

NEW BEGINNING

VOLUME 32 ISSUE 4

JULY-AUGUST 2019



*Celebrating
Your
“Independence”*

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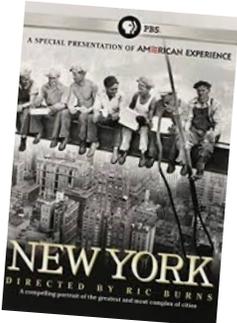


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From the Director's Desk...

By Lori Jennings-Harris

When I think of “seniors” I think of older adults who are physically fit, mentally sharp and actively contributing to their communities. I also imagine our senior neighbors who may be less active or those who may require complete support and assistance with the daily tasks most of us perform as second nature. Independence may have a different meaning depending on what limitations we experience. In an effort to help our seniors remain independent we want to stay on the forefront of the most effective ways to help individuals and their families accomplish their long-term goals.

The Department of Aging & Human Services conducted a public meeting on May 17, 2019 at the Garvey Senior Activity Center in preparation for the completion of our four-year (2020-2023) Area Plan. Department staff and I received valuable information and feedback about the programs and services we provide. This information will help guide us in the direction of continuing to provide much needed and helpful resources to our community.

Department staff and I express our appreciation for your time and valuable input during the public meeting and throughout the year. Your ideas are important to our staff and we work diligently to continue nurturing the programs and services offered by the Department. I also want to thank you for all your support and the positive comments about all the wonderful activities, and resources our Department provides to St. Mary's County seniors and for the kudos about staff members. I am witness every day to the many dedicated, hardworking, and compassionate staff we have working for you. I too appreciate what they bring to the Department and we are steadfastly working to help our older adults maintain their Independence!

Celebrating...



JULY-AUGUST

NEW BEGINNING

The Commissioners of
St. Mary's County
James R. Guy, President
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St. Mary's County Department of Aging & Human Services
P.O. Box 653
Leonardtwn, 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.

Welcome, Candice Nelson

Join us in welcoming Candice Nelson to the Department of Aging & Human Services. Candice began working full-time for the Department in June as the Operations Manager at the Loffler Senior Activity Center.

Candice Nelson holds a Bachelor of Science in Psychology from the University of Maryland University College. She worked for the Department of Aging & Human Services as a Program Specialist at the Loffler Senior Activity Center for a year and a half before leaving to pursue another opportunity. Since her departure in 2007, Candice has been working for the Charles County Local Behavioral Health Authority, a division of the Charles County Department of Health, where she served as a Child & Adolescent Programs Coordinator and was then promoted to the Assistant Director position in 2013. Candice is a certified instructor in Mental Health First Aid and Youth Mental Health First Aid, as well as, a Crisis Intervention Team instructor.

Outside the office, Candice enjoys spending time with her husband John and their two children Makenna, nine, and Brayden, six. She also volunteers with the Dynard Elementary School PTA and has been the PTA President for the past three years. Candice is excited to be back with the Department of Aging & Human Services and is looking forward to the new opportunities this will bring.



LIFE (Learning is ForEver)

The Fall Semester of the LIFE program is quickly approaching with many wonderful, interesting, educational trips and presentations planned. LIFE booklets will be available for pick-up at the senior activity centers and the county libraries on Monday, August 12. Information will also be available on-line at the St. Mary's County Department of Aging & Human Services' webpage beginning Aug. 12. Registration begins at 8 a.m. on Monday, August 26. Be sure to pick up your booklet and plan what you would like to attend. Registrations are taken on a first-come, first-served basis and can be made at any of the county's three senior activity centers. Events fill quickly so register early. Call 301-475-4200, ext. 71063 to learn more.



Nutrition Corner

by Donna Taggert, RD/LD/CDE

Email: dtaggert26@hotmail.com

Did you know that nutrition can play a part in decreasing muscle loss?

Sarcopenia is the medical term for when muscle strength and physical performance drop along with muscle mass. If you are not active, you can lose as much as 5% of your muscle mass each decade once you hit the age of 30. If sarcopenia develops, it puts you at risk for falls and bone fractures. Inactivity is a major contributor as well as smoking but diet can impact muscle mass as well.

Protein is important to preserve muscles. A general suggestion is to try to get about 25 to 30 grams at each meal. By spreading your protein intake evenly throughout the day, it allows the body to better utilize it. What has protein and how much? An 8 oz glass of milk has 8 gms, yogurts can vary but some Greek yogurts can

have up to 15 gms/serving. A piece of meat, chicken, etc the size of a deck of cards has approx. 28 grams. An egg has 8 grams, as does 2 Tablespoons of peanut butter. Other sources of protein are nuts, seeds, and beans. There are numerous brands of protein bars and powders.

The current recommendation for adults is 0.8 gms/kg of body weight per day. Some experts are now recommending 1.2 gms/kg which is about 50% more. To figure out your weight in kg simply divide your weight in pounds by 2.2. Then multiply that number by 1.2 to see the total amount of protein for the day. Divide it by 3 to see how much you need at each meal. For example, a 150 lb adult ; 150 divided by 2.2= 68 kg. 68 x 1.2= 82 gms of protein/ day or around 27 gms per meal.

A sample day with approximately 30 gms of protein /meal
Breakfast- 6 oz container of Greek yogurt with 1 cup of Kashi Go Lean cereal
Lunch- 4 oz piece of chicken on a salad
Dinner- 1 cup of turkey chili with ¼ cup of shredded cheddar cheese



Nutrition Presentations by Donna Taggert, RD, CDE

Nutrition counseling by a Registered and Licensed Dietician and Certified Diabetes Educator is available at St. Mary's County Senior Activity Centers to help address your nutrition needs and questions. Services are provided at no cost to you. Call Ms. Taggert at 240-538-6539 to schedule an appointment.

Call in advance to register:

Garvey Senior Activity Center: 301-475-4200, ext. 71050
Loffler Senior Activity Center: 301-475-4200, ext. 71658
Northern Senior Activity Center: 301-475-4200, ext. 73101

JULY-AUGUST



Caregiver Concerns

by Daphne Bennear

Respite Care: Providing Resilience for Family Caregivers

Respite Care gives the caregiver a break (respite) from caregiving duties. Caregivers use these times for a variety of different activities and benefit from them in a variety of ways.

Family caregivers report although they often feel guilty leaving their loved one they appreciate the time away and feel refreshed when returning to care after a respite.

Respite care is a tool that a family caregiver can use to improve resilience in caregiving and prevent burn out.

What would you do with a respite?

Go to a medical appointment for yourself.

Have dinner with friends.

Take a shower.

Go see a movie.

Go for a walk.

Take a painting class.

