

NEW BEGINNING

VOLUME 39 ISSUE 6

NOVEMBER/DECEMBER 2026

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



Celebrating Family Caregivers

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FROM THE DIRECTOR'S DESK

By Lori Jennings-Harris

National Family Caregivers' Month

The theme for this November's recognition of National Family Caregivers Month is Take Care to Give Care. According to the Caregiver Action Network website (retrieved September 26, 2016),



The first rule of taking care of others: take care of yourself first. Caregiving can be a rewarding experience, but it is also physically and emotionally demanding. The stress of dealing with caregiving responsibilities leads to a higher risk of health issues among the Nation's 90 million family caregivers. So as a family caregiver, remember to pay attention to your own physical and mental wellness, and get proper rest and nutrition. Only by taking care of yourself can you be strong enough to take care of your loved one. You really do need to "take care to give care!"

- **Caregiving can be a stressful job.** Most family caregivers say they feel stressed providing care for a loved one. With all of their caregiving responsibilities – from managing medications to arranging doctor appointments to planning meals – caregivers too often put themselves last.

- **The stress of caregiving impacts your own health.** One out of five caregivers admit they have sacrificed their own physical health while caring for a loved one. Due to stress, family caregivers have a disproportionate number of health and emotional problems. They are twice as likely to suffer depression and are at increased risk for many other chronic conditions.

- **Proper nutrition helps promote good health.** Ensuring that you are getting proper nutrition is key to help maintain your strength, energy and stamina, as well as strengthening your immune system. Maintaining a healthy diet is one of

NEW BEGINNING

The Commissioners of
St. Mary's County
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NEW BEGINNING

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& Human Services.

Articles may be reprinted from this
newsletter, but must be attributed to
"SMCDAHS, New Beginning."

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

Editorial submissions should
be sent to:

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

Leonardtown, MD 20650

or visit the website at:
www.stmaryscountymd.gov/aging

Our Mission

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

the most powerful things you can do to take care of yourself and keep a positive attitude overall.

- **Ensuring good nutrition for your loved one helps make care easier.** As many as half of all older adults are at risk for malnutrition. Good nutrition can help maintain muscle health, support recovery, and reduce risk for re-hospitalization – which may help make your care of a loved one easier.

- **Remember: “Rest. Recharge. Respite.”** People think of respite as a luxury, but considering caregivers’ higher risk for health issues from chronic stress, those risks can be a lot costlier than some time away to recharge. The chance to take a breather, the opportunity to re-energize, is vital in order for you to be as good a caregiver tomorrow as you were today.

During National Family Caregivers Month, we remind family caregivers that to be strong enough to care for your loved one, you must Take Care to Give Care!

The Department of Aging & Human Services has a number of ways to support eligible informal caregivers, such as family, friends and neighbors. Our Family Caregiver Support Program and our home delivered meals are just two examples. Call 301-475-4200, ext.

*1050 or visit one of our three senior activity centers for more information. Our goal is to provide support to those who are helping others.

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, November 30, 2026
1 p.m.

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

Attend Meetings to:

- * Meet members of the St. Mary’s Commission on Aging
- * Provide comments on the Department of Aging & Human Services
- * Obtain information on topics of interest to seniors

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

NUTRITION CORNER

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



As you are reading this, you are probably in the midst of the holiday rush. While it is good to slow down and enjoy the season, visiting with friends and family, observing traditions and eating treasured foods reserved for the holidays, important health habits may be pushed aside. Perhaps, “eat, drink and be merry” is your motto and you will deal with the after effects in the new year. Typically the average person only gains between 0.8 to 2 lbs over the winter months not the commonly reported 5- 10 lbs. However, that small weight gain has been found to not be reversed during the spring/ summer months therefore the cumulative effects of yearly fall/winter weight gain are likely to contribute to a significant increase over time. Linked to this weight gain besides the increased intake of quantity and decreased quality of food is the decrease in exercise during the holidays. So what can you do? Of course you should continue with all the wonderful holiday traditions and food is part of that but holiday eating awareness is crucial. Know that there will be temptation but you can plan for that. Don’t go to a party hungry. Have a light healthy snack before you go, perhaps a handful of nuts, some yogurt, hummus and veggies, cheese or peanut butter on some whole grain crackers for example. At the party you will be able to better control choices and portions. Try to prioritize socializing, not eating. If you do see something you love, allow yourself a small portion. Everything in moderation.

Finally don’t neglect your exercise routine. You may have to change it up a little but even small slots of 10 minutes a few times a day can help. This is where an exercise buddy can keep you on track.

Remember, while many traditional holiday foods are high in saturated fats, sodium and added sugars, there are still lots of healthier choices. Look for colorful fruits and vegetables and other plant based foods that are full of fiber and antioxidants. These can help make you feel full and also help boost your immune system. So, I hope you enjoy your holidays and eat as healthy as you can but don’t stress over it. Come out to the centers where I continue to do nutrition presentations every month to help you in your nutrition goals.

Upcoming Nutrition Education Presentations

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

Healthy Holiday Eating

Garvey – Wednesday, Nov. 4, 12:45 p.m.

Garvey – Thursday, Nov. 12, 6:00 p.m.

Loffler – Monday, Nov. 9, 10:00 a.m.

Northern – Monday, Nov. 16, 12:00 p.m.

