

NEW BEGINNING

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



What Does Independence Look Like?

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From the Director's Desk

By Lori Jennings-Harris, Director

What does Independence look like?

With summer upon us, the Department of Aging & Human Services goes to great lengths to make the season's programs and services inviting and ongoing! Whether it is playing the ever popular game of pickleball in the summer heat; keeping cool inside one of our senior activity centers while enjoying lunch and maybe an art or exercise class; thriving in your own home with support services; attending one of our signature events, such as Farmers Feeding St. Mary's County; receiving information on Social Security and other benefit programs; volunteering your time to help others; or learning about the Teen Court program, we stand ready to help you maintain your independence. So, what does Independence look like to you?



Our Department's role is to help the more mature segment of the county's population to maintain, or in some cases recapture, their independence, no matter the level of a person's independence.

The various divisions of our Department help keep older adults attuned to the benefits of regular exercise, social contact, nutritious meals, and remaining engaged with hobbies, just to name a few, which are vital to remaining independent.



NEW BEGINNING

The Commissioners of
St. Mary's County
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Editorial submissions should
be sent to:

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

or visit the website at:

www.stmaryscountymd.gov/aging

Our Mission

to provide an array of programs
and services that promote
healthy aging within the senior
community and enhance quality
of life for children, youth, and
families.

New Employee Spotlight!



Hillary Garrison

Hillary Garrison is the new Office Specialist at the Garvey Senior Activity Center. She was born and raised in St. Mary's County, in the Lexington Park area. Hillary previously worked at the Patuxent River Naval Museum, where she gained valuable experience in customer service. Her hobbies include reading, hiking, and taking care of her Border Collie, Bandit.

Scott Richey- Stavrand

Scott Richey- Stavrand is the new Maryland Access Point (MAP) Coordinator. Originally from New Jersey, he recently moved to St. Mary's County with his family. Scott holds a Bachelor of Arts in Philosophy and is currently pursuing a master's degree in environment and natural resources from the University of Iceland, reflecting his commitment to continuous learning and personal growth. In his spare time, Scott volunteers with the local Red Cross chapter and enjoys reading science fiction novels.



St. Mary's County Commission on Aging

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

Upcoming Meetings:

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

Monday, July 28, 2025
1 p.m.

Monday, August 25, 2025
1 p.m.

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

Attend Meetings to:

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

For more information, contact Mercedes Jones at 301-475-4200, ext. 1051, or Mercedes.Jones@stmaryscountymd.gov. Visit the Commission on Aging website at <https://www.stmaryscountymd.gov/Boards/11/>



Nutrition Corner

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

Summertime brings the prime picnic season—a time to enjoy eating outside with family and friends. "Summertime and the living is easy," as sung by the famous duo Louis Armstrong and Ella Fitzgerald. But don't overlook food safety, or that easy living can be ruined. One in six Americans gets sick each year from foodborne pathogens, so let's see how you can reduce those odds.

A large number of foodborne illnesses can be avoided if we just remember to wash our hands. Sometimes water is not easily available, so always pack hand sanitizer and use it often, especially if you are handling raw meat. Packing the cooler correctly is also important. If at all possible, have a separate cooler for meats since their juices can drip onto other foods. If not, make sure you keep meats far from other foods in the cooler and in a tightly sealed container. Wash fruits and veggies at home if you are unable to wash them on site. Also, take two sets of utensils, cooking platters, etc., to avoid cross-contamination. Pack the cooler 75% full with food and leave 25% for ice packs. Chill—or, if possible, freeze—any food, and keep an appliance thermometer in the cooler to ensure the temperature doesn't go above 40 degrees Fahrenheit. Pack beverages separately, if possible, so the cooler lid isn't opened often, allowing cool air to escape. Keep your ice in the cooler for cooling foods and have separate ice for beverages. Finally, transport the cooler on the back seat of an air-conditioned car rather than in a hot trunk.

Always bring a food thermometer to ensure foods reach a minimum internal temperature of 160 degrees Fahrenheit. Remember, the danger zone is between 40 and 140 degrees Fahrenheit. Bacteria can double in number every 20 minutes. You can't see, taste, or smell the bacteria! No food should be kept out for more than two hours, and if the outside temperature is above 90 degrees Fahrenheit, that time drops to one hour. When having fun, you can often lose track of time, so set a timer on your phone to alert you. Remember, all perishable foods should be monitored, especially egg, potato, and tuna salads with mayo, as well as anything dairy-based.

By following these simple recommendations, you can have a safe and fun time. Enjoy the great outdoors—for soon it will get dark early, and there will be a chill in the air.



Upcoming Nutrition Education Presentations:

Healthy Snacks

Garvey- Wednesday, July 2, 12:45 p.m.

Garvey- Thursday, July 10, 6 p.m.

Loffler- Monday, July 14, 10 a.m.

Northern- Monday, July 21, 12 p.m.

Nutrition for Healthy Aging

Garvey- Wednesday, August 6, 12:45 p.m.

Garvey- Thursday, August 14, 6 p.m.

Loffler- Monday, August 11, 10 a.m.

Northern- Monday, August 18, 12 p.m.

Home & Community-Based Services

By Rebecca Kessler, HCBS Division Manager

Submitted by *Lisa Berry, HCBS Program Coordinator*

Reprinted from:

<https://carehop.ca/blog/8-strategies-for-balancing-support-and-independence-for-seniors/>

Eight Strategies for Balancing Support and Independence for Seniors

Your elderly loved one will go through significant life changes when they start to receive in-home care and support. They'll still want to be independent, and many don't enjoy relying on others to do specific tasks.

This attitude is perfectly natural. After all, your parents have been doing tasks such as housekeeping, laundry, and meal prep independently long before you were born. It can be challenging for them to accept that they now need help performing these simple activities. However, there are various strategies you can employ to help your older loved ones be as independent as possible while still getting the care they need. Here are eight ways to accomplish this:

1. Help them continue with hobbies and social activities

Encourage your older loved ones to maintain their hobbies and participate in social activities. Whether it's a book club, games night, or movie club, seeing friends and continuing to interact with other people will keep your loved one active and ensure their mind is continuing to be exercised. The aim is also to give them a sense that their life will continue as before and that in-home care won't change the comfort they're used to.

2. [Encourage] them to take part in day-to-day chores

One of the big mistakes you can make when caring for an older loved one is to assume that they can't do some tasks. This can have the opposite effect, as they can feel left out and a burden to other family members and caregivers. Be sure to identify their capabilities and allow them to partake in household chores, such as washing dishes and doing laundry, giving them a sense of normalcy.

3. Provide comfortable, accessible clothing

Getting dressed is an intimate and integral part of our day. Your loved ones might not have the same mobility as they had before. Provide clothing that's easy to get into and comfortable. This allows them to get dressed independently and gives them a sense of accomplishment first thing in the morning. Also, where the clothes are stored is essential as they might not be able to reach top shelves or open heavy closet doors. To solve this potential issue, you can put their clothes in accessible locations in the bedroom that they can find on their own.

4. Install support equipment at home

As your loved one gets older and their need for support increases, start thinking about household equipment that can help them continue to live independently at home. Recommended support equipment includes handles in bathrooms to ensure they don't slip and railings to help them climb stairs. If the house has a large outdoor front staircase, consider installing a ramp or a walking frame if they have mobility or balance issues.

5. [Encourage] them to make their own choices

It's crucial to allow your older relative to continue to make their own choices while they still have the ability to do so. Making decisions on their behalf, especially without consulting them first, can cause frustration on behalf of your loved one and affect their happiness and quality of life. Allow them to make their own choices to preserve their sense of control over their lives while still getting support from caregivers.