Go grocery shopping.

Take a nap.

Call a friend.

Go to the library.

Attend a support group.



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

EXPLORE THE WORLD THROUGH FOOD COURAGEOUS EATERS

(FORMERLY ETHNIC LUNCH BUNCH)

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 301-475-1500, ext. 71050, to make a reservation.**

| | | |
|--------------------|-----------------------|-----------------|
| JUNE 5, 2019 * | SALSA'S | MEXICAN |
| JULY 10, 2019 | EL POLLON | PERUVIAN |
| AUGUST 14, 2019 | CHARLES ST. BRASSERIE | SEAFOOD |
| SEPTEMBER 11, 2019 | BEER GARTEN | SANDWICHES |
| OCTOBER 9, 2019 | SILVER SKEWERS | PERSIAN |
| NOVEMBER 13, 2019 | TEARRIFIC | ASIAN |
| DECEMBER 11, 2019 | CHIPOTLE | TEX-MEX |
| JANUARY 8, 2020 | BOLLYWOOD | INDIAN |
| FEBRUARY 12, 2020 | HONG KONG BUFFET | ORIENTAL CUSINE |
| MARCH 11, 2020 | CALLAWAY MEXICAN | MEXICAN |
| APRIL 8, 2020 | DAT JERK | JAMAICIAN |
| MAY 13, 2020 | OKADA | JAPANESE |

* Change in Date

Senior Activity Center programs are available to those 50 years of age and older, unless otherwise noted. Please see the receptionist for the criteria for participation.



JULY-AUGUST

New Garvey Rising...

Photographs by Dale Taylor & Taylor Gregg



NEW BEGINNING



Some of the members of the intrepid and energetic Garvey Senior Activity Center Council who started the long journey toward making the new Garvey Senior Activity Center a reality.



JULY-AUGUST

Senior Information & Assistance

By Debbie Barker, Senior I & A Manager

Property Tax Credit Deadline Approaching

If you have not applied for one of the many property tax credits available, now is the time to do so. The deadline for the Senior Tax Credit, 65-10 tax credit, and the Maryland Homeowners' Tax Credit is September 1. To learn more about each credit go to: www.stmarysmd.com/treasurer or call 301-475-4200, ext. 71654.



Help Available for Electricity and Heating Expenses!

The Southern Maryland Tri-County Community Action Committee, Inc., Office of Home Energy will begin accepting applications for the 2020 program year July 1st. This program provides financial assistance to residents, who meet program requirements, with their electric and heating expenses.

Eligibility is determined by the gross household income for everyone living in the residence,

which is based on 175% of the federal poverty level. Income levels vary depending upon the number of individuals residing at the property with a one person household maximum of \$1,821 per month and \$2,466 for two people. Income that is received within 30 days prior of making application is considered. Social Security, annuities, pensions, IRA distributions, wages, child support, etc. are all considered countable income. The value of assets such as bank accounts, real estate, IRAs, CDs, etc. are not considered to determine eligibility.

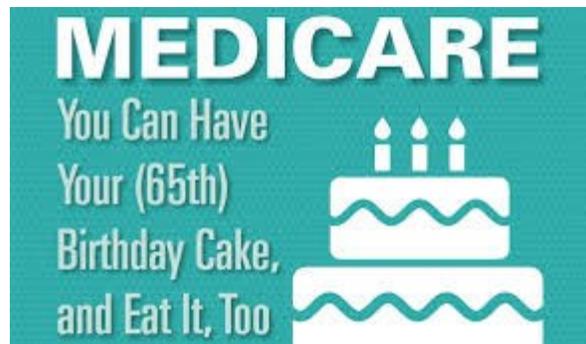
In addition to meeting income criteria, applicants must also be a Maryland resident, a U.S. citizen or a qualified immigrant, have an electric account in their name, be able to provide proof of all household income received within the last 30 days, identification for the applicant, social security cards for all household members, and a copy of a rent receipt, if applicable.

Individuals over the age of 60 and persons with a disability may apply at the Garvey, Loffler, or Northern Senior Activity Centers by calling 301-475-4200, ext. 71050 for an appointment. Persons under the age of 60 may apply through the Southern Maryland Tri-County Community Action Committee by calling 301-475-5574, ext. 200.

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Medicare Seminar

A Welcome To Medicare seminar will be held on Friday, July 12 from 10:00 am – 12:00 noon at the Chesapeake Building in Leonardtown. Topics to be discussed include what Medicare covers, Medigap plans, how to enroll in Part D, and much more. To register call 301-475-4200, ext. 701050.



NEW BEGINNING

Veterans Resource Day

Workshops

Informational Booths

Question and Answer Forum

One-on-One Counseling



ST. MARY'S COUNTY
DEPARTMENT OF AGING & HUMAN SERVICES
Working Together ~ Caring About You

**Hosted by the
St. Mary's County
Department of Aging & Human Services**

Save The Date

Friday, Nov. 8, 2019

9 a.m. - 2 p.m.

Southern Maryland

Higher Education Center

44219 Airport Road, California, MD

For more information, contact Sarah Miller

Phone: 301-475-4200, ext 71073

Email: sarah.miller@stmarysmd.com

Website: www.stmarysmd.com/veterans.asp



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



Coffee with the Sheriff



Northern Senior Activity Center
29655 Charlotte Hall Road
Charlotte Hall, MD

Thursday, Aug. 29, 2019
9:30 a.m.

Free of Charge!

Registration required - call 301-475-4200, ext. 71073

The Triad/SALT Council invites you to have Coffee with the Sheriff! Are you interested in learning about the St. Mary's County Sheriff's Office? Do you want to know more about issues that affect you? This is an opportunity to ask Sheriff Timothy Cameron directly!



Brought to you by the Department of Aging & Human Services, the Triad/SALT Council, and the Commissioners of St. Mary's County



Focus On Fitness

by Alice Allen, Division Manager, Senior Center Operations

Independence is the goal of a life-time. Most likely, all of us want to remain independent for as long as we possibly can. And, would you agree that good health is one important key to remaining independent? According to the recently released 2nd Edition of *Physical Activity Guidelines for Americans*, “being physically active is one of the most important actions that people of all ages can take to improve their health.” Being physically active is one of the best ways to ensure independence as it helps to reduce the risk of a large number of chronic diseases.



According to the Guidelines, “health benefits start immediately after exercising, and even short episodes of physical activity are beneficial.” Anyone who sits less and instead does any amount of moderate-to-vigorous physical activity will gain health benefits. And the best part is, being physically active is fun!! What could be better than having fun, improving your health and maintaining your independence?

