

NEW BEGINNING

VOLUME 39 ISSUE 2

MARCH/APRIL 2026

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



Connecting Generations Through
Volunteering

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From the Director's Desk

By Lori Jennings-Harris, Director

With the start of the spring season almost upon us, so brings a chance to welcome and explore new things! April is National Volunteer Month and what better way of spending some of your valuable time than by volunteering?

Connecting Generations Through Volunteering highlights the theme, Volunteering at All Ages.



Volunteering at any age is a good way to give of one's time and effort to others. The Department of Aging & Human Services is well aware of the value of time and contributions made by volunteers. The Department and our community benefit greatly from the many people and hours of volunteer service. The volunteers for the numerous areas of interest, involving the Department of Aging & Human Services, make it possible for the Department to reach so many more people with the help of the volunteers than without the help of volunteers.

The Department of Aging & Human Services provides many programs and services to older adults, children, youth and families, but our community relies on the special nature of volunteers. The Department has come to depend on the level of generosity we receive from volunteers and we take pride in the commitment and breadth of their giving, all in the name of volunteering. Introducing, fostering and nurturing younger generations on the practice and importance of volunteering produce ongoing opportunities for cross generational compassion and understanding of each other.

Setting the example for our younger, emerging volunteers, some of our Department's volunteer opportunities include the delivery of meals to individuals who are unable to prepare meals; assisting with decorating our senior activity centers in preparation of our seasonal celebrations and special events; driving older adults to destinations within and out of the county through the Senior Rides program; and serving as members of the various county boards and commissions.

Thank you to all the volunteers associated with the Department of Aging & Human Services, to the ones serving the community, and to the future volunteers!

NEW BEGINNING

The Commissioners of
St. Mary's County
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NEW BEGINNING

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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.



Teen Court Program Seeking Adult & Teen Volunteers



Contact Us

Gregory Jones

301-475-4200, ext 1852

teencourt@stmarysmd.com

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



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, March 23, 2026
1 p.m.

Monday, April 27, 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 MercedesJones@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

March is National Nutrition Month, an annual campaign established by the Academy of Nutrition and Dietetics to help people make informed food choices and develop healthy eating habits. This year's theme is "Discover the Power of Nutrition". Here are some benefits of healthy eating, according to the CDC

- May help you live longer
- Keeps skin, teeth, and eyes healthy
- Supports muscles
- Strengthens bones
- Helps the digestive system function
- Helps achieve and maintain a healthy weight
- Lowers the risk of heart disease, type 2 diabetes, and some cancers



Sounds powerful to me!!! The foods and beverages we consume have a profound impact on our health, yet older adults (>60 years old) have a Healthy Eating index of 63 out of 100. Many consume less than the recommended amounts of fruits, vegetables, and dairy while exceeding the recommended limits of added sugars, saturated fats, and sodium. It is recommended that our primary food be nutrient dense. We should choose a variety from each food group and pay attention to our portion sizes.

So, how do you know if you are eating healthy? A good start is to visit the website <https://www.myplate.gov/> and take the MyPlate quiz. Based on your results, recommendations are provided. You can also visit the centers for monthly nutrition presentations or watch them on the Department's YouTube channel. The Department also offers personalized nutrition consultations free of charge. To schedule yours, contact your local senior activity center. Even small steps toward healthy eating can make a big difference.

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Upcoming Nutrition Education Presentations:

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

Discover the Power of Nutrition

Garvey - Wednesday, Mar. 4, 12:45 p.m.

Garvey - Thursday, Mar. 12, 6:00 p.m.

Loffler - Monday, Mar. 9, 10:00 a.m.

Northern - Monday, Mar. 16, 12:00 p.m.

Diet to Manage Stress

Garvey - Wednesday, April 1, 12:45 p.m.

Garvey - Thursday, April 9, 6:00 p.m.

Loffler - Monday, April 13, 10:00 a.m.

Northern - Monday, April 20, 12:00 p.m.

Home & Community-Based Services

By Rebecca Kessler, HCBS Division Manager

Submitted by Lisa Berry, HCBS Program Coordinator

Reprinted from <https://www.renaissancevillages.com/2025/04/boosting-mental-health-the-psychological-benefits-of-interacting-with-younger-generations/> with one paragraph removed.

Boosting Mental Health: The Psychological Benefits of Interacting with Younger Generations

As humans, our need for connection doesn't diminish with age. In fact, maintaining meaningful relationships and engaging with others becomes even more critical for seniors, contributing to their mental and emotional health. One of the most impactful forms of connection? Building strong intergenerational relationships. Interacting with younger generations offers seniors far more than an occasional conversation—it can boost cognitive function, reduce feelings of isolation and foster an overall sense of purpose and happiness. Here's a closer look at how these relationships work wonders for mental health and how seniors (and younger individuals) can benefit from spending time together.

Improving Cognitive Function Through Shared Activities

Age-related cognitive decline is a natural part of aging, but engaging in mentally stimulating activities—especially those involving others—can help preserve cognitive health. Interacting with younger people often involves lively conversations, learning new things and adapting to different ways of thinking. All of these keep the brain active and engaged.

Younger generations, particularly children and teens, tend to bring fresh perspectives and energy. When seniors engage with younger individuals, their brains are challenged to process new information, adapt to unfamiliar ideas and engage in problem-solving. Whether it's helping a grandchild with their homework, learning how to use the latest tech gadget from a younger relative or playing a strategy-based board game with a teen, these moments of mental stimulation can enhance memory, critical thinking and overall brain health.

Studies also show that intergenerational activities can improve neuroplasticity (the brain's ability to form new neural connections). This is particularly important for seniors as it helps maintain memory and learning abilities, reducing the risk of cognitive conditions like dementia.

