

NEW BEGINNING

VOLUME 39 ISSUE 4

JULY/AUGUST 2026

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



Joyfully Independent!

IN THIS ISSUE...



Community Health & Wellness Fair

Make sure to mark your calendar! This year's event will be on Friday, October 9, from 9:00 a.m. to 3:30 p.m. at the University of Maryland - Southern Maryland.....Page 8

Help Available for Electricity and Heating Expenses

Check out this financial program that could help you with your electric and heating expenses.....Page 10

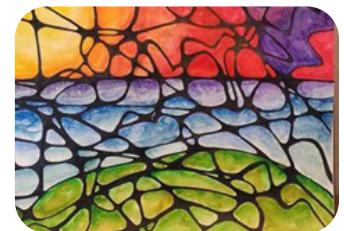


Candle and Wax-Making Workshop

Create your own scents of summer at the Garvey Senior Activity Center in this hands-on candle and wax melt workshop.....Page 19

Discover Neurographic Art

Join us at the Loffler Senior Activity Center for an introduction to Neurographic art, an easy and relaxing, drawing technique that uses flowing lines and shapes to spark creativity.....Page 21



Celebrate the Red, White, and Blue

Join us at the Northern Senior Activity Center to celebrate the red, white, and blue with great food, great company, and live music from vocalist Bruce Thomas.....Page 24

Save the Date

Join us for the RSVP Volunteer Expo on August 1, 2026, in Lexington Park for community connections, volunteer opportunities, and family activities.....Page 28



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FROM THE DIRECTOR'S DESK

By Lori Jennings-Harris

Joyfully Independent

Independent is the theme for this newsletter; however, not just Independent, but Joyfully Independent! What does it mean to be Joyfully Independent? Well, you tell me...



It is mid-summer and the senior activity centers are in full swing with their summer programs, activities and events, as always. Not just the senior activity centers, but all the divisions within the Department of Aging & Human Services provide programming that embodies the core of our mission to help our county's citizens remain as independent as possible for as long as possible. Not only do we pride ourselves on all the wonderful programs the senior activity centers have to offer, but we have several other divisions that contribute to the well-being of the older adults of our community, as well as the children, youth and families.

Our Home and Community-Based Services Division helps people who may have needs that are appropriate for a nursing home level of care, remain in their home. Our Home-Delivered Meals do the same by providing nutritious, balanced, dietician-approved meals for qualifying individuals in their home. Our Community Programs & Outreach Division holds several major events each year that focus on the health and well-being of the community. Such events include the annual The Way to Wellness: Community Health & Wellness Fair, Men's Health Day, and Veterans Resource Day to name a few. This division also works to promote all the programmatic divisions within the Department. The Retired and Senior Volunteer Program (RSVP) helps keep the program's volunteers engaged in our county by matching them with volunteer opportunities that assist several non-profit agencies achieve their goals. Some of the RSVP Volunteers have committed their time to help

NEW BEGINNING

The Commissioners of
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NEW BEGINNING

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To receive a copy of this newsletter
through the U.S. Mail,
call **301-475-4200, ext. 1050.**

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.

troubled youth offenders through our Teen Court program, within our Human Services Division. Having someone who is well-versed in the nuances of navigating the Medicare (and You) process is invaluable to planning for independence in the senior years. Our Senior Information and Assistance Division is a good place to start with questions related to Medicare, as well as other types of benefit programs.

Our annual Keys to Senior Independence series was developed to help adults of any age learn about the many resources available as people grow older in our county and not just through the Department of Aging & Human Services, but through other agencies. The program is intended to help individuals be better prepared for their future, golden years.

The staff of the Department of Aging & Human Services strive to make life for all the individuals we serve as joyful as we can, doing our part to provide well-rounded programs that help preserve our physical, mental, cognitive, and emotional health, living Joyfully Independent!

St. Mary's County Commission on Aging

The Commission on Aging serves as your voice, advising and assisting the Commissioners of St. Mary's County on programs and resources available to the county's senior residents.

Upcoming Meetings:

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

Monday, July 27, 2026
1 p.m.

Monday, August 24, 2026
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 members of the St. Mary's Commission on Aging
- * Provide comments on the Department of Aging & Human Services
- * Obtain information on topics of interest to seniors

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



We are now in the thick of summer, and that means hot and humid here in St Mary's County! Staying hydrated is one of the simplest and healthiest habits you can adopt. A recent study has shown that adults who maintain good hydration levels are less likely to develop chronic conditions like heart disease and dementia. A longitudinal study of 11,000 adults over 25 years found that good hydration supports healthy aging and longevity. So how much water do we need, and how do we know if we are getting enough? There is no easy answer. The amount differs over the years and from person to person. It depends on one's health, age, activities, the weather and where you live! A general recommendation for healthy adults is about 11-15 cups of water from all sources. Another easy guide is divide your weight in half, and that is how many ounces you should drink. For example, if you weigh 140 lbs, your minimum amount would be 70 oz., or 8 ½ cups. The hydration pyramid suggests that 70% of our hydration should come from plain water (this can include flavored waters as long as there is no added sugar). That is considered the foundation layer. Next is the support layer which is 20% and is coffee and/or unsweetened tea. The Nutrient layer (10%) is milk and natural juices that provide nutrients like vitamins and minerals and, in the case of milk, protein. Finally, the top layer is an occasional indulgence like sodas and energy drinks. Some foods like fruits and vegetables can provide about 2% of the total water. Are you drinking enough? A good indicator is simply the color of your urine. If it is colorless or light yellow you are hydrated. It is rare to drink too much but it can happen. Your kidneys can not get rid of the excess water, and sodium levels drop, which can be life threatening. Some signs are headache, dark urine, dizziness and confusion. You should get help immediately. If you feel you are not getting enough water, start thinking of how you can incorporate it into your day. Explore different options, "eat your water" by increasing your fruit and vegetable consumption, find a fun tumbler that will make you want to drink or download an app on your phone to track your water consumption. You can start today! Find what works for you and listen to your body.