So, what kind of physical activity is needed you ask? Well, anything that makes your heart rate and breathing increase is good for an accumulated minimum total of 2.5 hours/week. Additionally, muscle strengthening activities of moderate or greater intensity that involve all major muscle groups at least two times/week should also be included.

An easy and fun way to meet these goals for physical activity is to join us at the senior activity centers. The Garvey, Loffler, and Northern Senior Activity Centers offer a variety of opportunities for physical activity. Classes of all sorts, taught by certified fitness instructors are available. You are sure to have a great time and make some new friends if you wish.

Fitness equipment such as treadmills, ellipticals and recumbent bikes are also available for you to use on your own. And don't forget the seasonal sports like softball, pickleball and basketball. See pages 32-33 of this newsletter for a listing of physical activity opportunities. Be more physically active, every little bit helps prevent chronic disease which helps you remain independent.

Walk MD Day

Join St. Mary's County Department of Aging & Human Services and seniors across the state of Maryland for Walk MD Day. Walk MD Day is scheduled for Oct. 2. Leading up to that day, track your minutes, miles, or steps on the monthly log sheet during the month of July, August and September for a chance to win a wonderful monthly prize. Log sheets can be picked up at the centers, through email, and on the Department's website. Turn your monthly sheet in at your local center by the 5th of the following month for entry into a raffle for a great prize. Seniors that participate each month and on Oct. 2 have a chance to win the grand prize! Monthly prizes include a *Fitness Pass* (\$35 value), *Movie Passes* (\$30 value), a *\$50 Gift Certificate for The Good Earth health food store*. The *Grand Prize raffle* is for a *\$75 Gift Certificate for Dick's Sporting Goods*. For more information, call Alice at 301-475-4200, ext. 71063.

GARVEY Senior Activity Center

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



Brain.e.ology

Garvey Senior Activity Center

Tuesday, July 16-August 20

This class is Tuesdays starting July 16-August 20 at 1:30 p.m. at the Garvey Senior Activity Center. Losing memory or cognitive ability is a tremendous fear but there is growing evidence that cognitive ability can be maintained or even improved to the end of life! Brain-e-ology is designed to:

- dispel the limiting myths of memory loss and aging
- give participants a better understanding of how their brain works.
- give participants the tools to incorporate brain fitness activities into their daily lives
- create open minds

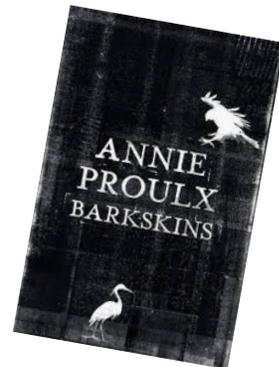
More than 90% of participants report feeling like they have more control over future memory loss after taking this program! There is no fee for this program. Class size is limited so register early. To make reservations call 301-475-4200, ext. 71050.

Book Discussion Group

Garvey Senior Activity Center

Wednesdays, July 10 & August 14, 10:30 a.m.

At the meeting on July 10 the group will discuss *Barkskins* by Annie Proulx. On August 14 they will discuss *The Summer Before the War* by Helen Simonson. Loaner copies of the books are available. To learn more call 301-475-4200, ext. 71050.



Luncheon with Tommy Alvey & Friends

Garvey Senior Activity Center, Thursday, July 11

Lunch served: noon; Performance begins at 12:30 p.m.

Join us as Tommy Alvey & Friends perform at the Garvey Senior Activity Center on Thursday, July 11. They will be playing a selection of bluegrass and old time country music. The lunch menu is apple juice, pulled pork sandwich, deli roll, cole slaw, corn and cantaloupe. Cost for lunch is a donation for those ages 60 and above and \$6 for those under the age of 60. Call 301-475-4200, ext. 71050 to learn more or to make reservations.

Style 101

Garvey Senior Activity Center

Wednesday, July 17, 10 a.m.

Do you often wonder how to put together those clothes in your closet? When you go shopping do you have a hard time selecting colors or styles? Or maybe you are trying to minimize your clothing selection? If any of these sound like you, join us for a fun morning of styling 101. Kathy Creswell, Program Specialist, will demonstrate different styles and make suggestions about ways to save money on your clothing budget. There will be tasty treats and hot coffee! Call 301-475-4200, ext. 71050 to learn more or to make reservations.



Ceramics with Marti

Garvey Senior Activity Center, Monday, July 22 & Wednesday, August 7, 10 a.m.

The Garvey Senior Activity Center is 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 be teaching the class and offering instruction on painting techniques. In July the class will be creating ceramic hydrangea plants and in August she will be doing a leaf bowl. The cost of the class is \$10 for each item painted and includes the firing of the item. Payment is due at the time of signup. Checks should be made payable to Marti Cotterell. To learn more and pre-register call 301-475-4200, ext.71050.

Wild Men! The Dawn of Rock'n'Roll: Performance Art with Story

Art and Song by Phil McKenney, Garvey Senior Activity Center, Wed., July 24

Lunch served at 12:30 p.m.; performance begins at 1:30 p.m.

During this 1 hour show, Mr. McKenney will present his pen and ink portraits of the 20 or so performers who created a musical shockwave in the mid 50s. The pictures are brought to life as he tells the story of the rapid rise and fall of these fascinating musicians and sings many of their well-known hits in this unique and entertaining show. Prior to the show enjoy a meal of *Chicken Salad, Pickled Beets, Pita Bread, Lettuce and Tomato Slices, Grapes and V8 Juice*. Advance registration required; space is limited. Call 301-475-4200, ext. 71050.

Expressions by Terry

Garvey Senior Activity Center, Wednesday, July 24, 3 p.m., Cost: \$35

Terry Tabor was born in Alexandria, Virginia and currently lives in Maryland. She is a self-taught artist who began drawing at an early age. She inherited her talent from her father, Lee Edward Tabor Sr., also an artist. She enjoys painting on canvas as well as the art of hand painting on silk. She has also studied silk painting with artist and author Diane Tuckman. Terry will be teaching the art of silk scarf painting at the Garvey Senior Activity Center. The art experience

starts as Terry guides the group with a few techniques used to dye their two scarves which will be provided in two different sizes as well as types of silk. The cost of the class is \$35 per person payable to Terry Tabor. Make sure to sign up quickly! Payment for the class is required at sign-up; **registration closes July 15**. Call 301-475-4200, ext. 71050 to learn more.



Drums Alive

Garvey Senior Activity Center, Wed., July 31-Sept. 11 (no class August 28), 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. *Drums Alive* is a program that fosters a healthy balance physical-ly, mentally, emotionally and socially, stimulating people whether they are young or old,



healthy or ill. When we drum and dance we are having FUN! This 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 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' physical needs. No need for prior experience in drumming or music! This class is FREE, but space is limited so make sure to sign up early, beginning at 8 a.m. July 22. Attendance at all classes is required. For more information or to sign up, call 301-475-4200, ext. 71050.