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Reducing Feelings of Isolation and Loneliness

Loneliness and social isolation are some of the most pressing issues faced by older adults. According to the National Institute on Aging (NIA), chronic loneliness can lead to serious health risks, including depression, anxiety and even heart disease.

Fortunately, intergenerational connections can serve as a powerful antidote to these feelings. Spending time with younger individuals often brings moments of laughter, shared joy and deep conversations. This connection helps seniors feel valued and needed, countering feelings of isolation. For example, grandparents who regularly interact with their grandchildren often report lower levels of loneliness and higher levels of happiness. Similarly, volunteering as a mentor or participating in intergenerational programs allows seniors to build new connections

while making a meaningful impact on younger lives. These relationships also provide seniors with a chance to create lasting memories - an enormous part of emotional well-being. Whether it's teaching younger generations something meaningful to them, like a family recipe or a hidden talent, these shared experiences forge bonds that help seniors feel closer to others.

Boosting Overall Mental Well-Being and Purpose

One of the most profound benefits of engaging with younger generations is the sense of purpose it instills in seniors. When older adults feel that their life experiences and wisdom are appreciated, it can bring them a profound sense of pride and fulfillment. This newfound sense of purpose can combat feelings of aimlessness or lack of productivity that some may experience after retirement.

Children and teenagers often seek guidance, mentorship and encouragement from older adults. Many seniors find it deeply rewarding to offer advice, share life stories, and act as a pillar of support, seeing firsthand how their involvement positively impacts a young person's life. This dynamic fosters mutual respect and appreciation, strengthening emotional health for both age groups.

The mood-boosting effects of intergenerational connections go even further. Studies have shown that positive social interactions release chemicals in the brain, such as oxytocin, which reduce stress and anxiety while promoting an overall sense of happiness. Whether it's laughing together, reminiscing about stories or simply chatting over a cup of tea, these moments give seniors something to look forward to and cherish.

A Win-Win for All Generations

Building relationships across generations isn't just an enriching experience for seniors, it's an invaluable way for society to strengthen community ties and understanding. It allows younger generations to benefit from the wisdom and experience of their elders, while seniors gain increased mental health, reduced loneliness and a sense of belonging. *Feeling inspired?* Take the first step today and encourage seniors in your life to connect with a young family member or neighbor. One small act of connection can open the door to a lifetime of mutual growth and happiness.



Mark Your Calendar!

The 33rd Annual Southern Maryland Caregivers Conference will be held on Friday, April 24, 2026 at the Richard R. Clark Senior Center (1210 Charles Street, La Plata, MD, 20646). This year's conference is hosted by the Charles County Department of Community Services, Aging and Human Services Division. Join us for an inspiring day full of resources, workshops, and support for caregivers. Brochures are available at all senior activity centers.

For more information and to register, please contact Cindy Olmsted at olmstedc@charlescountymd.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
Feb. 25
2:00 PM

2026

Northern
Mar. 9
1:00 PM

2026

Garvey
May 28
2:00 PM

2026

**Register at: <https://www.stmaryscountymd.gov/aging/>
or call the reservation line at 301-475-4200 with extension:
#3115 Northern #1660 Loffler #1075 Garvey**

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



Human Services Division

By Cynthia Brown, Human Services Division Manager

Submitted by Debra Kane, Human Services Coordinator I

Generosity in Action: Christmas Caring Event Supports Local Families

The Human Services Division's Christmas Caring Program partners with the Department of Social Services to identify families who could use extra support during the holidays. By creating a database of families requiring assistance, the program ensures support reaches those who need it most. A wide range of agencies, organizations, businesses, churches, schools and individuals volunteer to provide gifts, including toys, clothing and food, helping to make the holidays brighter for families throughout St. Mary's County.



This past holiday season, the program celebrated another successful Christmas Caring Event, sponsoring a total of 247 families, representing 564 children, thanks to 38 generous churches, organizations and individuals. Additionally, the U.S. Marine Corps Toys for Tots program provided toys, stockings, books, games, stuffed animals and Christmas wrap for 336 families, benefiting 837 children.

A heartfelt thank you goes out to everyone who contributed to making this holiday season extra special. The continued generosity of the St. Mary's County community truly made a difference. For more information about the Christmas Caring program, please visit <https://www.stmaryscountymd.gov/Aging/ChristmasCaring/>.



Senior Information & Assistance

By Melissa Craig, Senior I&A Division Manager

Maryland Legal Aid



Attorneys from the Maryland Legal Aid are available at the Garvey Senior Activity Center once a month by appointment for those age 60 and older. The types of cases they can assist with are eviction, landlord/tenant disputes, credit problems, consumer complaints, denial of public benefits, power of attorney, and Advance Directives. To schedule an appointment for March 13, 2026, or April 1, 2026, please call 301-475-4200, ext. 1064.

State Homeowners' Property Tax Credit

The State of Maryland Department of Assessments and Taxation provides a credit towards the property tax bill for homeowners who qualify on the basis of gross household income, net worth, and their property tax liability. Previous applicants must submit a new application each year.

To have your application considered for a tax credit the home must be your principal residence, where you reside or expect to reside for more than six months of the tax year; have a legal interest in the property; have a gross household income (including Social Security) less than \$60,000 and your net worth, excluding the value of the property for which application is being made, must not exceed \$200,000 as of December 31, 2025. Your net worth includes the value of other properties owned, CDs, investments, etc. The credit also takes into consideration the gross income in comparison to the 2024 property tax bill, i.e., a household income of \$30,000 must have a tax bill over \$1,680 to be eligible for the credit.



