

NEW BEGINNING

VOLUME 33 ISSUE 1

JANUARY/FEBRUARY 2020

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



*New Year,
New You,
A New Beginning!*

In This Issue...



Honoring Caregivers

The Home & Community-Based Services Division hosted the annual Family Caregiver Breakfast to support caregivers from across the county.....page 6

Welcome Landas Lockett!

The Department of Aging & Human Services is pleased to welcome Caseworker Landas Lockett to the Division of Home and Community-Based Services!page 7



Teen Court Program Highlighted

The St. Mary’s County Teen Court Program was selected by Global Youth Justice, Inc., to participate in a demonstration for the American Bar Association.....page 9

Luncheon with Jimi Simmons

Jimi Simon is the former leader and featured performer from the fabulous Hubcaps Band. Join him at the Garvey Senior Activity Center on Wednesday, February 12!page 17



Join an Art Class!

Thinking of taking art in 2020? Jamie Naluai’s classes at the Loffler Senior Activity Center are suitable for beginner and intermediate artists!page 18

Learn how to Crochet

Want to learn how to crochet? Learn the basics on how to get started, build on your rows, and gain the confidence to start a hat or scarf at the Northern Senior Activity Center!....page 24



From the Director's Desk

By Lori Jennings-Harris, Director

New Dawn, New Day, New Year!

As we bring in the new year, we can celebrate a renewed sense of commitment to making new friends or acquaintances. We can explore ways of choosing healthier food options; we can discover activities (i.e. Drums Alive and Tai Chi) that we had not ever considered before; we can make room in our lives for learning new things and creating new adventures by visiting points of interest not only within, but outside of St. Mary's County. The Department of Aging & Human Services staff members assist individuals with enhancing their lives and help find answers to seniors' insurance and benefits questions. We coordinate in-home services, provide meals to over 220 people Monday through Friday; we perform community outreach, find volunteer opportunities for retired seniors, and provide support and oversight for programs with a focus on children and families.

"Everything old is new again." The year 2020 will bring the completion of the new Garvey Senior Activity Center and Leonardtown Library. The building should be complete sometime in the spring and the county's newest senior activity center will be, as it has always been, a hub for lively activity for such things as kick boxing classes, line dancing instructions, men's strength training, table tennis, pickleball competitions, art classes and billiards just to name a few. We will also have the capability of hosting Department-wide events that will accommodate over 100 people.

We are looking forward with much anticipation to a new start in a new space! We envision new and enhanced program opportunities for the older adults of St. Mary's County.

Department of Aging & Human Services staff are dedicated to bringing you the best our Department has to offer!

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: Sarah Miller
Community Programs &
Outreach Manager, Department
of Aging & Human Services

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 the "SMCDAHS, New Beginning."

To receive a copy of this newsletter through the U.S. Mail, call 301-475-4200, ext. 71050. 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.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.

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 April 5, 2020.

Volunteer drivers are divided into evening and morning shifts:

Evening drivers pick up WARM guests at the Three Oaks Center 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 Three Oaks.



For more information or to volunteer, contact Ursula Harris at:
Ursula.Harris@stmarysmd.com or 301-475-4200, ext. 71658.



St. Mary's County Commission on Aging

Upcoming Meetings:

Monday, January 27, 2020

1 p.m.

St. Mary's Nursing and Rehabilitation Center
21585 Peabody Street, Leonardtown, MD 20650

Monday, February 24, 2020

1 p.m.

Victory Woods

22611 Franklin Delano Roosevelt Blvd, Lexington Park, MD 20653

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.

Attend Meetings to:

- * Meet your St. Mary's Commission on Aging members
- * Provide input on the Senior Activity Centers
- * Obtain information on topics of senior interest

For more information, contact Mercedes Jones at 301-475-4200, ext. 71051, or Mercedes.Jones@stmarysmd.com
Visit the Commission on Aging website at <https://www.stmarysmd.com/boards/groups/default.aspx?board=11>



Nutrition Corner

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

Many of us welcome the new year with a variety of resolutions, losing weight being one of the most popular. According to the National Institutes of Health, 2/3 of Americans are overweight or obese making for a huge market for weight loss programs and gadgets. In this article, I'd like to review some of the many programs out there.

WW formerly known as Weight Watchers, is the longest running weight loss program, established in 1963. It has been through many changes through the years, but the current program is based on 3 pillars: food, activity and mindset. Food is managed using SmartPoints which are personalized based on age, height, weight, and sex. FitPoints are for activity. Cost varies depending on the option one chooses- digital, weekly workshops or personal coaching. More than 90 clinical studies have been conducted to evaluate the effectiveness of WW. It has been ranked #1 for best weight loss diet by US News and World Report.

Noom, established in 2008, is one of the newest programs and is solely online. You can sign up for a 2-week trial for \$1 but then costs can range from \$59/mo. up to a \$199 for a year subscription. It has no pre-packaged foods or prescribed diet plans, but daily lessons and challenges are sent to your phone based on questions you answered at the start of the program. The curriculum was developed by a dietitian, psychologist and nutrition researcher.

Nutrisystem, established in 1972, does most of the work for dieters via prepackaged foods delivered to your door. These meals are about 60 percent of your diet with the rest made up with grocery food and restaurant meals. Meal plans can be customized further for low sodium and diabetic. The cost is around \$11- 16/ day. This plan offers convenience and structure, but one-on-one counselling is not provided as other programs do. Printed materials as well as a tracking app is available.

Jenny Craig was established in 1983 and is similar to Nutrisystem in providing prepackaged and delivered meals. It does provide one-on-one counselling in person with a certified counselor or by phone. They have a maintenance program helping those who have achieved their goal.

SlimFast, established in 1977, consists of SlimFast products for 2 meals and guidelines for the third meal are provided for free. There is no enrollment fee and most of the products can be purchased at Walmart and other chains, costing about \$2-5/ day. More than 40 clinical studies have shown than Slimfast is at least as effective as other weight loss programs while being the most economical.

So I have had room to review only a few; you can visit <http://health.usnews.com/best-diet> where they evaluate 41 of the most popular diets.

Nutrition Counseling & Presentation with Donna Taggert

Northern Senior Activity Center
Monday, January 6, 1-2 p.m.
Monday, February 24, 10-11 a.m.

Garvey Senior Activity Center
Mondays, Jan. 6 and Feb. 3, 9-11 a.m.

Loffler Senior Activity Center
Mondays, Jan. 13 and Feb. 10, 10 a.m.

Do you have questions about your diet that you would like answered? Ms. Taggert will be at the local senior activity centers to help answer those questions. Call her directly to make your nutrition counseling appointment - 240-538-6539. In January, the title of her presentation will be "*What's in Your Fridge*". In February, the topic of her presentation will be "*Heart Healthy Eating*."



Home & Community-Based Services

*Rebecca Kessler, HCBS Division Manager
Daphne Benneer, HCBS Program Coordinator*

In November, the Home & Community-Based Services Division hosted the annual Family Caregiver Breakfast where caregivers from across the county gathered for a hearty meal, encouraging words, and some lively music.

Attendees were encouraged and challenged by keynote speaker Theron "TJ" Hudson, Bereavement Coordinator with Hospice of St. Mary's, who recognized the variety of experiences and feelings caregivers have and inspired us all!

The Quartet from Southern Maryland Sound performed several pieces that showed off their harmonies and sense of humor.

Caregivers encouraged one another with Caregiving Tips. Below are some of the great tips we received. We hope you will find them helpful!

“Don’t be afraid to ask for help.”

