

NEW BEGINNING

VOLUME 39 ISSUE 3

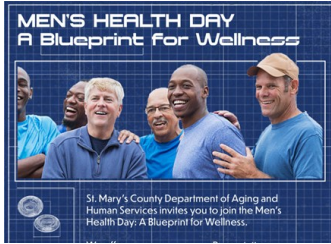
MAY/JUNE 2026

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



**Celebrating Older Americans Month:
Champion Your Health!**

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From the Director's Desk

By Lori Jennings-Harris, Director

Happy Older Americans Month 2026! The Administration for Community Living (ACL) has dubbed this year's theme as *Champion Your Health*, which "... underscores prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages taking an active role in managing and advocating for your health, accessing preventive care, and making informed decisions".



With the arrival of Spring, there are numerous opportunities to grow, learn, and get fit. Being a champion of your health helps older adults remain active, engaged, and involved in their communities. Small changes to improve what we eat, and daily exercise make a big difference in how we feel physically, mentally and emotionally.

St. Mary's County Department of Aging & Human Services does its part keeping older Americans connected by providing a wide variety of programs and services to the county's senior residents. Activities range from social and recreational programs to the direct support of essential needs such as nutrition, health, in-home and community-based services, and information and assistance services. Our senior activity centers offer many activities and classes that promote and support a healthier lifestyle including exercise programs and nutrition education.

We encourage you to make the Department of Aging & Human Services a regular part of your senior years. Whether you attend one of our senior activity centers daily or use some of our many services and programs occasionally, the Department provides the county's senior residents with an ideal way to stay in contact with friends, remain involved with their community, and to be champions for their health!



NEW BEGINNING

The Commissioners of
St. Mary's County
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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
Leonardtwn, MD 20650**

or visit the website at:

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.

Law Enforcement Appreciation Day

Join the Commissioners of St. Mary's County, the Department of Aging & Human Services, and the Triad/SALT Council to thank this year's Law Enforcement Officers of the Year and to remember the men and women who gave their lives in service to their community.



Tuesday, May 5, at 11:30 a.m



The White Rose
21030 Point Lookout Road in Callaway, MD

For More Information: 301-475-4200, ext. 1074.



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Let us **guide** you!



1-844-627-5465

INFORMATION • PLANNING • ACCESS
for Long Term Services & Supports

<https://www.stmaryscountymd.gov/Aging/MAP/>

CONTACT US

St. Mary's County Department of
Aging & Human Services MAP

301-475-4200, ext. 1057 or 1058



NEW BEGINNING



Nutrition Corner

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

Everyone is talking about sugar and trying to avoid it if possible. It is everywhere, from sodas to baked goods and even hidden in countless other foods. Sugar is also naturally present in fruits, vegetables, and dairy. So are all sugars created equal? Let's talk about naturally occurring sugars versus added sugars.

Naturally occurring sugars are found in the original, unprocessed foods. Fruits contain fructose, dairy contains lactose, and vegetables contain glucose and fructose. What makes these natural sugars unique is that they are packaged in the food, providing not just sugar but also fiber, vitamins, minerals, antioxidants, water and protein in the case of dairy. All these components affect how your body processes the sugar. For example, fiber and protein slow digestion, which helps steady the release of glucose into the bloodstream.

Research consistently shows that diets rich in fruits and vegetables decrease the risk of chronic illnesses, despite these foods containing sugars.

Added sugars are sugars included during processing or preparation. These include table sugar, honey, syrups and concentrated fruit juices used as a sweetener. These generally are in foods that are often low in nutritional value. Without components that slow digestion, these sugars are digested quickly, causing a spike in blood sugar, an increased insulin response, and decreased satiety. A high intake of added sugars are linked with an increased risk of obesity, type 2 diabetes, heart disease and nonalcoholic fatty liver disease.

Sugars are the same whether from a piece of fruit or a cookie, but the body's response varies depending on what else is in the food. Naturally occurring sugars are rarely a problem when consumed in a whole food but can cause issues when those foods are turned into juices or smoothies, which remove or disrupt the fiber. In that form, they behave more like added sugars. So how much sugar should we consume? The Dietary Guidelines for Americans suggest that added sugars be less than 10% of daily calories. The American Heart Association suggest no more than 6 tsp of added sugars per day for women and 9 tsp/day for men. When reading the Nutrition Facts label look at the added sugars which will be in grams. 4 grams = 1 tsp of sugar. So enjoy sugar as a naturally occurring sugar in whole, minimally processed foods and keep the added sugars in moderation. It is hard to overeat whole foods because they encourage slower eating and increased satiety. As always, be mindful of your food choices.



Upcoming Nutrition Education Presentations:

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

Managing High Blood Pressure

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

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

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

Northern - Monday, May 11, 12:00 p.m.

Gut Health

Garvey - Wednesday, Jun. 3, 12:45 p.m.

Garvey - Thursday, Jun. 11, 6 p.m.

Loffler - Monday, Jun. 8, 10 a.m.

Northern - Monday, Jun. 15, 12:00 p.m.

Home & Community-Based Services

By Rebecca Kessler, HCBS Division Manager

Submitted by Lisa Berry, HCBS Program Coordinator

Reprinted from: tribtoday.com/life/lifecovers/2025/04/the-five-pillars-of-aging-healthy/

The five Pillars of Aging Healthy

Maintenance is a part of our everyday life. We must keep up with the maintenance on our car so that it runs properly and gets us from point A to point B.

We must keep up with the maintenance around our home so it's clean and not a hazard to us. And we must keep up with the maintenance on ourselves so we can live life to the best of our ability.

Different studies and different resources all have their own spin on what they consider to be the most important things to focus on as we age healthily. While some resources may include topics like sleep and lifelong learning, there is typically a consensus on what is a core common five pillars to healthy aging: physical activity, nutrition, social engagement, cognitive stimulation and mental well-being.