Income information must be reported for the resident homeowner(s), spouse or co-owner, and all other occupants of the dwelling unless these occupants can be claimed as dependents or unless they are paying reasonable fixed charges such as rent or room and board.

The deadline for filing a 2026 Homeowners' Property Tax Credit is October 1, 2026. However, applicants are encouraged to file their applications prior to May 1 to receive a credit directly on their July property tax bill.

Applications are available to download online at www.dat.maryland.gov/Pages/sdatforms.aspx or can be filed online. Applications are available at the Senior Activity Centers. For assistance with the application process call 301-475-4200, ext. 1654, 3104 or 1064.

St. Mary's County Property Tax Credits

St. Mary's County offers property tax credits for residents starting at age 65. To qualify for a tax credit at age 65 you must have lived on your current property for at least 40 years or have received an honorable retirement from military service and have an adjusted gross income of less than \$80,000 for tax year 2025. This credit provides a 10% reduction towards the County



portion of the tax bill. Residents over the age of 70 who have an adjusted gross income of less than \$80,000 for tax year 2025 can apply for the Senior Tax Credit which freezes the County portion of the tax bill from increasing each year. Lastly, persons age 70 and over who qualify to receive a Maryland Homeowners' Property Tax Credit (see article on previous page) may also receive a matching credit from St. Mary's County equal to the amount provided by the State. The Treasurer's Office will determine which credit is most beneficial. Previous applicants will receive an application by mail, can apply online at www.stmarysmd.com/treasurer, or can pick up an application at the Treasurer's Office or

at one of the Senior Activity Centers. The deadline to apply is May 1, 2026.

References

<https://dat.maryland.gov/realproperty/pages/homeowners'-property-tax-credit-program.aspx>

<https://www.stmaryscountymd.gov/treasurer/Taxes/>

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

Taylor Beach
Senior Information & Assistance Caseworker
Loffler Senior Activity Center
301-475-4200, ext. 1654
Taylor.Beach@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 (5 - 8 p.m.)
Garvey Senior Activity Center
301-475-4200, ext. 1087
Renee.Thomas@stmaryscountymd.gov

KEYS TO SENIOR INDEPENDENCE



**REGISTER
& ATTEND
FREE**

Join our educational series designed to help you thrive as you age. Whether you're planning for yourself, supporting aging parents, or approaching retirement, we'll cover ways to protect your autonomy and quality of life.

WHAT YOU'LL LEARN:

3/26

5:45 p.m. - 8 p.m.

Financial Planning:
Learn how to make the most of your money as you age.

4/9

5:45 p.m. - 8 p.m.

Mindset For Healthy Aging:
Learn practical strategies to support your mental well-being, manage stress, and stay resilient through life's transitions.

4/16

5:45 p.m. - 8 p.m.

Legal Preparedness:
Learn the key legal tools – wills, trusts, health care directives, and more – to safeguard your independence.

College of Southern Maryland, Leonardtown Campus
22950 Hollywood Rd, Leonardtown, MD 20650
Building C, Room 206

For More Info:
Nicoletta.Pollice@stmaryscountymd.gov
301-475-4200 ext. 1074



The Department of Aging & Human Services does not endorse any products, services, or organizations mentioned



Division of Senior Center Operations

By Candice Nelson, Senior Center Operations Division Manager



Since 1972, the national Senior Nutrition Program has supported nutrition programs for older adults across the country. Each year during the month of March, the Administration for Community Living celebrates the Senior Nutrition Program. The theme for 2026 is “Serving Up Solutions” reflecting the creativity, innovation, and collaboration that define the Senior Nutrition Program and highlights how local programs continually adapt to meet community needs.

Senior Nutrition Program in St. Mary’s County

The St. Mary’s County Department of Aging & Human Services provides the Senior Nutrition Program for the community. Senior activity centers offer daily, dietitian-approved meals in welcoming, social settings. Meals are available to adults ages 50 and older; donations are appreciated for those 60 and older, and meals cost \$7 for those under 60. The Home-Delivered Meals Program provides well-balanced meals and a friendly visit to homebound adults ages 60 and older. Meals are provided at no cost to consumers, though donations are appreciated. The centers also offer free monthly nutrition presentations by a registered dietitian.

To make a lunch reservation at a senior activity center, call at least 24 hours in advance:

Garvey Senior Activity Center	301-475-4200, ext. 1065
Loffler Senior Activity Center	301-475-4200, ext. 1657
Northern Senior Activity Center	301-475-4200, ext. 3105

To learn more about the Home-Delivered Meals program, call the Program Coordinator at 301-475-4200, ext. 1060.

Virtual Fitness Opportunities

Virtual fitness opportunities are available via Zoom. Register online beginning February 19, 2026, at 9 a.m. To register visit, <https://www.stmaryscountymd.gov/Aging/> and click on “New Platform: View & Sign Up for Activities & Programs.” The following classes will run from March 9 – May 1:

EnhanceFitness: Mondays and Wednesdays, 9 -10 a.m.

Chair Yoga: Tuesdays, 10 - 11 a.m., and Fridays, 9 - 10 a.m.

Chair Pilates: Tuesdays, 3 - 4 p.m.

Class fees are based on \$4 per session for the 8-week series. If you require assistance with registration, please call the Senior Activity Center Reservation Request lines:

Garvey Senior Activity Center	301-475-4200, ext. 1075
Loffler Senior Activity Center	301-475-4200, ext. 1660
Northern Senior Activity Center	301-475-4200, ext. 3115

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.

Watercolors with Jamie

Tuesdays, March 3 – 24

5-7 p.m.