JULY-AUGUST

Garden Stepping Stones

Garvey Senior Activity Center, Wednesday, July 31

Back by popular demand; join Deb as she shows you how to create beautiful stepping stones for your summer garden. Bring special memory items such as broken china, shells, pieces of sea glass or tiles. These stepping stones make wonderful additions to memorial gardens. Cost: \$5 per stepping stone. Call 301-475-4200, ext. 71050 to register.



Luncheon with Suzette Pritchett

Garvey Senior Activity Center, Wednesday, August 14, Noon

Come join us to hear special guest vocalist Suzette Pritchett and enjoy lunch during the performance. Suzette has been singing professionally for 30 years and has a beautiful sultry voice. We are excited to have her back at the Garvey Senior Activity Center as requested! Space is limited and this performance will fill up fast! The menu for lunch is *Seafood Salad on Lettuce, Pickled Beets, Corn, Dinner Roll, Apple Crisp with Ice Cream, Orange Juice/Milk/Coffee/Tea*. Cost of lunch is a donation for those ages 60 and above and \$6 for all others. To make reservations, call 301-475-4200, ext. 71050.

Ice Cream Social with Special Guest Performance

Garvey Senior Activity Center, Friday, August 16, 2:30 p.m-4 p.m.

Need to cool off this summer? The Garvey Senior Activity Center will serve vanilla ice cream in a cup with a toppings bar provided by the Garvey Senior Activity Center Council, Inc. The musical entertainment will feature Paul Barber. Mr. Barber will sing and play keyboard to your favorite oldie but goodie summer favorites. Purchase your tickets in advance by close of business on August 14 and get a special discounted rate of \$3 per ticket! Same-day tickets are available for \$5 per ticket. Tickets will be available starting Thursday, August 1. For more information, call 301-475-4200, ext. 71050.

Reflexology & Massage

Garvey Senior Activity Center

Did you know that Reflexology and Massage services are available at the Garvey Senior Activity Center? Reflexologist Sarah Straine, is an ARCB Board Certified Reflexologist who visits the center 1-2 times a month. If you would like to schedule a session with her please call the receptionist at 301-475-4200, ext. 71050. Fae Baur, LMT is the massage therapist. She visits the Garvey Senior Activity Center every week on Tuesdays and Thursdays. If you would like to schedule an appointment with her please call 410-231-0630. **Appointment times may vary depending on the practitioner's availability. There is a fee for both services.**



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Garvey Senior Activity Center Council, Inc. News!

Cash Blast Fundraiser

The Garvey Senior Activity Center Council, Inc. is holding a Cash Blast fundraiser raffle to support special events and activity supply needs at the Garvey Senior Activity Center. Tickets are available at the Garvey Senior Activity Center; cost is \$2 per ticket or 3 tickets for \$5. First prize is \$500, 2nd prize: \$250, 3rd prize: 150, 4th prize: \$100. Drawing is to be held October 2; no need to be present to win. For more information, please call 301-475-4200, ext.71050.

Board and Brush Fundraiser

Saturday, October 26, 9:30 a.m.-12:30 p.m.

Looking for a fun night out with friends or family and all for a good cause? Board and Brush is a DIY wood sign workshop studio where participants are given the skills, tools and knowledge needed to create their own personalized wood sign. Select a wood project from the gallery. They provide all the materials and instruct you step-by-step to create a beautiful piece for your home or for a gift. Choose from a variety of paint and wood stain colors in the workshop. Cost of the workshop is \$68 for adults and pre-registration is required. Help us raise money for a great cause; 20% of all proceeds will go toward the Garvey Senior Activity Center!



- Class starts promptly so please arrive 5-10 minutes before start time.
- Please note that all Pick Your Project classes are for guests age 16 and older.
- If you need special accommodations, please inform the gallery at the time of booking.
- Registration closes 72 hours before the class.

Registration and project selection can be done online at boardandbrush.com/Leonardtown. Be sure to select the October 26 9:30 a.m. project on the Calendar.

Senior Farmers Market Nutrition Program (SFMNP)

Eligible participants will receive a total of \$30 in checks, one booklet of six \$5 checks. Distribution will begin on Wednesday, July 10 at 8:30 a.m. in the Chesapeake Building, 41770 Baldrige Street, Leonardtown, MD 20650. A limited number of booklets are available and will be distributed on a first come, first served basis. Checks must be redeemed by November 30, 2019.

Eligibility requirements include:

- Must be 60 years of age or older
- Have Photo ID card which indicates proof of St. Mary's County residency
- Meet income limits.

Maryland 2017 SFMNP Income Limits

| <u>Household Size</u> | <u>Annual Income</u> (call for income limits for larger households) |
|-----------------------|---|
| 1 | \$23,107 |
| 2 | \$31,284 |
| 3 | \$39,461 |
| 4 | \$47,638 |

A proxy designation may be completed if a participant cannot attend distribution. Proxys may apply on behalf of a participant, provided the following documentation is provided on the day of distribution:

- a completed copy of the current SFMNP application, which is signed by the eligible senior
- a copy of the senior participant's residency ID.
- the proxy's photo ID

*Proxy forms are available for pick-up at the Garvey Senior Activity Center beginning in June. Sending a Proxy to the distribution does not guarantee check receipt. Checks are available on a first come, first served basis.

New This Year!

For your convenience, produce from Porpoise Creek Farm will be on the Governmental Center Campus on the day of distribution. Get your checks and redeem all in one location! To learn more call Brandy at 301-475-4200, ext. 71072.

JULY-AUGUST

LOFFLER Senior Activity Center

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



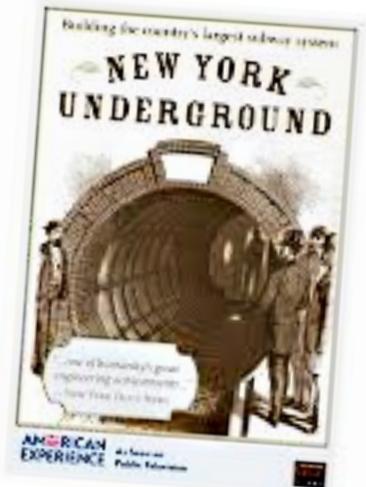
Summer Bocce Ball Loffler Senior Activity Center 2nd & 4th Thursdays

June, July and August, 10 a.m., Free
During the summer months Loffler Senior Activity Center is holding sessions of Bocce Ball on the second and fourth Thursday of each month at 9:30 a.m. through Aug. 22. Whether or not you've played before, come by and join in. If you have questions call 301-475-4200, ext. 71658. There is no cost to participate.