“Be generous.”

“...plan a nice trip.”

“Take advantage of the alarm on your phone. It’s a great reminder for...medications”



*Clockwise from top left:
HCBS Division Manager Rebecca Kessler, Program Coordinator Daphne Benneer, and DAHS Director Lori Jennings-Harris receive a proclamation from Commissioner President Randy Guy*

Local caregivers enjoy a morning of inspiration and community.

Keynote speaker Theron “TJ” Hudson speaks to gathered caregivers.

The Quartet from Southern Maryland sings a medley of showstopping tunes!



The St. Mary’s County Department of Aging & Human Services offers Respite Grants for family caregivers. Contact Daphne Benneer (301-475-4200, ext. 71069) to get an application.

Welcome Landas Lockett



The Department of Aging & Human Services is pleased to welcome Caseworker Landas Lockett to the Division of Home & Community-Based Services!

Lockett comes to the Department with a background in psychology. She has always worked with people and strives to help individuals find the resources and structure they need to achieve their goals.

“I’ve seen people at their best and at their worst,” she said.

Before joining the Department, Lockett worked with the Living Well program, the Minority Outreach Coalition, the Community Alcohol Coalition and programs through the St. Mary’s County Health

Department.

Lockett prides herself on having the ability to accept people as they are and help them to discover that they can change their lives if they choose to do so. As a caseworker with the Department of Aging & Human Services, she puts her background to work by helping individuals in the community connect with services and programs.

When not at work, Lockett enjoys traveling to new places and taking pictures. She likes to relax, listen to music, and read. She enjoys books that are inspirational and is always looking for something she can learn from.



Aging & Disability Resource Center

Where do I begin to access needed services & resources?

The ADRC/MAP is a free information and referral service. It is open to the public and to individuals of all income levels. If you or a loved one needs assistance, please call or visit the Potomac Building. Jenny Beyer, Aging & Disability Resource Coordinator, will assist you.

For more information, contact:

Jenny Beyer

Aging & Disability Resource /Maryland Access Point Coordinator

23115 Leonard Hall Drive, Leonardtown, MD

301-475-4200, ext. 71057

Jennette.Beyer@stmarysmd.com

www.stmarysmd.com/aging/MAP.asp



Commission for Women Seeks Nominations for Annual Banquet

The St. Mary's County Commission for Women (CFW) is excited to announce that nominations are open for the 2020 Woman of the Year and Tomorrow's Woman Awards. All nominees will be honored at the Women's History Month Banquet on Thursday, March 19, 2020, at the Bay District Volunteer Fire Department Social Hall in Lexington Park, MD.

This year's banquet marks an important moment in history as the CFW celebrates the 100th anniversary of the passage of the 19th Amendment to the United States Constitution. The 2020 banquet theme, "Valiant Women of the Vote," pays tribute to those who have fought for women's voting rights in the United States.

The CFW seeks to recognize extraordinary women in St. Mary's County who strive to make the world a better place through community service. Nominations do not need to be related to the banquet theme.

Nominations are being accepted for the Woman of the Year and Tomorrow's Woman.

The Woman of the Year award honors outstanding women who have made significant contributions to the local region through their voluntary service. Previous nominees have included volunteers from local churches, libraries, senior activity centers, hospitals, animal shelters, the NAACP and volunteer rescue squads. The common denominators among these individuals are leadership, commitment, and impact serving St. Mary's County.

The Tomorrow's Woman award celebrates young women who are already making a difference in St. Mary's County. The award recipient will be a high school student, in grades 9-12, who has made a remarkable impact to the community through voluntary service.

To be eligible, nominees in both categories must currently reside in St. Mary's County and have made a positive impact on the local community through volunteer work. Completed nomination forms must be submitted by Friday, January 31, 2020.

Nomination forms are available at <https://www.stmarysmd.com/boards/groups/default.aspx?board=14>.

For more information, contact Debra Kane at Debra.Kane@stmarysmd.com or 301-475-4200, ext. 71680.

EXPLORE THE WORLD THROUGH FOOD

8

Do you want to explore the world, but your budget is limited?

Well, Southern Maryland has many American and Ethnic restaurants.

Maybe you have wanted to visit these restaurants, but didn't want to dine alone?

Well, here's your chance! Join Deb Johnstone as she samples food from around the world!

We will visit a variety of restaurants on the second Wednesday of the month at 11:30 a.m.

Please call 301-475-4200, ext. 71050, to make a reservation.

January 8, 2020
February 12, 2020
March 11, 2020
April 8, 2020
May 13, 2020

Bollywood
Hong Kong Buffet
Callaway Mexican
Dat Jerk
Okada

Indian
Asian
Mexican
Jamaican
Japanese

Senior Activity Center programs are available to those 50 years of age and older, unless otherwise noted. Please call 301-475-4200, ext. 71050, for participation criteria.

Teen Court Volunteers Participate in American Bar Association Presentation



St. Mary's County Teen Court volunteers had a chance to showcase the benefits of the Teen Court Program to the American Bar Association.

The St. Mary's County Teen Court Program was selected by Global Youth Justice, Inc., to join representatives from Baltimore City Teen Court to participate in a re-enactment of a school bullying case at a plenary session of the Annual Fall Institute of the Criminal Justice Section of the American Bar Association (ABA) on Friday, Nov. 8, 2019, in Washington, DC. The purpose was to provide a demonstration of the

effectiveness of the Teen Court Program as a juvenile diversion in lieu of being sent through the formal juvenile justice system.

Nine St. Mary's County Teen Court teen volunteers attended, accompanied by their parents, Teen Court Community Judge Charlottis Woodley, and Teen Court Coordinator Gregory Jones. They were joined by five Teen Court teen volunteers from Baltimore City. St. Mary's participants served as the prosecutor, defense counsel, offender, victim, bailiff, and jury members. St. Mary's Community Judge Woodley was asked to be the presiding judge.

"These teen volunteers were absolutely outstanding. They were confident with what they were doing despite the audience of senior legal officials and the live streaming to hundreds of viewers. It is my honor to have these dedicated young people as part of our program and am so proud of all of them," Jones said.

This was an excellent experience for all involved. The teen volunteers brought great credit and recognition to St. Mary's County, the Teen Court Program, their schools, their parents, and of course themselves. Volunteers came from St. Mary's Ryken High School, Kings Christian Academy, Leonardtown High School, Great Mills High School, and Spring Ridge Middle School.

Special thanks go to the Maryland Department of Juvenile Services, the St. Mary's County District Court, the St. Mary's County Public Schools, the St. Mary's County Department of Aging & Human Services, and VVS Charters for their support in making this event a success.



Teen Court Volunteers served as the prosecutor, defense counsel, offender, victim, bailiff, and jury members during their demonstration.

Senior Information & Assistance

By Debbie Barker, Senior I&A Division Manager

2020 Social Security/Medicare Updates

The Social Security Administration announced a 1.6 percent cost of living increase for Social Security and Supplemental Security Income (SSI) recipients effective January 2020. Additionally, the Centers for Medicare and Medicaid Services announced the following Medicare Part A & B increases for 2020:

Part B Medical Premium: \$144.60
Part B Medical Deductible: \$198
Part A Hospital Deductible: \$1,408

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 \$252 per month. Beneficiaries who filed a 2018 income tax return of over \$87,000 if single and \$174,000 if married will be subjected to higher monthly Medicare Part B and Part D premiums based on income. Persons with 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 to be used to file your 2019 income tax return. For those who do not file income taxes these documents are still important to keep in order to file for benefits such as property tax credits and energy assistance.

