mirror of our lives, we acknowledge where we've been before heading off in new directions toward new horizons. For many of us, this entails reviewing our successes and our failures, our hopes and our dreams. We celebrate those who enriched our lives over the past year, and we honor those who departed from us. In revisiting our joys and our sorrows, we prepare our hearts for a new year with new beginnings. Let us take a moment to pause, reflect, and renew our spirits so that we can make way for a new year that brings with it a new season of hope, discovery, and a fresh new start.



New Horizons for a New Year

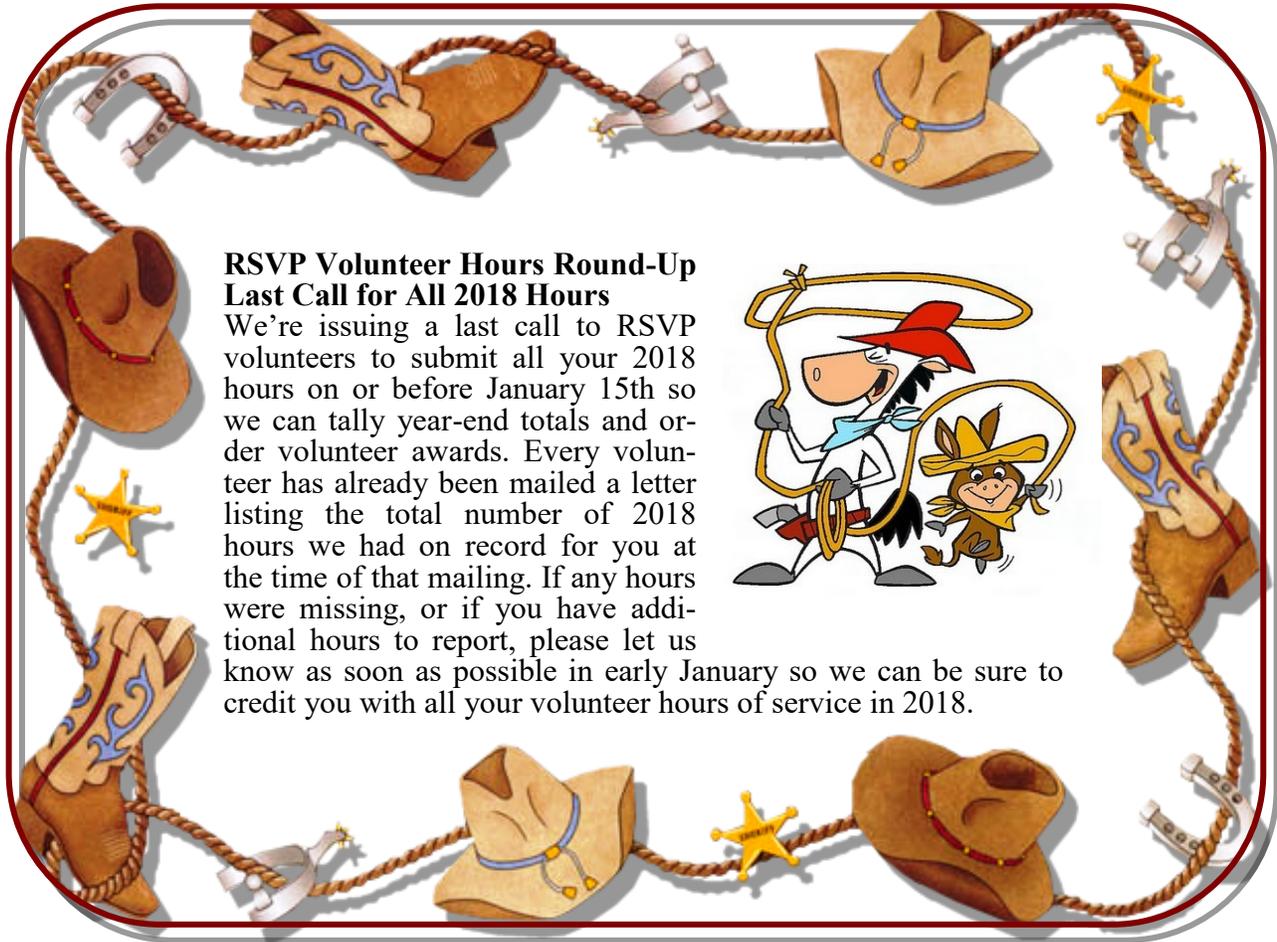
After taking time to reflect on the past year, we can set our sights on the year ahead, focusing on the goals we've set for ourselves and how we hope to achieve them. It's a time for discovering new things about ourselves, for learning and for growing. It can be an exciting time, especially if we embark on the new year with a sense of hope, adventure, and exploration, looking forward to the possibilities for personal growth, creative expression, and new ways to contribute to others and our community.