Upcoming Nutrition Education Presentations

Call to register 301-475-4200, ext. 1075 (Garvey), 1660 (Loffler), or 3115 (Northern).

The Benefits of Olive Oil

Garvey – Wednesday, July 1, 12:45 p.m.
Garvey – Thursday, July 9, 6 p.m.
Loffler – Monday, July 13, 10 a.m.
Northern – Monday, July 20, 12:00 p.m.

All About Hydration

Garvey – Wednesday, Aug. 5, 12:45 p.m.
Garvey – Thursday, Aug. 13, 6 p.m.
Loffler – Monday, Aug. 10, 10 a.m.
Northern – Monday, Aug. 17, 12 p.m.

HOME AND COMMUNITY-BASED SERVICES

By Rebecca Kessler, HCBS Division Manager

Caregiver Stress is Risky for Your Own Health

Here are some ideas to lighten the load.

1. Ask for help and accept it. Errands. Cooking. Keep a list of ways others can help. Let the helper choose a task.
2. Set realistic goals. Break large tasks into small steps. Prioritize and make lists. It's OK to say no sometimes!
3. Take advantage of community resources. Ask an Area Agency on Aging if it offers services like transportation and meal delivery.
4. Stay connected. Find time for fun with supportive family and friends, even a short walk or a call.
5. Seek out support. A caregiver support group, online or in person, offers encouragement and coping tips.
6. See your health care provider regularly. Get vaccinations and screenings on time. And tell your provider you're a caregiver.
7. Prioritize your health. Eat healthy, be active daily and follow a sleep routine. That's not selfish; it's self-care!

Guidance from the experts at Mayo Clinic.

St. Mary's County

Caregiver Support Group

St. Mary's County
DEPARTMENT OF AGING & HUMAN SERVICES
Marking Together - Caring Ahead You

Tuesday, July 28
Tuesday, August 25
6 - 7 p.m.

Garvey Senior Activity Center, Leonardtown MD

For more information:
301-475-4200, ext. 1057

Pre-registration is encouraged, but walk-ins are welcome.

Community Care Forum: Building Stronger Care Networks

The Community Care Forum is a monthly collaborative meeting focused on strengthening coordination and improving services for individuals with complex needs, including older adults and people with disabilities.

The Forum is hosted by the Department of Aging & Human Services and brings together healthcare professionals, social workers, service providers, and community leaders to share best practices, highlight upcoming programs and training opportunities, exchange resources, and discuss emerging community needs. It also provides a valuable opportunity to network and help reduce gaps in services across our region. Participants are encouraged to bring marketing materials and business cards to share with fellow attendees.

The Community Care Forum is held on the second Thursday of every month from 9:00 to 10:00 AM in Room 14 of the Potomac Building, located at 29115 Leonard Hall Drive, Leonardtown, MD 20650.

For more information, please contact Home and Community-Based Services Division Manager Rebecca Kessler at Rebecca.Kessler@stmaryscountymd.gov.



Receives and resolves complaints made by or for residents of long-term care facilities



Educates consumers about long-term care providers, residents' rights, and good care practices.



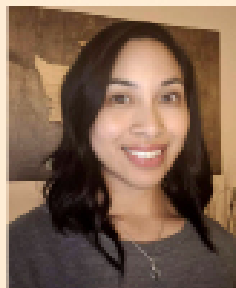
Protects the identity of residents and of individuals who make complaints.



Provides information to the public on nursing homes and other long-term care facilities and services, residents' rights, and legislative policy issues.

Long-Term Care Ombudsman Program

Meet Our Ombudsman



Julienne France
Certified LTC Ombudsman

Contact Us

301-475-4200, ext. 1055
Julienne.France@stmaryscountymd.gov





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

FRIDAY **OCT 9** 2026

SAVE THE DATE

9 AM - 3:30 PM

at the
University of Maryland - Southern Maryland
44219 Airport Rd, California, MD

Free community event. All ages are welcome!

For more information:

-  stmaryscountymd.gov/aging/healthfair
-  301-475-4200, ext. 1074
-  nicoletta.pollice@stmaryscountymd.gov

Farmers Feeding St. Mary's



The annual Farmers Feeding St. Mary's County Program will offer free, farm fresh produce at two community events!*

Thursday, August 13

Bay District Fire Department

46900 S Shangri-La Dr, Lexington Park, MD

2-7 p.m.

Saturday, September 12

U-Haul Parking Lot

46041 Signature Lane, Lexington Park, MD

9 a.m.-1 p.m.

***While Supplies Last**

*The Commissioners of St. Mary's County,
the St. Mary's County Department of Aging & Human Services,
the St. Mary's County Department of Economic Development,
Feed St. Mary's
and the University of Maryland College of Agriculture and Natural Resources
are pleased to offer these valuable community events!*

For more information, call 301-475-4200, ext. 1074, or visit www.stmaryscountymd.gov/aging

UNIVERSITY OF
MARYLAND
EXTENSION



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 beginning July 1, 2026. This program provides financial assistance to residents, who meet program requirements, with their electric and heating expenses.

Persons aged 60 or older and consumers with disabilities may schedule an appointment for in-person assistance at their 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 application information.



Medicare Presentations

Learn about current Medicare topics at the Garvey Senior Activity Center

Join us for Coffee & Conversation. Call 301-475-4200, ext. 1050 to reserve your spot. Presentations begin at 9:00 a.m.

July 29: Original Medicare and Medicare Advantage Appeals

Sometimes Medicare decides not to cover your care. This can be frustrating and scary, while also affecting your financial health. But you have the right to appeal a denial and make your case for why Medicare should cover your care. Join this Medicare Minute to learn our tips and tricks for the best chance of a successful appeal.

August 26: Medicare and Medicaid

Medicaid provides health coverage for people with limited income and assets. Many people with Medicare also have Medicaid, and the two can work together to cover your health needs. Join this Medicare Minute to learn about Medicare and Medicaid.

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 10 and August 14th. Appointments are required and can be made by calling 301-475-4200, ext. 1064.

Maryland Legal Aid can assist with power 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.