Census 2020

10 By April 1, every household should have received a Census survey. This survey is required by law to be completed either on-line, by phone, or mail. Households that do not respond will be visited by a census worker to complete the survey. Currently the U.S. Census Bureau is recruiting workers for a variety of temporary jobs in preparation for the Census. To learn more visit www.2020Census.gov/jobs or call 1-855-562-2020.

Dental Clinic

Appointments are available at the East Run Medical Center located at 45870 East Run Drive in Lexington Park. The clinic is currently operating one day a week with plans to expand their hours in the future. Services available include, but are not limited to: routine cleanings, extractions, root canals, crowns, and dentures. Charges for these services are based on a sliding fee scale for those without insurance; however, dental insurance is accepted. To make an appointment call 301-645-3556.

Credit Cards Now Accepted!

The Department of Aging & Human Services now has credit card machines at all three Senior Activity Centers (Garvey, Loffler, and Northern). Visa and MasterCard only will be accepted. There is no minimum charge limit. Transactions must be conducted in person; information will not be accepted over the phone. For more information, call 301-475-4200, ext. 71050.



Spring Diggity!

Loffler Senior Activity Center will host Spring Diggity on Thursday, April 23, from 10-2. Think Spring, all of the new life and fresh starts that this season offers! This will be a party to usher in the season! There will be the usual assortment of raffles & prizes, all with a springtime theme and a touch of humor. A limited number of tickets will be sold at Loffler beginning Monday, March 2.



Volunteer Drivers Needed

*****Flexible Schedule*****

*****Fuel Mileage Reimbursement*****

*****Rewarding Volunteer Opportunity*****

**Contact: Ir'Sha'Laun Bailey,
Senior Rides Program Coordinator
Department of Aging & Human Services
301-475-4200, ext. 71066**

Saying Farewell to the Northern Senior Activity Center Council

By Pat Myers, NSAC Council President

When the Northern Senior Activity Center Operations Manager asked me to write an article about the Northern Senior Activity Center Council, I thought to myself where do I begin? First, a senior center was identified as a need for the northern end seniors. This project was presented by me to the Fifth District Homemakers (at the time I was Vice President of the Homemakers). I proposed to the group that we sponsor the project and all members agreed to this sponsorship. A petition was developed, and all members gathered signatures at many, many locations - these signatures and the materials were forwarded to the Commissioners.

We saw that this project was going to take some time, so we worked with the Department of Aging to get an interim site for senior activities. We saw the need for a group of individuals who could carry on the actions necessary to advance the project. This is when the Council was established - January 1999. This Council ended September 30, 2019 - 20 plus years later.

In 1999, the Council was formed to provide support and assistance in the day to day operations of the interim sites that were located at the Mt. Zion United Methodist Church and then at the All Faith Church. Also included in the responsibilities was continuing the efforts to get a permanent Center. This required a lot of work and perseverance as there were many obstacles encountered along the way - neighbors who did not want a Center built in their location, an endangered plant and those who wanted the Center to be a multi-generational site instead of a center for seniors. You know now that we persevered in our goal.

The first thing I want to do is to extend my thanks and appreciation to all the volunteers who stepped up to join the Council. Over the years, members moved to other states, some passed away, some had to step down for medical reasons. Every person who became Council members were hard working and dedicated. Upon joining, little did they know how much time, energy, and work it was going to take to accomplish what needed to be done. No one ever resigned because of the needs of the volunteer position.

Upon the permanent Center being dedicated in June 2005, needs were identified for the Center by both the Council and the Operations Manager. This is when the Council members stepped up to the tremendous challenge and began to have yard sales, raffles, trips and other types of fundraisers. The list was long in what we wanted to do to enhance the Center and the Council wanted to accomplish the needs without asking the County to fund the projects.

For example, money was raised to buy 3 sheds for storage purposes, purchase stage curtains, window treatments for all the rooms, steam table divider, fans for both the Great Room and the eating area, wide screen TV and stand, pool table, teak oil benches, patio furniture and umbrellas, shades for activity and conference rooms, tinting of doors in the great room and front and side doors, card tables and round and long tables for events, steam cleaning the furniture, cleaning of the kitchen. These are just some of the large ticketed items. There are so many more items that were purchased or donated by Council members and friends of the Council - too many to list.

A thank you also to the friends of the Council who assisted in raising funds by making and selling ceramic pieces, aprons, purses, table runners, decorative bags and many more items as well as provided their support with many of the yard and vendor sales.

In addition to the fundraising, members spearheaded programs, established a library at the Center, conducted numerous senior events over the 20 years and provided support in the kitchen for distribution of meals to the community and for attending seniors. Trees and other shrubbery were obtained, planted and maintained over the years. Sheds were power washed, a Memorial Garden was established and maintained. There is so much more that can be identified - we assisted the Operations Manager where ever and whenever we could.

This was done over a 20 plus years period. I personally started out as the President of the Council and have remained as the President up to the September 30th of 2019. The time has flown by, we have all aged 20 plus years and we feel we are at a point in time where we have accomplished what we have set out to do. I am so thankful that I have had Council members that have had a tremendous work ethic and caring for the Center. It is time now to hand off the responsibilities. Attendance at the Center has come a long way from 2005 and we are hoping that our Operations Manager will be able to have other Center attendees volunteer to step forward to provide support and assistance in the future.

Please enjoy the Center as it now is but please also take care of it as it took us many years of hard work and dedication to get it to where it is today.

Focus on Fitness

By Alice Allen, Division of Senior Center Operations Manager

Well, happy New Year and happy New Decade! We've made it to 2020 and it's time to make those grand resolutions that always seem so hard to keep. Instead, how about making a simpler resolution that may result in improved health and happiness? The senior activity centers are your place to go for a variety of enjoyable activities to keep you active and involved with others.

Of special note are the terrific physical activities available at each senior activity center. Whether it be an exercise class taught by a professionally certified instructor or fitness equipment that you use on your own, there's bound to be something for everyone to help you be more physically active, make new friends, get out of the house and have something fun to do. Being more physically active is your ticket to aging more healthfully and it's a simple New Year's resolution that you can easily keep. Check out pages 32 & 33 of this newsletter for a complete listing of opportunities.

And with the new Garvey Senior Activity Center set to open in April, what an exciting New Year! I hope to see you soon.



Pictured are some of the activities available through the St. Mary's County Department of Aging & Human Services!

Garvey Senior Activity Center

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

Basketball for Ages 50+ Margaret Brent Recreation Center

Fridays, January 3-February 28, 10 – 11 a.m., Cost: \$18

Pick-up basketball games will be held in the gymnasium at Margaret Brent Middle School 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. For more information, call 301-475-4200, ext. 71050.



Diabetes Self-Management Program Garvey Senior Activity Center Mondays, January 6-February 24, (No class January 20 & February 17) 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.

R & B Line Dance Garvey Senior Activity Center

Mondays, January 6-February 24, 1:30 p.m.

If you have ever wanted to learn some of the line dances that are all the rage right now come on in and join us! We will be taking it step by step and learning dances like the Cupid Shuffle or the Wobble. The cost per class is \$2 payable to Marie Bond. Call the Garvey Senior Activity Center at 301-475-4200, ext. 71050 for more information.

Book Discussion Group Garvey Senior Activity Center Wednesday, January 8, 10 a.m. Wednesday, February 12, 10 a.m.

In January, the group will discuss *The Immortalists* by Chloe Benjamin. In February, the group will discuss *Unsheltered* by Barbara Kingsolver. Loaner books are available. To learn more, call 301-475-4200, ext. 71050.