Physical activity has been proven to be very important when preventing or limiting the effects of chronic diseases, like diabetes or high cholesterol. Exercise also improves cognitive function, reducing the risks of developing dementia and /or depression. And of course, working out also improves our mobility and balance. This leads to less risk of falls and injuries from fall-related experiences.

Nutrition is important no matter our age. By having a balanced diet that is rich in fruits, vegetables, and whole grains, we can support an overall healthy lifestyle. Our diets directly affect our muscle mass, bone health and immune function. The decision to maintain a balanced diet promotes overall well-being and helps us maintain a healthy weight. Studies have also shown that a good diet can reduce your risk of high blood pressure, heart disease and even some cancers.

Social engagement is imperative and affects both our mental and physical wellbeing. By being active within a group of friends or our community, we reduce the feelings of loneliness, depression and anxiety. Senior centers, community events, volunteering, card groups or book clubs, are all activities that encourage social interaction while doing things we enjoy.

Cognitive stimulation is believed to maintain and improve mental function, slow intellectual decline, enhance memory and promote overall well-being. Just a few activities to mention for mental stimulation designed to keep our brains sharp are jigsaw puzzles, reading, painting, crossword puzzles and games. But they are not the only activities.

Mental well-being is crucial and impacts with our ability to adjust to life changes, maintain relationships, and just overall enjoy daily experiences. If our mental well-being is at risk, then we will see a negative impact on our daily life, social connections and physical health.

Everything is connected, one way or another.

Remember, some activities fall under multiple categories. Gardening is an example of something that encourages physical activity and cognitive stimulation. Exercise classes have positives for physical activity, social engagement, cognitive stimulation and mental well-being. Find what works for you and remember, there is no one-size-fits-all when talking about aging healthily. There are just categories where people have common goals. The road to the goal may just be paved slightly differently.

Law Day

Friday, May 1, 2026

9 a.m.-4 p.m.

Make an appointment with an attorney to fill out an Advance Healthcare Directive completely FREE!

Appointments Available at:

Department of Aging & Human Services Bldg. - 41780 Baldrige Street, Leonardtown, MD
301-475-4200, ext. 1074

Loffler Senior Activity Center - 21905 Chancellors Run Road, Great Mills, MD
301-475-4200, ext. 1658

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

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

An Advance Health Care Directive will:

- Name your Health Care Agent, the person(s) who will make your health care decisions.
 - Decide when your Agent's power becomes effective.
- State your desires regarding the administration or withholding of life-sustaining procedures if you are unable to give instructions due to an end-of-life condition. This includes the choice(s) of artificial nutrition and hydration and/or all available interventions.
 - Customize with your personal instructions and statements.
 - Choose pain relief measures to relieve pain and suffering.
- State your wishes concerning organ donation or the donation of your body.
- State your desires and preferences regarding funeral and burial, cremation, memorial service, or other final instructions.

Registration required.

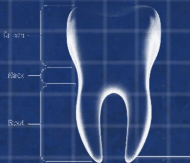
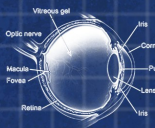
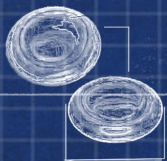
Please register at the location where you plan to attend your appointment.
For more information contact Community Programs & Outreach Manager
Nicoletta Pollice at Nicoletta.Pollice@stmaryscountymd.gov or
301-475-4200, ext. 1074

All attorneys are members of the St. Mary's County Bar Association and are donating their time for Law Day to fill out Advance Care Directives ONLY. This is a free service.

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

MEN'S HEALTH DAY

A Blueprint for Wellness



St. Mary's County Department of Aging & Human Services invites you to join the Men's Health Day: A Blueprint for Wellness.

Check Out:

- Free Health Screenings
- Information
- Complimentary Lunch (Mission BBQ)
- Vendors
- Presentations
- Door Prizes

Presentations:

- Promoting Prostate Health
by Hillary McDonald, PA-C
- Break Up with Excess Sodium
by Rihana Bouhoussein

Free and open to the public! Pre-registration encouraged.

For More Info: stmaryscountymd.gov/Aging/MensHealth/

Garvey Senior Activity Center
23630 Hayden Farm Lane
Leonardtown, MD



SAT. JUN. 6, 2026

9 a.m. - 1 p.m.





FREE

DOES YOUR BRAIN FEEL FOGGY?

Join Penny Brown for a brain-fitness program featuring fun brain games, information for caregivers, and science-backed strategies to boost memory, focus, and emotional resilience.

Caregivers are welcome, and participants who benefit from additional support are encouraged to attend with a caregiver who can stay and assist as needed

Northern Senior Activity Center May 21
9-11 a.m.

Loffler Senior Activity Center June 11
1-3 p.m.



Penny Brown is the founder of Thrive Bright Minds and a dedicated cognitive stimulation instructor with over 20 years of experience serving older adults.

Registration opens on April 16, 9:00 a.m. To register go to secure.rec1.com/MD/st-marys-county-md-aging/catalog or call 301-475-4200, ext. 1660 for Loffler or 301-475-4200, ext. 3115 for Northern

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

Senior Information & Assistance

By Melissa Craig, Senior I&A Division Manager

Save Money On Your Medicare Expenses

Medicare Saving Program

Get help from your state with paying your Medicare Part A (Hospital Insurance) and Part B (Medical Insurance) premiums with a Medicare Savings Program. If you qualify, Medicare Savings Programs might also pay your Part A and Part B deductibles, coinsurance, and copayments. The Qualified Medicare Beneficiary (QMB) program pays the Medicare Part B premium, deductibles and co-insurance, while the Specified Low-Income Medicare Savings Program (SLMB) pays the Part B premium. Considering that most individuals pay \$202.90 for their Part B premium in 2026 these programs add up to a savings of at least \$2,434.80 per year. Listed below are the financial qualifications for each program.