6. Encourage physical and mental exercise

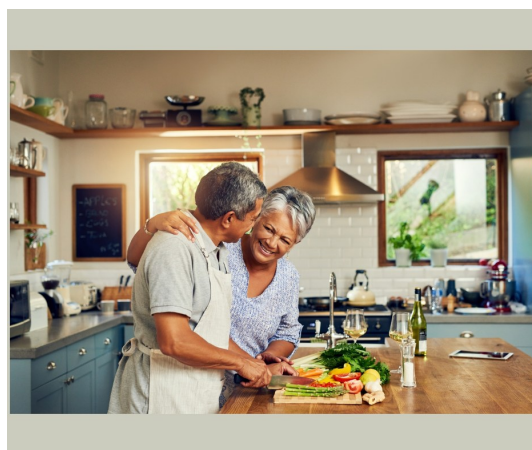
Exercise is key to helping your loved one stay physically, mentally, and emotionally fit and healthy as possible. There are plenty of exercise groups for older people that you can take advantage of. These ensure that your loved one stays active, and it's also a great place to meet people and make friends. Mental exercises, such as puzzles and board games, are also great for mental stimulation.

7. Ensure their home is safe

Safety in the home is essential to older adults staying active. To minimize the risk of falls, search the home for potential hazards that can be removed. It can be easy to forget a pair of shoes on the floor, garden tools in the backyard, extension cords in walking areas, and other items that present falling risks. Ensure that items are put away to keep walkways clear and safe.

8. Be in communication and know when to help

You should also make sure you engage with your loved one as you would with anyone else. Ask for their opinion on various issues and treat them as you always have to help them feel included in your day-to-day life. Building open, transparent communication between yourselves and the caregiver is also essential for identifying things your older loved one can't do and needs help with. Often, older people can feel embarrassed and won't ask for help, so ensure you're in a position to identify these situations and provide or ask the caregiver to offer aid accordingly. It's important to remember that your older loved one might not *feel* old, so the need to have extra support might be uncomfortable for them at first. Implementing these strategies will help them ease into the process and realize that they can continue having independence while receiving the care they need.





Community Health & Wellness Fair

SAVE THE DATE

Hosted by:
St. Mary's County
Department of Aging & Human Services
at the
University of Maryland - Southern Maryland
44219 Airport Rd, California, MD
Friday, October 10, 2025
9 a.m.-3:30 p.m.
Free Community Event

For more information, contact Nicoletta Pollice
Website: www.stmaryscountymd.gov/aging/healthfair
Phone: 301-475-4200, ext. 1074
Email: nicoletta.pollice@stmaryscountymd.gov



Teen Court Program Seeking Adult & Teen Volunteers



St. Mary's County Teen Court is a youth diversionary program for first-time misdemeanor criminal and traffic offenders ages 11 – 17, designed to teach responsibility and appropriate decision making while restoring a sense of safety in the community.

Adult volunteer opportunities include:

Jury Monitor

Bailiff

Court Session Administrative Support

Exit Interviewer

Community Judge

Teen volunteer opportunities include:

Juror

Bailiff

Defense Attorney

Prosecutor

Teen Court sessions are held at 5:30 p.m. every second and fourth Monday in the District Courthouse, Carter Building, Leonardtown, MD.

Contact Us

Gregory Jones

301-475-4200, ext 1852

teencourt@stmaryscountymd.gov

<https://www.stmaryscountymd.gov/teencourt/>



Senior Information & Assistance

By Melissa Craig, Senior I&A Division Manager

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 this program year starting July 1, 2025. This program provides financial assistance to residents, who meet program requirements, for their electric and heating expenses.

Eligibility is determined by the gross household income for everyone living in the residence. Income criteria are based on the age of household residents. Income guidelines for the upcoming year have not been released at the time of this newsletter. Please contact us or the Tri-County Community Action Committee, Energy Assistance program after July 1, 2025 for more information regarding eligibility.

Countable income is based on all income received within 30 days prior to making the application including, Social Security, annuities, pensions, IRA distributions, wages, child support, etc. The value of assets such as bank accounts, real estate, IRAs, CDs, etc. is not considered in determining eligibility.

In addition to meeting income criteria, applicants must also be a Maryland resident, a U.S. citizen, or a qualified immigrant. And must provide the following information:

1. Copy of applicant's photo identification
2. Proof of residency
3. Copies of Social Security cards for the entire household (including children)
4. Proof of your household's total gross income for the last 30-day period
5. A copy of your most recent utility bill, and termination notice (if applicable)
6. A copy of your most recent heating fuel bill or receipt (if applicable)

Persons aged 60 or over and consumers with a disability may make an appointment for in-person assistance at the nearest Senior Activity Center:

- Loffler (Great Mills)
301- 475 - 4200, ext. 1654,
- Northern (Charlotte Hall)
301- 475 - 4200, ext. 3104,
- Garvey (Leonardtown)
301- 475 - 4200, ext. 1064.

Persons under the age of 60 may contact Southern Maryland Tri-County Community Action Committee by calling 301-475-5574, ext. 200# for information.

Medicare Presentations



Learn about current Medicare topics at the Garvey Senior Activity Center

Join us for Coffee & Conversation

Call to reserve your seat at the table 301-475-4200, ext. 1654

Presentations start at 9 a.m.

July 30: Medicare and Employer Coverage

If you're still working when you turn 65, do you need to enroll in Medicare? Or can you just keep your employer health coverage and enroll in Medicare later? These may seem like straightforward questions, but their answers depend on a variety of factors. Misunderstanding this topic can lead to late enrollment penalties, gaps in coverage, and unexpected healthcare costs. Join us for this Medicare Minute to learn about Medicare and employer coverage.

August 27: Choosing between Original Medicare and Medicare Advantage

Everyone with Medicare faces the same question at some point—should I enroll in Original Medicare or a Medicare Advantage Plan? Although both are part of the Medicare program, they differ in some important ways. Learn about the differences between Original Medicare and a Medicare Advantage Plan, and when you might consider one over the other.

Maryland Legal Aid

Maryland Legal Aid has in-person appointments available at the Garvey Senior Activity Center for those consumers who are age 60 and older. A representative will be available on Friday, July 11 and August 15. Appointments are required and can be made by calling 301-475-4200, ext. 1064.

Maryland Legal Aid can assist with powers of attorney, landlord/tenant disputes, denial of public benefits, consumer and credit problems, medical advance directives, and denial of the following types of public benefits: Medical Assistance, Medicare, Social Security/SSI, SNAP food benefits and subsidized housing. Maryland Legal Aid can NOT assist with any fee generating cases, disputes with neighbors, property issues, adult guardianship or trusts/estates.



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

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Melissa Craig

Senior Information & Assistance Division Manager

Garvey Senior Activity Center

301-475-4200, ext. 1064

Melissa.Craig@stmaryscountymd.gov

Taylor Beach

Senior Information & Assistance Caseworker

Loffler Senior Activity Center

301-475-4200, ext. 1654

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Angelic Willer

Senior Information & Assistance Caseworker

Northern Senior Activity Center

301-475-4200, ext. 3104

Angelic.Willer@stmaryscountymd.gov

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

LET'S TAKE A BUS TRIP TO...

MGM CASINO NATIONAL HARBOR



TICKET PRICE INCLUDES...

- Round-trip in Keller charter bus
- Snack & water on bus
- Gratuity for driver



WED. AUGUST 20, 2025

LEAVE 9 A.M. - RETURN 5 P.M.
MEET AT GARVEY SENIOR ACTIVITY CENTER

Registration opens June 20 at 8 a.m. www.stmaryscountymd.gov/aging
Leave a message at 301-475-4200, ext. 3115, if assistance is needed.