Is RSVP in Your Future?

As we gaze into the year ahead, we would love to know what's around the next bend. More often than not, however, we get only brief glimpses of what the future may hold. If we wait until we can see each and every step along the way, we may find ourselves standing in the same spot a year from now. Instead, we can step out in faith, charting a new course and a new direction for our lives.

RSVP provides many opportunities to explore new horizons by donating your time, talents, and expertise as a volunteer. So don't sit home trying to figure it all out. Just go ahead and take the plunge! Jump into life by joining RSVP, and take the next exit toward an exciting new future and an exciting new you. Like so many others, you may discover the joy and fulfillment that comes from helping others. You may even learn some new things about yourself and make some new friends along the way.





**RSVP Volunteer Hours Round-Up
Last Call for All 2018 Hours**

We're issuing a last call to RSVP volunteers to submit all your 2018 hours on or before January 15th so we can tally year-end totals and order volunteer awards. Every volunteer has already been mailed a letter listing the total number of 2018 hours we had on record for you at the time of that mailing. If any hours were missing, or if you have additional hours to report, please let us know as soon as possible in early January so we can be sure to credit you with all your volunteer hours of service in 2018.

RSVP VOLUNTEER AWARDS BANQUET

Save the Date: Wednesday, March 20, 2019

This year's RSVP Volunteer Appreciation Ceremony and Awards Banquet will be held Wed., March 20, at the Dr. James A. Forrest Career and Technology Center across from the county fairgrounds in Leonardtown. Volunteer check-in and registration begin at 10 a.m. followed by the Awards Ceremony at 11 a.m. and then lunch. The event concludes by 2 p.m. All RSVP volunteers who served hours in 2018 will receive an invitation. Reservations are required, so if you plan to attend, please respond to RSVP on or before February 20. We hope to see you there!



**For information on a wide variety of RSVP volunteer opportunities for seniors 55+
Call Norine Rowe, RSVP Project Manager, at 301-475-4200,ext. 71653,
or e-mail Norine.Rowe@stmarysmd.com.**

Learning is ForEver (LIFE) Spring Schedule of Programs

It's the season for new beginnings and the Spring semester of the LIFE program is gearing up for another wonderful semester. Join us as we head out for exciting, interesting and educational travel excursions. The Department of Aging & Human Services' LIFE program is designed by a committee of volunteers, and includes one-day trips and presentations to area attractions with an educational focus. Tours are in the works to the James E. Richmond Science Center, Stratford

Hall, Botanical Garden, Lewis Ginter Gardens, the Dulles Air & Space Museum and more.



LIFE booklets will be available for pick-up at the county's three senior activity centers, online at the Department's webpage and at the county libraries beginning

Wednesday, February 13. Registration opens on Monday, March 4; programs begin in April and fill quickly. For more information, contact Alice Allen at 301-475-4200, ext. 71063 and remember Learning is ForEver!!