All About Honey

Garvey – Wednesday, Dec. 9, 12:45 p.m.

Garvey – Thursday, Dec. 10, 6:00 p.m.

Loffler – Monday, Dec. 14, 10:00 a.m.

Northern – Monday, Dec. 14, 12:00 p.m.

HOME AND COMMUNITY-BASED SERVICES

By Rebecca Kessler, HCBS Division Manager



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



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



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



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

Long-Term Care Ombudsman Program

Meet Our Ombudsman



Julienne France
Certified LTC Ombudsman

Contact Us

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



Caregiver Support Group

St. Mary's
County



Tuesday, November 24
Tuesday, December 22



Garvey Senior Activity Center, Leonardtown MD

For more information:



301-475-4200, ext. 1057

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

FREE

Caregivers

St. Mary's
County

Breakfast



Save the Date!



Monday, November 9, 2026
9 a. m.- 12 p.m.



The White Rose
21030 Point Lookout Rd,
Callaway, MD 20620



For more information & to register:

Scott Richey-Stavrand



301-475-4200, ext. 1056

FREE



Lunch Will be
Provided by:

MISSION BBQ
The American Way



MILITARY & VETERANS RESOURCE DAY

Connecting Veterans, Service Members &
Families to Resources in Education,
Wellness, Healthcare, Recreation & More!

FRIDAY

November 6, 2026
09:00 AM - 2:00 PM



University of Maryland at Southern Maryland
44219 Airport Road, California, MD



MORE INFO

301-475-4200, ext. 1074



nicoletta.pollice@stmaryscountymd.gov



PRE-REGISTER

stmaryscountymd.gov/Aging/veterans



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



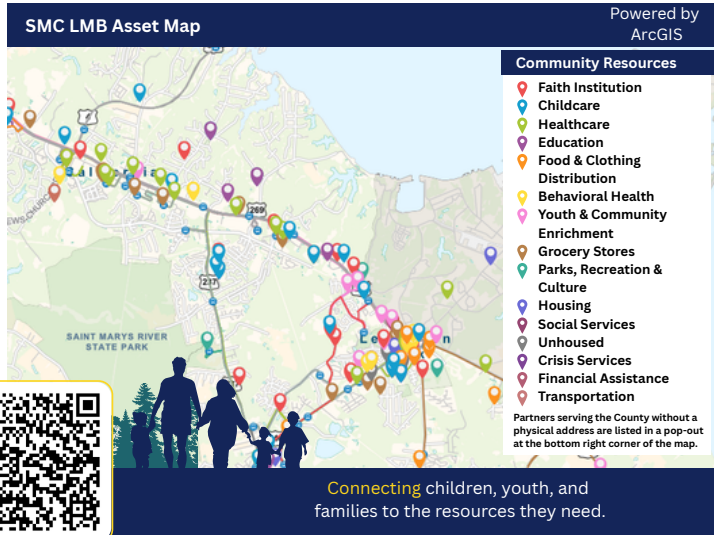
Need Help Finding Resources?

Community Asset Map

An interactive tool that turns local knowledge into action, helping residents and partners find what they need, where they need it.



Find what you need,
where you need it.



Housing
Assistance



Food
Resources



Healthcare
Services



Behavioral
Health Support



Childcare
Programs



Youth Activities
& Enrichment

Resources at Your Fingertips



Childcare



Housing



Food & Clothing
Distribution



Transportation



Healthcare



Social Services



Behavioral
Health



Faith Institutions



Education



Parks, Recreation
and Culture



Crisis Services



Financial
Assistance

Why Use the Area Map?

The Community Asset Map helps residents, families, and service providers quickly connect with local resources across St. Mary's County.

- ✓ Search by location
- ✓ Search by need
- ✓ Find nearby services
- ✓ Access contact information
- ✓ Explore transportation options
- ✓ Submit updates to keep information current



Together, we
can strengthen
families, support
youth, and expand
opportunities
for all.

Commissioners of
St. Mary's County

Department of
Aging & Human Services

St. Mary's County
Local Management Board

Made possible through
funding from the Governor's
Office for Children's
ENOUGH Initiative



Explore the map today!

tinyurl.com/5ex498y6

SENIOR INFORMATION & ASSISTANCE

By Melissa Craig, Senior I&A Division Manager

Medicare Part D Open Enrollment: Now Through December 7th

It's that time of year again! Open Enrollment for **Medicare Part D prescription drug plans** is open through **December 7, 2026**.

If you're already enrolled in a Part D plan, you should have received your **2027 Annual Notice of Changes**, which outlines:

- Updates to **monthly premiums**
- Changes in **co-pays** and drug coverage
- Your **Extra Help (Low-Income Subsidy)** status

Even if you're happy with your current plan, it's important to review your options—plans change each year.



Compare your options at: www.Medicare.gov, call 1-800-MEDICARE (1-800-699-4227), or contact your current plan.

Need Personalized Help? Talk to a SHIP Counselor

Our **State Health Insurance Assistance Program (SHIP)** counselors are ready to help you compare plans and apply for assistance.