Source: <https://www.medicare.gov/basics/costs/help/medicare-savings-programs>

Program	Gross Monthly Income	Assets
QMB	\$1,350 (individual)	\$ 9,950
	\$1,824 (couple)	\$14,910
SLMB	\$1,816 (individual)	\$9,950
	\$2,455 (couple)	\$14,910

Social Security Extra Help

Social Security "Extra Help" is a Medicare program to help people with limited income and resources pay Medicare drug coverage (Part D) premiums, deductibles, coinsurance, and other costs. You also won't have to pay a Part D late enrollment penalty while you get Extra Help. Those who have QMB or SLMB automatically qualify for Extra Help, and other people must apply.

Gross Monthly Income Limit	Asset Limit
\$2,015 (individual)	\$16,590
\$2,725 (couple)	\$33,100

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Source: <https://www.medicare.gov/basics/costs/help/drug-costs>

Maryland Senior Prescription Drug Assistance Program (SPDAP)

SPDAP is a program that provides a \$75 monthly subsidy towards the Medicare Part D premium. Source: <https://marylandspdap.com/>

To apply or learn more about these programs please contact our Senior Information & Assistance Division (see contact information on the next page).

Gross Monthly Income Limit
\$3,990 (individual)
\$5,410 (couple)

Maryland Legal Aid

Attorneys from Maryland Legal Aid are available at the Garvey Senior Activity Center once a month by appointment for those age 60 and older. The 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 May 8, 2026, or June 12, 2026, please call 301-475-4200, ext. 1064.

Medicare Fraud Prevention Week

Medicare Fraud Prevention Week runs during the week of June 5, because most people become eligible for Medicare when they turn 65. Medicare Fraud Prevention Week is hosted by the Administration for Community Living and the Senior Medicare Patrol, known as the SMP. The SMP is a national program that educates Medicare beneficiaries about Medicare fraud, errors, and abuse.

Medicare loses an estimated \$60 billion each year due to fraud, errors, and abuse. Every day, issues related to these problems affect people across the country, often costing them time, money, and well-being. Medicare-related errors contribute to this annual loss even though errors can be honest health care billing mistakes. However, repeated errors by a doctor or provider could be considered a red flag of potential fraud or abuse if not corrected.

When people steal from Medicare, it hurts us all and is big business for criminals.

Some common examples of fraud, errors, or abuse include:

- Charging for services or supplies that were not provided
- Misrepresenting a diagnosis, a person's identity, the service provided, or other facts to justify payment
- Prescribing or providing excessive or unnecessary tests and services

Falling prey to consumer scams or health care fraud may mean that your Medicare number has been "compromised" as a result of medical identity theft. Stealing from Medicare leaves fewer available funds for those needing services now as well as those needing Medicare in the future.

Medicare Minute Presentations

May 27, 2026

Emergency and Urgently Needed Care

June 24, 2026

Medicare Telehealth Coverage

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 (Mon-Thu, 5 - 8 p.m.)

Garvey Senior Activity Center

301-475-4200, ext. 1087

Renee.Thomas@stmaryscountymd.gov

Community Programs & Outreach

By Nicoletta Pollice, Community Programs & Outreach Division Manager

St. Mary's County SALT Council Seeks Community Representatives



Triad is a national program developed through a collaboration between the National Sheriffs' Association, the International Association of Chiefs of Police, and AARP to improve safety and quality of life for older adults by fostering collaboration between law enforcement, senior citizens, and community organizations that serve seniors.

The Seniors and Law Enforcement Together (SALT) Council, led locally by the Department of Aging & Human Services, serves as the advisory group within the Triad program. The St. Mary's County SALT Council is a three-way commitment among local law enforcement, the Department of Aging & Human Services, and other agencies that support older residents of St. Mary's County. The council is currently seeking adults aged 55+ who are interested in community safety, advocacy, and building positive relationships between the community and law enforcement agencies. Council membership is a volunteer public service position. Members are expected to attend regular meetings and participate in related activities.

If you would like to be considered for a position on the SALT Council, please send an email (200 words or less) to Nicoletta.Pollice@stmaryscountymd.gov explaining why you are interested in serving, along with a brief resume or summary of your background in community involvement. Applicants must be residents of St. Mary's County and interested in representing the perspectives of older adults. Selected applicants will receive a follow-up email with an official invitation to join the council, along with details about council responsibilities, meeting schedules, and program activities.

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For more information, contact Department of Aging & Human Services' Community Programs & Outreach Manager Nicoletta Pollice at (301) 475-4200, ext. 1074, or at Nicoletta.Pollice@stmaryscountymd.gov.



Division of Senior Center Operations

By Candice Nelson, Senior Center Operations Division Manager

Celebrating Older Americans Month: Champion Your Health

Celebrated every May, Older Americans Month (OAM) is led by the Administration for Community Living (ACL). Established in 1963, OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving older adults in our communities.

The 2026 theme, Champion Your Health, underscores prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages taking an active role in managing and advocating for your health, accessing preventive care, and making informed decisions. This year, the focus is on evidence-based approaches, self-management, caregiver roles, and community partnerships that empower individuals to lead healthy lives.

**OLDER
AMERICANS
MONTH**



CHAMPION YOUR HEALTH: MAY 2026

The St. Mary's County Department of Aging & Human Services has three senior activity centers that offer a wide variety of programs and activities to help individuals become healthier versions of themselves. From evidence-based fitness classes like Arthritis Foundation Exercise, Geri Fit, and EnhanceFitness, to Nutrition Education presentations and daily socialization opportunities, the Senior Activity Centers are a great place to visit if you are looking to Champion Your Health! We encourage everyone age 50 and older to take the opportunity to visit one of the senior activity centers. Still working or can't make it during the day? We offer evening hours at the Garvey Senior Activity Center, Monday-Thursday!