NEW BEGINNING

Drums Alive
Garvey Senior Activity Center
Wednesdays, January 8-February 12
8:45 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. When we drum and dance, we are having FUN! This in return releases endorphins and reduces 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. Drums Alive 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 physical needs of the class. No prior experience in drumming or music required! This class is FREE, but space is limited so make sure to sign up quickly. **Class participants can sign up at 8 a.m. on Friday, January 3.** Attendance at all classes is mandatory. For more information or to sign up, call 301-475-4200, ext. 71050.

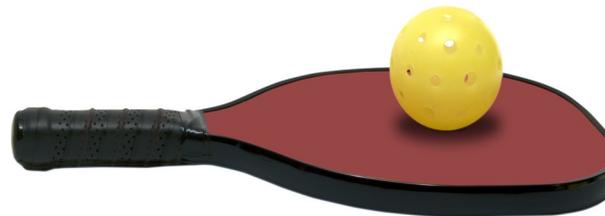
Pickleball for Experienced Players
Mondays, January 6-February 24 (No play January 20 & February 17)
8-10 a.m., Cost: \$24
Wednesdays, January 8-February 26
8-10 a.m., Cost: \$32

Leonard Hall Recreation Center

These pickleball sessions are for those who are familiar with the game of Pickleball. To learn more call 301-475-4200, ext. 71050.

Pickleball for Beginners
Leonard Hall Recreation Center
Tuesdays, January 7-February 25
8-10 a.m., Cost: \$32

Learn the rules and strategy for the game of Pickleball. This session is for those who are new to the game. To learn more call 301-475-4200, ext. 71050.



**Luncheon with Phil McKenney
Garvey Senior Activity Center
Wednesday, January 15, 12 p.m., Cost: \$5**

Back by popular demand! Phil McKenney will be at the Garvey Senior Activity Center for another great interactive music program. Learn about the rise and fall of the Wild Men of Rock-n-Roll during the 1950s, and the second wave of rockers, the Teen Idols, who followed them!

The lunch menu for the day will be baked ham, green beans, tossed salad, whole wheat dinner roll and a fruit cup. Cost for lunch is by donation for those ages 60 and above and \$6 for those under the age of 60. To make reservations, call 301-475-4200, ext. 71050.



**Quote Terracotta Pots
Garvey Senior Activity Center
Wednesday, January 22, 10 a.m.**

Does your home look a little less bright and cheery during the winter months? We can help brighten it with uplifting quotes and beautiful terracotta pots for those fresh plants. Join us as we add color and one of your favorite inspirational quotes to the pots. Each person will take one pot home for \$5. If you would like to do more than one pot please let the receptionist know ahead of time so that enough supplies will be available. For more information or to sign up, call 301-475-4200, ext. 71050.

**Ceramics with Marti
Garvey Senior Activity Center
Wednesdays, January 29 & February 19, 10 a.m., Cost: \$10**

The Garvey Senior Activity Center is now offering a ceramics class. If you enjoy painting and creating personalized gifts or decorations for the home, this is the class for you! Marti Cotterell will teach the class and offer instruction on painting techniques. The cost of the class is \$10 for each item painted and includes the firing of the item. For more information please call, 301-475-4200, ext.71050.

**AARP Safe Driver Course
Garvey Senior Activity Center
Tuesday, February 18, 10 a.m.-3 p.m.**

Topics covered in this course include, but are not limited to: roundabouts, pavement markings, stop-sign compliance, red-light running, and safety issues such as speeding, seatbelt and turn-signal use. The cost is \$15 for AARP members, \$20 for nonmembers, payable to AARP. Members must show their membership card to get the member rate. Advance sign up is required. Lunch is available at the Center; cost is \$6 for those under the age of 60 and a donation for those ages 60 and above. Make lunch reservations when registering. Call 301-475-4200, ext. 71050 to register.





Jewelry Making with Kathy Garvey Senior Activity Center

Wednesday, February 5, 10 a.m., Cost: \$10

Come join us as we create personalized pieces of beautiful jewelry. We will supply the beads and tools, you just supply the creativity! Kathy Creswell will help you make your piece and provide instruction as needed. You are welcome to make a necklace, a bracelet, or both. The cost for each piece is \$10. Please let the receptionist know when signing up how many pieces you plan to make as supplies are purchased ahead of time.

Call 301-475-4200, ext. 71050, to register.

Nutrition Counseling & Presentation with Donna Taggart

Garvey Senior Activity Center

Mondays, January 6 & February 3, 9-11 a.m.

Do you have questions about your diet that you would like answered? Donna Taggart, Certified Diabetes Educator and Registered Dietician will be at the Garvey Senior Activity Center to help answer those questions. Call Ms. Taggart directly to make your appointment for an individual counseling session at 240-538-6539. She has openings at 9 a.m. and 10 a.m. for counseling. In January the title of her presentation is “What's in your fridge?” and in February she will present on “Heart Healthy Eating”. There is no cost to attend; however, advance sign up is required. Register for presentations by calling 301-475-4200, ext. 71050.

Luncheon with Jimi Simon

Garvey Senior Activity Center

Wednesday, February 12, 12 p.m.

Jimi Simon is the former leader and featured performer from the fabulous Hubcaps Band (1974-2006). Currently he is working with Johnny Seaton & Bad Behavior, among others. For over 30 years he has performed the most requested songs of all time while encouraging audiences to participate as they stroll down “Memory Lane” together with the greatest hits from all the genres of music. Jimi plays piano and guitar while he sings live, using backing tracks that he has recorded to create the big sound of a full band and orchestra. You won't want to miss this new performer at the Garvey Senior Activity Center! The menu for the day is lasagna, kale, tossed salad, French bread and peaches. Cost for lunch is by donation for those ages 60 and above and \$6 for those under the age of 60. To make reservations, call 301-475-4200, ext. 71050.



Loffler Senior Activity Center

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

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.



Art Classes by Jamie Naluai Loffler Senior Activity Center

Tuesdays, January 7, 14, 21, 28

Tuesdays, February 4, 11, 18, 25

10 a.m.-12 p.m.

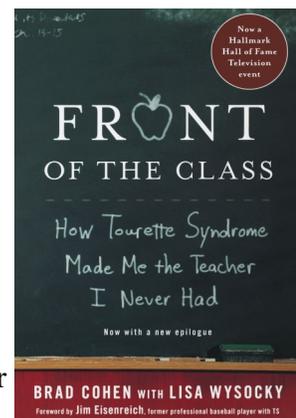
Cost: \$85 each month (4 classes)

How about taking up art in 2020? 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: Front of the Class Loffler Senior Activity Center

Wednesday January 8, 10 a.m., 97 min., Free

This month's video is a Hallmark Hall of Fame movie that is based on a true story: When he was growing up, Brad started making funny noises - all the time. Only Brad and his supportive mother knew he could not control it. He was teased, misunderstood, and punished for disrupting class. By the time he was diagnosed with Tourette Syndrome, Brad had learned to hate school. When an understanding school principal offered encouragement, Brad decided to become a teacher. Now he must find a school where someone with Tourette's can teach in front of a class. After 24 schools turn him down, he discovers one that will finally give him a chance. Register to see this movie by calling 301-475-4200, ext. 71658, or stop by the reception desk to sign up. Seating is limited.



Health Watch presents: Assessing Your Mental Health Loffler Senior Activity Center

Thursday, January 9, 10 a.m. Free

There is a new Health Watch Coordinator at Loffler! Come to the center on January 9 at 10 a.m. to meet Mary Tennyson as she discusses ways you can assess your mental well-being. To sign up call 301-475-4200, ext. 71658, or stop by the reception desk.