Educational Video Series: *New York Underground*

Loffler Senior Activity Center
Wed., July 10, 10 a.m. , Free , (56 min.)

Enjoy this film by American Experience. In the mid-1800s, New York City was one of the most crowded places on earth. The congested streets and pokey transportation system were a source of constant complaint. On March 24, 1900, ground was broken for the Big Apple's subway; the Interborough Rapid Transit Line opened four years later, running more than 26 miles of underground track at the speed of 35 miles per hour. Soon thousands in the city were "doing the subway." Register to see this video by calling 301-475-4200, ext. 71658, or stop by the reception desk to sign up. Seating is limited.



Skin Cancer Screening Loffler Senior Activity Center Thursday, July 11

11:15 a.m.-1 p.m., Free

Free skin cancer screenings will be available on this day compliments of Mid-Atlantic Skin Surgery Institute. Because skin cancer is visible on the surface of the skin, it is easier to spot than other cancers and most cases can be successfully treated when caught early. We will have a team of two screening stations in order to accommodate as many people as possible. Call 301-475-4200, ext. 71658 or stop by the reception desk to schedule your 5 minute screening.



Monthly Crafts

Loffler Senior Activity Center

July: Glass Gem Sun Catcher, Friday, July 12, 10 a.m., Free

August: Faux Stained Glass , Friday, August 2, 10 a.m. Free

With the summer upon us and the kids out of school, it seems like a good time to learn simple craft projects that you can do again later with your grandchildren. With this in mind, we've come up with two that are sure to be enjoyed by all generations! First we'll make a lovely sun catcher that will glow beautifully when you hang it up in your window, then in August we will turn a simple glass pane into a work of art using very simple materials. Sign-ups begin for these projects on the first day of the previous month by calling 301-475-4200, ext. 71658 or by stopping by the reception desk. Class size is limited.



Beginner Tai Chi for Arthritis & Fall Prevention

Loffler Senior Activity Center

Mondays & Thursdays, July 15-Aug. 8

Beginner classes for Tai Chi for Arthritis & Fall Prevention will meet on Mondays and Thursdays at 11 a.m. beginning July 15 and continuing through August 8. In this class we will learn to do some core movements on each side 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 & 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 July 10 to sign up.



Educational Video Series:

Ocean Odyssey

Loffler Senior Activity Center

Wed., August 14, 10 a.m.

60 min., Free

Go on an undersea journey to remote and magical places with Feodor Pitcairn, a pioneer in underwater HD cinematography, as he explores the marine ecosystems of the Galapagos Islands, Raja Ampat in Indonesia, the Maldives, the Azores, Hawaii, the Caribbean, the Bahamas, the Channel Islands, British Columbia, the Gulf of Mexico, French Polynesia, and Belize. This

video is a Smithsonian National Museum of Natural History presentation. There are 16 seats available, reserve yours by calling 301-475-4200, ext. 71658 or stop by the reception desk.

Healthwatch presents: *Resources for Older Adults*

Loffler Senior Activity Center, Thurs., August 15, 10 a.m., Free

Linda Weintraub, our Healthwatch Instructor, will discuss how to access local resources that will help you with many of your needs and questions. She will bring booklets that list services with contact numbers and locations and answer questions you may have concerning how to go about getting help in many different aspects of your life. Call 301-475-4200, ext. 71658, or stop by the reception desk to sign up.



Special Project: *Scarf It Up With Color!*

Loffler Senior Activity Center

Wednesday, August 21, 10 a.m., Cost \$35

Who wouldn't love two new silk scarves? Personalize them by learning a new (and easy) dyeing technique and you've got an accessory that is unique to you! Terry Tabor is a silk painting artist who looks forward to showing you how it's done. Cost of \$35 includes all materials including 2 different size silk scarves. Payment is due to instructor on day of class. (Minimum of 5 students required to have class). Reserve your seat by calling 301-475-4200, ext. 71658 or stop by the reception desk.

Loffler Luau

Loffler Senior Activity Center

Thurs., July 25,

Tickets required; \$10 suggested donation

Greetings, Cousins! The Loffler Luau, one of our most memorable summer traditions, is coming up! The Loffler Luau is back this year, on the original date, the 4th Thursday in July. Tickets go on sale June 3. Dance to the music of favorite DJ Mean Gene; enjoy a feast fit for a tropical island party, catered by Personalized Touch Catering. The menu is: Huli Huli Chicken; Spanish Rice with Onions, Peas, Carrots, Corn and Egg; Garden Salad with Mandarin Oranges and Almonds and Raspberry Dressing; Fruit Salad – Pineapple, Mandarin Oranges, Cherries and Grapes in a light Vanilla Sauce and a piece of Pineapple Upside Down Cake for dessert.

Wear your favorite tropical garb (we'll supply the lei) and bring your best party mood! A limited number of tickets will be available on a first come, first served basis. Stop by the reception desk during regular hours to get your ticket, starting June 3. Tickets are \$10 each. Questions? Call 301-475-4200, ext. 71658.



Loffler's LUNCH CONNECTION

Entertainment on Tuesday begins at 11:30, 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 July 9- *Bushmill Band* will get your feet tapping as you enjoy a cool, summer lunch of *V-8 Juice, Chicken Salad, Pineapple, Fresh Carrot & Cucumber Slices, Whole Wheat Pita Pocket, Lettuce, Tomato Slices, Grapes and a slice of Lemon Meringue Pie.*



Thursday, July 25- LOFFLER LUAU, TICKET REQUIRED- LUNCH WILL ONLY BE SERVED TO TICKET HOLDERS AT LOFFLER ON THIS DAY

Tuesday, August 13- Join your friends as lunch is served! Our friends from Columbia, MD, *Rear View Mirror* will bring their special brand of entertainment that looks back on

the last five decades of music. While you are enjoying the entertainment, you will be served a lunch featuring *Apple Juice, Pulled Pork Sandwich on a Deli Roll, Cole Slaw, Corn, Cantaloupe and Yellow Cake* for dessert.



Thursday, August 22: How much would you enjoy being served a lunch of *Barbequed Chicken, Baked Potato Wedges, Dilled Carrots, Whole Wheat Bread, Chilled Pears and a Brownie*? If this sounds good to you, make sure to sign up for this meal.