For more information, contact one of our senior activity centers today!

Garvey Senior Activity Center	301-475-4200, ext. 1080
Loffler Senior Activity Center	301-475-4200, ext. 1657
Northern Senior Activity Center	301-475-4200, ext. 3105

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.

Bridge for Beginners

Mondays, May 4 – June 15,

9 a.m. - 12 p.m.

Cost: FREE

The course will cover all basic aspects of Contract Bridge, including bridge terminology, etiquette, evaluating the hand, bidding, playing, and scoring. The paperback text *Bridge Basics 1: An Introduction* by Audrey Grant will be used and is available on ThriftBooks, Amazon, and other sellers. Advance registration is required.



Reflexology with Ruth

Thursdays, May 7, 14, 28 & June 4 & 18

Individual Appointments (45 minutes): 9 a.m.- 4 p.m.

Cost: \$45 per session

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 without assistance. 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 is required.



Sound Bath with Ruth

Thursdays, May 7 & June 4, 11:30 a.m. and 6 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. ***Health Warning:** May not be recommended for those with pacemakers. Please consult your physician before attending. Advance registration is required.

St. Mary's County Camera Club Presentation

Friday, May 8, 10 a.m.

Cost: FREE

The Southern Maryland Special Interest Group of the Coastal Camera Club will present "Making Better Photographs." Leon Smith and other members will show how to take better pictures using the camera we always have, our smartphones, and provide a brief overview of apps to enhance photos. Advance registration is required.

Fraud Awareness

Mondays, May 11 & June 15, 10 a.m.

Cost: FREE

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



Art with Jamie

Tuesdays, May 12, 26, June 9, 23

5-7 p.m.

Cost: \$25 for each two-hour session

May 12, May 26 - Oil Pastel Flowers. Learn the art of creating floral compositions with oil pastels alongside professional artist Jamie Naluai. Each class is a standalone session, and you'll complete a finished oil pastel drawing inspired by a variety of reference pieces. No experience is necessary, and all materials will be provided. Advanced registration is required.

June 9, 23 - Alcohol Inks. Explore the colorful medium of alcohol inks with professional artist Jamie Naluai. Each class is a standalone session, where you'll create a finished, sea creature-themed piece using vibrant alcohol inks on Yupo paper and ceramic tile. No experience is necessary, and all materials will be provided. Advanced registration is required.

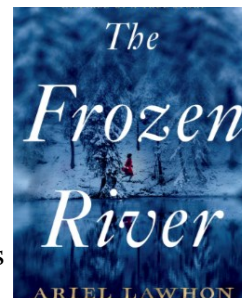
Book Discussion Group

Wednesdays, May 13 & June 10, 11 a.m.

Cost: FREE

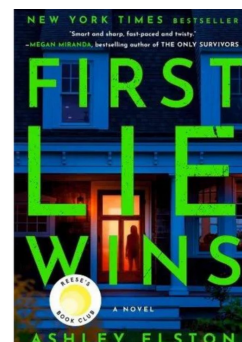
May: *The Frozen River* by: Ariel Lawhon

A historical fiction novel based on the true story of Martha Ballard, an 18th-century midwife in Hallowell, Maine, who investigates a murder that exposes the hypocrisy and injustice in her community. The book is praised as a compelling mystery and a story of female strength, resilience, and the fight for justice in a patriarchal society.



June: *First Lie Wins* by: Ashley Elson

Evie Porter has everything a nice, Southern girl could want: a perfect, doting boyfriend, a house with a white picket fence and a garden, a fancy group of friends. The only catch: Evie Porter doesn't exist. As secrets unravel and lies begin to collide, no one is safe from the consequences of a carefully constructed deception.



Art with Tasnim - Bottle Cork Keychain Craft

Wednesday, May 13, 10 a.m.

Cost: \$15

Create two unique bottle cork keychains in this hands-on workshop. You will design and assemble decorative attachments using beads and jewelry components, transforming simple bottle corks into stylish, functional accessories. These handmade keychains make thoughtful, versatile gifts or a fun, personalized keepsake for yourself. No experience is necessary, and all materials will be provided. Advanced registration is required.

Drawing with Chris

Thursday, May 14 & 28 and June 11 & 25

5 p.m.

Cost: FREE

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

May 14 & 28: Drawing Basics. Build a strong foundation in drawing in this introductory class. Students will learn essential techniques using graphite pencils on 30 lb. multi-media paper and practice fundamental skills that support more detailed drawing.

June 11 & 25: Portrait Drawing. Continue developing your drawing skills in this follow-up class. Using techniques learned in Drawing Basics, students will create a finished human or animal portrait.

Drama Speaks Performance

Monday, May 15

12:30 p.m.

Cost: Free

Get ready for an afternoon of laughter with Drama Speaks, our Reader's Theatre performers who 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. Sit back, relax, and enjoy the show. Advanced registration is required.

Reiki & Reflexology with Sarah Strain, ARCB Board Certified

Tuesday, May 19, June 9, 23, 10 a.m. - 3 p.m.

Wednesday, May 20, June 10, 24, 12 - 5 p.m.

Thursday, May 21, June 11, 25, 10 a.m. - 3 p.m.

Cost: \$45/session

Reflexology

Reflexology is designed to bring the body into balance through gentle pressure applied to the feet, hands, and ears.

Reiki (Ray-Key)

Using light or no touch, the hands of the practitioner capture and deliver universal life energy to the recipient.

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.

Aromatherapy with Sharon

Monday, May 18 & June 22

5:30 p.m.

Cost: \$15

May 18: Lavender Sachet: Create a calming lavender sachet using fragrant essential oils in this relaxing, hands-on workshop. All materials will be provided. Advanced registration is required.

June 22: Oils and Emotions: Participants will learn how simple tools like aroma, breathing, and daily routines can help bring balance, then choose a 2 ml oil to take home. All materials will be provided. Advanced registration is required.