Division of Senior Center Operations

By Candice Nelson, Senior Center Operations Division Manager

Learning Is ForEver (L.I.F.E.) Program

Seeking Volunteers

The L.I.F.E. Program is committed to providing stimulating education and enrichment opportunities for individuals aged 50 years and over who share a common dedication to the enjoyment of continued learning for growth and fulfillment. L.I.F.E. committee members determine the curriculum and recruit instructors and facilitators.

The Program is currently on pause and is planning for a Spring 2026 rollout.

We are seeking volunteers who are interested in planning and organizing all the logistics of a trip or tour from start to finish. To learn more and apply, please contact Candice Nelson, Senior Centers Operations Division Manager at 301-475-4200, ext. 1063 or via email at Candice.Nelson@stmaryscountymd.gov.



Empowering Independence: The Role of Senior Activity Centers

As the hub of most nutrition and health promotion activities, Senior Activity Centers provide a vital link for older adults looking to take charge of their health and remain independent and active in the community.



Senior Activity Centers offer a wide range of programs including daily congregate meal service, arts and crafts, continuing education, fitness classes, health promotion and disease prevention services, and plenty of opportunities for socialization.

The Senior Activity Centers and the staff that work within them not only celebrate but encourage the independence of older adults each day.

We hope you take the time to try something new at one of our three senior activity centers and enjoy all that celebrating your independence has to offer!

Garvey Senior Activity Center

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

For events requiring registration, visit www.stmaryscountymd.gov/aging and click on the "View & Sign Up for Activities & Programs" button. Accommodations can be made for those requiring registration assistance by leaving a message at 301-475-4200, ext. 1075.

Embroidery Card-Making Class

Garvey Senior Activity Center

Tuesdays, July 1 & August 5

1:30 p.m.

Cost: \$5

This card-making method creates stunning gifts or greeting cards suitable for framing.

The technique uses single-strand embroidery thread and a fine needle to make line designs on quality cardstock. This is a great opportunity to make personalized cards for the important people in your life! Omega will teach you everything you need to know to create these cards. Bring your scissors, tape, and a needle. The price includes materials to make the card. Advance registration is required.



Drama Speaks Luncheon

Garvey Senior Activity Center

Tuesday, July 1

Doors Open: 11:30 a.m.

Lunch Served: 12 p.m.

Performance: 12:30 p.m.

Cost: Lunch donation for ages 60+; \$7 for those under 60

Drama Speaks is the Garvey Senior Activity Center's very own Reader's Theater group. Join us for an afternoon of comedy with Drama Speaks! Lunch is available by donation for those aged 60 and above, and \$7 for those under 60. Advance registration is required. Please visit www.stmarysmd.com/aging and click the "View Sign Up for Activities and Programs" button to register for this special luncheon.

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"Tory in Congress" Presentation with John Beasley

Garvey Senior Activity Center

Wednesday, July 9

10 a.m.

Cost: FREE

The presentation by John Beasley highlights the era in which over 70 Tory captains were executed for leading Americans in the British army. Philip Barton Key was one such Tory captain during the Revolutionary War. After the war, he returned to the US following law school. He served six terms in the Maryland House of Delegates and three terms in the US Congress. He lived in Leonardtown for three years after the war. His nephew was the famous Francis Scott Key. Don't miss this captivating presentation.

NEW BEGINNING

Reiki & Reflexology with Sarah Strain,
ARCB Board Certified
Garvey Senior Activity Center
Tuesday, July 8 & July 22, 10 a.m.-3 p.m.
Wednesday, July 9 & July 23, 1 p.m.-6 p.m.
Thursday, July 10 & July 24, 11 a.m.-2 p.m.
Tuesday, August 5 & August 19, 10 a.m.-2 p.m.
Wednesday, August 6, August 20 1p.m.-6 p.m.
Thursday, August 7 & August 21, 11a.m.-3 p.m.
Cost: \$45 for 45 minutes



Reflexology

Reflexology is designed to bring the body into balance through gentle pressure applied to the feet, hands, and ears. Each pressure point corresponds to specific organs in the body. Stimulating these areas helps release tension in those specific areas.

Reiki (Ray-Key)

Using light or no touch, the hands of the practitioner capture and deliver universal life energy to the consumer. Combined with crystals, Reiki can help clear the mind and shift the consumer into a state of clarity. Reiki assists in returning the body, mind, and spirit to a state of wellness. Advance registration and payment are required. Cancellations must be made at least 24 hours in advance for a refund.

Health Warning: Those scheduling this service must be able to get in and out of the chair without assistance. If your loved one requires assistance, please attend the session with them. This service is not for those with severe edema, gout, open wounds, or vascular disease of the legs or feet. Please arrive for your appointment with clean feet.



Fraud Awareness with Joseph Anderson
Garvey Senior Activity Center
Tuesdays, July 15 & August 5
10 a.m.

Cost: FREE

Fraud can take many forms, including identity theft, bank fraud, investment scams, and more. Join Joseph Anderson from WesBanco Bank for an informative and eye-opening presentation on Fraud Awareness and prevention strategies. Advance registration is required.

Sunnyside Florals
Garvey Senior Activity Center
Tuesday, July 15 & August 12
2:00 p.m.
Cost: \$45

Would you like a beautiful handmade arrangement for your home or to give to a loved one? Shelley Russell, owner and lead designer of Sunnyside Florals, will instruct the class. Shelley grows her own flowers and plants locally here in Southern Maryland. Explore the basics of floral arrangement and design in this hands-on session with Shelley. Freshly cut, locally grown flowers and foliage provided by the instructor will be identified, along with suggestions for their application in this project. All supplies provided. Take home a beautiful, finished bouquet to display or give away! Advance registration is required.



Folk Salad Luncheon

Garvey Senior Activity Center

Friday, July 18

Doors Open: 11:30 a.m.

Lunch Served: 12 p.m.

Performance: 12:30 p.m.

**Cost: Lunch donation for ages 60+;
\$7 for those under 60**

Folk Salad is an eclectic, acoustic band that performs a mix of light pop, oldies, folk, and wonderful original music. They have performed at many Southern Maryland locations and events since 2009. Their music will get your feet moving! The cost for lunch is by donation for those ages 60 and above, and \$7 for those under 60. Advance registration is required. Please visit www.stmarysmd.com/aging and click on the "View Sign Up for Activities and Programs" button to register for this luncheon.



Trivia Afternoon

Garvey Senior Activity Center

Wednesdays, July 30 & August 27

3:30 p.m.

Cost: \$25

Get ready to rack your brain and unleash your inner know-it-all at our exciting Trivia Afternoon! Join us for an afternoon packed with fun, friendly competition, and brain-tickling questions covering a wide range of topics. Gather your smartest friends, form a team, and join forces with fellow trivia enthusiasts. One player needs to sign up for the entire team. Minimum 3 players, maximum 5 players. No individual sign-ups. Advance registration is required.

Stained Glass Pendants

Garvey Senior Activity Center

Thursdays, July 31 & August 28

10 a.m.

Cost: \$15

The instructor will provide an assortment of stained-glass pieces that are cut, foiled, and soldered with rings on two sides, beads, pieces of chains, jump rings, and charms. Students can select up to three pieces of stained glass, beads, and chains, then connect them with jump rings and a charm. Participants will create their pendants in any pattern they choose. No experience needed. Supplies will be provided. Advance registration is required.



ProFlex Pickleball Talk

Garvey Senior Activity Center

Wednesday, August 6, 9 a.m.