Contact your local center:

Northern Senior Center
301-475-4200, ext. 3104

Loffler Senior Activity Center
301-475-4200, ext. 1654

Garvey Senior Activity Center
301-475-4200, ext. 1064

Medicare Presentations

Learn about current Medicare topics at the Garvey Senior Activity Center

Call to reserve your seat at the table 301-475-4200, ext. 1050

Presentations start at 9 a.m.

November 25: How To Read Medicare Statements. Your Medicare statements contain so much important information. Reading them can reveal billing errors, inconsistencies, or even fraud or identity theft. Join this Medicare Minute to learn more about your Medicare statements and how to read them.

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

Melissa Craig
Senior Information & Assistance
Division Manager
23630 Hayden Farm Lane, Leonardtown
MD, 20650
301-475-4200, ext. 1064
Melissa.Craig@stmaryscountymd.gov

Angelic Willer
Senior Information & Assistance
Caseworker
29655 Charlotte Hall Road,
Charlotte Hall, MD, 20622
301-475-4200, ext. 3104
Angelic.Willer@stmaryscountymd.gov

Renee Thomas
Evening Senior Information & Assistance Caseworker (Mon-Thu, 5 - 8 p.m.)
23630 Hayden Farm Lane Leonardtown MD, 20650
301-475-4200, ext. 1087
Renee.Thomas@stmaryscountymd.gov

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 November 13, 2026, or December 11, 2026, please call 301-475-4200, ext. 1064.

Volunteer Drivers Needed for Our Senior Rides Program!



SENIOR RIDES PROGRAM

DRIVER BENEFITS

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

DRIVER QUALIFICATIONS

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

CONTACT US:

301-475-4200, ext. 1066

stmaryscountymd.gov/aging/seniorrides/



VOLUNTEERS NEEDED

LIFE'S JOURNEY CAFÉ:

Open Conversations about the Seasons of Life

Join us for an intergenerational series that invites conversations about life, death, and the experiences that shape us. This brings together older adults and students enrolled in a Psychology of Death and Dying course to:

- Share stories,
- Reflect on life's changes
- Explore the common threads that connect us across generations.



This is not a counseling or bereavement support group, but an opportunity for open dialogue, personal reflection, and deeper appreciation for life's journey.

DATES:

11/16/2026
11/18/2026
12/2/2026



There is no cost to attend, but advance registration is required.

TIME:

3:10 p.m. - 4:25 p.m.



To register, please call 301-475-4200, ext. 1074.

LOCATION:

St. Mary's College of Maryland Daugherty-Palmer Commons
47720 College Dr,
St Marys City, MD 20686

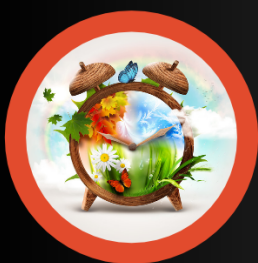


PLEASE NOTE:

Limited parking is available beside the Daugherty-Palmer Commons building.

For a map of the campus, visit

https://www.smcm.edu/app/uploads/2026/04/Campus_Map_6-25-FINAL-ua.pdf



DIVISION OF SENIOR CENTER OPERATIONS

By Candice Nelson, Senior Center Operations Division Manager

Virtual Senior Activity Center & YouTube

Did you know that the Department of Aging & Human Services has a Virtual Senior Activity Center website and YouTube page? These are both great options if you are unable to make it to the Senior Activity Centers but still want to do a workout on your own at home or want to view a Nutrition Education discussion that you may have missed with Registered Dietician, Donna Taggert. These sites also include various other things for you to view or participate in at your own pace such as Arts/Crafts, Educational Topics, and Caregiver Resources.

To view the Virtual Senior Activity Center website visit:
www.stmaryscountymd.gov/Aging/Virtual-Senior-Center/

To view the Department YouTube page visit:
www.youtube.com/@SMCAgingHumanServices



Loffler Senior Activity Center
21905 Chancellors Run Road
Great Mills, MD 20634
Phone Number:
301-475-4200, ext. 1658





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



Educational Programs **Congregate Meals**
Social Programs **Fitness Programs**

Northern Senior Activity Center
29655 Charlotte Hall Road
Charlotte Hall, MD 20622
Phone Number:
301-475-4002, ext. 3101



Garvey Senior Activity Center
23630 Hayden Farm Lane
Leonardtown, MD 20659
Phone Number:
301-475-4200, ext. 1080





GARVEY

SENIOR ACTIVITY CENTER

Leonardtown, 301-475-4200, ext. 1080

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

Photography Exhibit Throughout November & December

Free

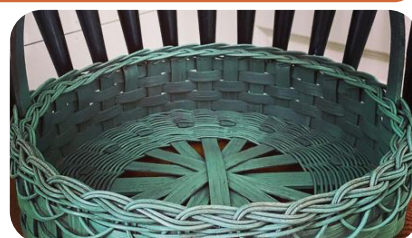
The World as I Have Seen It. St. Mary’s County photographer Wayne Thomas shares selections from his Nature, Long Exposure, Travel, and Street Photography. Featuring images captured locally and at destinations around the world.

Basket Weaving with Pam – Victorian Pie Basket Mondays, November 2 & 9, 5:30 p.m.

\$30

(Supplies included)

Join basket weaver Pam King to hand-weave your own Victorian pie basket. This two-session workshop is beginner-friendly and guides you step-by-step, so you’ll take home a beautiful, functional basket to transport your holiday pies!