5-Year Anniversary Celebration

Tuesday, May 19

2 - 4 p.m.

Cost: FREE

Celebrate five years of the Garvey Senior Activity Center's new facility! Five years ago, in the middle of a pandemic, this new facility opened with very little fanfare. Let's give it the celebration it deserves! Join us for activities, demonstrations and refreshments. All are welcome.



Travel 101: Tips for the Perfect European Trip

Tuesday, May 19

4:30 p.m.

Cost: \$20

Travel expert Alexandra Tyson, founder of Babcia and Yiayia Travel the World, brings more than 20 years of experience planning seamless European trips. Learn tips, tricks, and essential logistics to make your journey unforgettable. Advanced registration is required.

Garvey Golden Chapter

Wednesday, May 20 & June 17

5:30 p.m.

Cost: FREE

Join us for a new evening book discussion club! Feel free to bring dinner to enjoy during the discussion. The book selected for May is *Remarkably Bright Creatures* by Shelby Van Pelt. The book selected for June is *The Thursday Murder Club* by Richard Osman.

Movie Night

Thursday, May 21

Thursday, June 18

5 p.m.

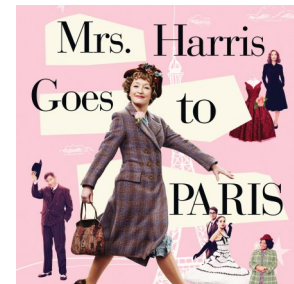
Cost: The movie is free. Drinks and candy available for \$3 (optional).

Snacks and will be available to purchase. You're also welcome to bring your own food and non-alcoholic drink. Advanced registration is required.

May 21: *Mrs. Harris Goes to Paris*

A charming film set in 1950s about a widowed London cleaning lady who falls in love with a Dior gown. She scrimps and saves, then travels to Paris to buy it, challenging class conventions.

June 18: *Anaconda (2025)* A group of friends facing midlife crises head to the Amazon rainforest to remake their favorite childhood movie, only to face real giant snakes. *Anaconda (2025)* reimagines the original with twists and turns that will have you laughing and gasping.



Beginner Pickleball with Lucinda

Tuesdays & Thursdays May 26 thru June 4, 9-11 a.m.

Cost: Free

Join our beginner's class led by experienced player and volunteer Lucinda. Learn the rules, pick up helpful tips, and get hands-on practice with loaner paddles and balls. Wear comfortable clothes and tennis shoes, bring water, and get ready to fall in love with the game! Advanced registration is required.

Discover Radiant Energy: Daily Aura, Chakra & Meridian Cleanse with

Judi Lyons

Tuesday, May 26, 2:00 p.m.

Cost: \$20

Perfect for beginners, the energy curious, or anyone wanting a simple, effective daily reset. Awaken Your Natural Energy Flow with this beginner-friendly workshop that teaches how your aura, chakras, and meridians work — and guides you through a simple daily routine to clear, balance, and restore your whole system. Dress comfortably and bring water. Advance registration is required.



Advance Care Planning

Wednesday, May 27, 9:30 a.m.

Cost: FREE

Join the Hospice and Palliative team from Medstar St. Mary's Hospital to talk about planning ahead for life's changes and your medical care, starting now and through the end of life. Speakers will review the medical decisions one can make, how to empower your loved ones to honor your wishes, and services available to support you at home. Advance registration is required.

Advance Care Planning 1-on-1 sessions

Friday, May 29, 11 a.m.-2 p.m.

Cost: FREE

The Hospice and Palliative team will have 30-minute time slots for you to discuss your personal concerns one-on-one. Advance registration is required.

Stained Glass Workshop

Wednesday, June 3 at 5 p.m.

Cost: \$25

Create a beautiful stained-glass sailboat 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, and all materials will be provided. Advanced registration is required.



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Candle and Wax Melt Making Workshop

Wednesday, June 10

5 p.m.

Cost: \$25

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 pour their own custom 9-oz. candle and 6-pack of wax melts to enjoy at home. From fresh and floral to bright and beachy, you'll create personalized scents perfect for the sunny days ahead. No experience is necessary, and all materials will be provided. Advanced registration is required.



Will Yeckley Luncheon

Tuesday, June 16,

Doors Open: 11:30 a.m. Lunch Served: 12 noon

Performance: 12:30 p.m.

Cost: FREE

Will Yeckley plays acoustic guitar and sings popular light rock, country, and Motown tunes from the late 50s to the 80s. Get ready to sit back, relax, and enjoy a delicious lunchtime meal. Lunch will be served before the performance 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 is required.

Caring for a Loved One

Wednesday, June 24, 10 a.m.

Cost: FREE

This presentation from the team at MedStar St. Mary's Hospital offers an overview of caring for a loved one toward the end of life. It covers common signs and symptoms, ways to support caregivers and prevent burnout, and options for help, including hospice, palliative care, and community resources. Advance registration is required.



Team Game Night: Raise Your Goblets

Wednesday, June 24

5:30 p.m.

Cost: \$2

Grab a partner and put your deduction skills to the test in a fun twist on the game *Raise Your Goblets*! Each team of two players starts with an empty goblet and a set of marbles. Work with your partner each turn, adding marbles or swapping goblets, to try to get the most points in your goblet by the end of the game. No experience is necessary. The rules are easy and will be explained at the start. Advanced registration is required.



Dancing for Brain Fitness (Neuroplasticity)

Tuesday, June 30, 2 p.m.

Cost: \$20

Join newly certified Brain Fitness Coaches, Paty Masson and Judi Lyons, for an exhilarating workshop where vibrant music meets gentle, brain-boosting movements. Enhance blood flow, memory, focus, and concentration with chair-assisted dance and cross-lateral routines that promote neuroplasticity. This joyful experience, accessible to all, will stretch and strengthen both your mind and body. Secure your spot today and unlock your brain's potential through the power of movement and music. Advance registration is 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

Tuesdays, May 5 & 12, 10 a.m. - 4 p.m.