Cost: FREE

Pickleball is the hottest new game, but injuries can occur if not played correctly. Join ProFlex Physical Therapy for a discussion on proper form and ways to prevent injury. This presentation will focus on injury prevention and will not teach how to play the game. Advance registration is required.

LEGO Speed Master Building Challenge

Garvey Senior Activity Center

Thursday, August 14, 3 p.m.

Cost: \$5

Ready, set, BUILD! Join us for a fun, adrenaline-pumping LEGO Speed Building Challenge, where your creativity and construction skills will be put to the ultimate test. You'll have just 30 minutes to transform a pile of colorful bricks into a masterpiece. Forget elaborate instructions—this challenge is all about spontaneous design and imaginative construction.

Our impartial guest judges will evaluate your creations based on originality, clever use of pieces, and overall visual appeal. Advance registration is required.



Just Us 2 Luncheon

Garvey Senior Activity Center

Tuesday, August 19

Doors Open: 11:30 a.m.

Lunch Served: 12 p.m.

Performance: 12:30 p.m.

Cost: Lunch donation for ages 60+; \$7 for those under 60

Pat Nutter and Chris Tenney have performed at a wide variety of establishments throughout Southern Maryland and most recently at the Saturday Night Live Open Mic in Prince Frederick. As a duo, they perform bluegrass, classic country, gospel, and original music. Their lively performance will have your toes and fingers tapping along. Lunch will be served before the performance. The cost for lunch is by donation for those ages 60 and above, and \$7 for those under 60. Advance registration is required. Please visit www.stmarysmd.com/aging and click on the "View Sign Up for Activities and Programs" button to register for this special luncheon.



Book Stitching

Garvey Senior Activity Center

Thursday, August 21

10 a.m.

Cost: \$10

In this workshop, students will learn traditional bookbinding techniques to create a personalized handmade book with a fabric cover. The finished book can serve as a sketchbook, journal, or address book. Advance registration is required.

Mad Hatter Tea Party

Garvey Senior Activity Center

Wednesday, July 9, 4:30 p.m.

Cost: \$5

Break out your fanciest hat and join us for finger foods, delightful tea served on fine porcelain, and charming conversation. Pinkies up! Advance registration is required.

Oil Painting with Chris
Garvey Senior Activity Center
Thursdays, July 10 & August 14
5 p.m.

Cost: \$5 (includes supplies)

Discover the timeless art of oil painting in this hands-on workshop. Under the guidance of a skilled instructor, you'll learn the fundamentals of oil painting, including blending techniques, brush handling, and basic composition. You can work at your own pace on an 11" x 14" canvas to take home. No prior experience is necessary. Advance registration is required.

Jar Basket Weaving with Pam King
Garvey Senior Activity Center
Wednesday, July 23 & 30
6 p.m.

Cost: \$30

In this hands-on, two-day workshop, you'll transform a simple glass yogurt jar into a beautiful handwoven basket! Under the guidance of experienced basket weaver Pam King, participants will learn traditional weaving techniques to craft a functional and decorative piece. All materials and tools will be provided. Advance registration is required.



Interchangeable “Home” Sign with Toni

Garvey Senior Activity Center

Tuesday, July 29, 5:30 p.m.

Cost: Free (supplies and tools provided)

Add a personalized touch to your home décor with this fun and festive DIY project! You'll create a stylish framed “Home” sign featuring an interchangeable “O” that can be swapped out for different seasons and special occasions. The “O” will be constructed from pre-cut 3D layered pieces that you'll glue together. Advance registration is required.

Sweetheart Cupcakes
Garvey Senior Activity Center
Wednesday, August 6, 4 p.m.
Cost: \$30 (includes supplies)

Join Rebecca of Sweetheart Cupcakes to learn how to decorate cupcakes for events, holidays, or that special someone. You'll decorate four cupcakes to take home or share. Advance registration is required.

Sound Bath with Ruth
Garvey Senior Activity Center
Tuesday, August 12, 6:00 p.m.
Cost: \$20

Join us for a rejuvenating sound bath experience. Immerse yourself in sound vibrations that provide a calming effect on your nervous system. Please bring a yoga mat, small pillow, and blanket to build your comfy nest. This may not be recommended for those with pacemakers; please consult your physician before attending. Advance registration is required.



Folk Salad Performance

Wednesday, August 13, 5:30 p.m.

Garvey Senior Activity Center

Cost: FREE

Folk Salad is an eclectic, acoustic band that performs a wide variety of light pop, country, folk, and original music. Advance registration is required.



Candle and Wax Melt Making Workshop

Monday, August 4, 5 p.m.

Garvey Senior Activity Center

Cost: \$25

Professional candlemakers from Vantoria Essentials, LLC, will guide you through the process of creating a 9 oz. candle and a 6-pack of wax melts with scents of your choice. No experience is necessary, and all materials will be provided. Advance registration is required.

Tai Chi Quan: Moving for Better Balance 24-Week Beginner Course

Garvey Senior Activity Center

Tuesdays and Thursdays starting August 19

4:30 p.m.

Cost: FREE

Tai Chi Quan: Moving for Better Balance® is an evidence-based fall-prevention program. Participants will learn an 8-form routine aimed at improving postural stability, body awareness, functional walking, movement symmetry, and coordination. All participants must attend the first 4 sessions to continue the program. No prior experience is necessary. Advance registration is required.

Movie Madness

Garvey Senior Activity Center

Thursday, August 21

5 p.m.

Cost: FREE.

(optional \$3 for a drink, candy, and popcorn)

Join us as we convert our dining room into a movie theater! Snacks, drinks, and freshly popped popcorn will be available for purchase. You're also welcome to bring your own food and non-alcoholic drinks.

Advance registration is required.

***Karate Kid: Legends* (PG-13)**

When kung fu prodigy Li Fong (Ben Wang) relocates to New York City with his mother to attend a prestigious new school, he finds solace in a new friendship with a classmate and her father. However, his peace is short-lived when he attracts unwanted attention from a formidable local karate champion. Determined to defend himself, Li enters a karate competition with guidance from his kung fu teacher, Mr. Han (Jackie Chan), and the legendary Karate Kid, Daniel LaRusso (Ralph Macchio).



Loffler Senior Activity Center

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

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

Massage Therapy with Renika Watson, LMT

Loffler Senior Activity Center

- Tuesdays: July 1, 8, & 15
- Wednesdays: July 2 & 9
- Tuesdays: August 5 & 26
- Wednesdays: August 6 & 27

10 a.m. – 4 p.m.

Cost: \$50 for 45 minutes

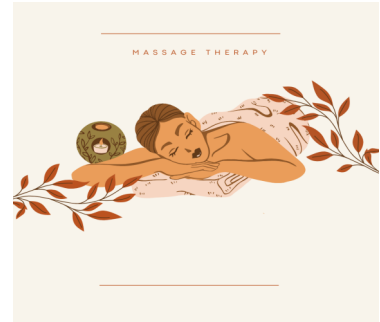
\$65 for 60 minutes

Renika Watson is a licensed massage therapist and the owner of Renika Marie’s Therapeutic Massage, specializing in Swedish and Deep Tissue massage.

Advance registration is required. **Refunds will be considered if a consumer cancels their appointment with at least 24 business hours in advance and if a replacement is found.**

Health Warning: Those scheduling this service must be able to get on and off the table without assistance. If your loved one needs assistance, please attend the session with them.

Wait at least 8 weeks after surgery to schedule a massage. Please consult your doctor to ensure you are cleared for a massage. This service is not suitable for those with extreme edema, gout, open wounds, or vascular disease.