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

SENIOR RIDES PROGRAM

DRIVER BENEFITS
Mileage Reimbursement
Flexible Schedule
Volunteer Recognition
CPR/ First Aid Certification
Supplemental Insurance

DRIVER QUALIFICATIONS
Love Helping Others
Own Personal Vehicle
Pass Criminal Background Check
Pass Annual MVA Driving Record Check

CONTACT US:
301-475-4200, ext. 1066
stmaryscountymd.gov/aging/seniorrides/

VOLUNTEERS NEEDED

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

Melissa Craig
Senior Information & Assistance
Division Manager
Garvey Senior Activity Center
301-475-4200, ext. 1064
Melissa.Craig@stmaryscountymd.gov

Angelic Willer
Senior Information & Assistance
Caseworker
Northern Senior Activity Center
301-475-4200, ext. 3104
Angelic.Willer@stmaryscountymd.gov

Renee Thomas
Evening Senior Information & Assistance Caseworker (Mon-Thu, 5 - 8 p.m.)
Garvey Senior Activity Center
301-475-4200, ext. 1087
Renee.Thomas@stmaryscountymd.gov



Join your Senior Activity Center for a brand new style of fitness class!

Thrive Mindfully Brain Fitness

with Judi Lyons and Paty Masson

Type of Exercise: Combination Yoga, Strength Training, and Dual Tasking.

This class is 75 Minutes and can be done standing or sitting.

This FREE program is designed for those who are experiencing symptoms of cognitive decline, Alzheimer's disease, or related dementias and their caregivers.

Guided by a certified Brain Fitness Coach through the International Sports Sciences Association (ISSA), this dynamic session introduces groundbreaking brain training techniques designed to sharpen memory, boost focus, and increase cognitive agility. Dive into engaging movements, mindful practices, and coordination drills that promise to elevate your cardiovascular health, balance and overall strength.

Come experience the transformative power of holistic fitness!
Advance Registration is Required.

**Loffler
July 16
11:00 AM**

**Northern
August 24
1:00 PM**

2026

**Register at: <https://www.stmaryscountymd.gov/aging/>
or call the reservation line at 301-475-4200 with extension:
#1660 Loffler #3115 Northern**

Funding for this program provided by the Maryland Department of Aging Long-Term Care/Dementia Care Navigation Program



DIVISION OF SENIOR CENTER OPERATIONS

By Candice Nelson, Senior Center Operations Division Manager

Meals & Memories

Is there a certain meal or food you enjoy that always brings back memories from your childhood or a special time in your life? This is known as the “Proust Phenomenon”, where taste and smell are triggers for autobiographical memory. Most of us can remember foods we enjoyed eating as a child or the things we disliked but were made to eat by our parents. Perhaps it was a meal shared with loved ones for a special occasion or a yearly tradition around the holidays; regardless of the reason, the memories we experience each time we have that meal or food again never go away.

We want to hear from you! If there is a meal or food that you have eaten at the senior activity centers that has brought back memories for you, we encourage you to share your thoughts on our anonymous Meals and Memories Feedback Form. We'll share the information from each center over the next few months, and we encourage you to connect with others over your meals and memories!

Most of us have fond memories of food from our childhood. Whether it was our mom's homemade lasagna or a memorable chocolate birthday cake, food has a way of transporting us back to the past.
Homaro Cantu





GARVEY SENIOR ACTIVITY CENTER

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.

Reiki & Reflexology with Sarah Strain, ARCB Board Certified **\$45**
Tuesdays, July 7 & 28 and August 4 & 18, 10 a.m. - 3 p.m.
Wednesdays, July 8 & 29 and August 5 & 19, 12 - 5 p.m.
Thursdays, July 9 & 30 and August 20, 10 a.m. - 3 p.m.
Monday, August 3, 10 a.m. - 3 p.m.



Reflexology is a therapeutic technique involving the application of pressure to the feet, hands, and/or ears. Benefits may include reduced stress and pain, along with improved mobility, circulation, elimination, digestion, and sleep.

Reiki is an energy balancing technique where the practitioner is a conduit for the universal life force energy. Reiki is used to reduce stress and promote deep relaxation.

Health Warning: Those scheduling this service must be able to get in and out of the chair without assistance. If assistance is required, please attend the session with a caregiver. 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.

Embroidery Card-Making Class **\$5 (supplies included)**
Tuesdays, July 7 & August 4, 1:30 p.m.

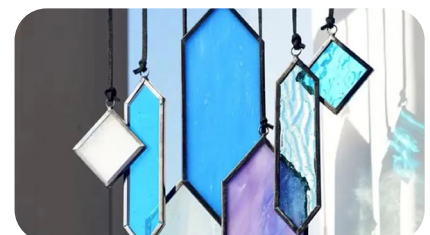


Create stunning, frame-worthy cards using a simple stitching technique with embroidery thread and a fine needle on quality cardstock. This is a great opportunity to make personalized cards for the special people in your life. Omega will guide you through the process step by step. Bring scissors, tape, and a needle.

Stained-Glass Suncatcher **\$25 (supplies included)**
Wednesday, July 29 at 5 p.m.



Create a beautiful stained-glass suncatcher in this hands-on workshop. Tasnim will guide you step-by-step through foiling pre-cut glass pieces and soldering them together to form a sparkling piece of art you'll be proud to display. No experience is necessary.



Art with Chris

\$5 (supplies included)



Thursdays, July 9 and August 13, 5 p.m.

Learn how to paint with acrylics on an 8" x 10" canvas. Step by step, explore color, shading, and detail to bring your subject to life. No prior experience is necessary.

July 9: Sweeping Trees - Create a windswept tree silhouetted on a vibrant background.

August 13: Sunflowers - Celebrate summer by painting a cheerful sunflower.



Basket Weaving with Pam - Door Basket

\$30 (supplies included)



Mondays, July 13 & 20, 5:30-7:30 p.m.

Join basket weaver Pam King for a guided workshop where you'll hand-weave your own colorful door basket. Pam will guide you through each step, making the class welcoming for all skill levels.