June 2 & 9, 10 a.m. - 4 p.m.

Wednesdays, May 6 & 13, 11 a.m. - 2:30 p.m.

June 3 & 10, 11 a.m. - 2:30 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 is required.



Creative Legacy Writing Class

Tuesdays, May 5 - May 26

12:30

Cost: FREE

Everyone has stories worth sharing. In this Creative Legacy Writing Class, you’ll learn how to transform memories, milestones, and life lessons into engaging written narratives. With gentle guidance you’ll create meaningful pieces that preserve your voice and your journey for the

people you love. Advance registration is required.

Medstar Community & Population Health

Presentations:

Cost: FREE

Advanced registration is required.

Prediabetes- Understanding Risks, Taking Charge, and Building Healthier Habits

Tuesday, May 5 at 9:30 a.m.

Join Community Health Provider, Rihana for an overview of prediabetes and how to take simple steps toward better health. We’ll cover what prediabetes means, why early action matters, and easy everyday habits that can help prevent or delay type 2 diabetes. You’ll leave with practical tips, fresh motivation, and the confidence to make positive changes, one small step at a time.

Understanding the Correlation between Hypertension (HTN) and Vascular Dementia

Tuesday, June 2, 10 a.m.

Cost: FREE

Join Clinical Health Educator Ashley Holliday for a brief, easy-to-understand discussion on how high blood pressure can affect the brain and increase the risk of vascular dementia. We’ll cover how blood flow impacts memory, early signs to watch for, and simple steps to support brain and heart health. Caregivers are welcome!



Reggie Rice's Fool of Illusion

Thursday, May 7

10 a.m.

Cost: FREE

Experience Reggie Rice's unforgettable blend of jaw-dropping magic and laugh-out-loud comedy, a high-energy show full of surprises and pure fun for all ages. Advance registration is required. Limited Seating!



Spring Craft & Vendor Fair- *Open to the Public!*

Friday, May 8

9 a.m. – 2 p.m.

Cost: FREE to shop; \$10 for a table

Kick off Mother's Day weekend with a fun Spring Craft & Vendor Show filled with local artisans, unique gifts, and seasonal treasures. Open to all shoppers! Interested in selling? A limited number of vendor tables are available.

For more information, call 301-475-4200, ext.1660.

Skin Smart: Free Facial & Self-Care Workshop

Tuesday, May 12

12:30 p.m.

Cost: FREE

Refresh your routine with a Free Facial & Skincare Class with Felicia Reid! Enjoy a guided facial, learn skincare basics, and discover ways to keep your skin looking its best. A fun and relaxing event for anyone wanting a little self-care. Advance registration is required.

Art with Jamie

Cost: \$25 per session, all supplies included.

Soft Pastels Vs. Oil Pastels

Tuesdays, May 12, 19, & 26, 10 a.m. – 12 p.m.

Cost: \$25; Advance registration required

Come learn the difference between Soft & Oil Pastels and create pieces of art each week. Each session is a stand-alone class with a variety of pictures to choose from. No prior experience is necessary.

Summer Beach Scene in Acrylic

Tuesdays, June 2, 9, 16, & 23, 10 a.m. – 12 p.m.

Create simple, relaxing beach scenes in acrylic! Learn easy techniques for waves, boardwalks, beach umbrellas, and clouds to create pops of color on canvas. Come to one or come to all sessions. No prior experience is necessary. Advance registration required.

Diamond Painting Class

Wednesdays, 1:30 p.m.

Cost: Free; bring your own diamond painting project or purchase from the center

Join us for a friendly and creative Diamond Painting Class designed especially for those who enjoy crafting *and* good company. This relaxing activity uses small sparkling "diamonds" to fill in a guided canvas, bookmarks, windchimes, journals or other items to create beautiful piece of artwork No experience is needed. Drop-ins welcome! No need to pre-register.

Celebrating Mom & Dad: A Festive Luncheon with Patricia Armstrong

Friday, May 15

Doors Open: 11 a.m.

Lunch Served: 11:30 a.m.

Performance: 12 p.m.

Cost: Lunch is by donation for those ages 60 and up and \$7 for those under the age of 60.

Let's celebrate moms and dads with a fun, upbeat luncheon! Enjoy a delicious meal, warm conversation, and the cheerful company of friends and family. The afternoon will be enhanced by live, soft music performed by Patricia Armstrong, creating the perfect backdrop for a festive and relaxing gathering. Advance registration is required.

CSM for Seniors: Programs, Perks & Possibilities

Tuesday, May 19

10 a.m.

Cost: FREE

Curious about what the College of Southern Maryland can offer seniors? This presentation introduces a variety of opportunities, from non-credit enrichment courses and continuing education options to fun campus activities and community programs. Advance registration is required.



Crafty Fun with Penny

Cost: \$15 per project

Advance registration is required. All supplies provided.

Watercolor Spring Bunny Portrait

Thursday, May 21, 12:30 p.m.

Create a gentle, spring-inspired bunny portrait using soft watercolor washes and delicate details. Perfect for beginners or experienced artists.

Wooden Sea-Glass Hanger- A Coastal-Chic Crafting Project

Thursday, June 25, 12:30 p.m.

Using a natural wooden base and a mix of colorful, ocean-tumbled sea glass, you'll design a hanging display that captures the calm and beauty of the shoreline.

Brain Brightening Daily Practice Workshop: Energy & Movement, Focus, & Clarity with Judi Lyons

Thursday, May 28, 11 a.m.

Cost: \$20

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A refreshing, interactive workshop designed to wake up the brain, energize the body, and sharpen the mind. This daily practice blends gentle energy-flow movement with science-based neurobiological techniques to support cognitive function, memory, and sustained focus. Advance registration required.