NEW BEGINNING

January Monthly Craft: Duct Tape Zip Bags

Loffler Senior Activity Center

Friday, January 10, 10 a.m., Cost: \$4

Duct tape has been enjoying a new look as well as new uses and it's time for us to do something about it! We'll start with something simple- zip bags. You can experiment with lining a specific pattern up or using alternating colors on one bag. Either way, you'll have a snazzy new bag or two that will fit easily into your purse to hold some of your portable treasures. Sign up for this project by calling 301-475-4200, ext. 71658, or by stopping by the reception desk. Class size is limited to 8.

Nutrition Education and Counseling for January

Loffler Senior Activity Center

Monday, January 13, 9-11 a.m., Free

On January 13, Donna Taggart will present *What's In Your Fridge?* at 10 a.m. On that same day, she will offer free personal nutritional counseling at 9 and 11 if you make an appointment with her by text message or calling 240-538-6539. To sign up for the *What's In Your Fridge?* presentation call 301-475-4200, ext. 71658, or stop by the reception desk at Loffler.

Stepping On- Our New Evidence-Based Fall Prevention Program!

Loffler Senior Activity Center

Wednesdays, January 15-February 26 (7 sessions), 1-3 p.m., Free

Introducing Stepping On - an evidence-based fall prevention program that empowers older adults to carry out health behaviors that reduce the risks of falls. It is a community-based workshop that takes place once a week for seven weeks using adult education and self-efficacy principles. Stepping On workshops are based on participation, mutual support, and success, which builds the participants' confidence in their ability to manage their health behaviors to reduce the risk of falls and to maintain active and fulfilling lives.

You may be a good candidate for this program if you: are living at home independently (able to meet your own daily needs) and have experienced a fall or are concerned about falling, are able to walk independently or with the use of a cane, are willing and able to do simple exercises that are designed to build up strength in your legs and core, and can commit to meeting once a week for 2 hours for 7 consecutive weeks (barring inclement weather)

Through the generosity of a grant, this workshop will be offered for free. If you wish to sign up, call 301-475-4200, ext. 71658, or stop by the Loffler Reception desk.

Beginning Tai Chi for Arthritis and Fall Prevention

Loffler Senior Activity Center

Mondays & Thursdays, January 27-February 24 (8 sessions), 11 a.m., Free

Beginner classes for Tai Chi for Arthritis and Fall Prevention will meet on Mondays and Thursdays at 11 a.m. beginning January 27. In this class we will learn to do some core movements on each side of the body in a graceful routine while applying basic Tai Chi principles. There is no fee for this class, but a commitment to attendance and practice is necessary for success. Pre-registration is required. Since space is limited for new participants, we ask that you 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 to attend class and are not required to sign up. Call 301-475-4200, ext. 71658, or stop by the reception desk by January 22 to sign up.

Beginning Keyboard/Piano Lessons

Loffler Senior Activity Center

Tuesdays, January 21- February 25 (6 sessions), 1 p.m.

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

Participants must supply their own keyboards, which can be purchased online or in stores.

Prices range from \$50-\$100+.

These are group lessons and a minimum of 3-4 students are 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 Wednesday, January 15.

Book Talk by Carol McCabe Booker: *Shocking the Conscience: A Reporter's Account of the Civil Rights Movement*

Loffler Senior Activity Center

Thursday February 6, 10 a.m., Free

"Starting with his fascinating, inside account of the Emmett Till drama, Simeon Booker's *Shocking The Conscience* not only spans the civil rights movement, it serves as a testament to his role as a pioneer breaking color barriers in his own profession." (Curtis Wilkie, author of *The Fall of the House of Zeus*).

Join Carol McCabe Booker at the Loffler Senior Activity Center to discuss her husband's famous book, which tells the history of Simeon Booker's 65-year journalism career. This book explains how African-Americans went from being completely ignored in the mainstream press to being the focus of heavy coverage of the civil rights movement, and the role of Booker's civil rights reporting in Jet magazine.

Simeon Booker passed away in 2017 at the age of 99. His wife of 44 years, Carol McCabe Booker has also been and continues to be an active force in civil rights. Sign up for this presentation by calling 301-475-4200, ext. 71658, or stop by the reception desk.

Nutrition Education and Counseling for February

Loffler Senior Activity Center

Monday, February 10, 9-11 a.m., Free

20 On February 10, Donna Taggert will present Heart Healthy Eating at 10 a.m. On that same day, she will offer free personal nutritional counseling at 9 and 11 a.m. if you make an appointment with her by text message or calling 240-538-6539. To sign up for the Heart Healthy Eating presentation call 301-475-4200, ext. 71658 or stop by the reception desk at Loffler.

Educational Video Series: Ben Carson

Loffler Senior Activity Center

Wednesday February 12, 10 a.m., 81 min., Free

In an exclusive interview Ben Carson tells how he rose from poverty to fame. He offers career advice and outlines his steps to success. There are also interviews with other professionals in medicine as well as Atlanta Mayor Shirley Franklin who discuss Dr. Carson's successes.

Register to see this video by calling 301-475-4200, ext. 71658, or stop by the reception desk to sign up. Seating is limited.

Lunch Connection

Entertainment on Tuesday begins at 11:30, lunch is served at noon. Reservations are required, a \$3 (non-refundable) activity voucher must be purchased in advance when you sign up for the Tuesday Lunch Connection. Call 301-475-4200, ext. 71658

There will be a 50/50 raffle at each luncheon.

Tuesday, January 14: Celebrate the new year with friends and fellowship with a performance by the Bushmill Band. On the menu for the day will be: Orange Juice, Roast Beef and Gravy, Mashed Potatoes, Stewed Tomatoes, Whole Wheat Dinner Roll, Applesauce, and a Chocolate Chip Cookie for dessert.

Thursday, January 23: Join us for a lunch of Meatloaf, Gravy, Mashed Potatoes, Green Beans, Kale, Whole Wheat Dinner Roll, and Mandarin Oranges on top of a scoop of Vanilla Ice Cream for dessert. The Center Stage Seniors will be performing for us on this chilly winter day.

* No activity ticket required for this luncheon. Please call 301-475-4200 ext. 71658 or stop by the Loffler Senior Activity Center to sign up.

Tuesday, February 11: Feel the love at our pre-valentine luncheon featuring music from Folk Salad and a hearty lunch of Orange Juice, Roast Turkey & Gravy, Mashed Potatoes, Carrots, Seasonal Fruit, and a slice of lemon meringue pie.

Thursday, February 27: Gather with your friends on this 4th Thursday to dine on a lunch of Orange Juice, Sloppy Joes with a Deli Roll, Cole Slaw, Carrots, and Chilled Pears. There will be no entertainment at this luncheon, just time to enjoy each other. * No activity ticket required for this luncheon. Please call 301-475-4200 ext. 1658 or stop by the Loffler Senior Activity Center to sign up.



21



Center Stage Seniors Loffler Senior Activity Center Meets Thursdays at 10 a.m.

This is a group of friends who like to tickle funny bones at our Thursday Lunch Connections with skits, readings and songs. Participation levels vary- you can learn lines or you can play a silent part. The group meets every Thursday to practice and have fun. If this interests you, call 301-475-4200, ext. 71658.

Northern Senior Activity Center

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

Bunco League

Northern Senior Activity Center

3rd Mondays, 9:15-11:15 a.m.