Loffler Book Club

Loffler Senior Activity Center

Thursday, July 3 – *The Invisible Life of Addie LaRue* by V.E. Schwab

Friday, August 1 – *The Book of Lost Names* by Kristin Harmel

2 p.m.

Cost: FREE

This casual group meets on the first Friday of every month at 2 p.m. The group welcomes new members and feedback on future book choices. Read a new book each month and then enjoy a friendly discussion. Everyone’s thoughts and opinions are appreciated.

The Lexington Park Library has been very helpful in holding several copies of the books for us. Call 301-475-4200, ext. 1658, for more information.

On Thursday, July 3, we'll discuss *The Invisible Life of Addie LaRue* by V.E. Schwab.

The novel follows Addie, a French woman who makes a Faustian bargain to live forever, experiencing nearly 300 years of life across different cultures while struggling to leave a lasting impact. Everything changes when she meets a young man who remembers her name, breaking her curse of being forgotten.

On Friday, August 1, we'll discuss *The Book of Lost Names* by Kristin Harmel. Set in both World War II France and modern-day America, this novel, based on true events, follows document forgers who helped Jewish children escape to Switzerland.

Whole Body Bliss: An Introduction to Self-Myofascial Release with Judi Lyons

Loffler Senior Activity Center

Tuesday, July 8, 10 – 11:30 a.m.

Cost: \$25

This interactive workshop teaches the fundamentals of Self-Myofascial Release (SMR), a self-massage technique that targets pain relief in muscles and connective tissue. SMR helps improve mobility, posture, alignment, and overall musculoskeletal function, benefiting conditions like arthritis, Carpal Tunnel Syndrome, and Plantar Fasciitis. Balls and a full-color illustrated instruction e-handbook are included. Advance registration is required.



Coloring Group

Loffler Senior Activity Center

2nd & 4th Thursday, starting July 10

9:30 – 10:30 a.m.

Cost: FREE

Ready to dive into adult coloring? This class is perfect for beginners! Discover the best techniques while enjoying a social atmosphere. All supplies will be provided, but you're welcome to bring your own coloring books, pencils, gel pens, or markers. Advance registration is required.

Crochet for Beginners

Loffler Senior Activity Center

Wednesdays, July 9, 16, 23, & 30

1 p.m.

Cost: \$5

Join Terry for beginner crochet classes. You will learn the slip knot, chain stitch, and single and double crochet using a simple project. All supplies are provided.

Advance registration is required.

Loffler Appreciation Day – Open to the Public/Intergenerational

Loffler Senior Activity Center

Friday, July 11, 10 a.m. to 4 p.m.

Cost: FREE

Come visit the Loffler Senior Activity Center and explore the many new programs available. Feel free to bring the whole family—all ages are welcome to this once-a-year event! Enjoy live music by our very own Loffler Sunshine Singers, a skit by the Reader's Theatre, and a demo of Tai Ji Quan: Movement for Better Balance. The Loffler Senior Activity Center offers art classes, fitness classes, games, social groups, crafts, quilting, and much more. Many of the activity leaders will be on-site to answer any questions you may have. We will also feature St. Mary's County Government agencies that provide support services to older adults. Take a fun Trishaw bike ride with Cycling Without Age around the park. The Farm.Fork.Soul Food Truck and She's Fresh Lemonade Shake Ups will be on-site, and payments will be made directly to the food trucks. Come join in the fun!



ProFlex Physical Therapy: Discussion on Joint Health

Loffler Senior Activity Center

Wednesday, July 23, 2 p.m.

Cost: FREE

Join ProFlex Physical Therapy for a presentation on joint health, covering joint anatomy, protection, and age-related changes. Learn when to seek medical help, the benefits of physical therapy, and available community resources. Advance registration is required.

Crafts with Penny

Loffler Senior Activity Center

Thursday, July 24, 1 – 3 p.m. – Beach Themed Wine Bottle with Lights

Thursday, August 21, 1 – 3 p.m. – Terra Cotta Pots and Succulents

Cost: \$20 (all supplies provided)

July: Penny brings her unique artistic touch to a wine bottle to create beach-themed décor. The shells vary based on selection of shells, sea glass, and other embellishments.

August: Paint two terracotta pots with your unique design, then plant your succulents. Penny will provide tips for taking care of your succulents. Advance registration is required .



Creating a Paper Flower Wreath

Loffler Senior Activity Center

Wednesday, July 30

1:30 – 3:30 p.m.

Cost: FREE

Enjoy making floral paper wreaths with Toni in this fun, workshop full of creativity and color. You will receive pre-cut paper flower pieces to carefully arrange into stunning, lifelike blooms. These beautifully crafted flowers will then be assembled into a whimsical wreath, perfect for displaying in your home or giving as a heartfelt gift. All supplies will be provided. Advance registration is required.

Digital Photography for Beginners Workshop

Loffler Senior Activity Center

Mondays, August 4, 11, 18, & 25

1 – 3 p.m.

Cost: FREE

Join internationally published photographer Dean Newman for a hands-on workshop series on digital photography. Learn essential concepts and techniques like composition, shutter speed, aperture, and lighting to improve your photography skills. Each class includes both instruction and practical application. Please bring your own digital camera. Advance registration is required.



Health Watch Series

Loffler Senior Activity Center

Wednesday, July 16—Independent Living

Wednesday, August 20—Eye Health

Cost: FREE

July- Join us for an interactive discussion on independent living today. Learn about its meaning, benefits, available options, and possible drawbacks.

August- Join us for an educational presentation on eye health and how your vision changes over time. Learn the importance of annual eye exams, tips to maintain eye health, eye diseases that may not present symptoms, and when to see your ophthalmologist.

Advance registration is required.

The Power of Sound Healing Music + Yoga for Mind, Mood & Immunity

Loffler Senior Activity Center

Tuesday, August 12, 10 – 11:30 a.m.

Cost: \$20

Join Judi Lyons in harmonizing body, mind, and spirit by combining accessible yoga movements with the power of Solfeggio healing music—enhancing cognitive function, balancing emotions, and strengthening immunity. This is both a mat and chair yoga experience: 75 minutes of yoga, followed by 45 minutes of learning, Q&A, and immunity tea.

Advance registration is required.



Art with Jamie

Loffler Senior Activity Center

Tuesdays, August 12, 19 & 26- Poured Paint Projects

10 a.m. – 12 p.m.

Cost: \$25 per class

Each week, we will learn a new acrylic paint pour technique and then turn that pour into an art piece. Each session will build on the previous week's project. However, if you can attend only one class in August, you will still walk away with an amazing acrylic paint pour on canvas.

The classes are great for beginners and seasoned artists alike. All materials are included.

Advance registration is required.



Loffler's Open Mic Day

Loffler Senior Activity Center

Friday, August 15, 12:30 p.m.

Cost: FREE

Let's show off your talent at Open Mic Day! Come display your singing, dancing, comedy routine, poetry reading, instrumental performance, or any other special talent. No auditions necessary. Just sign up and come ready to entertain your friends. There is a five-minute time limit per act. Advance registration is required.

Northern Senior Activity Center

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

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

Men's Strength Training Boot Camp

Northern Senior Activity Center

Thursday, July 3-31 (5 sessions), 11 a.m.-12 p.m.

Cost: \$45

A certified instructor with Zen Well Studio, will lead a Men's Strength Training series that aims to enhance your strength, mobility, and overall fitness. This series focuses on safe and effective exercises to build muscle, improve bone density, and increase endurance. Come on guys... let's stay strong and active! See top of this page for how to register.



Cornhole Competition: Summer 2025

Northern Senior Activity Center

Tuesday, July 8, 10-11:30 a.m.