Sea Glass Art

\$25 (supplies included)



Tuesday, July 28, 5 p.m.

Create a work of art you'll be proud to display for years to come in this make-and-take session with Jamie Naluai. Design and assemble a beautiful picture by attaching colorful sea glass to a panel, creating a sparkling, textured work of art. No prior experience is required.

Watercolor with T.L. Ford

\$25 (supplies included)



Tuesday, July 14, 1:30 p.m.

Would you like to learn how to paint watercolors on a smaller scale? Come join T.L.Ford of Cattail.Nu, LLC as she teaches you the basics of watercolor painting in a relaxing, informal setting. No prior experience or drawing skills are necessary.

Learn to Play Blackjack

\$10



Wednesday, July 15, 2 p.m.

Join us for a fun, beginner-friendly workshop led by a professional blackjack dealer. Participants will learn the basics of how blackjack is played, including card values, table rules, and simple strategies, along with helpful casino etiquette.



Iris Folding with Toni

Free (supplies included)

Wednesdays, July 15 at 1:30 p.m., August 26 at 5:30 p.m.

Learn the art of iris folding, a paper crafting technique that creates a spiraled design resembling the iris of a camera lens.

July 15: Sea Creatures – Create greeting cards inspired by sea life. As you arrange and layer colorful paper strips, your sea-themed creations will come to life.

August 26: Select multiple designs from a collection of unique patterns and create beautiful iris-folding paper crafts, ready to personalize and take home.



Garvey Golden Chapter

Free

Wednesdays, July 15 & August 19, 5:30 p.m.

Join us for a new evening book discussion club! Feel free to bring dinner to enjoy during the discussion. The book selected to discuss in July is *The Mostly True Story of Tanner & Louise* by Coleen Oakley.



Sound Bath with Ruth

\$20

Thursdays, July 16 & August 13, 6 p.m.

Come relax, and reconnect with yourself in a peaceful, immersive soundscape. Sound Baths can help you achieve deep relaxation and balance your energy. Please bring a yoga mat, small pillow, and blanket to build your comfy nest.

***Health Warning:** May not be recommended for those with pacemakers. Please consult your physician before attending.



Movie Night

Free. \$3 for a drink and candy

Thursdays, July 16 & August 20, 5 p.m.

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

July 16: Remarkably Bright Creatures - Tova Sullivan, a lonely woman working the night shift at a small-town aquarium, befriends Marcellus, a Pacific octopus whose intelligence helps uncover family secrets.

August 20: The Thursday Murder Club is set in the fictional Coopers Chase retirement village. The story centers on four residents who meet weekly to discuss unsolved crimes. When a local property developer is murdered, the group finds themselves entangled in a real case, blending dark humor with classic whodunit intrigue.



Folk Salad Luncheon

Fri, July 17, Open: 11:30 a.m., Lunch: 12 p.m., Performance: 12:30 p.m.

Folk Salad is an eclectic, acoustic band that performs various light pop, oldies, folk, and originals. 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 the age of 60.



Jewelry Making with Patty

\$10 (supplies included)

Wednesdays, July 22 & August 17, 5 p.m.

Jewelry-maker Patty Riedel will guide participants step-by-step in creating custom beaded jewelry using beads made of glass and other natural materials. No prior experience is necessary.



July 22: Beaded Bracelets - choose from an assortment of beads to create custom bracelets.

August 17: Beaded Necklace - create a custom beaded necklace featuring a variety of bead sizes and a decorative centerpiece charm. Participants will choose from two different designs.



Drama Speaks Performance

Free

Thursday, July 23, 5:30 p.m.

Get ready for an evening of laughter with Drama Speaks, our Reader's Theatre performers bring original, self-written skits to life. With clever dialogue, relatable moments, and plenty of humor, this lively performance is sure to keep you chuckling along. Feel free to bring your own food and non-alcoholic drink.



Aromatherapy with Sharon

\$15 (supplies included)

Mondays, July 27 & August 31, 5:30 p.m.

Join aromatherapist Sharon Rhodes as she explores brain and respiratory wellness. All materials provided to create custom aromatherapy blends.



July 27: Sharp Minds, Sharp Memories - A Brain-Boosting Workshop for an active life and an informative discussion about memory and cognitive wellness.

August 31: Breathe Easy Naturally - Respiratory Wellness supports more than just your lungs - it can also improve sleep, boost energy, reduce stress, and enhance mental clarity. In this workshop, you'll learn breathing techniques designed to calm the nervous system.



Seniors Tackle AI
Wednesday, July 29, 5 p.m.

Free



In Seniors Tackle AI, participants will learn about artificial intelligence, how it works, and the many ways it can be useful in daily life. This class will introduce popular AI tools and demonstrate how they can help with tasks such as travel planning, recipe ideas, writing assistance, organizing information, and more. The class will also cover important topics such as online safety, privacy, and recognizing misinformation.

Flower Power Tea Party with Live Music by Folk Salad
Wednesday, August 5, 4:30 p.m.

\$5



Join us for a flower-powered afternoon. Enjoy a live performance by Folk Salad while sipping tea and sampling treats in a relaxed, '60s-inspired atmosphere. Feel free to wear your favorite tie-dye, bell bottoms, or flower crowns as we celebrate the music and memories of a generation that changed the world.

Eagles of Historic Sotterley
Friday, August 7, 10 a.m.

Free



Join local wildlife photographer Ken Barlow for a presentation on the nesting habits and life cycle of bald eagles at Historic Sotterley Plantation. Through stunning photographs and personal observations, Ken will share the journey of a family of eaglets from hatchlings to their first flight. Learn about the behavior and development of these majestic birds while also picking up helpful tips and tricks for wildlife photography.



Art with Jamie - Pen and Ink Mushroom
Tuesday August 11, 5-7 p.m.

\$25 for each session
(supplies included)



Learn how to create pen-and-ink drawings of mushrooms with professional artist Jamie Naluai. No prior experience is necessary.