Our Bunco League is looking for more players! Come and enjoy the fun. This dice game will have you moving from table to table meeting all kinds of wonderful people and winning prizes. To learn more about the group, please contact Rachel at 301-475-4200, ext. 73103.



Awakening Yoga – Additional Thursday Class

Northern Senior Activity Center

Thursdays, 10:30-11:30 a.m., Fitness Pass Required

By popular demand, the Northern Senior Activity Center has added an additional yoga class. Judi Lyons will teach the Awakening Yoga classes starting in December on Thursdays from 10:30-11:30 a.m. This yoga class focuses on health and the wholeness of mind, body and spirit. Experience gentle, yet effective, poses which improve range of motion and strength, while boosting mood, energy, brain function and immunity. This class requires a fitness pass which can be purchased at the front desk for \$35 for 10 classes. If you have never tried a yoga class with Judi, the first time is free! Check-in starts at 10 a.m. Space is limited, early check-in is encouraged. For more information about this class please call 301-475-4200, ext. 73103.

R&B Line Dancing

Northern Senior Activity Center

Fridays, January 3-February 7 (6 sessions), 1-2 p.m., \$12/\$2 per class

Marie Bond and Catherine Bush will lead R&B Line Dancing at the Northern Senior Activity Center. These ladies will guide you step-by-step as you learn some of today's trendiest line dances; including dances such as the Git Up Dance, 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 signup table or call 301-475-4200, ext. 73103.

Tai Chi for Arthritis – Complete Series

Northern Senior Activity Center

Tuesdays, January 7-March 24 (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 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 7 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 signup table or call 301-475-4200, ext. 73103.

Breakfast Café

Northern Senior Activity Center

Wednesdays, January 15 and February 12
9-10 a.m., \$3

Start your day 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 for January 15 will be: *creamed chipped beef, biscuit, potato cake, and fruit*

Breakfast for February 12 will be: *ham and potato casserole, scrambled eggs, toast, and fruit*



The cost is \$2 and is due at sign up. Space is limited.
To sign up and pay for breakfast in advance, visit the front desk.

A Self-Awakening Yoga Session

Northern Senior Activity Center

Tuesday, January 14, 12:30-2 p.m., \$10

Self-Awakening Yoga takes yoga back to its roots as a creative learning process and an expansion of consciousness. Instructor Judi Lyons will use a series of natural movements that encourage body awareness, recover freedom of movement, release emotional blockages, and unleash spiritual and physical potential. Participants should listen to their body's needs before and during modality of movement. The cost is \$10 and is due at signup to the instructor. Space is limited. To sign up and pay in advance, please visit the front desk. For more information, call 301-475-4200, ext. 73103.

Glass Etching

Northern Senior Activity Center

Thursday, January 16, 10-11 a.m.

Customize your own glassware in our glass etching class. Karen Garner will show you how to etch a design to customize your glassware. Participants are to bring one glass vase or drinking glass and we will provide all other materials. There is no fee for this activity; however, space is limited. To sign up for this class in advance, please visit the sign up table or call 301-475-4200, ext. 73103.

Census Presentation

Northern Senior Activity Center

Thursday, January 16, 12:30-1:15 p.m., Free

Each decade a census is collected to determine how many Congressional seats your state gets to represent its population. This year the government is collecting the census results by Wednesday, April 1. This year the census will be collected online. Milton Rivera with the U.S. Census Bureau will give a presentation at the Northern Senior Activity Center on Thursday, January 16, to give step-by-step instructions on how to submit your information. To sign up for this class in advance, please visit the sign up table or call 301-475-4200, ext. 73103.



**Wii Bowling League
Northern Senior Activity Center
Tuesdays, January 21-February 25
12:30-3:30 p.m., \$5**

Ready to strike up a good time this winter with your friends and Center staff? Join us at the Northern Senior Activity Center for league-style Wii bowling with staff-led teams and some fun group competition. The cost is \$5 to signup which

supports prizes at the end of the 6-week period. Space is limited. To sign up and pay in advance, please visit the front desk. For more information, call 301-475-4200, ext. 73103.

**Cozy Comforts Bingo
Northern Senior Activity Center
Friday, Jan. 24, 10-11:30 a.m.**

Cozy Comforts Bingo features prizes such as socks, mugs, hot beverages, and even blankets! The cost is \$3 for two cards for each bingo event and payment is due at signup. To sign up and pay for these bingos in advance, please visit the front desk. For more information call 301-475-4200, ext. 73101.



**Crochet Basics
Northern Senior Activity Center
Monday, February 3, 9:30-11:30 a.m.**

Participants provide yarn and a crochet hook. Want to learn how to crochet? Learn the basics on how to get started, build on your rows, and gain the confidence to start a hat or scarf. This class will be taught by an experienced professional crafter. We will provide the yarn, you provide the yarn and a crochet hook. There is no fee for this activity; however, space is limited. To sign up for this class in advance, please visit the signup table or call 301-475-4200, ext. 73103.

**Pitch Tournament Lottery
Northern Senior Activity Center
Lottery Opens Thursday, February 13, 11 a.m.**

Attention Pitch Players! If you are interested in submitting your name into our Pitch Tournament Lottery for the March/April tournament (runs March 16-April 27) please fill out a lottery slip and give it to Rachel Mowatt or call to have one completed for you. If your participation in the tournament is dependent on another player being included, please put both names on the slip; up to three names per slip. The deadline to submit your information is Thursday, February 20. Names will be drawn on Friday, February 21, at 10:30 a.m. All entries will be contacted regarding their participation status. Those not selected to be on the tournament roster can opt to be subs and can also participate in the drop-in pitch program on the second and fourth Thursdays of the month. Payment is due for those selected for the tournament no later than Thursday, March 12.

If you are interested in being a sub but not being part of the lottery, please contact Rachel at 301-475-4200, ext. 73103.

Valentine Bingo
Northern Senior Activity Center
Friday, February 14, 10-11:30 a.m.

Bring your special sweetie or dearest friend to bingo and enjoy prizes that celebrate the holiday. Prizes will be heart themed, pink or red, sweet, and so much more. The cost is \$3 for two cards for each bingo event and payment is due at signup. To sign up and pay for these bingos in advance, please visit the front desk.
For more information call 301-475-4200, ext. 73101.



AARP Smart Driving Course
Northern Senior Activity Center
Monday, February 24, 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. 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.

Appraisal Roadshow
Northern Senior Activity Center
Friday, March 20, 12:30-1:30 p.m., \$2 audience, \$5 appraisal

With St. Patty's Day approaching, discover if you have your own pot of gold hiding in plain sight! Todd Peenstra with Peenstra Appraisals will hold an appraisal roadshow and give you a verbal quote on the estimated value of your family treasure as well as other information about the piece or period. Mr. Peenstra has over 20 years of experience and was trained in Rau Antiques in New Orleans. The cost is \$5 to have your item appraised and view the show, or \$2 to just watch the show. Mr. Peenstra will showcase items during the one hour show and then meet with others one-on-one so everyone's item can be reviewed. Appraisal participants may pick one item for appraisal and must note item when they sign up with office staff. Signups for appraisals are first come, first serve. Items are to be delivered to the Northern Senior Activity Center by 11:30 a.m. on the day of the event. Photographs may be provided for appraisal of delicate or bulky items. If you would not like your item showcased in the show, please let staff know at sign up. There will also be a money raffle during the event so you could win even more treasure. To sign up and pay in advance for the audience seating, please visit the front desk. To sign up and pay in advance for appraisals, please visit Rachel Mowatt. Questions about the event or eligibility of items can be directed to Rachel at 301-475-4200, ext. 73103.