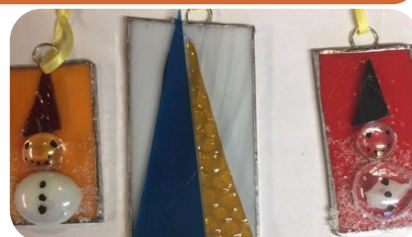


Glass Biscuit Ornament Making Tuesdays, November 3 & December 8, 10 a.m.

\$15

(Supplies included)

Make a Christmas tree and a snowman ornament using stained glass and glue. The same ornaments will be made on both dates.



Art with Jamie Tuesdays, November 3, 17 & December 1, 5 p.m.

\$25 (Supplies included)

Join professional artist Jamie Naluai as she guides you step-by-step in creating giftable works of art.

November: Acrylic Birds on Wood Blocks. Create a simple, charming piece of art perfect for holiday gift-giving. Make as many blocks as time allows.

December: Holiday Card Making. Create special handcrafted holiday cards using Gelli prints, rub-ons, watercolor images, pen and ink.



3D Papercrafts with Toni

Free (supplies included)

Wednesday, November 4 & December 16 at 5:30 p.m.

Wednesday, December 2 & Friday, December 11 at 1:30 p.m.



November 4: Layered Paper Cornucopia. Create a beautiful 3D cornucopia centerpiece by layering and assembling pre-cut paper pieces.

December 2: Holiday Card Iris Folding. Create festive Iris Folding cards to share or use as holiday decorations by layering paper strips into a beautiful spiral design.

December 11: 12 Days of Christmas Treat Boxes. Create festive treat boxes inspired by the 12 Days of Christmas. Fill them with sweets and give them as a special gift.

December 16: NOEL Iris Folding. Create a festive “NOEL” design using the art of Iris Folding and layered strips of hymnal music sheets.



CSM Thrive 60+ Program Introduction

Free

Thursday, November 5, 10 a.m.



Madeline Jackson from the College of Southern Maryland will present an overview of their new Thrive 60+ lifelong learning program. Learn how adults over 60 can take advantage of free and low-cost classes offered by CSM.



Reflexology with Ruth

\$45

Thursdays, Nov. 5, 12, 19 & Dec. 3, 10, 17, 9 a.m. - 3 p.m.



Enjoy 45 minutes of focused touch on the head, hands, or feet while relaxing in a reclining chair with a jade heating mat. Reflexology may support circulation, balance, and relaxation. Health Warning: Participants must be able to get in and out of the chair unassisted or attend with a caregiver. Not recommended for those with severe edema, gout, open wounds, or vascular disease of the legs or feet. Please clean feet before your appointment.

Game Show Challenge: Wheel of Fortune

\$2

Thursday, November 5, 2 p.m.



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



Belly Dancing

\$45

Fridays, November 6 – December 4, 11 a.m.



Join instructor, Geno Rothback, for a 4-week course of belly dance fusion, using vanity mirrors as props. Inspired by Middle Eastern belly dance, this experience is vibrant, graceful and uses simple choreography. Participants are to purchase their own mirrors.

Luncheons

Free

Tuesday, November 10 & Thursday December 3, 10, 11:30 a.m.



The cost for lunch is by donation for those ages 60 and older and \$7 for those under the age of 60.

November 10: Bruce Thomas. Baritone singer, Bruce Thomas will entertain you with his soulful vocals and engaging stage presence. His vocal style is influenced by Frank Sinatra, Al Jarreau, Greg Porter and many more.

December 3: Sunshine Singers. Join the Loffler Sunshine Singers for a Christmas carol sing-along luncheon.

December 10: Folk Salad. Get into the holiday spirit with the eclectic sounds of Folk Salad. They will entertain you with folk songs, pop tunes and holiday jingles. Wear your festive holiday attire and enjoy a delicious meal.

Art with Chris

\$5 (Supplies included)

Thursday, November 12 & December 10, 5 p.m.



November: November Rain. Paint a rainy-day scene using acrylic paint on an 8" x 10" canvas.

December: Snow Globe. Paint a festive snow globe using acrylic paint on an 8" x 10" canvas.



Scent & Sound Experience

\$30

Friday, November 13, 3 p.m.



Join Aromatherapist Sharon Rhodes and Sound Bath facilitator Ruth Mavor for a unique sensory experience combining the aromatic benefits of essential oils with the restorative vibrations of a sound bath. Breathe deeply, relax your body, and quiet your mind.



Maryland Throughout All Our Wars Presentation

Free

Friday, November 13, 10 a.m.



Join military history enthusiast and author John Beasley for a fascinating look at Maryland's role in the nation's wars throughout history

Aromatherapy with Sharon

\$15 (Supplies included)

Monday, November 16 & December 7, 10 a.m.



November: Make Your Home a Haven for the Holidays.

Days are shorter, we're spending more time indoors, and the holidays are fast approaching. Let's make a Fall Room Spray with all natural ingredients that will make your home smell amazing...and the BEST part is that it's healthy, too!



December: Cozy & Warm Bath Salts. When the weather outside is frightful there's no better way to relax than a cozy warm bath with calming essential oils. Let's make a jar of bath salts that you use for yourself or give as a gift.