Cost: \$2

Who doesn't love a good round of cornhole? Compete in this casual & fun competition. Show off your skills or try it out for the first time. Keep in mind that this game requires good dexterity, throwing, and hand-eye coordination. Boards will be closer than regulation rules to accommodate for all skill-levels. The 1st and 2nd place winners will get a prize. This event will be held indoors. See top of this page for how to register.

Art Pottery: Porch Lizard

Northern Senior Activity Center

Friday, July 11 & 25, 10 a.m.-12 p.m.

Cost: \$10

Pottery craftswoman Pam King will instruct in the making of a fun porch lizard sculpture. Porch lizards – also known as skinks – are small, harmless reptiles. All skill levels are welcome. See top of this page for how to register.

Freedom Rocks! Luncheon, with Jimi Simon

Northern Senior Activity Center

Thursday, July 17, 11 a.m.-12:15 p.m.

Cost: \$3 entertainment fee + Lunch fees apply

One of our rockin' favorites, Jimi Simon, is here to provide his musical talents for a post-Independence Day celebration! Come out in your red, white, and blue and show us your best costume. Advanced registration is required. See top of this page for how to register. The lunch meal will be a BBQ sandwich with potato wedges, coleslaw, watermelon, & apple juice. Lunch is \$7 for those under 60 years of age, by donation otherwise. Payable by card, cash, or check, upon arrival.



Cupcake Decorating: Red, White, & Blue

Northern Senior Activity Center

Friday, July 18, 1-2 p.m.

Cost: \$15

Join Rebecca Smith of Sweetheart Cupcakes to learn how to decorate cupcakes for events, holidays, or just for fun! You will complete two cupcakes with a patriotic USA theme. All skill levels are welcome. Supplies will be provided. See page 24 for how to register.

Grandkids Bingo (Intergenerational)

Northern Senior Activity Center

Wednesday, July 23, 9:45-11:15 a.m.

Cost: \$3 suggested Bingo donation

This special Bingo is for the grandkids! All are welcome to attend this intergenerational game. Play for a chance to win kid-focused toys, snacks, and more. Space is limited. See page 24 for how to register. Interested in reserving a lunch meal? Please call Penny at 301-475-4200, ext. 3105, no later than Noon on July 22. Lunch is \$7 for those under 60 & by donation otherwise.



Bunco!

Northern Senior Activity Center

Friday, July 25 & August 29, 12:30-3:30 p.m.

Cost: \$5

Bunco is a lively game of fun. Winning categories will be awarded prize money that day! Let's roll the dice and enjoy an afternoon together. All sign-ups are done online in advance. Drop-ins will not be accommodated unless we need a substitute to fill in or round out a table. To reserve your lunch before the game, call Penny at 301-475-4200, ext. 3105, by noon the day before Bunco. See page 24 for how to register.

Emotional Wellness – CBT Yoga Workshop

Northern Senior Activity Center

Monday, July 28, 1-2:15 p.m.

Cost: \$20

Emotional wellness is an important part of our lives. This CBT yoga workshop, led by Paty Massón, will teach mindfulness practices, gentle yoga postures, stretching, and moving meditation. This kind of yoga focuses on the way you think and act – helping you physically, mentally, and spiritually. IMPORTANT: This is mat yoga but can be chair-assisted if necessary. See page 24 for how to register.

Portrait Mini-Sessions by Orlando Thompson Photography

Northern Senior Activity Center

Tuesday, July 29, 10 a.m.-12 p.m.

Cost: \$45 for individuals / \$50 for couples

Looking for a high-quality photo of yourself or the family?

Orlando Thompson Photography will be accepting 10-minute appointments for portrait-style pictures. Orlando is a skilled photographer and uses a professional camera & lighting system.

This is a great opportunity to update your Facebook profile picture, get a nice photo for greeting cards, etc. Orlando will deliver the fully-edited photo to you via email – a secure website link. Download the file to your computer or mobile device. Orlando's website will provide options for ordering prints (at an additional fee). See page 24 for how to register.

Coloring Book Day (Intergenerational)

Northern Senior Activity Center

Wednesday, August 6, 1-3 p.m.

Cost: Free

Ready to color? Let's celebrate National Coloring Book Day with a fun afternoon of artwork.

Enjoy free coloring books, sheets, and supplies – generously sponsored by Martha's Coloring Group. The group will conduct a brief awards ceremony & have their artwork on display.

All ages are invited to attend, especially grandkids! Registration is not required but encouraged. See page 24 for how to register.

Wii Bowling Day: 100 Pins!

Northern Senior Activity Center

Tuesday, August 12, 11 a.m.-2:30 p.m.

Cost: \$2

Ready to strike up a good time? Join us for Wii Bowling with a twist – 100 pins for 10 times the fun! This is a 1-day competition. You'll bowl one game in the morning, break for lunch, then bowl your final game in the afternoon. Prizes will be awarded to 1st & 2nd place winners. **IMPORTANT:** this is a different game (Wii Sports: Resort, 2009) with slightly more sensitive controllers. It may take a few minutes to get adjusted. We'll use the first 10-15

minutes for practice. See page 24 for how to register. Sign up for lunch by leaving Penny a message at ext. 301-475-4200, ext. 3105. The meal is \$7 for those under 60 & by donation otherwise. Lunch fees collected upon arrival. Payable by cash, card, or check.



Genealogy Presentation

Northern Senior Activity Center

Monday, July 14, 10-11 a.m.

Cost: FREE

Join local family-heritage enthusiast, Louise McDonald, for this free & informative presentation! Check the Activity Enrollment Website for details.

See page 24 for how to register.

Basket Weaving

Northern Senior Activity Center

Friday, August 15, 10 a.m.-3 p.m.

Cost: \$30

Pam King will instruct how to weave a simple, yet elegant, basket. Materials will be provided. All skill levels are welcome. Check the Activity Enrollment Website for project details. See page 24 for how to register.

Hearing Screenings

Northern Senior Activity Center

Thursday, August 21, 9-11:45 a.m.

Cost: Free

Regular hearing screenings can help you identify gradually developing hearing problems before they can significantly impact your hearing and your quality of life. A Clinical Audiologist from the Freedom Hearing Center is visiting to provide FREE hearing screenings. Pre-registration is required to secure an appointment slot. See page 24 for how to register.

Dancing for Neuroplasticity: Broadway Musical Experience

Northern Senior Activity Center

Monday, August 25, 1-2:15 p.m.

Cost: \$20

Step into a transformative world where dancing isn't just movement — it's a unique, scientifically backed brain-boosting, memory-engaging, and spirit-lifting journey. Experience classic Broadway songs like *Singing in the Rain* and *West Side Story*'s, *America* that will awaken your brain's memory centers & spark emotional connections. Enhance auditory, memory, and physical responses. Join newly certified brain fitness educators, Judi Lyons & Paty Massón. Discover how dance can create new neural pathways, strengthen brain connections, and foster dynamic resilience. Please bring water and wear comfortable clothing. See page 24 for how to register.



Summer Dance Party

Northern Senior Activity Center

Tuesday, August 26, 1-3 p.m.

Cost: \$2

Let's celebrate Summer with a fun afternoon of dancing! Wear your favorite summer outfit – beach vacation attire, Hawaiian shirt, etc. Enjoy light refreshments & door prizes. See page 24 for how to register.