Cost: \$25 (per session)

Learn the art of watercolor with professional artist Jamie Naluai. This workshop will explore foundational and intermediate watercolor techniques, along with practical tips and tricks and an overview of color theory. Perfect for artists looking to strengthen their skills and deepen their understanding of the medium. No experience is necessary, and all materials will be provided. Advanced registration required.

Embroidery Card-Making Class

Tuesdays, March 3 & April 7

1:30 p.m.

Cost: \$5 (supplies included)

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. Advance registration required.



Reflexology with Ruth

Thursdays, March 5, 12, 19, 26

Thursdays, April 2, 9, 16, 23, 30

11:30 a.m. - 2:30 p.m.

Cost: \$45

Reflexology supports circulation and balance, helping the nervous system reset. Enjoy 45 minutes of focused touch on the head, hands, or feet (your choice) while relaxing in a reclining chair with a jade heating mat.

***Health Warning:** Participants must be able to get in and out of the chair unassisted. Those needing assistance must attend with a caregiver. Not recommended for individuals with severe edema, gout, open wounds, or vascular disease of the legs or feet. Please clean your feet before your appointment. Advance registration required.

Candle and Wax Melt Making Workshop

Monday, March 9 & April 13

5 p.m.

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. Advanced registration required.

Folk Salad Luncheon

Tuesday, March 10

Doors Open: 11:30 a.m., Lunch Served: 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. Advanced registration required.

Sound Bath with Ruth

Tuesdays, March 10 & April 7

10 a.m. and 6:30 p.m.

Cost: \$20 (per session)

Relax, reset, and reconnect with yourself in a peaceful, immersive soundscape. Sound Baths can help you achieve deep relaxation, balance your energy, and reduce stress. Please bring a yoga mat, small pillow and blanket to build your comfy nest. May not be recommended for those with pacemakers. Please consult your physician before attending. Advance registration required.



Watercolor with T.L. Ford

Tuesdays, March 10 & April 14

1:30 p.m.

Cost: \$25 (supplies included)

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. Advance registration required.

Tai Chi Quan: Moving for Better Balance®

March 10 – June 16

Cost: FREE

Tai Chi Quan: Moving for Better Balance® is an evidence-based fall-prevention program. This tailored movement therapy is aimed at improving postural stability, spatial awareness, lower-extremity muscle strength, range of motion, and control of body positioning in space.

Tuesdays and Thursdays from 4:30-5:30 p.m.

Beginner Course : Participants will learn the fundamentals of Tai Chi Quan: Moving for Better Balance®, including an 8-form routine and a set of Mini-Therapeutic Movements. No prior experience is necessary. Advanced registration is required.

Tuesdays, 4-4:30 p.m.

Continued Practice: Available only to those who have completed the beginner course. In this half-hour session, we will practice the 8-form routine and one of the Mini-Therapeutic Movements. This is a drop-in session. Registration is not required, but all participants must show proof of completing the prerequisite beginner course.

Bottle Cork Keychain Craft with Tasnim

Wednesday, March 11, 5 p.m.

Cost: \$10 (supplies included)

Create two unique bottle cork keychains in this hands-on workshop. Participants will design and assemble decorative attachments using beads and jewelry components, transforming simple bottle corks into stylish accessories. No experience is necessary. Advance registration required.

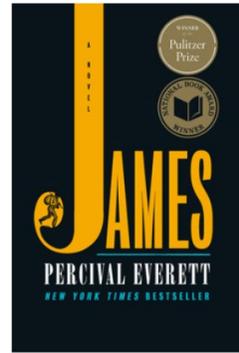
Book Discussion Group
Wednesdays, March 18 & April 8
11:00 a.m.

Cost: FREE

If you enjoy reading and want to share your thoughts, this group is for you!

March: James by Percival Everett

Everett's novel retells *Adventures of Huckleberry Finn* from Jim's Perspective, a clever, eloquent man forced to feign ignorance. Fleeing slavery, he journeys down the Mississippi with Huck, who is presumed dead. Their adventure blends sharp social critique, suspense, and humor in a bold reimagining of Twain's classic.



Drawing with Chris
Thursdays, March 12 & April 9
5 p.m.

Cost: FREE

Learn and practice drawing with instructor Chris Sisk. No experience is necessary, and all materials are provided. Advanced registration required.

March 12: Drawing Basics

Perfect for beginners, this introductory class covers fundamental drawing techniques, including shading, value control and smudging, to create depth and dimension. Using graphite pencils on 30-pound multimedia paper, participants will build skills for more detailed and expressive drawing.

April 16: Portrait Drawing

Using various techniques learned in Drawing Basics participants will create a finished human or animal portrait. The class will focus on applying shading, value and blending techniques to capture form, expression and character, helping artists bring their subjects to life.

Basket Weaving with Pam – Easter Basket
Mondays, March 16 & 23
5:30-7:30 p.m.

Cost: \$30

Join basket weaver Pam King to hand-weave your own colorful 8" Easter basket with a wooden handle. This two-session workshop is beginner-friendly and guides you step-by-step, so you'll take home a beautiful, functional basket just in time for Easter! No prior experience is needed. All materials will be provided. Advanced registration required.



Paint with Fabric-Tasnim
Thursday, March 19
10 a.m.

Cost \$25 (supplies included)

Let's paint our canvas with strips of fabric and thread. Design abstract art or a landscape and paint it on your canvas using fabric. Advance registration required.



Spring Bunnies & Easter Egg - Iris Folding Tuesday, March 17

1:30 – 3:00

Cost: **FREE (supplies provided)**

Join our beginner-friendly Iris folding workshop to create three spring-themed cards featuring bunnies and an Easter egg. Iris folding is done by layering strips of paper in a spiraled pattern that resembles the iris of a camera lens. Supplies will be provided, but feel free to bring your favorite scissors.