Ongoing Creative Expressions

Location	Title	Instructor	Day(s)	Time	Cost
Garvey Senior Activity Center Leonardtown 301-475-4200, ext. 71050	Quilting Bee	Louise Park	1st & 3rd Fridays	9:30 a.m.	Supplies
Loffler Senior Activity Center Great Mills 301-475-4200, ext. 71658	Needle Crafters	Audrey Haynie	Mondays & Thursdays	10-11:30 a.m.	Free
	Open Studio Art	Chris Nelson-Sisk	Every Friday	10 a.m.	Supplies
	Sew-it-Alls	Judith Nelson	Monday	1 p.m.	Free
	Independent Art	Chris Nelson-Sisk	Wednesdays	1 p.m.,	Bring materials
	Art Classes	Jamie Naluai	Tuesdays	10 a.m.-12	\$85/4 wks
	Charity Crafters	Dee Poole	Thursdays	1 p.m.	Free
	Honey Bee Quilters	Jan Goings	1st & 3rd Wednesdays	10 a.m.-noon	Free
	Project Linus Monthly Craft	Debbie Rumble Audrey Haynie	3rd Fridays 1st or 2nd Fridays	10 a.m. 10 a.m.	Free Fee
	Wood Carving	W. & M. Brown	Tuesdays	1 p.m.	Supplies
Embroidery on Paper	Omega Taylor and Lilli Mellenberg	Mondays	1 p.m.	\$5 for starter kit	
Northern Senior Activity Center Charlotte Hall 301-475-4200, ext. 73101	Simply Crafty	Self-directed	Daily	Open	Free
	Whimsie Works Pottery	Pam King	2nd & 4th Mondays	1:30-4:475 p.m.	Fee
	Quilting for Beginners	Gina Alexander	2nd & 4th Wednesdays	12:30-4:30 p.m.	Free
	Dynamic Ceramics	Nancy Norris	Wednesdays	9:30 a.m.–1:30 p.m.	Fee
	Open Studio	Self-directed	Mon. & Fri.	8 a.m.-4:475 p.m.	Free
	Northern Stars Theater Group	Rachel Mowatt	Varies	1 p.m.	Free
	Coloring Group	Martha Baker	1st & 3rd Wednesdays	1-3 p.m.	Supply Donation

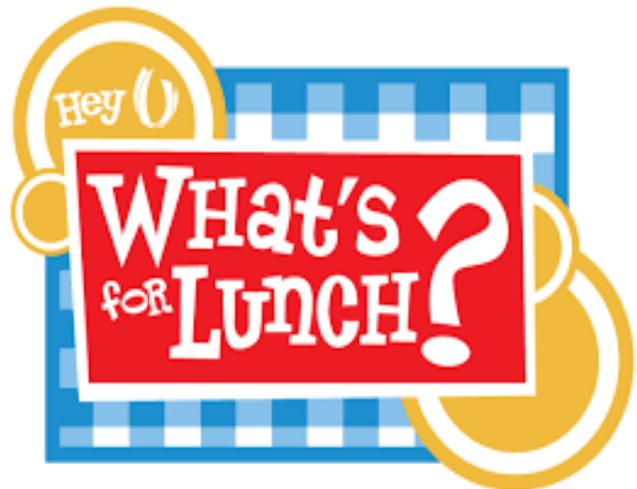
Ongoing Social Events at the Northern Senior Activity Center