Beginner Bee Keeping in Southern Maryland
Wednesday, August 12, 3 p.m.

\$3



Join Dee Wellons, professional apiarist and President of the Association of Southern Maryland Beekeepers (ASMB), for an engaging introduction to the fundamentals of local beekeeping. Learn how bees compare with traditional livestock such as cows and goats, and explore opportunities for further training and education in the field. Weather permitting, an observation hive will be available for all to enjoy.



Kickboxing with Geno

\$45

Fridays, August 21 – September 11, 11 a.m.

This kickboxing class will focus on improving balance, coordination, strength, and cardiovascular health in a fun and supportive environment. Participants will learn easy-to-follow punches, kicks, and movement combinations that can be adapted to all fitness levels and mobility needs. No prior experience is necessary, just comfortable clothing, supportive shoes, and most of all, a positive attitude.



Candle and Wax Melt Making Workshop

\$25 (supplies included)

Wednesday, July 15 and Monday, August 24, 5 p.m.

Welcome the scents of summer in this hands-on candle and wax melt workshop hosted by professional candlemakers from Vantoria Essentials! Participants will blend fragrances and create their own custom 9-ounce candle and six-pack of wax melts to take home and enjoy.



Tai Ji Quan: Moving for Better Balance® Beginner Course

Free

Tuesdays and Thursdays, August 25 – November 19, 4:30 p.m.

Tai Ji Quan: Moving for Better Balance® is an evidence-based fall-prevention program. Participants will learn an 8-form routine. This tailored movement therapy is aimed at improving postural stability, awareness and mindful control of body positioning in space, functional walking, movement symmetry and coordination, range of motion around the ankle and hip joints, and lower-extremity muscle strength. No prior experience necessary.



Game Show Night: Wheel of Fortune

\$2

Thursday, August 27, 5:30 p.m.

Join us for a twist on the classic game show, Wheel of Fortune. You and a partner spin the wheel, choose letters, and guess phrases just like in the tv show.

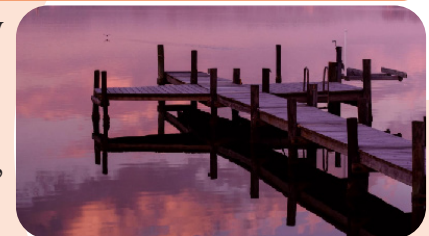


Photography Exhibit

Free

Throughout July & August

Local photographer Joanna Macaulay invites visitors to enjoy a peaceful visual journey through nature, color, and travel-inspired landscapes. Her exhibition, Birds, Blossoms, and Beaches, features photographs captured in St. Mary's County, Hawaii, Pennsylvania, and Shenandoah National Park.





LOFFLER SENIOR ACTIVITY CENTER

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	\$50 for 45 minutes
Mondays, July 6, 10 a.m. - 3:30 p.m.	\$65 for 60 minutes
August 3 & 17, 9:30 a.m. – 4 p.m.	
Tuesdays, July 7, 10 a.m. - 4 p.m.	
August 4, 11, 18, 9:30 a.m. – 4 p.m.	
Wednesdays, July 1 & 8, 11 a.m. – 2:30 p.m.	
August 5, 12, 19, 9:30 a.m. – 4 p.m.	



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

Patriotic Pancake Palooza Bingo	Free
Thursday, July 2, 9:00 a.m.	



Celebrate our country at the Patriotic Pancake Palooza Bingo. This will be an intergenerational morning of fun for ages 5 and up! Enjoy a stack of fluffy, all American pancakes, and lively rounds of bingo. This uplifting event is all about celebrating 250 years of the American spirit in a joyful, family-friendly setting. Limited seating. Ages starting at 5 years old.

Understanding Heart Health: Presented by Medstar	Free
Community & Population	
Tuesday, July 7 at 9:30 a.m.	



Join Community Health Provider, Margaret Williams, for a presentation that provides a clear overview of essential cardiovascular information for seniors. Participants will learn about common age related heart conditions, key warning signs, and recommended practices for maintaining heart health through screenings, medication management, nutrition, and safe physical activity. The session is designed to support informed decision making and promote long term wellbeing.



Neurographic Art Class
Tuesday, July 14, 12:30 p.m.

Free



This class introduces Neurographic art, a simple, calming drawing technique that uses flowing lines and shapes to support relaxation and creativity. Participants leave with a fun finished piece and easy techniques to use anytime.



Chris' Craft Corner
Wednesdays, July 8 & August 12, 1:30 p.m.

\$3 per class



July - Learn to Paint Miniatures

This hands-on class provides a beginner friendly introduction to the art of miniature painting. Participants will learn essential techniques such as surface preparation, color selection, layering, shading, and detail work.



August - Painted Terracotta Ring Pot

Participants will paint small terracotta pots and turn them into unique ring holders. The workshop covers easy painting techniques and quick ways to adapt each pot into a functional jewelry holder.



Aromatherapy with Sharon
Tuesdays, July 7, 12:30 p.m. & August 18, 10 a.m.

\$15 per class



July - Beat the Heat - Essential Oils for Summer Comfort,

When summer heat and humidity leave you feeling drained, restless, and overheated, there's a better way to stay comfortable, naturally. Join us to discover simple, effective ways to use essential oils to cool your body, and support better sleep and skin during the hottest months. You'll experience hands-on demos, and create your own cooling blend.



August - Cool Legs, Happy Feet - Overcome the Summer Swell

Join us to learn simple, natural ways to support circulation, reduce puffiness, and keep your legs feeling light, energized, and comfortable all season long. Make a "Cooling Recovery Gel" that you can take with you to help beat those "dog days" of summer.

Anna Griffin Cards with Martha

\$5



Fridays, July 10 & August 14, 12:00 – 2 p.m.

July - Antique Train Slim Line Card

Don't miss the train, stay on track and get on board to make this train card. You will also be shown how this can be converted into a treat box.



August - Mirror Easel Card

This card will make you think of the story of Mirror, Mirror on the wall. Martha will guide you through the steps and you will see your reflection in a beautiful card you made.