Advance registration required.

Senior Benefits Education Seminar - Presented by Lincoln Heritage Wednesdays, March 18 & April 15

1 p.m.

Cost: **FREE**

Join us for a presentation designed to help you navigate the often-confusing world of final expense planning and life insurance. Learn how to protect your family from financial surprises, understand the differences between term and whole life insurance, and recognize common scams, including funeral fraud. Attendees will also get an introduction to the no-cost Funeral Consumers Guardian Society program, which offers support to help families make informed funeral choices. Attendees will have the opportunity to receive a complimentary, personalized policy review. Advance registration required.

Movie Night

Thursday, March 19

Thursday, April 16

5:30 p.m.

Cost: The movie is **FREE**. (\$3 for a drink and candy)

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

March 19: *La La Land* A cinematic favorite starring Emma Stone and Ryan Gosling as an actress and a jazz musician pursuing their Hollywood dreams, and each other, in a celebration of hope and love.



April 16: *Knives Out*: A fun, modern-day murder mystery where everyone is a suspect. When a renowned crime novelist is found dead at his estate just after his 85th birthday, the inquisitive and debonair Detective Benoit Blanc is enlisted to investigate. From a dysfunctional family to a devoted staff, Blanc sifts through a web of red herrings and self-serving lies to uncover the truth behind the untimely death. Advanced registration required.

Aromatherapy with Sharon

Monday, March 30

5:30 p.m.

Cost: \$15 (supplies included)

Let's Get Rolling - Essentially! Roll-on essential oils are a convenient, easy-to-apply way to help ease minor discomforts, tired joints, sore muscles, and tight tendons. Participants will create a personalized *Happy Joints* roll-on blend to take home. Advance registration required.

Make-and-Take Sessions with Jamie

Tuesday, March 31,

Wednesdays, March 25, & April 22

5 p.m.

Cost: \$25 (per session)

Create a work of art you'll be proud to display for years to come in these three make-and-take sessions offered by Jamie Naluai. No experience is necessary, and all materials will be provided. Advanced registration required.

March 31: Bay Themed Watercolor Select from a crab, lighthouse, heron, or boat to create a bay-themed framed watercolor piece.

March 25: Sea Glass Art Design and assemble a beautiful picture by attaching colorful sea glass to a panel, creating a sparkling, textured work of art.

April 22: Spring-Themed Porch Sign Design and paint a cheerful spring-themed porch sign using vibrant colors and charming motifs.



Just Us 2 Luncheon

Friday, April 10

Doors Open: 11:30 a.m.

Lunch Served: 12 p.m.

Performance: 12:30 p.m.

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. They are a duo that performs bluegrass, classic country, gospel, and original music. Their lively performance will have your toes and fingers tapping along. Lunch will be served before the music starts. The cost for lunch is by donation for those ages 60 and above, and \$7 for those under the age of 60. Advanced Registration Required

April Fools Tea Party

Wednesday, April 1

4 p.m.

Cost: \$5

Step into a world of whimsy and laughter at our Jester-Themed Tea Party! Celebrate April Fool's Day with lighthearted fun and delightful treats. Guests will enjoy freshly brewed tea and an assortment of sweet and savory pastries served on elegant china. Costumes and jester hats are encouraged for extra merriment! Advance registration required.

Advanced Beginner Pickleball Lessons with Evan

Tuesdays April 7, 14, 21

Thursdays April 9, 16, 23

2:30 p.m. – 3:30 p.m.

Cost: FREE

This advanced-beginner class is perfect for those who are a little familiar with pickleball! It spans over three weeks and has two one-hour sessions. Learn the next level of fundamental skills and strategies of this obsessive sport. Please bring water, comfortable clothing, non-court marking shoes, and a paddle (if you own one you would like to use). On rainy days, class will be theory-based rather than on-court practice. Advance registration required.

Art with Jamie - Dried Flower

Tuesdays, April 14, 28

5 p.m.

Cost: \$25 (per session)

Explore techniques for designing with dried botanicals, along with practical tips for composition, preservation, and color harmony. Perfect for artists and crafters looking to strengthen their skills and create a finished piece to display or gift. Advance registration required.



Amulet Making Class

With Tasnim

Thursday, April 16

9 a.m.

Cost \$15

Come create your own beautiful and unique Amulet! This class entails making a pendant using bits of fabric, beads, and jewelry or charm. Participants will create their design, and then attach it to a chain and wear it as a necklace. All supplies are included. Advance registration required.

Team Game Night: Password Edition

Thursday, April 23

5:30 p.m.

Cost: \$2

Grab a partner and put your word skills to the test in a fun twist on the classic game Password! In each round, three single-word clues will be displayed. Pairs will discuss and write down their guesses, earning points based on how many clues they needed to solve the word. Teamwork, clever thinking, and quick communication are key! Prizes will be awarded to both players on the winning team, making for a night full of strategy, laughter, and friendly competition. Advance registration required.



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

Monday, March 2

Tuesdays, March 3, 10, 17

Tuesdays, April 7, 14, 21, & 28

10 a.m. – 4 p.m.

Cost: \$50 for 45 minutes

\$65 for 60 minutes

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

**Refund policy is posted at the Loffler Senior Activity Center. Please talk to staff for more information.

****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. Please wait at least 8 weeks after surgery to schedule a massage. Please consult your doctor to make sure that you are cleared for a massage. This is not for those with extreme edema, gout, open wounds, or vascular disease of the body.

Art with Jamie

Tuesdays, March 3, 10, 17, & 24- Watercolor Mosaic Flowers

Tuesdays, April 14, 21, & 28- A Study of Monet

10 a.m.- 12 p.m.