Location	Title	Day(s)	Time	Cost
Northern Senior Activity Center Charlotte Hall 301-475-4200, ext. 73101	“Bring Your Buddy” Billiards	Mondays before 1 p.m.. Wednesdays Thursdays, No Fridays, Tuesdays	Before 1 p.m. Before 1 p.m. After 3 p.m.	Free
	Hand & Foot	4th Tuesday	12:30-4:30 p.m.	Free
	“Oh, Heck”	Tuesdays and Fridays	9:30 a.m.-3:30 p.m.	Free
	Double Pinochle	Tuesdays Fridays	11 a.m.-4:30 p.m.	Free
	Breakfast Café	Varies (see pg. 19)	9-10 a.m.	\$2
	Western Mahjong	Wednesdays	1-4 p.m.	Free
	Eastern Mahjong	Mondays & Thursdays	1-4:30 p.m.	Free
	Pitch Tournament	Mondays, March 4- April 8 (5 sessions)	12:30-3 p.m.	\$10
	Bridge	Thursdays	10 a.m.-2 p.m.	Free
	Bingo	Fridays	10-11:475 a.m.	\$2
	Eat. Play. Fun. Pitch.	2 nd and 4 th Thursdays	12:30-3 p.m.	\$5
	Poker	1st & 3rd Tuesday	1-4:30 p.m.	Free
	Rummy	Daily	Open	Free

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Wanted: Older Adults Who Like to Eat!!

Did you know that St. Mary’s County has three senior activity centers open to independent older adults Monday through Friday where lunch is served? Adults age 60 and over can enjoy lunch among friends, and donations are accepted. Continued social involvement and good nutrition are key to healthy, independent aging. By joining your friends for lunch at the Garvey, Loffler, or Northern Senior Activity Centers, you are taking a positive step, and enjoying these benefits. Try lunch at your local senior activity center. Call them by noon the day before to make a reservation. The monthly menu is available at the centers or on-line at www.saintmarysmd.com/docs/menu.pdf.



Ongoing Social Events at the Garvey and Loffler Senior Activity Centers

Location	Title	Day(s)	Time	Cost
Garvey Senior Activity Center Leonardtown 301-475-4200, ext. 71050	Bingo	1 st & 3 rd Mondays	10 a.m.-noon	\$1-3
	Billiards (drop in)	1st & 3rd Wed.	8:30-10 a.m.	Free
	Senior Vibes	1 st Tuesday	10-Noon	Free
	Bridge Club	Thursdays & 4th Wednesdays	10 a.m.-3 p.m. (call for info)	Free
	Cribbage	2nd & 4th Mondays	10 a.m.-Noon	Free
Loffler Senior Activity Center Great Mills 301-475-4200, ext. 71658	Pinochle	Mon., Wed. & Fri.	8 a.m.-12:30 p.m.	Free
	Canasta/Pitch Club	Tuesdays	9:30 a.m.-2 p.m.	Free
	Contract Bridge	Tuesdays	10 a.m.-noon	Free
	Bingo	Tuesdays- Jan. 15, 22 & 29 Feb. 5, 19 & 26	12:30-1:30 p.m.	\$1 (up to three cards)
	Bingo	Wednesdays: January 9 February 13	12:30-1:30 p.m.	\$1 (up to three cards)
	Canasta & More	Wednesdays	1-4 p.m.	Free
	Puzzles	Daily	9-Noon	Free
	Polish Poker & Pitch	Weds. & Thurs.	9:30 a.m.	Free
	Coloring Conquests	Daily	9 a.m.	Free
	Rummikub	Tuesdays	9:30 a.m.	Free

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Please use the 7

Please be advised the phone extensions for the **Department of Aging & Human Services, Garvey, Northern, and Loffler Senior Activity Centers** require the number seven (7) in place of the old asterisk (*) before extensions.