AARP Presents: Empowering Today's Caregivers

Friday, May 29, 9:30 a.m.

Cost: FREE

Join AARP for an informative and empowering class designed for current and future caregivers. Learn about essential caregiving resources, practical tools, and important questions every caregiver should ask when supporting a loved one. Advance registration is required.



Chris’s Craft Corner: Glass Pebble Suncatcher – A Sparkling, Easy-to-Make Craft

Wednesday, June 3

1 p.m.

Cost: \$3

Create a bright and cheerful suncatcher using colorful glass pebbles. This project is quick, relaxing, and perfect for all skill levels. Arrange your glass pebbles in any pattern you like to form a beautiful suncatcher. All supplies provided. Advance registration is required.

Summer Breeze Luncheon: Sunshine and Folk Salad

Friday, June 26

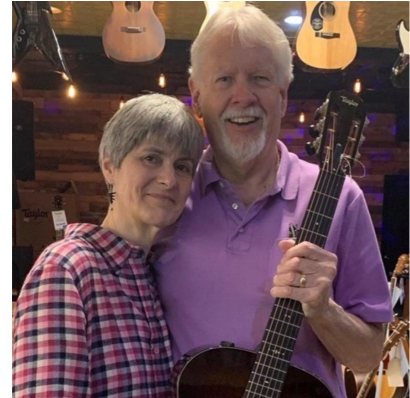
Doors Open: 11 a.m.

Lunch Served: 11:30 a.m.

Performance: 12 p.m.

Cost: Lunch is a donation for those ages 60 and up and \$7 for those under the age of 60.

Join us for a light and cheerful Summer Breeze Luncheon! Folk Salad will fill the air with their bright, feel-good pop tunes, the perfect soundtrack for a warm, easy-going summer afternoon. Advance registration is required. Entertainment provided by the Senior Center Operating Fund Grant.



Food Safety: Consumer Safety & Foodborne Illnesses

Thursday, June 25, 9:30 a.m.

Cost: FREE

Get ready for warmer weather with a quick refresher on essential food safety practices. Join Dr. Little of University of Maryland Extension, Family & Consumer Sciences for a class that covers safe temperatures, proper storage, and tips for picnics, grilling, and outdoor events to help prevent foodborne illness all season long. Advance registration is required.

Easy Arts & Crafts with Penny

Every 1st, 3rd, & 5th Friday

9 – 11:30 a.m.

Cost: \$3- All supplies provided

Join Penny on the 1st, 3rd, and 5th Friday of each month for a relaxing, beginner-friendly arts and crafts session. Each class features a fun; easy project designed for all skill levels. Come unwind, get creative, and enjoy good company while making something you’ll be proud to take home! Drop-ins are welcome!



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.

Art Pottery: Flower Pot

Friday, May 1 & 15, 10 a.m.-12 p.m.

Cost: \$10

Pottery craftswoman Pam King will instruct in the making of a hand-built flower pot with embellishments. Check the CivicPlus website for project details. All skill levels are welcome. Advance registration is required.

Special Bingo: Brooches, Bracelets, Satchels & Favorites!

Friday, May 8, 9:45-11 a.m.

Cost: \$3 suggested donation

May is the month we celebrate ladies – what better way than with a bingo with prizes that are charming, vintage and perfectly darling. Featuring Sarah Coventry items, beaded jewelry & bags. See displays/examples of what’s trending in 2026 for brooch ornamental fashion and art. Drop-in only; arrive early.

Mothers, Memories, & Motown Luncheon with Suzette Pritchett

Friday, May 8, 11:30 a.m.-12:30 p.m.

Cost: FREE; Lunch fees apply

Enjoy a unique luncheon and lounge experience celebrating ladies who impact our lives. Featuring the moving sounds of Motown in a tribute to all women who inspire and mentor us.

Introducing for the first time at the Center, Suzette Pritchett, our performer for this special event. Mocktail and after-lunch treat also planned. Advance registration is required.



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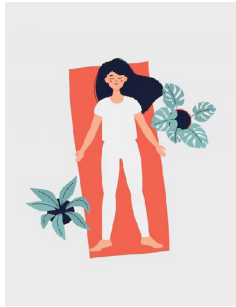
Do You Remember? Presentation with April Havens

Thursday, May 14, 9:30 - 10:30 a.m.

Cost: FREE

Each year as we grow older, the world changes and modernizes. However, we love to remember and share stories about things from our past. The May/June Curious Curio Cabinet theme is “Do You Remember?” featuring items from the ‘50s, ‘60s, and more. Join exhibit curator April Havens for a brief presentation and discussion. Reminisce, and enjoy good times playing a game based on items from the cabinet. Exhibit will be installed on April 30. “Play the Game” sheets will be available that afternoon. You’re encouraged to complete the sheets ahead of time and bring them to the presentation! Advance registration is required.





Savasana Sanctuary: The 90-Minute Yoga Experience

Monday, May 18

1-2:30 p.m.

Cost: \$20

This 90-minute gentle yoga session – led by Judi Chaudrue-Lyons – offers simple movement, calming breathwork, and an extended, indulgent Savasana (a pose of total relaxation). Enhanced with optional hands-on stress relief techniques. Advance registration is required.

Dance Party & Karaoke with DJ Big Tony

Tuesday, May 12, 1-3 p.m.

Cost: FREE

Get ready for a fun-filled afternoon with DJ Big Tony spinning the hits! Enjoy an energetic mix of classic favorites, line dance tunes, and crowd-pleasing songs. There will be plenty of chances to sing karaoke too! DJ Big Tony will alternate between a few dance songs & a karaoke opportunity. Whether you love to sing, dance, or just soak in the music, this lively afternoon is all about fun, laughter, and great memories.

Advance registration is required.



Layered Mosaic Collage & Frame

Thursday, May 21

11 a.m.-1 p.m.