Cost: \$25 per class (All supplies provided)

March: Be inspired by your favorite flowers - bring in a picture or choose from several on hand. This month you can choose to work on a small lesson each week or choose a large design to work on all month.

April: This month we will be dedicating to the famous painter Monet. You can come for all classes or just one. For more details, visit CivicPlus. Advance registration required.



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

Monday & Wednesdays starting March 2

2 p.m.

Cost: FREE

Tai Ji Quan Moving for Better Balance® is an evidence-based fall prevention program. Participants will learn 8-form routines 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 required.

Senior Benefits Educational Seminar: Presented by Lincoln Heritage

Wednesday, March 4

2 p.m.

Cost: FREE

Join us for a presentation on final expense planning and life insurance. Learn to protect your family, understand policy types, avoid scams, and explore the free Funeral Consumers Guardian Society program. Complimentary policy reviews available. Advance registration required.

Crafts with Mimi – Make a Dragonfly themed Tri-Fold Journal

Thursday, March 5

1 p.m.

Cost: \$15

Join this hands-on workshop to design a tri-fold journal inspired by dragonflies. Learn folding, layering, and embellishing techniques with textured papers and mixed-media accents to create a unique, functional journal. Perfect for beginners and experienced crafters. All materials provided, just bring your creativity! Advance registration required.



Coffee & Donuts with Clear Captions

Wednesday, March 11

11 a.m.

Cost: FREE

Learn how the Clear Captions phone system makes calls easier for those with hearing loss. This session covers how it works, eligibility, and benefits for personal and professional use. Attendees have a chance to win a Chick-fil-A gift card. Advance registration required.

Painting with Chris: Rock Painting

Wednesday, March 11

1:30 p.m.

Cost: \$5

Tap into your creativity and enjoy a relaxing, hands-on experience in our Rock Painting Class! In this workshop, you'll learn fun techniques for transforming ordinary rocks into colorful works of art. This class is perfect for beginners and experienced crafters alike. All materials including rocks, paints, brushes, and sealer will be provided. Come ready to explore your artistic side and leave with unique, hand-painted treasures to display or gift! Advance registration required.

Projects with Toni: Spring Bunnies & Egg Iris Folding

Wednesday, March 18

1:30-3:30 P.M.

Cost: FREE (All supplies provided)

Join our beginner-friendly iris folding workshop to create three spring-themed cards featuring bunnies and an Easter egg. Learn to fold and layer patterned papers for beautiful, dimensional designs. Advance registration required.



Equinox Luncheon with Bushmill Band

Friday, March 20,

Doors Open: 11 a.m.

Lunch Served: 11:30 a.m.

Performance: 12 p.m.

Cost: Lunch is \$7 for those under 60 years of age and by donation otherwise.

Celebrate the changing of the seasons with our **Equinox Luncheon!** This is the perfect opportunity to enjoy great food, connect with friends, and welcome the balance of day and night that the equinox represents. Come savor a relaxing afternoon filled with warm conversation, a touch of seasonal inspiration and the sounds of Bushmill Band.

Advance registration required.

University of MD Extension Presentations with Dr. Deon Littles

Cost: FREE

Advanced Registration Required.



Shopping and Cooking on a Budget

Thursday, March 5 at 9:30 a.m.

Learn how to make delicious, nutritious meals without breaking the bank! In this practical and interactive class, Dr. Littles will share smart strategies for grocery shopping, meal planning, and cooking that help you stretch your dollars while still enjoying flavorful dishes. Discover tips for comparing prices, choosing cost-effective ingredients, and reducing food

waste. Perfect for anyone looking to save money and eat well!

Capture the Flavor

Tuesday, March 24 at 9:00 a.m.

This will be an engaging session on enhancing flavor in your cooking. Learn techniques, seasoning tips, and creative ideas to elevate everyday meals. Perfect for food enthusiasts!

Suzette Prichett Spring Luncheon

Friday, April 10

Doors Open: 11 a.m.

Lunch Served: 11:30 a.m.

Performance: 12 p.m.

Cost: Lunch is \$7 for those under 60 years of age and by donation otherwise.

Enjoy a delightful afternoon with the beautiful, sultry voice of Suzette Prichett, whose captivating voice and engaging performance will make this a truly memorable event! This is the perfect opportunity to relax, and experience live entertainment with friends. Don't miss this special occasion. Advance registration required.

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Make & Take with Jamie

**Tuesday, March 31 -Wooden Blocks with Painted Birds
10 a.m.**

Cost: \$25 (All materials provided)

A simple yet beautiful painting of a bird on a sweet little wooden block, can make more than one. The blocks will already be painted white and distressed ready for a cute little bird to be added in either watercolor or acrylic. These painted blocks are great as gifts, pops of color on a shelf or table, or book ends. The possibilities are endless. Advance registration required.



Book Presentation: Thelma Smoot

Tuesday, April 14

10 a.m.

Cost: FREE

Join us for an inspiring presentation with local author Thelma Smoot as she shares her powerful work, *Chronicles of Leroy June: An Inspiration for His Family & Community*. Hear stories of Leroy June's life, legacy, and lessons on family, faith, and perseverance. Advance registration required.

AARP Smart Driver™ Safety Course

Thursday, April 16

9:30 a.m.- 3:30 p.m.

Cost: \$20 for AARP Members, \$25 for Non-members

The AARP Smart™ Driver Safety Course will be held with an hour lunch break at 11:30 a.m. View course details on the CivicPlus website. Payment is due to the instructor on the first day of class, April 16. Payable by cash or check. Want to reserve lunch at Loffler? Please call Drema at ext.1657 by noon on Wednesday, April 15. Lunch is \$7 for those under 60 years of age and by donation otherwise. Advance registration required.