Midsummer Celebration

Loffler Senior Activity Center, Wednesday, July 17, Intergenerational 12:30-2 p.m., Cost \$5 for age 12 to adult and Free for those under 12

Hail the middle of summer at the Loffler Senior Activity Center while partying with your grandkids! Everyone can be a child at heart on this day by enjoying some of the best things in life like a sundae bar from Sweet Frog, singing and dancing with karaoke and dabbling in arts and crafts. Advance tickets will be required for each person over 2 years of age and are available in the front office. Call 301-475-4200, ext. 71658 for details. Tickets go on sale June 3 and ticket sales are limited.



JULY-AUGUST

NORTHERN Senior Activity Center

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

Senior Tech: Smart Phone Appointments

**Northern Senior Activity Center
Wednesday, July 10, 10-11:30 a.m., Free
15 minute appointments**

Smart phones. Once you know how to use them they can be a useful tool, but there are lots of smart phone options out there and each one can have a different layout. With so much variety, how could you find a class that helps you with your specific device?

The best way to learn is to get one-on-one assistance. Program Specialist, Rachel Mowatt, will be taking 15 minute appointments to help you answer questions on how to use and navigate your device. Please note we will not cover applications involving sensitive information. Space is limited. To sign up for a 15 minute appointment in advance, please visit the signup table or call 301-475-4200, ext. 73103.



ClearCaptions Presentation: New Phone and iPhone App

Northern Senior Activity Center, Monday, July 10, 11:30 a.m.-12 p.m.

Immediately following the smart phone tutoring appointments, there will be a presentation on the new, free Ensemble ClearCaptions phone. Rupali Dawn Tetric is a Title IV Americans with Disabilities Act (ADA) Specialist and will be giving a presentation about the free ClearCaptions phone and if you qualify. She will also be discussing their newest app for iPhone. To sign up for this free presentation, please visit the signup table or call 301-475-4200, 73103.

Hurricane Shelly

Fresh Floral Arrangement

Northern Senior Activity Center

Thursday, July 11, 10:30-11:30 a.m., \$20

This is the only hurricane you will want this season! Celebrate the spirit of summer by making a fresh floral arrangement on top of a hurricane vase filled with seashells. It's stylish and beachy vibe will be the highlight of any summer shindig. The vase stands 6-1/2" tall and is 2-3/4" across. Floral foam is used at the top of the arrangement to allow for foliage to drape down the sides. Please note that this arrangement may be top heavy. It is advised that participants bring a tall container for transport. The cost is \$20 and is due at sign up. Space is limited. To sign up and pay in advance, please visit the front desk. For more information call 301-475-4200, ext. 73103.



Breakfast Café

Northern Senior Activity Center
Wednesday, July 24 & August 21
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 for July 24 will be *Ham & Potato Casserole, Scrambled Eggs, Toast, and Fruit.*

Breakfast for August 21 will be *Pancakes, Bacon, 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.



Jelly Roll Rug

Northern Senior Activity Center
Thursdays, July 18 & 25, 10 a.m.-12 p.m., Free
Participant Supplies Required

Want to learn how to make this adorable rug? Experienced quilter Teresa Andrasik will lead a two-session class to show you step-by-step how to make a rug. Participants will need to bring their own sewing machine, a jelly roll of fabric, and thread. Instruction is free and batting strips are provided. Space is limited. To sign up for this two-part class in advance, visit the signup table or call 301-475-4200, ext. 73103.

50s Sock Hop

Northern Senior Activity Center
Friday, July 19, 10 a.m.-2 p.m., \$8

Flash back with us to the 1950s for a Sock Hop party. Jive with DJ Mean Gene in your favorite saddle shoes, poodle skirt, and leather jacket. Ticket will include a lunch of *cheeseburger on a bun with lettuce, onions, and tomato, baked beans, coleslaw, watermelon, and a chocolate cake dessert.* There will also be a soda shop counter with ice cream sodas and Shirley Temples along with door prizes, money raffles, and more. Purchase your ticket before noon on Wednesday, July 17, at the Northern Senior Activity Center front desk while supplies last. For ticket availability, call 301-475-4200, ext. 73101.



Hearts Desire Creations Painting Classes

Northern Senior Activity Center

Tuesdays, July 23 & August 20, 1:30-3:30 p.m., \$8

Showcase your inner artist and create a beautiful impressionist painting using canvas and acrylic paint. Lorrie Johnston's designs for the July and August classes will be on display at the Northern Senior Activity Center. Projects are suitable for artists of all skill levels. Please be sure to dress ready to paint. The \$8 fee includes all materials and instruction and is required at the time of sign-up. Space is limited. For more information, call 301-475-4200, ext. 73103.

AARP Smart Driving Course

Northern Senior Activity Center

Tuesday, July 30, 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. For more information call 301-475-4200, ext. 73101.

Movements for Memory, Mood, & Immunities

Northern Senior Activity Center, Tuesday, July 30, 1-3 p.m., \$20

Fitness instructor, Judi Lyons, will teach a class that focuses on specific types of movement that have been shown to sharpen cognitive function, stabilize and lighten mood, and improve immune response. These simple movements can be done by anyone, anywhere with no yoga background needed. The workshop also addresses focus and concentration, stress, anxiety and sadness, as well as immune system integrity. A booklet will be provided to participants to guide them on how to continue to use these movements. The cost is \$20 and is due at sign up. Space is limited. To sign up and pay for this class in advance, please visit the front desk. For more information call 301-475-4200, ext. 73101.

Celebrate National Coloring Book Day

With Two Intergenerational Events

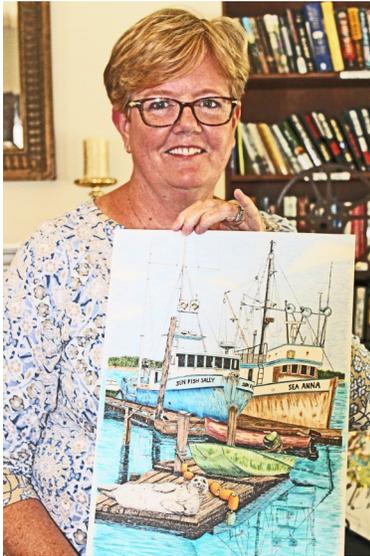
Intergenerational Bingo and Pizza: Coloring Edition

Northern Senior Activity Center, Friday, August 2, 10-11:30 a.m.

\$2 for two cards, \$2 for 2 slices of pizza

To celebrate National Coloring Book Day, the Northern Senior Activity Center will have an intergenerational bingo on Friday, August 2 from 10-11:30 a.m. This is sure to be a fun bonding time with your school-aged grandchildren with both adult and kid-friendly prizes. There will also be coloring themed prizes to celebrate the day. Cost is \$2 for two cards per person. A kid-friendly pizza lunch will be available for purchase at signup. Pizza will be \$2 for 2 slices and must be purchased in advance by activity participants only. Topping options are pepperoni or cheese. Advance signup is required for bingo and pizza lunch. Sign up and pay for this event in advance at the front desk.