Jewelry Making with Patty

\$15 (Supplies included)

Wednesdays, November 18 & December 9, 3 p.m.



Jewelry-maker Patty Riedel will guide participants step-by-step in creating custom beaded jewelry. No prior experience is necessary.

November: Suncatchers. Create a beautiful beaded suncatcher using colorful glass beads and natural materials. Design a unique piece that will sparkle in the sunlight.



December: Dangles & Bangles. Create a colorful beaded purse charm to add a personal touch to your favorite bag. Choose from an assortment of beads and decorative accents to create your own unique design.

Movie Night

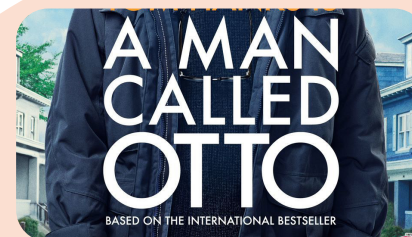
Thursdays, November 19 & December 17, 5:30 p.m.



Cost: The movie is free. \$3 for a drink and candy

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

November: *A Man Called Otto*. Tom Hanks stars as a grumpy widower whose quiet life is turned upside down when a lively young family moves in next door. A heartwarming comedy about friendship, community, and finding a new purpose.



December: *A Castle for Christmas*. A successful author travels to Scotland hoping to escape a scandal and falls in love with a charming castle—and its grumpy owner. A delightful romantic comedy filled with beautiful scenery, humor, and holiday magic.



Holiday Vertical Porch Sign Workshop Friday, November 20, 10 a.m.

\$30 (Supplies included)



Create a festive welcome to your home in our Holiday Vertical Porch Sign Workshop! Paint a 48"x8" board and use stencils to add a charming Christmas design. You'll leave with a personalized porch sign ready to display throughout the holiday season.



Floral Arrangements with Sunnyside Florals Monday, November 23 & Tuesday, December 1, 1:30 a.m.

\$50 or \$60



Join Shelley Russell, local grower and lead designer of Sunnyside Florals, for two hands-on floral arrangement classes. Bring a box to transport your arrangement home.

November: Thanksgiving Centerpiece (\$45). Learn the basics of floral design and craft a stunning fall centerpiece using locally grown flowers.

December: Wreath Making (\$60). Learn the basics of wreath design while you create a handmade wreath for your home or to give as a gift.

Virtual Reality

Free

Wednesdays, November 25 & December 23, 10:30 - 11:30 a.m.



Put on a VR headset and step into the world of virtual reality! Explore fascinating places around the globe from the comfort of your chair through immersive virtual tours.

Candle and Wax Melt Making Workshop Monday, November 30, 1 p.m.

\$25
(Supplies included)



Explore scents of the holidays 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.



Travel 101: Learn to Travel Europe Tuesday, December 1, 5 p.m.

\$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.



Holiday Craft & Vendor Fair

Friday, December 4, 9 a.m. - 2 p.m.

Join us for our first-ever Craft & Vendor Fair! Seniors may reserve vendor tables for just \$10 each to showcase and sell their handmade crafts, collectibles, or other items. The event will be held in the shared main lobby of the Garvey Senior Activity Center and Leonardtown Library and will be open to the public with free admission.

Holiday Bingo

Monday, December 14, 10 a.m.

\$3 for 2 cards



Join us for a festive Holiday Bingo celebration full of fun, laughs, and lively prizes! Gather with friends to enjoy the holiday spirit while playing your favorite game. Get 2 bingo cards for just \$3! Don't miss out on this cheerful event—come ready to play and spread some holiday joy!

Pets on Wheels

Tuesday, December 15, 11a.m.

Free



Enjoy some time with friendly therapy pets! Their companionship, affection, and unconditional love can brighten your day and make a positive difference.

O' Christmas Tea

Wednesday, December 16, 1 p.m.

\$5



Celebrate the season with a festive holiday tea party! Enjoy freshly brewed hot tea along with an assortment of sweet and savory pastries served on elegant china. A live piano player will set the mood with holiday favorites, adding warmth and cheer to the afternoon. You'll also take part in a simple, creative craft transforming a plain, round Christmas ornament into a teapot using 3D-printed parts. Come sip, savor, and celebrate the season in good company!



A Christmas Carol at Riverside Center for the Performing Arts

Wednesday, December 30, 9 a.m. - 7:30 p.m.

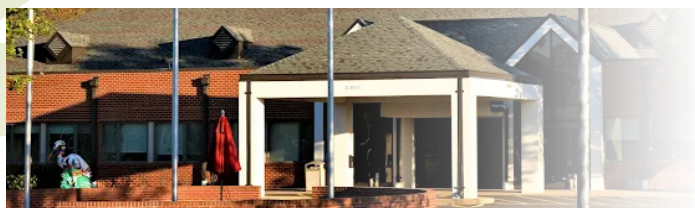
\$184



Cost: \$184 (Transportation, Admission, Lunch, Gratuities, & Bus Snacks)

Join us for a trip to Riverside Center for the Performing Arts in Fredericksburg, VA, to see Charles Dickens' *A Christmas Carol*. A luxury-chartered bus will leave Garvey Senior Activity Center at 9 a.m. and return at 7:30 p.m. The cost includes theater admission, transportation, lunch, bus snacks, and gratuities.