25

PEENSTRA 
ANTIQUES APPRAISALS

Retired and Senior Volunteer Program

By Norine Rowe, RSVP Program Manager



Time for Change, A New Beginning

As we enter a new year, many of us make New Year's resolutions. Diet and exercise often top the list as we focus on improving our health. In addition to external changes, we may want to focus on internal changes that affect our overall health—emotional, psychological, and spiritual. The New Year is a good time to review life choices, goals, and priorities. Do we spend time on what really matters, or do we waste our time on things that keep us

busy but bear little fruit? The New Year offers us a great opportunity to re-evaluate our lives and re-focus our time and energies on what we truly value.

Making Time for Ourselves

As we look at how we spend our time, we need to make time for ourselves. Self care is an important aspect of maintaining one's overall health. We need time for self-renewal and refreshment. Whatever "fills your bucket" is important. Whether it's getting together with a group of friends, reading a good book, or going for a walk in nature - you need to schedule time for activities that revive your spirit and renew your strength so that you can then give of yourself to others.

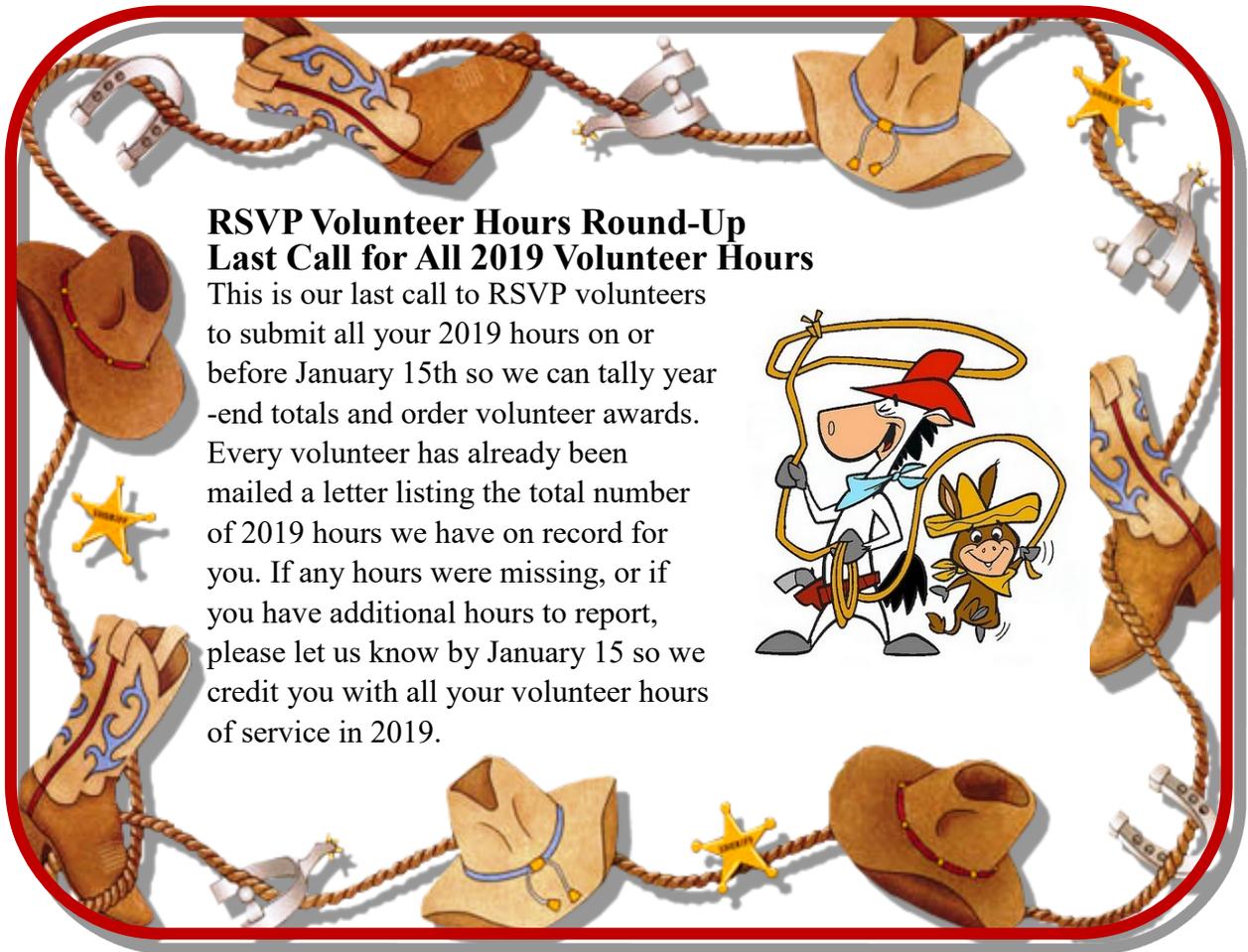


Making Time for Others

As we evaluate our priorities, making time for others should be part of our plan for the New Year. A healthy life involves giving as well as receiving. Our community has many needs that would go

unfulfilled if senior volunteers did not step in to fill the gap. So don't let another year go by without doing your part to make our community a better place. The New Year is a perfect time to explore ways to lend your time, talents, and skills to others as an RSVP volunteer.





**RSVP Volunteer Hours Round-Up
Last Call for All 2019 Volunteer Hours**

This is our last call to RSVP volunteers to submit all your 2019 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 2019 hours we have on record for you. If any hours were missing, or if you have additional hours to report, please let us know by January 15 so we credit you with all your volunteer hours of service in 2019.



**RSVP VOLUNTEER AWARDS BANQUET
Save the Date: Wednesday, March 18, 2020**

This year's RSVP Volunteer Appreciation Ceremony and Awards Banquet will be held Wednesday, March 18, at the Forrest Career and Technology Center. Volunteer check-in and registration begins 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 2019 will receive an invitation. Reservations are required, so if you plan to attend, please respond to RSVP on or before February 18. We hope to see you there!



**For information on RSVP volunteer opportunities for seniors 55+ ,
Call RSVP at 301-475-4200, x 71650 or x 71653, or e-mail
RSVP@stmarysmd.com.**

Trips and Tours

LIFE Program Changes

The Spring semester of the LIFE (Learning is ForEver) program is quickly approaching and some changes to the registration process will be occurring. Registration will open on Wednesday, February 26, from 10 a.m. – noon, in the Chesapeake Building, located at 41770 Baldrige Street in Leonardtown, MD (next door to the Garvey Senior Activity Center).

Registrants will be given a number in order of arrival then will be called by number to register. This process will allow you to know right away if you are registered for a trip or on the wait list. Payment will not be taken for wait-listed trips.

The Spring semester of the LIFE program promises to be as exciting and educational as ever. Booklets will be available for pick-up at the senior activity centers and on-line on Wednesday, February 12, 2020.



What is LIFE?

The Learning is ForEver (LIFE) program is committed to providing stimulating educational and enrichment opportunities for individuals who share a common dedication to the enjoyment of continued learning for growth and fulfillment.

LIFE committee members determine the curriculum and recruit instructors and facilitators. The program is sponsored by the Commissioners of St. Mary's County through the Department of Aging & Human Services and the Retired and Senior Volunteer Program (RSVP).

Who are our teachers?

28

Based on the concept of peer teaching, a majority of instructors/facilitators come from knowledgeable individuals who are willing to share their expertise and experiences. Guest speakers and community leaders are periodically invited to speak on subjects of interest.