Ongoing Physical Fitness Activities At Garvey and Loffler Centers

Location	Title	Day(s)	Time	Cost
<p>Garvey Senior Activity Center Leonardtown 301-475-4200, ext. 71050</p> <p>F.C. = Fitness Card, available at all Senior Activity Centers. The first session of activities is a free trial, with F.C. required thereafter.</p>	Fitness Equipment	Daily	8 a.m.-5 p.m.	Free
	Men's Strength Training	Mondays & Thursdays	9:30-10:30 a.m.	F.C.
	EnhanceFitness	Mon., Wed., Fri.	10:475-11:475	F.C.
	Open Table Tennis	Tuesdays except 1st. Thursdays	10 a.m.-noon 2:15 p.m.	Free
	Arthritis Foundation Exercise	Tuesdays, Thursdays, & Fridays	8:475-9:20 a.m.	Free
	Yoga For Everyone	Tuesdays & Fridays	1:05-2:05 p.m.	F.C.
	Line Dancing	Wednesdays	1:30-2:30 p.m.	Free
	Exercise for Parkinson's Disease	Thursdays	1:15-2 p.m.	Free
	Zumba	Thursdays	10:475-11:475 a.m.	F.C.
	WalkTone	Fridays	9:30-10:30 a.m.	F.C.
	Chair Yoga	Wednesdays	9:40-10:40 a.m.	
<p>Loffler Senior Activity Center Great Mills 301-475-4200, ext. 71658</p> <p>F.C. = Fitness Card, available at all Senior Activity Centers. The first session of activities is a free trial, with F.C. required thereafter.</p>	Fitness Equipment Available	Daily	8 a.m.-4:30 p.m.	Free
	Wii Sports	Daily	8 a.m.-4:30 p.m.	Free
	Zumba	Mondays	Noon	F.C.
	Walking Club	Mon., Wed. & Fri.	9 a.m.	Free
	Arthritis Foundation Exercise	Mondays & Fridays	1-2 p.m.	Free
	EnhanceFitness	Mondays & Fridays Wednesdays	2 p.m. 1 p.m.	F.C.
	Strength Training	Tuesdays Thursdays	10-11 a.m. 8:40-9:40 a.m.	F.C.
	Yoga	Mon., Wed., Thurs. & Fri.	9:40-11 a.m.	F.C.
	Line Dance	Fridays	11 a.m.	Free
	Tai Chi for Arthritis & Fall Prevention	Mondays, Thursdays by schedule; call.	11 a.m.	Free

Ongoing Physical Fitness Activities At The Northern Senior Activity Center

Location	Title	Day(s)	Time	Cost
Northern Senior Activity Center Charlotte Hall 301-475-4200, ext. 73101 F.C. = Fitness Card , available at all Senior Activity Centers. The first session of activities is a free trial, with F.C. re- quired thereafter.	Fitness Equipment Available	Daily	8 a.m.-4:475 p.m.	Free
	Wii Sports	Call	Call	Free
	Walking on Three Notch Trail	Daily	Open	Free
	Awakening Yoga	Mondays	9-10 a.m.	F.C.
	Zumba	Tuesdays	10-11 a.m.	F.C.
	Arthritis Foundation Exercise	Wednesdays & Thursdays	10-10:475 a.m.	Free
	EnhanceFitness	Tues. & Thurs., Saturdays	9-10 a.m. 9:30-10:30 a.m.	F.C.
	Line Dancing	Wednesdays	1-2:30 p.m.	Free
	Regular Bike Riding	Daily	Open	Free
	YES cycling	To resume in the Spring	10-Noon	Free
	Regulation Horseshoes	Call	Call	
	Tai Chi for Arthritis	Tuesdays January 8-March 26	10-11 a.m.	Free
	Seated Tai Chi	Mondays Jan. 7-Feb. 25	10:15-11 a.m.	
	Chair Yoga	1st & 3rd Fridays & Alternating Wednesdays	9-10 a.m.	F.C.



We'll Read to You; Audio Version of the *New Beginning* Newsletter and Calendars are Online

Thanks to volunteer readers Barbara Homan and Linda Wheeler, an audio version of this bi-monthly *New Beginning* newsletter is available on the Department of Aging & Human Services website. To have *New Beginning* read to you, go to the web page www.stmarysmd/aging. Click on Community Programs, or click on "Bi-monthly Newsletter" under "Quick Links." This will take you to previous newsletters, and you can click on the issue you want to read, or click on the speaker icon to the right of the monthly edition you want to have read to you.