LOFFLER

SENIOR ACTIVITY CENTER

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

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

Massage Therapy with Renika Watson, LMT

\$50 for 45 minutes

\$65 for 60 minutes

Mondays, November 9, 16, 23, & 30, 9 a.m. - 3:45 p.m.

December 7, 14, 21 & 28, 9 a.m. - 3:45 p.m.

Tuesdays, November 3, 10, 17, & 24, 9 a.m. - 3:45 p.m.

December 1, 8, 15, & 22, 9 a.m. - 4:45 p.m.

Wednesdays, November 4 & 18, 9 a.m. - 3:45 p.m.

December 2, 9, & 16, 9 a.m. - 3:45 p.m.

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

What is Artificial Intelligence (AI)? AI for the Young at Heart

Free

Tuesday, November 3, 9:30 a.m.

Join us for an easy to understand introduction to artificial intelligence. In this class, we’ll explore what AI is, how it works, and how it’s used in everyday life—from voice assistants to smart devices to online tools. No technical background is needed; we’ll take things step by step, using clear examples and hands-on demonstrations. You’ll learn practical ways AI can support daily tasks, improve convenience, and enhance creativity.



Art with Jamie

\$25 (Supplies provided)

Tuesdays, November 3, 10 & 17, December 1 & 8, 10 a.m.

November - Study of Dutch Painters with Oils. Study of Dutch painters and their detailed oil paintings of everyday life. Will work with oil paints, a still life of fruit and vegetables on canvas. Please plan to attend all three classes to finish the project before the holidays.

December - Fun Holiday Cards. Create fun holiday cards to give to family and friends for the holiday season. On the 8th you will have a special Holiday party to exchange cards and create a Make & Take seasonal piece of art.



Projects with Toni: Merry Maker Paint Pour Workshop
Thursday, December 3, 11:30 a.m.

Free
(Supplies provided)



Create dazzling, one of a kind Christmas balls using colorful poured paint techniques. Swirl, drip, and tilt your way to festive ornaments that are fun to make and even more fun to show off. No experience needed—just come ready to play with paint and enjoy the magic of holiday creativity!



Veterans Day Luncheon with JustUs2
Tuesday, November 10, 11 a.m.



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

Join us as we come together to honor the courage, service, and sacrifice of our nation's veterans. This special Veterans Day Luncheon offers a heartfelt opportunity to show appreciation, share stories, and celebrate the men and women who have served in the armed forces. Guests will enjoy a delicious meal, meaningful conversation, and a brief program recognizing the contributions of our veterans.

Anna Griffin with Martha

\$5 (Supplies provided)

Fridays, November 6, 12:00 to 2:00 p.m. & December 4, 12-2 p.m.



November - Chapel in the Fall. In the Chapel in the Fall Card Class, you'll learn step by step techniques for layering, embellishing, and adding seasonal touches that bring this elegant church design to life.



December - Peaceful Christmas Church. In this workshop, you'll craft a beautiful Anna Griffin holiday church card filled with elegant layers, shimmering accents, and timeless holiday details. Whether you're a seasoned crafter or new to card making, you'll enjoy step by step guidance, high quality materials, and a cozy, cheerful atmosphere.

Aromatherapy with Sharon

\$15 (Supplies provided)

Monday, November 9, 12:30 p.m. & Tuesday, December 8, 10 a.m.



November - It's Fall Y'all - Let's Make a Room Spray. More time indoors plus holiday guests mean having a home that smells warm and inviting. Essential oils are the healthiest way to create that environment so let's make a room spray that will make your home a place to remember.

December - Winter Wonderland Bath Salts Make Great Gifts. Step into a Winter Wonderland and create your own beautiful aromatic bath salts using natural ingredients. You'll make a heartfelt homemade gift that brings a little peace, pampering, and joy, because gifts made by hand truly come from the heart.

Gentle Glow: November Skin Care Tips
Tuesday, November 10, 2 p.m.

Free



Join us for a class on fall and winter skin care. Learn simple tips to protect your skin from dryness, choose gentle products, and keep your complexion comfortable and healthy through the colder months. Perfect for seniors looking for a seasonal skin care routine.

Crafts with Penny: Pixie Path Light Jar
Tuesday, November 17, 12:30 p.m.

\$15



Using a glass jar as the base, you will layer natural textures, miniature decor, and magical lighting to bring your pixie path to life. You will learn how to arrange elements to create depth and atmosphere, giving your jar the look of a hidden forest illuminated by gentle fairy glow. By the end of class, you will leave with a beautifully lit woodland jar.

Crafts with Penny: Deck the Halls Live Wreath Workshop
Thursday, December 10, 12:30 p.m.

\$25



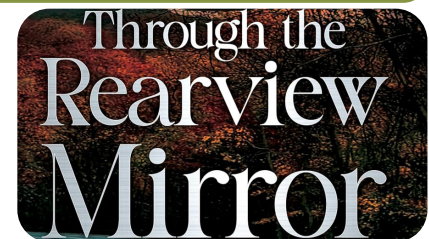
Create a beautiful, fresh evergreen wreath to brighten your home for the season! Join us for a fun, hands on workshop where you will craft your own custom holiday wreath using fragrant greens, festive ribbons, and decorative accents. Perfect for beginners and holiday crafters alike—leave with a stunning wreath ready to hang!