Coffee with the Sheriff

Thursday, April 23 at 10 a.m.

Cost: FREE

Talk to Sheriff Steve Hall about your concerns and learn more about the community during Coffee with the Sheriff! Drop-ins are welcome. Registration encouraged. Call 301-475-4200, ext. 1074 to reserve your spot.



Dining with Diabetes: 4 Week Class

Thursdays starting April 30

9:30 – 11:30 a.m.

Cost: FREE

Take control of your health while enjoying delicious meals! 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 for meal planning, portion control, and reading nutrition labels, along with cooking demonstrations featuring healthy, flavorful recipes. Participants will gain confidence in creating

balanced meals that support blood sugar management without sacrificing taste. Join us and discover that living well with diabetes can be both enjoyable and satisfying! You must attend all 4 classes. Advance registration 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.



Curious Curiosities Cabinet

The Great Room display cabinet is transforming into a mini museum for 2026! Antiques collector April Havens has curated an interesting and educational lineup of bi-monthly themes. The “Curious Curiosities Cabinet” will include a list of trivia questions to research at your leisure. The theme of January/February was White House Ephemera. March/April’s theme will be Milk Bottles, Reamers, and Ice Cream Lids.

Men’s Strength Training Boot Camp

Get fit in 2026! Experience the best of past Boot Camp content with exciting new progressions, level options, and measurable milestones. Led by an experienced instructor with Zen Well Studio. Please stop by the Center, or call ext. 3101, for more details.



Joyful Tea & Mind Connection: Encouraging Memory, Movements & Mood Monday, March 2, 1-2:15 p.m.

Cost: \$10

Join Paty Massón for a nurturing and stimulating environment. This session is designed for individuals recovering from a stroke or experiencing early symptoms of Parkinson’s, multiple sclerosis (MS), brain injury, or other neurodegenerative conditions. Practice gentle stretching, mindful relaxation, and fun, brain-balancing exercises. The session blends therapeutic movements, playful coordination tasks, and paper/drawing activities to support neuroplasticity, boost mood, and foster confidence and connection. Enjoy a delicious cup of tea throughout the program and explore its benefits. See the top of the page for how to register.

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Hands-Only CPR with American Red Cross

Northern Senior Activity Center

Friday, March 6, 1-2 p.m.

Cost: FREE

Many people who survive a cardiac emergency are helped by a bystander. Learning hands-only CPR (or compression-only CPR) will help you to deliver life-saving care until professional responders arrive. Angela Pettis from the American Red Cross will provide an informative presentation explaining the eight simple steps needed for this technique. See the top of the page for how to register.



Scrabble Group

Love playing the classic crossword board game? We're looking for Scrabble™ enthusiasts to start a new group at the Center. Interested? Please send an email to Keilan at: Keilan.Ruppert@stmaryscountyymd.gov.

Wednesdays with Will

Wednesday, March 4 & April 1

11:15 a.m.-12:15 p.m.

Cost: FREE

Local musician Will Yeckley will be visiting to provide relaxing entertainment during lunch. Advance sign-ups are not required to attend. Want to reserve a meal? Call Penny on 301-475-4200, ext. 3105, no later than noon the day before. Lunch is \$7 for those under 60, and by donation otherwise, paid upon arrival.



Art Pottery: Charcuterie Board

Fridays, March 6 & 20

10 a.m.-12 p.m.

Cost: \$10

Pottery craftswoman Pam King will instruct in the making of a custom charcuterie board. Complete with sculptural embellishments. Perfect for social gatherings, and a great conversation starter! All skill levels are welcome. See page 24 for how to register.

Pitch Free Play

Thursday, March 12 & April 9, 1-4 p.m.

Cost: FREE

Interested in playing Pitch cards for the first time? Experienced player looking for a more casual gameplay? Join us for "Free Play" Pitch on the second Thursday of each month. No money is involved. No prizes. Purely for the fun of the game! This is played in a progressive game style (like our regular Pitch Card Day). When you arrive that day, you'll get the traditional game tally sheet and materials needed. Even tables of 4 are needed to play. Be prepared to take turns, sit out for a round, etc. Drop-in only. Sign-ups will not be taken.

Wii Bowling League: Spring 2026

Thursday, March 12-April 9*

(4-sessions), 10-11:30 a.m.

Cost: \$2

Ready to strike up a good time? Join us for this league-style Wii bowling event with staff-led teams and some fun, good ol' group competition. We'll use the original Wii Sports game with standard 10-pin bowling. The last game will take place on April 2. Individual and team prizes will be awarded on April 9.

*NO MEETING ON MARCH 26.

See page 24 for how to register.



Card Making with Fran: All-Occasions

Thursday, March 12

1-3 p.m.

Cost: FREE

Nothing says “I care” quite like a handmade card. Join instructor Fran Carpenter for a fun afternoon of crafting unique cards. The All-Occasions theme includes birthday, “just a note”, and a choice of sympathy or Easter. All materials are provided. See page 24 for how to register.



St. Patrick's Day Luncheon with Kurt Schlesinger

Tuesday, March 17

11:15 a.m.-12:15 p.m.

Cost: FREE

You're in luck! We're having a St. Patty's Day celebration. Join us for a delicious meal and lively music from guitarist & vocalist Kurt Schlesinger. This is Kurt's first visit to the Northern Senior Activity Center, but he's performed at venues such as Brüdergarten, Port of Leonardtown Winery, and The Local. Check CivicPlus for more details.

See page 24 for how to register.

Pitch Card Day

Thursday, March 26 & April 30

12:30-3:30 p.m.