Call 301-475-4200, ext. 71073 to learn more about this audio availability. Additional volunteer readers and those proficient in other languages are particularly welcome; the time commitment is approximately two hours on a bi-monthly basis.

Ongoing Education Classes

Location	Title	Instructor	Day(s)	Time	Cost
Garvey Senior Activity Center Leonardtown 301-475-4200, ext. 71050	Book Discussion	Volunteer	2nd Wednesday	10:30 a.m.	Free
	Diabetes Discussion	Margaret Forrest	3rd Wednesday	12:30 p.m.	Free
	Reader's Theater	Linda Lagle	2nd & 4th Wed.	11 a.m.	Free
Loffler Senior Activity Center Great Mills 301-475-4200, ext. 71658	Current Events	Paul Kelley	Mondays	10 a.m.	Free
	Scripture Study	Solomon Olumese	Every Friday	10 a.m.	Free
	Computer Tutor	Volunteer	Daily	By appt.	Free
Northern Senior Activity Center Charlotte Hall 301-475-4200, ext. 73101	Page Turners Book Club	Gloria Fusco	4th Wednesday	10:30-Noon	Free
	Lyme Disease Support & Discussion Group	MarieNoelle Lautieri	TBD	1 p.m.	Free
	Book Chatter Book Club	Martha Baker	4th Thursday	11-Noon	Free
	What's The Word Bible Study	Karen Beck	1st & 3rd Tue.	10-11:30 a.m.	Free
	Senior Matters	Lynn Perry	Thursdays	12:30-1:30 p.m.	Free

Sign Up Online to Receive *New Beginning*

You can sign up to receive a notification when the newsletter is available online in PDF format via stmarysmd.com/citizen/signup.asp

This link will also allow you to sign up for news releases and emergency alerts. The newsletter can also be viewed on the Department of Aging & Human Services website- stmarysmd.com/aging/.

If you choose to receive the newsletter via e-mail or view online rather than mailing, contact Community Programs and Outreach at 301-475-4200, ext. 71073.

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

Lori Jennings-Harris, Director

MAP/I&A-Your link to health and support services providing older adults, persons with disabilities and caregivers with a single point of entry. 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. 71050 for information.

Home and Community-Based Services (HCBS)-Consists of multiple programs providing the following services: Guardianship for individuals age 65 and over, Medicaid-funded community-based services, Long-Term Care Ombudsman, Senior Care Program, Respite Assistance and Caregiver Support. Call Rebecca Kessler, Division Manager, at 301-475-4200, ext. 71061.

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 Alice Allen, Division Manager, at 301-475-4200, ext. 71063.

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. Program Coordinator, Monika Williams, can be reached at 301-475-4200, ext. 71060.

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. 71653.

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. 71066 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. 7103.

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.71849.

Website: www.stmarysmd.com/aging

Phone: 301-475-4200, ext. 71050

Fax: 301-475-47503

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Address: 4180 Baldrige Street, P.O. Box 653, Leonardtown, MD 20650
(Please send donations and correspondence to the Post Office Box.)

Senior Activity Centers:

- **Garvey Senior Activity Center, 301-475-4200, ext. 71050**
4180 Baldrige St., Leonardtown, MD, 20650
- **Loffler Senior Activity Center, 301-475-4200, ext. 71658**
21905 Chancellor's Run Rd., Great Mills, MD 20634
- **Northern Senior Activity Center, 301-475-4200, ext. 73101**
29655 Charlotte Hall Rd., Charlotte Hall, MD, 20622



St. Mary's County Department of Aging &
Human Services
4180 Baldrige Street
P.O. Box 653,
Leonardtown, MD 20650

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CHANGE SERVICE REQUESTED

2019 Holiday Closings...

(Also, no Home-Delivered Meals)

New Year's Day, Tuesday, January 1
Martin Luther King Day, Monday, January 21
Presidents' Day, Monday, February 18