Loffler Appreciation Day- Open to the Public!

Free

Friday, July 10, 9 a.m. – 2 p.m.

The Loffler Senior Activity Center will host an Open House to welcome community members and showcase the wide range of programs, services, and opportunities for older adults. Guests are invited to tour the facility, meet staff and instructors, and learn more about upcoming classes, wellness programs, social events, and volunteer opportunities. Many of the St. Mary's County Departments will be on site as well. All are welcome to attend.



Understanding and Preventing Identity Theft Workshop by the Educational Systems Federal Credit Union

Free

Tuesday, July 28, 1 p.m.

Participants will learn how scammers target seniors, common warning signs to watch for, and simple steps to protect personal information. The session also covers what to do if something is suspicious or if personal information is compromised. The goal is to give seniors confidence and practical tools to stay secure at home, on the phone, and online.



Crafty Fun with Penny

\$15 per project

Thursday, July 23, 12:30 p.m.

Fall Craft Cards Workshop

Participants will learn simple, enjoyable techniques to design handmade cards inspired by autumn colors, leaves, and harvest themes.



Loffler's Open Mic Day

Free

Friday, August 7, 12:30 p.m. – 3:30 p.m.

Join us for Open Mic Day, a relaxed and welcoming event where anyone can share music, poetry, stories, or other creative talents. Perform or simply enjoy an afternoon of community and live expression. If you are interested in performing, please register in advance. To learn more, please call 301-475-4200, ext. 1658.

What is AI?

Free

Tuesday, August 11, 9:30 a.m.

Join Theresa Ford for this beginner friendly class. This event will offer a simple, approachable explanation of artificial intelligence (AI) and how it is used in everyday life. Designed especially for older adults, the session will cover what AI is, how it works in basic terms, and where you may encounter it on your phone, support calls, social media, news, and video.



Book Presentation: *Handbook on Aging: What I Wish*

Free

I Knew by M.V. Morris Ph.D. & J.G. Pressley LCSW-C

Tuesday, August 25, 9:30 a.m.

Join local authors M.V. Morris and J.G. Pressley as they explore the changes that come with aging and the steps we can take to navigate this transition—making late adulthood, not something to fear, but one of life's greatest adventures.



Candle Making Class: Learn the Art of Handcrafted Candles

\$25

Thursday, August 13, 12:30 p.m.

Join us for a fun and creative candle making experience designed for beginners and hobbyists alike! In this hands on class, you'll learn the basics of working with wax, wicks, fragrances, and color to create your own beautifully crafted candles. Vantoria will guide you step by step as you explore different techniques and discover tips for achieving great results at home.



Make & Take with Jamie

\$25 per class

Tuesdays, July 28, August 11 & 18, 10 a.m. – 12 p.m.

July - Sea Glass Artwork

Create a one-of-a-kind vase with flowers using sea glass pieces.

August- Picture Series Using Alcohol Ink

Create a series of small, vibrant alcohol ink pictures while learning easy blending and layering techniques. A fun, beginner friendly class full of bold color and creativity.





NORTHERN SENIOR ACTIVITY CENTER

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

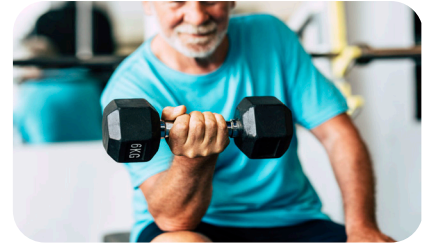
For events requiring registration, visit www.stmaryscountymd.gov/aging and click on the “View & Sign Up for Activities & Programs” button. Accommodations can be made for those requiring registration assistance by leaving a message at 301-475-4200, ext. 3115.

Men’s Strength Training Boot Camp

\$45

Thursdays, July 9-August 6 (5 classes), 11 a.m.-12 p.m.

The Boot Camp series has a clear phase-based program flow with built-in progressions, level options and measurable milestones instead of “one-off” workouts. A certified instructor with Zen Well Studio will work with you on an intentional, confidence-building experience. See the top of this page for how to register.



Qigong: 3-Part Series

\$12

Mondays, July 6-20 (3 classes), 11 a.m.-12 p.m.

Join instructor Paty Massón for this new series. Qigong supports concentration, balance, and neuroplasticity with roots in Traditional Chinese Medicine, where Qi (life force) nourishes the brain and nervous system. Seated and standing options available. See the top of this page for how to register.



Generation Rx

Free

Tuesday, July 7, 10:30-11:30 a.m.

Generation Rx is a prevention education and awareness program, presented by Dr. Lisa Connors of University of Maryland, Extension. Learn the history of the prescription drug use epidemic and importance of safe medication practices such as taking medication as prescribed, potential dangers of medication misuse, pain management, and best storage and disposal methods. See the top of this page for how to register.



Pottery Throwing 101

\$10

Fridays, July 10 & 24, 10 a.m.-12 p.m.

Pam King, pottery group leader, will provide instruction on how to use the potter’s wheel to “throw” clay. Create a custom piece to practice your skills. See the top of this page for how to register and see online for more details.



Red, White, & Blue Luncheon with Bruce Thomas
Tuesday, July 14, 10:45 a.m.-12 p.m. \$4 admission; Lunch fees apply



Celebrate the red, white, and blue with an afternoon of great food, great company, and unforgettable music! During lunch, enjoy a live performance by talented vocalist Bruce Thomas. Wear your favorite patriotic colors and join us for a star-spangled good time! See the top of this page for how to register.



Grandkids Bingo (Intergenerational) **\$3 suggested donation**
Friday, July 17, 9:45 a.m.- 12:00 p.m. **Lunch fees apply**



Join us for a fun-filled time as school-aged grandchildren (and older) are invited for a morning of Bingo, laughter, and kid-friendly prizes. See page 24 for how to register. Reserve your meal by calling 301-475-4200, ext. 3105, before Noon on Thursday, July 16.



Whole-Body Bliss: Self-Myofascial Release **\$20**
Monday, July 27, 1-2:15 p.m.