Looking Ahead Through the Rearview Mirror
Thursday, November 12, 12 p.m.

Free



“Looking Ahead Through the Rearview Mirror” is a heartfelt memoir by Patricia Armstrong, a consumer at the senior activity centers. It offers an inspiring look back at the moments, lessons, and memories that shaped her life. With honesty and gentle humor, Patricia reflects on her journey—celebrating challenges overcome, joys experienced, and the wisdom earned along the way. This memoir is a touching tribute to resilience, hope, and the value of looking forward while honoring the past.



Loffler Annual Holiday Craft & Vendor Fair: Open to the Public!
Friday, November 13, 9 am – 2 p.m.

Reserve your spot at our upcoming Craft & Vendor Fair! Whether you are a maker, artist, or small business owner, this is a great opportunity to showcase your creations to the community. Tables are available on a first come, first served basis, so be sure to secure yours early. Contact us at 301-475-4200, ext. 1658 to sign up and join a fun, festive event filled with unique crafts, local vendors, and plenty of holiday shopping excitement.



Blessings & Bounty Luncheon with Reader's Theater

Thursday, November 19, 11 a.m.

Free



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

A heartfelt celebration of gratitude, community, and the spirit of Thanksgiving. Enjoy a delicious seasonal meal, warm fellowship, and a chance to reflect on the many blessings we share. This special gathering is all about coming together, sharing good food, and appreciating the bounty of friendship and connection.



Dancing for Brain Fitness: Jingle Bell Rock

Thursday, December 10, 11 a.m.

\$20



Join certified Brain Fitness Coaches Judi Lyons and Patty Masson for *Dancing for Brain Fitness: Jingle Bell Rock*, a fun, festive movement class designed to support memory, coordination, and overall brain health. We'll groove to upbeat holiday favorites, enjoy simple dance steps, and keep our minds active through rhythm, movement, and laughter. No dance experience needed.

Santa's Wonderland Christmas Party

Friday, December 11, 10 a.m.–2 p.m.

\$16



Step into *Santa's Wonderland*, a magical holiday celebration filled with music, laughter, and plenty of North Pole cheer! Enjoy a lively afternoon with Duncan DJ spinning festive favorites, line dancing, door prizes, and an atmosphere that brings Santa's magical world in the North Pole to life.

Whether you're dancing, mingling, or simply soaking in the holiday magic, this party is the perfect way to celebrate the season. Come ready for jingles, giggles, and a whole lot of Christmas fun! Lunch will be catered by Rita B Catering and will include Chicken Cordon Bleu, Parsley Potatoes, Seasoned Green Beans, Rolls & Butter, Garden Salad with Italian or Ranch Dressing.



Christmas Carols with the Loffler Sunshine Singers

Thursday, December 17, 10 a.m.

Free

The Loffler Sunshine Singers are turning up the holiday cheer with a merry mix of Christmas carols sure to make your spirits bright! Expect joyful jingles, toe-tapping tunes, and a sprinkle of holiday magic as they fill the air with festive favorites. Bring your brightest smile, your coziest sweater, and your best “fa-la-la”—because this musical celebration is guaranteed to warm your heart and tickle your holiday joy!



NORTHERN

SENIOR ACTIVITY CENTER

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

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

Santa's Stocking Stuffers Throughout December

Stockings are provided for those who need or would like some added holiday cheer. Stocking pickup is before Christmas. Want to sponsor a stocking? Please contact the Center before December 1 for a list of suggested items. Call the front desk at 301-475-4200, ext. 3101.



Qigong: 3-Part Series Monday, November 2-16 (3 classes), 11 a.m.-12 p.m.

\$12



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



Art Pottery Friday, November 6 & 20, 1-3 p.m.

\$10



Craftswoman Pam King will instruct in the making of a pottery piece! This hands-on workshop is perfect for beginners and experienced potters. Please view the CivicPlus website for more details. See the top of this page for how to register.

Gobble, Gobble, Bingo! Friday, November 13, 9:45-11:15 a.m.

\$3 suggested donation

Get into the Thanksgiving spirit with a fun-filled game of Bingo! Compete for festive prizes featuring some of your favorite Thanksgiving dinner staples – including stuffing mix, green bean casserole ingredients, pumpkin pie filling, and more. Get ready to gobble up some fun and maybe take home the makings of your holiday feast! No registration required. Space is limited (first come first served).

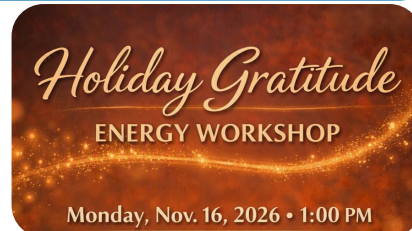


Holiday Gratitude: Energy Routine Workshop Monday, November 16, 1-2:15 p.m.

\$20



Restore your energy and embrace the season. This gentle, senior-friendly workshop, led by Judi Lyons, blends grounding, shielding, and heart centered activation to help participants stay balanced and emotionally steady through the holidays. See page 24 for how to register.



Turkey & Tunes – Thanksgiving Luncheon Thursday, November 19, 11 a.m.-12 p.m.