**National Coloring Book Day: Activities and Gallery
Northern Senior Activity Center, Friday, August 2, 1-4 p.m., Free**

Celebrate National Coloring Book Day by joining our Coloring Group on Friday, Aug. 2. Bring your school-aged grandchildren, coloring pencils, crayons, books, and come have some fun! Participants will use their coloring skills to complete a variety of activities appropriate for adults and kids. Have a favorite completed work of art you would like on display in our coloring event gallery? Participants may drop off their piece in the front office no later than noon on Wednesday, July 31 to be included in the gallery. The gallery will be on display in the Great Room on National Coloring Book Day. For more information call 301-475-4200, ext. 73103.

**Quilted Tote Bag
Northern Senior Activity Center
Thursdays, August 8-22, 10 a.m.-12 p.m., Free, Participant Supplies Required**

Quilted tote bags make a fabulous accessory all year long! Experienced quilter Teresa Andrasik will lead a three-session class to show you how to make a quilted tote bag. Sewing experience advised. Participants will need to bring their own sewing machine, a jelly roll of fabric, and thread. Instruction is free and batting strips are provided. Space is limited. To sign up for this three-part class in advance, please visit the signup table or call 301-475-4200, ext. 73103.



**Pitch Tournament Subs Needed
Northern Senior Activity Center
Mondays, July 29-September 9, 12:30-3 p.m., Free**
Are you an experienced Pitch player looking to be part of a community of players? The Northern Senior Activity Center is in need of subs for the upcoming five-session Pitch Tournament beginning Monday, July 29. If you are interested in being added to our sub list and learning more about our tournament, contact Rachel Mowatt at 301-475-4200, ext. 73103 or by email at Rachel.Mowatt@stmarysmd.com.

Retired and Senior Volunteer Program

By Norine Rowe, RSVP Project Manager

Celebrating Independence

Every Fourth of July, many of us celebrate our country's independence with outdoor picnics, family get-togethers, and fireworks. As American citizens, we often pride ourselves on our independent, innovative spirit of ingenuity and enterprise. As individuals, we often strive for independence throughout our lives — first from our parents, then as young adults as we start building our lives, and later as senior citizens as we work to maintain our health, mobility, and independence. Indeed, we highly value our independence and the freedoms it brings.

"There simply is no pill that can replace human connection. There is no pharmacy that can fill the need for compassionate interaction with others. There is no panacea. The answer to human suffering is both within us and between us."

-Dr. Joanne Cacciatore



From Independence to Interdependence

There can be a downside to independence, however, when it leads to isolation. We can strive so hard to be independent that we fail to recognize our need for meaningful connections with others. Recent studies on social isolation have revealed that loneliness and isolation can be as damaging to one's health as smoking almost a pack of cigarettes a day! As human beings, we have a great need for meaningful interactions. This inter-connectedness, or interdependence, is what helps us feel like part of the human family, part of our community, part of something larger and more important than our individual selves. Simply put, we need a sense of belonging with others.

The Danger of Social Isolation: Loss of Connection

There are many ways we seek to make connections with others through family, work, church, and community activities. At various times in our lives, however, we may find ourselves feeling alone and disconnected, lacking meaningful social connections. Our children may leave home, we retire from our jobs, a spouse may pass away, or we experience health issues that limit our activities. As a result of life changes, we may find ourselves feeling alone and isolated.

Building Connections through Volunteering with RSVP

RSVP is all about helping seniors connect with others through volunteering. By giving your time to help local non-profits, county agencies, and community service organizations, RSVP volunteers connect with the individuals they serve as well as fellow volunteers and staff. These connections often result in meaningful ties and valuable friendships that grow over time. Volunteering is not only about helping others, but about helping yourself by becoming engaged in service. Come join the RSVP Connection!



Human connection is the most vital aspect of our existence, without the sweet touch of another being we are lonely stars in an empty space waiting to shine gloriously.

- Joe Straynge.

The RSVP Connection: Volunteer Opportunities for Persons 55 Years of Age & Above

Home-Delivered Meals Program (HDM):

Volunteers deliver meals to homebound persons using their own vehicle. Hours approximately 11:30 a.m.-1:30 p.m. Various weekday shifts are available. Current needs for HDM Volunteers include the Lexington Park, Hollywood, and Leonardtown areas. All days of the week are needed, especially Fridays. Training provided; mileage reimbursement available.

I define connection as the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship.

(Brené Brown)



Senior Rides Program:

Drive homebound seniors to doctor's appointments and other errands using your own vehicle in St. Mary's and Southern Maryland. Volunteer Drivers are also needed to drive to Baltimore, Washington, and Annapolis. Flexible schedule and mileage reimbursement available. Must be able to receive and respond to volunteer driver requests via e-mail.

Teen Court Program

Seeking several volunteers to serve as Courtroom Assistants for the Teen Court Program. Need volunteers with experience working with youth or law enforcement. Courtroom Assistants facilitate teen juries in courtroom deliberations of their peers. Program provides volunteer training and orientation.

A Community That Shares (ACTS)

Volunteers are needed to help in the ACTS office answering phones and scheduling pick-up of assistive medical equipment. Volunteers also needed to help in warehouse/workshop to repair, renovate, and distribute free medical equipment to persons in need for as long as they need. Various days and shifts available. Volunteers are especially needed to serve on Saturdays from 10 a.m.—3 p.m., or a portion of that schedule. Also seeking substitute volunteers to fill in for volunteers on leave.

American Red Cross

Volunteers are needed to staff the Red Cross Coffee Cart at the Charlotte Hall Outpatient Clinic. Shifts available are Monday-Friday, 8a.m.-9:30p.m., Mondays and Wednesdays are priority; holidays are excluded. Volunteers can serve one shift per week or more making and serving coffee to Veterans waiting for medical appointments. Volunteers restock coffee cart supplies and keep cart clean and tidy.

Compassion opens limitless doors to human connection.

Steve Gilliland

Triad/SALT (Seniors & Law Enforcement Together) Council

Volunteers with an interest in Law Enforcement and/or Senior Safety are needed to serve on the TRIAD/SALT Council. These volunteers will seek out educational opportunities and help coordinate 3-6 annual presentations at local Senior Activity Centers. They will also help with Law Enforcement Appreciation Day, outreach events, and attend monthly council meetings.