Retired and Senior Volunteer Program

By Monika Williams, RSVP Project Manager

“What Does Independence look like?” I believe Independence looks like a picture of a beautiful sunny day with a rain cloud far off in the distance. Independence is something we have all sought after ever since we reached the age to drive. We enjoy being able to go wherever we like whenever we want. We enjoy making our own decisions. We enjoy being able to care for ourselves. As the years go by, we sometimes begin to see possible threats to our independence. We endeavor to buckle down and protect that independence as we age. Through it all, we must remember to continue to be social, stay active, and to be positive. We can even share our independence by assisting those who are in danger of losing their independence or the ability to remain in their homes. We can choose to be involved in our community instead of building a wall shutting out others.

Did you know social isolation is associated with 57% higher risk of dementia? Studies have found there are three attributes: happiness, positive emotions, and strong social ties that may compensate for age-related decline. RSVP volunteers are benefitting from all three of these attributes as a result of serving the community. Volunteering brings opportunity to help others and to make new friends. Volunteering also gives a positive feeling of self-worth and a sense of purpose.

RSVP greatly appreciates our volunteers, and our community is enriched by their service. Please take the time to read through the next page of volunteering opportunities and consider joining our team. If you would like to discuss or learn more about RSVP and its opportunities, please call 301-475-4200, ext. 1653. RSVP@stmaryscountymd.gov.



A Community That Shares (ACTS) is one of RSVP's Volunteer Stations that truly provides great services to community members who need assistance maintaining their independence. Volunteers provide wheelchairs, crutches, lift chairs, canes, and much more. All equipment is free of charge to help community members to remain independent, active, and mobile. This is a 100% volunteer operated community service. Volunteers are greatly needed.

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Senior Rides Program

Senior Rides is also a program which helps seniors who are no longer able to drive to continue living independently in the community. How could anyone without transportation to grocery stores and doctor appointments remain healthy? Volunteers are greatly needed for this program. Please consider giving time to this program to allow our older adults to hold on to good health and independence.

Please see volunteer opportunities on the next page.



NEW BEGINNING

Volunteer Opportunities

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

Charlotte Hall Veterans Home

- Activity Assistant
- Gift Shop Attendant
- Technical Support
- Read to Residents
- Play Cards & Board Games
with Residents
- Nails Painting

A Community That Shares (ACTS)

- Receiving and dispersing
medical equipment
- Repairing Equipment
- Currently, volunteers needed
on Mondays from 12:30 p.m.–
4:00 p.m.

Hospice of St. Mary's

- Making phone calls to family
members
- Grocery Shopping
- House Patient Cook
- Read to Patients
- Retired/active military person
to perform "Pinning
Ceremonies" to retired or
Active-Duty Hospice Patients.

Teen Court

- Hearing Support Assistants
- Bailiff



Friends of the Library

- Assist with Book-Sale
Events
- Organize Books
- Sort Donation
- Data Entry

Historic St. Mary's, St. Clement's Island Museum, and Historic Sotterley

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

Northern Senior Activity Center

- Chess Volunteer
- Craft Bead & Jewelry Class
Leader
- Book Club Leader

Garvey Senior Activity Center

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

Loffler

Senior Activity Center

- Zoom Activity Monitor
- In need of a Master
Gardener

St. Mary's County Crime Solvers Board

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

Home Delivered Meals

- Deliver hot meals to
homebound seniors within the
St. Mary's County area.

Patuxent River Naval Air Museum

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

Senior Rides

- There is a great need for
volunteer drivers to transport
independent seniors to doctor
appointments, shopping, and
social engagements.

Patuxent Habitat for Humanity

- Receive, sort, price, and place
donations on sales floor at the
Restore thrift shop
- Assist with Grants Writing
- Assist with Construction
Projects
- Assist with Various Boards

Literacy Council of St. Mary's

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

Ongoing Activities - Garvey

CLASS/ ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
American 500 Cards	Tuesdays 2 p.m.	American 500 is a trick-taking card game based on Euchre.	No	No
Arthritis Foundation Exercise Program (AFEP)	Tuesdays & Thursdays 8:45 a.m. or 9: 45 a.m. Fri. 8:45 a.m.	Gentle, range of motion, stretching and flexibility led by certified instructor. Two classes available on Tuesdays and Thursdays.	No	No
Art Studio	1 st & 3 rd Thursday 4 p.m.	Open Art Studio hours. Bring your own supplies. Instruction not provided.	No	No
Beginners Bridge	Tue. 5 –7 p.m.	Come learn how to play Bridge.	No	No
Billiards	Daily	Bring your own or use ours.	No	No
Bingo	Mondays 10-11:30 a.m.	Game with volunteer bingo callers. Pantry items for prizes.	No	No
Book Discussion Group	2 nd Wednesday 11 a.m.	Loaner books provided by St. Mary's Public Library.	No	No
Bridge Club	Wed. & Thurs. 10 a.m.-2 p.m.	Best suited for experienced players.	Closed	No
Card/Board Games	2 nd & 4 th Thu. 5 p.m.	Come play a variety of card and board games .	No	No
Cardio Lite	Mon. 5:30 p.m.	Light Cardio & low impact class.	No	Fitness Card
Cornhole	Daily	2 boards, 8 bags.	No	No
Crochet Club	1st & 3rd Tuesdays 5:30 p.m.	Bring your own projects as there will not be materials available or an instructor.	No	No
Diamond Dots	Thursdays 2 p.m.	Paint by color with diamonds. No experience needed. Bring your own supplies. Light boards provided.	No	No
Dungeons & Dragons	Mondays 5-8 p.m.	Adventure awaits! Everything you need to get started playing Dungeons & Dragons, the world's greatest roleplaying game	No	No
EnhanceFitness	Mon., Wed., Fri. 11-12 p.m. Wed. 5:00 p.m.	Cardiovascular/weight training exercises to improve flexibility, strength, balance.	No	Fitness Card
Fitness Room	Daily	A variety of fitness equipment for cardio and strength training.	No	No
Geri-Fit	Monday & Wednesday 2-3 p.m.	Helping to rebuild strength that has been lost.	No	No
Line Dancing	Tuesdays 11 a.m.	No experience necessary. Volunteer leads group in a variety of steps.	No	No
Mah Jongg	Mon. 12:30 p.m.	No experience necessary. New players welcome.	No	No
Men's Strength Training	Mondays 9:30-10:30 a.m.	Low impact strength training class.	No	Fitness Card
Pickleball Courts	Open	Pickleball courts are available daily, dawn to dusk. See staff during hours for access info.	No	No

Ongoing Activities - Garvey

CLASS/ ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Pitch	Thursdays 10 a.m.-12 p.m.	Card game that started in St. Mary's County.	No	No
Reader's Theater	Meeting 2 nd Tuesdays 11 a.m. Rehearsals as needed	Reader's Theater is a form of theater that involves minimal props and no line memorization.	Yes	No
R&B Line Dancing	Mondays 12:30 p.m.	Line Dancing with specific instructions on popular line/party dance styles.	No	No
Scrapbooking Day	1 st & 3 rd Friday 9 a.m. – 4 p.m.	Open Art Studio Hours. Supplies & Instruction are not provided.	No	No
Silver Companions	1st & 3rd Thur. 5 p.m.	A social group for seniors, to enjoy recreational activities together.	No	No
Walk & Tone	Fridays 9:30-10:30 a.m.	A low impact aerobic class. Strength training using bands, weights and balls is included.	No	Fitness Card
Walking Club	Mon., Wed. & Fri. 9 a.m.	Meet in the lobby of the Garvey Senior Activity Center & walk around surrounding facilities.	No	No
Watercolor with T.L. Ford	2 nd Tuesday 1:30 p.m.	Come learn the basics of watercolor painting in a relaxing & informal setting.	Yes	Yes
Yoga (Chair)	Wednesdays 9:30 a.m.	Improves muscle strength & tone. Reduces stress & increases relaxation.	No	Fitness Card
Yoga (Mat)	Tuesday & Fridays 12:30 p.m.	Improves muscle strength & tone. Reduces stress & increases relaxation.	No	Fitness Card
Zumba Gold	Thursdays 12:30 p.m. 5:30 p.m.	Dance based exercise program led by certified instructor.	No	Fitness Card