Contact RSVP Project Manager Norine Rowe for more information or volunteer opportunities at Norine.Rowe@stmarysmd.com or 301-737-5670, ext. 71653.

When and Where?

Classes are held at various locations throughout the tri-county area. Locations and class offerings will expand as our program grows. LIFE classes are held in the spring and the fall.

For more information about the LIFE program, call 301-475-4200, ext. 71050, or visit www.stmarysmd.com/aging/life/.

Ongoing Creative Expressions

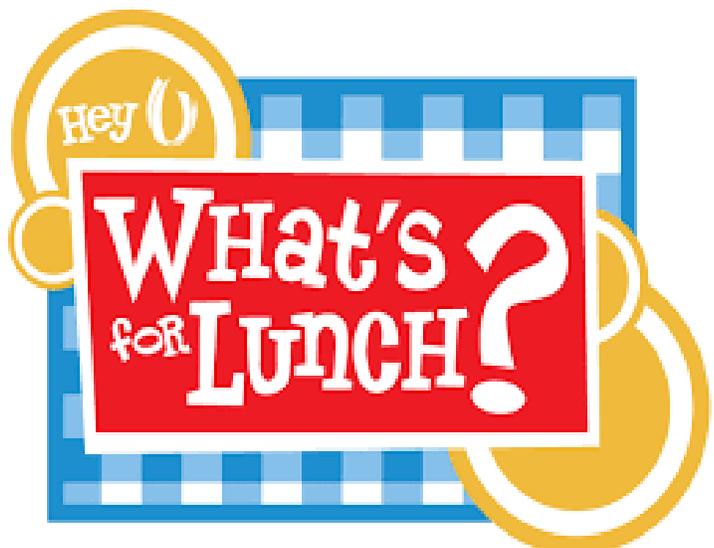
Location	Title	Instructor	Day(s)	Time	Cost
Garvey Senior Activity Center Leonardtown 301-475-4200, ext. 71050	Quilting Bee	Louise Park	1st & 3rd Fridays	9:30 a.m.	Supplies
Loffler Senior Activity Center Great Mills 301-475-4200, ext. 71658	Needle Crafters	Audrey Haynie	Mondays & Thursdays	10-11:30 a.m.	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 Classes	Chris Nelson-Sisk Jamie Naluai	Wednesdays Tuesdays	1 p.m., 10 a.m.-12	Bring materials \$85/4 wks
	Charity Crafters	Dee Poole	Thursdays	1 p.m.	Free
	Honey Bee Quilters	Jan Goings	1st & 3rd Wednesdays	10 a.m.- 2 p.m.	Free
	Project Linus	Debbie Rumpie	3rd Fridays	10 a.m.	Free
	Monthly Craft	Audrey Haynie	1st or 2nd Fridays	10 a.m.	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	1:30-4:45 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.- 4:45 p.m.	Free
	Diamond Dazzle	Martha Baker	3rd Tuesdays	10:30 a.m.- 2:30 p.m.	Free
	Coloring Group/FULL	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	2nd & 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. 23)	9-10 a.m.	\$2
	Western Mahjong	Wednesdays	1-4 p.m.	Free
	Eastern Mahjong	Mondays & Thursdays	1-4:30 p.m.	Free
	Bridge	Thursdays	10 a.m.-2 p.m.	Free
	Bingo	Fridays	10-11:45 a.m.	\$2
	Eat. Play. Fun. Pitch.	2nd and 4th Thursdays	12:30-3 p.m.	\$5
	S.W.A.G.= Seniors With Awesome Games	Tuesdays and Fridays	1-4:30 p.m.	Free
	Northern Stars Theater Group	Varies	1 p.m.	Free

Wanted: Older Adults Who Like to Eat!!

Did you know 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 monetary 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 the centers by noon the day before to make a reservation. The monthly menu is available at the centers or on-line at www.stmarysmd.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	1st & 3rd Mondays	10 a.m.-noon	\$1-3
	Billiards (drop in)	Varies	Varies	Free
	Senior Vibes	1st Tuesday	10-Noon	Free
	Bridge Club	Thursdays & 4th Wednesdays	10 a.m.-3 p.m. (call for info)	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. 7, 21, 28 Tuesdays, Feb. 4, 18, 25	12:30-1:30 p.m.	\$1 (up to three cards)
	Bingo	Wednesdays, Jan. 15 & Feb. 12	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
Western Mah Jong	Thursdays	1 p.m.	Free	

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.	10:45-11:45	F.C.
	Open Table Tennis	Tuesdays except 1st Thursdays	10 a.m.-noon 2:15 p.m.	Free
	Arthritis Foundation Exercise	Tuesdays, Thursdays, & Fridays	8:45-9:20 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	10:45-11:45 a.m.	F.C.
	Walk & Tone	Fridays	9:30-10:30 a.m.	F.C.
	Chair Yoga	Wednesdays	9:40-10:40 a.m.	F.C.
Indoor Gym Walking	Tuesdays & Thursdays	12:15-1:15 p.m.	Free	
<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. required thereafter.	Fitness Equipment Available	Daily	8 a.m.-4:45 p.m.	Free
	Wii Sports	Call	Call	Free
	Walking on Three Notch Trail	Daily	Open	Free
	Awakening Yoga	Mondays Thursdays	9-10 a.m. 10:30-11:30 a.m.	F.C.
	Chair Yoga	Fridays	9-10 a.m.	F.C.
	Zumba	Tuesdays	10-11 a.m.	F.C.
	Arthritis Foundation Exercise	Wednesdays & Thursdays	10-10:45 a.m.	Free
	EnhanceFitness	Tues. & Thurs., Occasional 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
	Regulation Horseshoes	Call	Call	
	Tai Chi for Arthritis	January 7-March 24	10-11 a.m.	Free

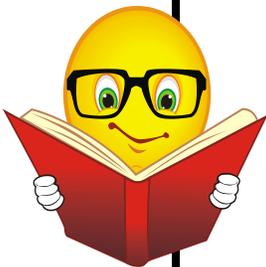
We'll Read to You

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, visit www.stmarysmd/aging/NewBeginning. This will take you to previous newsletters, and you can click on the issue you want to read or click on the audio link for 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	Let's Talk Discussion Group	Taylor Gregg	Tuesdays	1-2:30 p.m.	Free
	Book Discussion	Volunteer	2nd Wednesday	10:30 a.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	Fridays	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	3rd Tuesday	11-12:30 p.m.	Free
	Lyme Disease Support & Discussion Group	MarieNoelle Lautieri	Call center for next meeting date	1 p.m.	Free
	Book Chatter Book Club FULL	Martha Baker	4th Thursday	11-Noon	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 www.stmarysmd.com/it/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 - www.stmarysmd.com/aging/NewBeginning.

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

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. 71057, for information.

Home and Community-Based Services (HCBS)-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 the Aging & Disability Resource Center at 301-475-4200, ext. 71057.

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. 71073.

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: 301-475-4503

Address: 41780 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**
41780 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
41780 Baldrige Street
P.O. Box 653,
Leonardtown, MD 20650

PRSR STD
US POSTAGE
PAID
Leonardtown, MD
20650
PERMIT NO. 102

CHANGE SERVICE REQUESTED

2020 Holiday Closings (No Home-Delivered or Congregate Meals Served)

Wednesday, January 1 - New Year's Day
Thursday, January 2 - New Year's Holiday
Monday, January 20 - Birthday of Dr. Martin Luther King, Jr.
Monday, February 17 - President's Day

NEW BEGINNING