Cost: \$10

Ready to play Pitch? 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. The fee will be \$10 per person and there will be a cash prize of \$40 for the top winner & descending prizes thereafter. Advanced registration is required.

See page 24 for how to register.

Bunco!

Fridays, March 27 & April 24

12:30-3:30 p.m.

Cost: \$5

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 in advance online. Drop-ins will **not** be accommodated unless we need a substitute to fill in or round out a table. Want lunch before the game? Reserve a meal by calling Penny at 301-475-4200, ext. 3105, by noon the day before Bunco.

See page 24 for how to register.



Zendoodle: Birdhouse Bookmark

Tuesday, March 31

12-2 p.m.

Cost: FREE

Join Colleen & Martha after lunch for a guided Zendoodle pen and ink drawing. Inspired by artist Kelli Blouin's YouTube videos. Learn fun patterns and techniques to create your own charming birdhouse bookmark, you'll be amazed by your results! All materials have been donated. See page 24 for how to register.



AARP Smart Driver™ Safety Course

Tuesday, April 7, 9 a.m.-3 p.m.

Cost: \$20 for AARP Members, \$25 for Non-members

The AARP Smart Driver™ Safety Course will be held with an hour lunch break at 11:30 a.m. View course details on the Activity Enrollment Website. See page 24 for how to register. Payment is due to the instructor on October 7. Payable by cash or check. Want to reserve lunch? Please call Penny at ext. 3105 by noon on Monday, October 6. Lunch is \$7 for those under 60 years of age and by donation otherwise.

Energetic Stress Relief & Renewal Method

Monday, April 13

1-2:15 p.m.

Cost: \$20

Join Judi Lyons for an experience designed to help you release stress, recharge your energy, and feel genuinely renewed. This isn't just a workshop – it's a full-system reset. You'll learn simple, effective Energy Medicine techniques that calm your nervous system, dissolve tension, and restore your natural vitality. All through gentle movements you can do seated or standing. Judi is a skilled and compassionate holistic wellness educator. See page 24 for how to register.

Rhythmic Fitness

Northern Senior Activity Center

Tuesday, April 14-28 (3 sessions), 2-3 p.m.

Cost: FREE

Rhythmic Fitness is a lively, music-based exercise class that combines rhythm and movement to promote cardio health, coordination, and strength. This low-impact class is primarily seated, with optional standing movements, making it accessible for most fitness/skill levels. Join Program Specialist Keilan Ruppert for a fun workout with a great soundtrack! See page 24 for how to register.



Basket Weaving: Spring Basket

Friday, April 17

10 a.m.-3 p.m.

Cost: \$30

Pam King will provide step-by-step instructions for weaving a simple, yet elegant Spring basket. All necessary materials will be provided. This hands-on workshop is perfect for beginners and experienced crafters alike; everyone is welcome to join in the fun and creativity. Check the CivicPlus website for project details. See page 24 for how to register.

Retired and Senior Volunteer Program

By Monika Williams, RSVP Project Manager

Volunteer Appreciation Month

During National Volunteer Week, we would like to take this opportunity to recognize our RSVP volunteers, the impact of their service, and the unwavering grit they display meeting our county's community needs. Our senior volunteers provide an impressive, positive force for change as they help to make our community a stronger, better place. We want to shine a light on our many RSVP volunteers who inspire us by their dedication and commitment to service. Thank you for lending your time, talents, and skills to make a difference in our community!



RSVP volunteer Karen Ellis preparing to serve fruit, vegetables and eggs at a Farmers Feeding St. Mary's event.



RSVP volunteer, Earl Wyatt, leading a line dancing class within the Loffler Senior Activity Center.

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Spring is on the horizon! Consider joining our team to enhance our ability to impact greater change within our community. Come join-in to work along with the Spring season to bring in more smiles and brightness to many in need. Volunteer opportunities continue to arise calling for RSVP worker bees to incorporate sweet assistance. Please take some time to scroll through the volunteering opportunities on the following page. Call or email the RSVP office at 301-475-4200, ext. 1653, rsvp@stmaryscountymd.gov.

RSVP Business

The current grant period will end on March 31, 2026. Thank you, RSVP volunteers, for your impeccable service during this grant period! Please make sure to submit all service logs to your Volunteer Station Supervisors by April 8, 2026.

See volunteer opportunities on next page

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 seeking a volunteer to serve on Wednesdays 12:30 – 4:00 PM and substitute volunteers needed..

Hospice of St. Mary's

- Making phone calls to family members
- Patient Companion Visits
- Helping with Special Events
- Hospice House Cook
- Read to Patients
- Retired/active military person to perform "Pinning Ceremonies" to retired or Active-Duty Hospice Patients.

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.

Senior Connections

- Cardmaking to send to homebound seniors

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 playing groups and book discussions

Loffler Senior Activity Center

- In need of a Master

St. Mary's County Crime Solvers Board

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

Teen Court

- Hearing Support Assistants
- Bailiff
- Teen Juror

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
- Assist with Grants Writing
- Assist with Construction Projects
- Assist with Various Boards

CarFit

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



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	Tue. 6 p.m.	New players welcome.	No	No
Arthritis Foundation Exercise Program (AFEP)	Tuesdays & Thursdays 8:45 a.m. or 9: 45 a.m. Tue. 5:30 p.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	1 st & 3 rd Thu. 4 p.m. 2 nd & 4 th 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	2 nd 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	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
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.	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
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 2 nd 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	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
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
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
Coloring Group	1 st and 3 rd 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	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
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	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

Ongoing Activities - Loffler

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
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
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 Dietitian.	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.	New & 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	ON HOLD UNTIL MARCH 2026	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
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, and 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	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/ 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

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. 1846.

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, April 3 – Good Friday

NEW BEGINNING