This hands-on workshop from Judi Chaudrue-Lyons introduces Self-Myofascial Release (SMR) – a gentle self-massage technique that helps release tension, improve circulation, and restore comfort in your muscles and connective tissue. SMR supports better posture, energy, and immunity, while enhancing flexibility and range of motion. Some conditions that benefit from SMR are arthritis and joint pain, back pain, Carpal Tunnel Syndrome, Chronic Fatigue Syndrome, and Fibromyalgia. See page 24 for how to register.



Pitch Card Day **\$10**
Thursdays, July 30 & August 27, 12:30-3:30 p.m.



This is played in a progressive game style (like the card parties). All sign-ups are done in advance online. At that time fees will be collected. Enrollment means you'll be on the roster to play. When you arrive that day, you'll get the traditional game tally sheet and materials needed (this is not a tournament). Drop-ins will not be accommodated unless we need a substitute to fill in or round out a table. Must be an experienced Pitch card player. There will be a cash prize of \$40 for the top winner & descending prizes thereafter. See page 24 for how to register.

Bunco!

\$5

Fridays, July 31 & August 28, 12:30-3:30 p.m.



Bunco is a recreational and 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. See page 24 for how to register. Want lunch before the game? Reserve a meal by calling 301-475-4200, ext. 3105, by noon the day before Bunco.

Mingo – Music Bingo

\$3 suggested donation

Tuesday, August 4, 1-2:30 p.m.



Get ready to sing along and test your music memory at Mingo! Trade the numbers for timeless hits as you listen for classic songs & artists from the “Golden Oldies” era. Each player gets 2 game cards. When you hear a song you recognize, mark it off and play to win – just like traditional Bingo. Great music and fun prizes make this an event you won't want to miss! See page 24 for how to register.



Dining with Diabetes

Free

Wednesdays, August 5-26 (4 classes), 9:30-11:30 a.m



This four-week program presented by Dr. Deon Littles, Family & Consumer Sciences Agent from the University of Maryland Extension, is designed for individuals with diabetes or pre-diabetes who want to learn how to manage their condition through smart food choices. Each session will cover practical tips and cooking demonstrations. You must attend all 4 classes. See page 24 for how to register.

Freedom Hearing Screenings

Free

Thursday, August 6, 8:30-11:15 a.m



These free hearing screenings help you stay proactive about your hearing health. Pre-registration is required to secure your appointment, so be sure to reserve your spot in advance. See page 24 for how to register.

Dancing for Brain Fitness: Classic Rock Anthems

\$20

Monday, August 10, 1-2:15 p.m.



Join brain fitness instructors Judi Chaudrue-Lyons and Paty Massón for this rock infused brain fitness experience. A blend of iconic anthems, bold movement, and chair assisted choreography will help rewire your brain, amp up your mood, and fire every circuit. Dress comfortably and bring water. See page 24 for how to register.

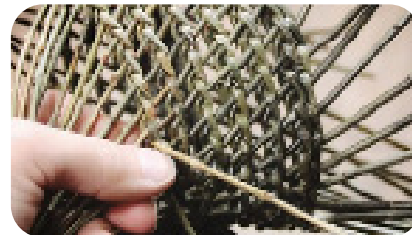


Basket Weaving

\$30

Friday, August 14, 10 a.m.-3 p.m.

Pam King will provide step-by-step instructions for weaving a simple, yet elegant basket. All necessary materials will be provided. This hands-on workshop is perfect for beginners and experienced crafters. See page 24 for how to register and get project details online.



Living Well: Chronic Disease Self-Management
Tuesday, August 18-September 29*, 12:30-3 p.m.

Free

This evidence-based workshop is designed for those with any chronic condition or illness. Developed by Stanford University, the program helps people take charge of how they manage day-to-day ongoing health difficulties. There is no charge for the 6-week series; however, a commitment to regular attendance is needed for good results. Caregivers are also welcome to enroll. An extensive reference manual/Workbook, CD, and refreshments are provided. *No meeting on September 8. See page 24 for how to register.



Cowboy & Cowgirl Carnival
Thursday, August 20, 1-3:30 p.m.

\$5

Saddle up, partners, and mosey on over to our rootin'-tootin' Carnival! It will be a Wild West afternoon packed with carnival games & prizes, saloon mocktails, tasty grub, country tunes, line dancing and plenty of frontier fun spread about the Center. Dust off your hats, boots, plaid shirts and bandanas - best "get-up" wins a prize - door prize drawing too! See page 24 for how to register.



100 Pins Wii Bowling & Ice Cream Day (Intergenerational)
Monday, August 24, 10 a.m.-1 p.m.

\$3 per person

Ready to strike up a good time with the grandkids? Join us for Wii Bowling with 100 pins - a 1-day competition playing a game in the morning and afternoon and break for lunch. Prizes will be awarded to top scores, grandkids included, with ice cream available too! See page 24 for how to register. Lunch signup is done separately by calling 301-475-4200, ext. 3105, and \$7 for those under 60 & by donation otherwise. Lunch fees collected upon arrival.



RETIRED AND SENIOR VOLUNTEER PROGRAM

By Monika Williams, RSVP Project Manager



Happy 4th of July. This is a special year of celebration as it is the 250th anniversary of established Independence as the United States of America! What a wonderful country we live in. We continue to enjoy freedom of speech, freely practice our faith and beliefs, protest, buy, sell, and own. Most of all we continue to care about the health and safety of not just ourselves but also of our fellow community brothers and sisters who need a helping hand. There are many organizations and agencies focused on assisting people in need and in danger of losing their independence. Volunteers are greatly needed to meet the demands of serving and

delegating necessary services and resources to the community. Please consider joining the mission to support community wholeness and safety. Simply contact the RSVP office at 301-475-4200, ext 1653 or RSVP@stmaryscountymd.gov to start a meaningful and purposeful volunteer opportunity.

RSVP Future Events

St. Mary's County Department of Aging & Human Services and the RSVP program are sponsoring a Volunteer Expo on August 1, 2026, from 9 a.m. – 1:00 p.m. at the Bay District Fire Department 46900 S. Shangri-La Drive in Lexington Park, MD 20653.