Helpful Links:

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

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

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

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

Ongoing Activities - Loffler

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

Ongoing Activities - Loffler

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Needle Crafters	Mondays & Thursdays 10 a.m.	Knit & crochet group. Some yarn available at center or bring your own.	No	No
Nutrition Ed. with Donna Taggart	2 nd Mondays 10 a.m.	Nutrition presentations led by a Licensed Dietician.	Yes	No
Open Art Studio	1 st and 3 rd Fridays 9 a.m.	Drop in for guided art practice with volunteer Penny.	No	Drop in fee
Pinochle	Mon., Wed., & Fri. 9 a.m.	Experienced players welcome.	No	No
Project Linus	3 rd Fridays 10 a.m.	Make blankets for children and teenagers who are hospitalized or in shelters.	No	No
R&B Line Dancing	Wednesdays 11 a.m.	Learn the latest Line dances performed to your favorite R&B tunes. Beginners welcome	No	No
Rummikub	Wednesdays 9 a.m.	Fun tabletop game for all levels of experience.	No	No
Walking Club	Mon., Wed., Fri. 9 a.m.	All are welcome, group walks laps around the park.	No	No
Yoga	Mon., Wed., Thurs., Fri., 9:30 a.m.	Gentle range of motion stretches and poses along with meditation.	No	Fitness Card
Zumba Gold	Mondays 12:30 p.m.	Dance based exercise program led by certified instructor.	No	Fitness Card

Ongoing Activities - Northern

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Arthritis Foundation Exercise Program	Wednesdays 10:45-11:45 a.m. Thursdays, 1-2 p.m.	Gentle, range of motion, stretching and flexibility led by certified instructor.	No	No
Awakening Yoga	Mondays, 9:30-10:30 a.m. Fridays 11a.m.—Noon	Gentle range of motion/ meditation.	No	Fitness Card
Basket Weaving	Periodically	Typically, two-part classes offered.	Yes	Varies; \$30
Billiards	Mondays & Wednesdays	Bring your own or use ours.	No	No
Bingo	Fridays 9:45-11:15 a.m.	Game with volunteer bingo callers. Pantry items for prizes.	Yes	No
Book Club: Book Chatter	4 th Thursday 10:30 -11:30 a.m.	Read & review new books each month. Different books for each club.	Yes	No
Chair Yoga	Wednesdays, 9:30 – 10:30 a.m.	Chair Yoga has been modified to allow participants to safely perform positions with a chair incorporated for ease and stability.	No	Fitness Card
Crafty Corner	Mon., Tues., Thurs., Fri. 8 a.m.-4 p.m. Wednesdays, 1-4 p.m.	Open time to work on textile based projects like beads, crochet, and coloring.	No	No
Coloring Group (two groups)	1 st & 3 rd Wednesdays 1-2:30 p.m.	Participants supply coloring utensils if possible; some are provided.	Waitlist	No

Ongoing Activities - Northern

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Crochet DIY	Mon. & Wed., 1-4 p.m.	Beginners or experienced.	No	No
Cycling Meetup	2nd & 4th Wednesdays 9 a.m. during Summer 10 a.m. during Fall/Winter	Meet at Northern for a group ride on Three Notch Trail (weather permitting).	No	No
Diamond Dazzle (two groups)	3 rd Monday 10 a.m.-Noon & 1- 3 p.m.	Diamond and associated bead crafts.	Waitlist	Yes for kits
Double Pinochle	Tuesdays & Fridays 10 a.m.-4:30 p.m.	Moderately experienced players.	No	No
Drums Alive	Tuesdays February 20-March 26 2-3 p.m.	Instructor-lead drum and dance class. Helps cognitive function. Program runs for 6-weeks at a time .	Yes	\$12 for 6-week program
Dynamic Ceramics	Wednesdays 9:30 a.m.-12:30 p.m.	Variety of bisque pieces available to purchase. Supplies provided.	Drop-in	Buy items, firing fees
EnhanceFitness	Tuesday & Thursdays 9:30-10:30 a.m. Fridays, 9-10 a.m.	Cardiovascular/weight training exercises to improve flexibility, strength, balance.	No	Fitness Card
Homemakers	2nd & 4th Tuesdays 10 a.m.-12 p.m.	Social time and homemade items made for fun and charity.	Yes Call to inquire	No
Line Dancing	Wednesdays 1-2:30 p.m.	Volunteer leads group/variety of steps.	No	No
Lyme Discussion & Support Initiative	TBD Toolkits by pickup	Facilitator-led group with education and support for Lyme Disease.	Yes, all ages	No
Mahjong (Eastern)	Thurs 1-4:30 p.m.	Popular tile game involves skill, strategy & luck. Beginners welcome.	No	No
OH HECK (Cards)	Tuesdays & Fridays 10 a.m. -2 p.m.	Experienced players and beginners welcome.	No	No
Open Studio: Pottery and Ceramics	Mon., Tues., Thurs., & Fri. 8 a.m. -4 p.m.	Crafters continue work on individual clay, pottery, or paint pieces. Some Fridays are reserved for specific art pottery projects/ classes.	Studio orientation	Fee for clay ceramics, fire, supplies
Party Bridge	Thursday 10 a.m.-2 p.m.	Best suited for experienced players.	Preferred	No
Pitch Card Day	Last Thursday of the month 12:30-3:30 p.m.	Experienced players enjoy an afternoon of Pitch. Top players will receive a prize.	Yes	\$10
Northern Quilters	2 nd & 4 th Wednesday 12:30-4:30 p.m.	Instructor teaches basic skills and techniques. Individual projects.	Preferred- Not required	TBD, Varies
R&B Line Dancing	Fridays 1-2 p.m.	Popular line/party dance styles.	No	No
Scrapbooking	2nd Monday, 10 a.m.-3 p.m.	Organizing photos into a book using artistic skill.	Waitlist	Bring your own materials
S.W.A.G. (Seniors Winning at Games)	Tuesdays & Fridays 1-4:30 p.m.	Various card games like SkipBo, Canasta, Rummy, etc.	No	No
Tech Rescue	Monday-Friday after 2 p.m. By appointment only	15-30 requested appointments with Keilan Ruppert to work on specific needs with computers, smartphones, etc.	Yes	No
Workout Room	Open during normal operating hours	1 Bow Flex; 1 Standing Elliptical; 1 Seated Elliptical; 2 Pec/Fly; 2 Treadmills; 2 Recumbent Bikes.	No	No
Zumba Gold	Tuesdays 10:45 a.m. -11:45 a.m.	Latin music and dance fitness program.	No	Fitness Card

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

Lori Jennings-Harris, Director

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

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

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

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

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

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

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

Community Programs & Outreach - Communicates timely and topical information to the senior community through a bi-monthly newsletter, website updates, local and state-wide events, and local media. To receive the bi-monthly newsletter, call 301-475-4200, ext. 1074.

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

Website: www.stmaryscountymd.gov/aging

Facebook: www.facebook.com/SMCDAHS

YouTube: www.youtube.com/c/SMCAgingHumanServices

Phone: 301-475-4200, ext. 1050

Fax: 301-475-4503

LOCATIONS



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

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

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

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

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



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

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

Friday, July 4 - Independence Day

NEW BEGINNING