Other RSVP Volunteer Connection Opportunities: Hospice, Museums/Parks, Special Events, Senior Activity Centers, Habitat for Humanity, and Senior Vibes. For Information, contact Norine Rowe at Norine.Rowe@stmarysm.com or 301-475-4200, ext. 71653.

Trips & Tours...

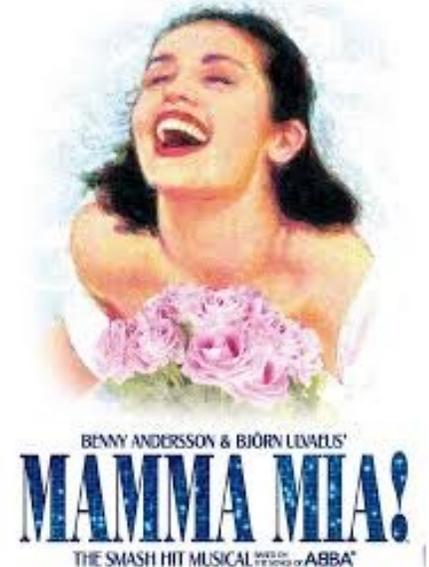


***Mamma Mia* at Toby's Dinner Theater**

Wednesday, August 7, Adults \$98

Mamma Mia, here we go again! Fall in love with this feel good story of a mother, a daughter, and three possible dads! This delightful musical features the timeless hits by ABBA and is sure to have you dancing in the aisles. The cost of this trip is \$98 and

covers ticket to the show, lunch buffet, and transportation on a spacious motor coach, driver gratuity, and snacks for the return trip. The bus will depart from the Northern Senior Activity Center at 8:45 a.m. and will return at approximately 5:15 p.m. Payment is due at sign up to secure your spot for the trip. Please let staff know at sign up if you need any seating or special accommodations. For more information contact Rachel Mowatt by phone at 301-475-4200, ext. 73103 or by email at [Ra-](mailto:Rachel.Mowatt@newbeginning.org)



BENNY ANDERSSON & BJÖRN ULVÄLUS'
MAMMA MIA!
THE SMASH HIT MUSICAL INSPIRED BY ABBA®



75th Waterford Homes Tour and Crafts Exhibit

Saturday, October 5, 2019, Waterford, Virginia.

**Pick up times: Garvey Senior Activity Center 7:30 a.m.
Northern Senior Activity Center 8 a.m.**

**Return times: Northern Senior Activity Center 6 p.m.
Garvey Senior Activity Center 6:30 p.m.**

Enter the National Historic Landmark village of Waterford, Virginia, and step back in time. The Waterford Homes Tour and Crafts Exhibit is the oldest juried crafts fair in Vir-

ginia and four-time winner of the Loudoun Convention & Visitors Association Best Event of the Year. In addition to historic homes open for tour, 155 juried heritage craftspeople (many nationally known) provide hands-on demonstrations, entertainers provide continuous traditional music and dance, and Colonial and Civil War-era militia encamp and demonstrate. There really is something for everyone!

The Fair is held throughout the village on hilly streets and uneven ground, and closed to automobile traffic. A good deal of walking is required, and most of the historic buildings and private houses on tour are not wheelchair accessible. The Fair goes on rain or shine.

Cost: \$60 per person, includes, motor coach bus transportation, bus driver's tip, snacks for return trip and ticket into the Fair (admission, tour houses and all exhibit buildings, all entertainment and re-enactments, and craft demonstrations). **Registration opens July 1** at any St. Mary's County Senior Activity Center. Payment is due at the time of reservation. To learn more, call 301-475-4200, ext. 71072.

Ongoing Creative Expressions

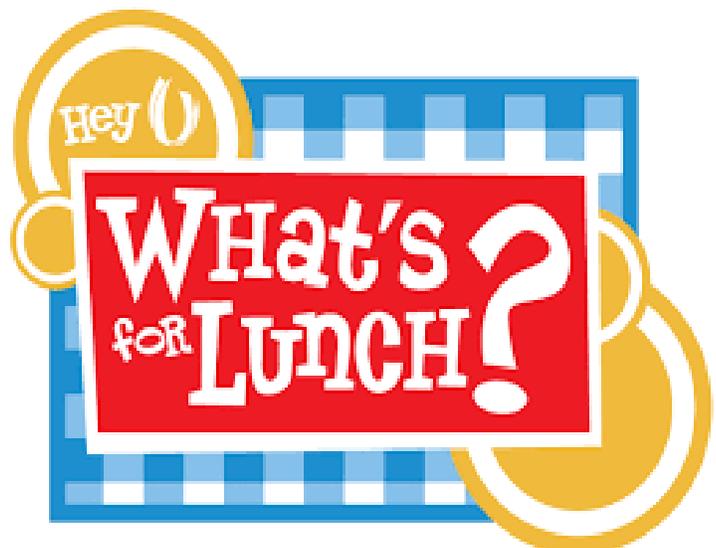
| Location | Title | Instructor | Day(s) | Time | Cost |
|--|-----------------------------------|-------------------|----------------------|----------------------|-----------------|
| Garvey Senior Activity Center Leonardtwn 301-475-4200, ext. 71050 | Quilting Bee | Louise Park | 1st & 3rd Fridays | 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 | Debbie Rumble | 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 Drop-Ins | 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. 19) | 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 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 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 |
| | 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- | 12:30-1:30 p.m. | \$1 (up to three cards) |
| | Bingo | Tuesdays in July: 2, 16, 23, 30 Tuesdays in Aug.: 6, 20, 27 Wednesdays- July 10 and August 14 | 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 |

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. |
| <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.-4:45 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 | 10-10:45 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 |
| | Regulation Horseshoes | Call | Call | |
| | Tai Chi for Arthritis | Tuesdays, May 21-August 6 | 10-11 a.m. | Free |
| | Seated Tai Chi | Mondays, May 6-June 17 | 10:15-11 a.m. | Free |
| | Chair Yoga | Fridays | 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 sound 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 Leonardtwn 301-475-4200, ext. 71050 | 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 | 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 FULL | Gloria Fusco | 3rd Tuesday | 11-12:30 p.m. | Free |
| | Lyme Disease Support & Discussion Group | MarieNoelle Lautieri | TBD | 1 p.m. | Free |
| | Book Chatter Book Club FULL | Martha Baker | 4th Thursday | 11-Noon | Free |
| | What's The Word Bible Study | Karen Beck | 1st Tuesday | 10-11:30 a.m. | Free |
| | Senior Matters | On hold at this time | 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: 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

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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
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Leonardtown, MD 20650

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2019 Holiday Closings...
(Also no Home-Delivered Meals)

Thursday, July 4—Independence Day

NEW BEGINNING