During the event attendees will:

- * Learn about the many organizations and non-profit agencies within St. Mary's County that are seeking assistance to provide essential services and resources to community members.
- * Personally meet each volunteer-seeking agency of your interest.
- * Learn the benefits of volunteering.

This event is for all ages. There is no cost to attend. Volunteer positions are available for teenagers, adults, and seniors. There will be presentations concerning volunteerism by Dr. Deon Littles from the University of Maryland Extension, Face Painting & balloon artists for children, and line dance classes taught by our very own RSVP Volunteer activity leaders featuring Duncan Deejay's music. Slim Chicken Food Truck and Mrs. Moo's Ice Cream Truck will be on site to satisfy your tummy and cool the summer heat. Stop by and enjoy a day of community connection and fun.

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 distributing medical equipment
- Repairing Equipment
- Currently, need substitute volunteers when needed.

Hospice of St. Mary's

- Making phone calls to family members
- Helping with Special Events
 - 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
 - Teen Juror

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.

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

Garvey Senior Activity Center

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

St. Mary's County Crime Solvers

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

Memory Café

- Greet participants, assist with snack setup and name tag distribution, engage early arrivals, provide additional conversation support to connect with attendees with dementia and their care partners, and help with cleanup.

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

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

Senior Connections

- Card Creating Help

CarFit

- Assist with correct seat height & distance, correcting blind spots, and ensure break lights, headlights, and signal lights operate correctly

Loffler Senior Activity Center

- Zoom Activity Monitor



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
American Mah Jong	Tuesday 6 p.m.	New players welcome.	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 Open Access	1st & 3rd Thu. 4 p.m. 2nd & 4th Fri. 12:30 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	2nd Wednesday 11 a.m.	Loaner books provided by St. Mary's Public Library.	No	No
Bridge Club	Wed. & Thurs. 9 a.m.-2 p.m.	Best suited for experienced players.	Closed	No
Card/Board Games	2nd & 4th 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
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. 11 a.m.-12 p.m. Wed. 5:00 p.m. Fri. 9:30 a.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.	Fitness program to help rebuild health, balance, and mobility.	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	Pickelball 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
Ping Pong	Daily 8 a.m. - 4 p.m.	1 table, paddles, and balls are available.	No	No
Pitch	Thursdays 10 a.m. - 12 p.m.	Card game that started in St. Mary's County.	No	No
Reader's Theater	Meeting 2nd Tue. 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	1st & 3rd 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
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	2nd 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	\$25per 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	1st 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
Chair Yoga	Tuesdays 10 a.m.	A gentle, modified form of yoga using a sturdy chair for support, making traditional poses accessible for all abilities.	No	Fitness Card
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
Chinese Mahjong	Fridays 12:30 p.m.	Beginners and experienced players are welcome.	No	No
Coloring Group	1st and 3rd Tuesdays 10:00 a.m.	Coloring has been proven to have many health benefits. Its also fun and easy for all abilities	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. Discussion topics include local and global stories and headlines.	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	No
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
Geri-Fit	Tuesdays and Thursdays 2:00 p.m.	Helps rebuild strength that's been lost through time to help ensure a higher level of function as you age. Led by certified instructor.	No	
Health Watch Presentations	2nd Wednesdays 9:30 a.m.	Volunteer led informational session on various health topics.	Yes	No
Honey Bee Quilters	1st, 3rd, & 5th 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 Taggert	2nd Mondays 10 a.m.	Nutrition presentations led by a Licensed Dietician.	Yes	No
Easy Arts and Crafts	1st, 3rd, and 5th Fridays 9 a.m.	Drop in for guided art practice with volunteer Penny.	No	Drop in Fee
Pinochle	Mon., Wed., & Fri. 9 a.m.	New & experienced players welcome.	No	No
Project Linus	3rd 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	Fitness Card
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	4th 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
Crafty Corner (two groups)	1st & 3rd 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 Thursday, 2 p.m. Call ext. 3101 for updates	Meet at Northern for a group ride on Three Notch Trail (weather permitting).	No	No
Diamond Dazzle (two groups)	3rd 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
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
Mahjong (Western)	Tuesdays, 1-3 p.m. Wednesdays, 12:30-2:30 p.m.	American version of 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.-1 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	2nd & 4th 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/ Papercrafting.	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

P.O. Box 653, Leonardtown, MD, 20650

Senior I & A - Provides seniors and caregivers with information, referrals, benefits assistance, options counseling, and access to support services. Call 301-475-4200, ext. 1057, for more information.

Home and Community-Based Services (HCBS)/Maryland Access Point (MAP) - A single point of entry connecting older adults, individuals with disabilities, and caregivers to health, support, caregiver, respite, ombudsman, and Medicaid-funded community services. Call MAP at 301-475-4200, ext. 1057.

Senior Activity Centers - Three county senior activity centers for adults 50+ offering activities, events, exercise programs, and congregate meals. Call the Division Manager, at 301-475-4200, ext. 1063.

Home Delivered Meals - Provides meals to homebound seniors (60+) with disabilities who cannot shop or cook and lack meal preparation support. Call 301-475-4200 ext. 1060 for more information.

Retired and Senior Volunteer Program (RSVP) - Engages adults 55+ to volunteer their time, skills, and experience in the local community. Call 301-475-4200 ext. 1653 for more information.

Senior Rides Program - Provides eligible individuals with transportation to appointments and events through pre-screened, trained volunteer drivers. Call 301-475-4200 ext. 1066 for more information.

Human Services - Areas of responsibility include: community development, homelessness, supportive services for children, youth, and families. Call 301-475-4200, ext. 1849 for more information.

Community Programs & Outreach - Communicates timely and topical information to the 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.

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

**41780 Baldrige Street
Leonardtown, MD 20650**

301-475-4200, ext. 1050

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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20650
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Holiday Closings
(No Home-Delivered or Congregate Meals Served)

Friday, July 3 - Independence Day (observed)