Cost: \$30

Experience crafting a charming 8x8 bird-themed mosaic layered with textile and paper accents, framed in a shadow box. All foundational materials are provided, and instruction is led by Cheryl Hiller. Participants will customize their art with layers to enhance the focal bird and its background (magazine clippings, notes, stamps, small jewels, glass beads). Bring your own notes or clippings if you'd like to personalize your piece. This is a keepsake or a wonderful gift, full of nostalgia and personal impact. The class may take 1½ to 2 hours. Open to all skill levels. Advance registration is required.

Tech Rescue: What is AI?

Monday, June 1, 1-2 p.m.

Cost: FREE

Curious about artificial intelligence (AI) but not sure what it really means? In this easy-to-understand class, led by Keilan Ruppert, you'll learn how AI is already part of everyday life, how it can help with daily tasks, and how to stay safe from scams, fake videos, and misleading posts online. This friendly, nontechnical presentation is designed for anyone who wants to feel more confident using today's technology. Advance registration is required.





Qigong: 3-Part Series
Monday, June 1-15 (3 classes),
11 a.m.-12 p.m.

Cost: \$12

Join instructor Paty Massón for this new series! June is the perfect time to awaken your vital energy. Through slow, mindful movements and breath, Qigong supports concentration, memory, balance, and neuroplasticity. Rooted in Traditional Chinese Medicine, this practice circulates Qi (life force) to nourish the brain and nervous system. The gentle sound of the gong guides the rhythm of movement, creating a peaceful yet energizing experience. No prior experience is needed. Seated

and standing options are available. Advance registration is required.

Medicare Fraud Prevention

Tuesday, June 2,
1 – 2 p.m.

Cost: FREE

Join MAP I&A Caseworker, Angel Willer, for an informative presentation on Medicare Fraud Prevention. Medicare Fraud Prevention Week (held the week of June 5) focuses on the actions everyone can take to prevent Medicare fraud, errors, and abuse.

Advance registration is required.

Digital Photography for Beginners

Thursday, June 11 & Wednesday June 17
9:30-11 a.m.

Cost: FREE

Want to understand the basic concepts & techniques used in digital photography? Join experienced photographer Orlando Thompson for this great, educational program. During the presentation (June 11) Orlando will cover topics such as lighting, composition, and emotion. A session of Q&A will follow. The workshop (June 17) will allow time to put your new skills into practice. Venture outdoors – weather permitting – to try nature photography. This is the perfect opportunity for anyone curious about taking better photos with a digital camera.

IMPORTANT: Must have a digital camera to attend. Advance registration is required.



Pictured above: Some of Northern's Jan-Mar Highlights



Basket Weaving

Friday, June 12

10 a.m.-3 p.m.

Cost: \$30

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 alike; everyone is welcome to join in the fun and creativity. Check the CivicPlus website for project

details. Advance registration is required.

Rhythmic Fitness

Tuesday, June 16-30 (3 classes)

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 to most fitness and skill levels. Join Program Specialist Keilan Ruppert for a fun workout with a great soundtrack! Advance registration is required.



Father's Day Luncheon with PM Barber

Thursday, June 18

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

Cost: FREE; Lunch fees apply

Celebrate Father's Day with a special luncheon filled with great food, warm company, and live entertainment. Enjoy a performance by musician PM Barber, featuring classic hits and feel-good favorites everyone will love. Join us for an afternoon of music and appreciation as we honor the fathers and father figures in our lives. Advance registration is required.

Dancing for Neuroplasticity: '70s Disco

Monday, June 22

1-2:15 p.m.

Cost: \$20

Step into a burst of pure joy as we groove through the greatest hits of the '70s with Judi Chaudrue-Lyons & Paty Massón, certified Brain Fitness coaches! As we age, some neural connections fade, but neuroplasticity helps rebuild them. This chair-based disco session boosts brain power through upbeat music and simple movements that support memory, coordination, and mood—leaving you smiling, refreshed, and energized long after the music stops. Dress comfortably and bring water. Advance registration is required.



Retired and Senior Volunteer Program

By Monika Williams, RSVP Project Manager



Older Americans Month

I have had the pleasure of meeting and serving many older Americans in several different capacities throughout my 16 years of working for the St. Mary's County Department of Aging & Human Services. I have seen them smile without complaint in the midst of hardship, expand on history through personal experience, and embrace life with all its strife and beauty. The older Americans I have met are resilient, innovative, wise, and compassionate. There is much to learn from them, and they have much to offer this world.

Several RSVP volunteers are older Americans. They serve the community with purpose and conviction. All RSVP volunteers serve rain or shine with the utmost care and kindness. Consider joining RSVP today. We would love to have you.

RSVP Future Events

The RSVP Volunteer Appreciation Banquet will be held in August. Invitations will be mailed to RSVP Station Supervisors and volunteers who have served 12 hours or more during January 1, 2025 – December 31, 2025.

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

- * Learn about the many organizations and non-profit agencies within St. Mary's County who need assistance to provide essential services and resources to community members.
- * Personally meet each volunteer seeking agency.
- * 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, face painting, animal balloon artists for children, and line dance classes taught by our very own RSVP Volunteer activity leaders featuring Duncan DeeJay's music. A food truck and an 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 seeking agencies and organizations can register for a table on-line at: secure.rec1.com/MD/st-marys-county-md-aging/catalog



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, need substitute
volunteers when needed

Hospice of St. Mary's

- Making phone calls to family
members
- Patient Companion Visits
- House Patient 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

Home Delivered Meals

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

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

- Master Gardener
- Zoom Activity Monitor

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

Memory Cafe

- 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.

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

CarFit

- Assist with correct seat height
& distance, correcting blind
spots, and ensure brakes, 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 & Drag- ons	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 need- ed	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	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)	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	Facilitator-led awareness 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)

Monday, May 25 – Memorial Day
Thursday, June 19 - Juneteenth

NEW BEGINNING