Free (Lunch fees apply)



Happy Thanksgiving! You're invited to the fun and fellowship of our family style meal. Join us for a tasty lunch featuring classic Turkey Day dishes, and live tunes from vocalist Suzette Pritchett. The lunch meal is \$7 if you are under 60 and by donation for those 60+ years of age, payable that day. **Entertainment sponsored by Senior Center Operating Funds grant.* See page 24 for how to register.



Pitch Card Day

\$10

Thursday, November 19 & December 17, 12:30-3:30 p.m.



This is played in a progressive game style (like the card parties). All sign-ups are done in advance online. At that time, fees will be collected. Enrollment means you'll be on the roster to play. When you arrive that day, you'll get the traditional game tally sheet and materials needed (this is not a tournament). Drop-ins will not be accommodated unless we need a substitute to fill in or round out a table. Must be an experienced Pitch card player. The fee will be \$10 per person and there will be a cash prize of \$40 for the top winner & descending prizes thereafter. See page 24 for how to register.



Bunco!

\$5

Friday, November 20 & December 18, 12:30-3:30 p.m.



Bunco is a recreational and lively game of fun. Winning categories will be awarded prize money that day! Let's roll the dice and enjoy an afternoon together. All sign-ups are done online in advance. Drop-ins will not be accommodated unless we need a substitute to fill in or round out a table. See page 24 for how to register. Want lunch before the game?

Reserve a meal by calling Penny at 301-475-4200, ext. 3105, by noon the day before Bunco.



Thrive Mindfully: Brain Fitness
Monday, November 30th, 1-2:15 p.m.

Free



This exercise program, led by Judi Lyons & Paty Massón, is designed for those who are experiencing symptoms of cognitive decline, Alzheimer's disease (or related dementias), and their caregivers. Incorporates yoga, strength training, and dual tasking. *Funding for the instruction is provided by the Maryland Department of Aging Long-Term Care/Dementia Care Navigation Program.* See page 24 for how to register.

Jingle Bell Bingo
Friday, December 4, 9:45-11:15 a.m.

\$3 suggested donation

Get into the holiday spirit with a merry game of Bingo! Compete for Christmas-themed prizes, including gift wrap, decorations, and other holiday goodies. Wear festive holiday attire, spread some Christmas cheer, have a few laughs, and see what you can win! No registration required. Space is limited (first come first served).



Basket Weaving
Monday, December 7, 10 a.m.-3 p.m.

\$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. Please view the CivicPlus website for more details. See page 24 for how to register.



The Lunchtime Lounge with Ron Greenip
Wednesday, December 9, 11:15 a.m.-12:15 p.m.

Free (Lunch fees apply)



Kickback, grab a bite to eat, and enjoy the smooth crooner charm of Ron Greenip. Enjoy hit records from the likes of Frank Sinatra, with a blend of holiday classics. Ron has over 20 years of experience as a performer. For 8 years, Ron held the spotlight at Melvyn's – a legendary Rat Pack restaurant in downtown Palm Springs, California – entertaining locals, tourists, and celebrities. The menu for this event is TBD.

Please check the CivicPlus website for updates. **Entertainment sponsored by Senior Center Operating Funds grant.* See page 24 for how to register.



Grounded in Calm with Healing Sounds

Thursday, December 17, 1-2:30 p.m.

\$20



This emotional wellbeing experience nurtures the mind and body. As the busy holiday season approaches, give yourself permission to slow down. Join instructor Paty Massón for an afternoon of gentle, accessible stretches and calming breathwork. Enjoy deep relaxation with the soothing vibrations of singing bowls. A peaceful experience designed to help you feel grounded, restored, and ready to embrace the season ahead. This session provides a floor experience on a mat with any other support you may wish to bring for reclining comfort. See page 24 for how to register.

2026 Recap – Northern Senior Activity Center

Looking back on 2026 and forward to all there is to enjoy. There have been many successful Northern Senior Activity Center enhancements and program additions, based on the needs, interests, and inquiries of our seniors. Many thanks to all for feedback, ideas, and often your help volunteering to assist in making ideas become realities.

New offerings/programs & first-time successes:

- Genealogy one-on-one appointments
- Men's strength training Boot Camp
- Qi Gong — the spirit of Tai Chi but easier with less movements
- CARFIT - for ease and driving safety
- Curio Cabinet: historical pieces bridging the past to the present
- Rhythmic fitness percussion and music activity
- Western Mahjong group added two tables
- Karaoke and Cakewalks
- MINGO (Music Bingo)

Special Event Standout

The Cowboy Carnival was an ambitious undertaking with Center-wide activities in country theme. We remember: Saloon Shirley Temples, PM Barber + Band, Country+ Line dancing, photo opp. with Wanted Poster, candle jar craft, best dressed, door prizes and carnival games where winning chips got redeemed at the Country Store for their choice of provisions.

Special ongoing programs:

- Tech Rescue one-one-appointments helped many with their devices and online needs
- Memory offerings were varied with options for promoting, addressing cognitive health
- Semiannual Hearing screenings

New features/operations for fun and convenience:

Shared puzzle project table, courtesy fridge with free cold drinks and red patio picnic table for birdwatching.

RETIRED AND SENIOR VOLUNTEER PROGRAM

By Monika Williams, RSVP Project Manager

Thank you to all family caregivers. Your labor of love strengthens and enables your family member to function and live a full life in their community. You may feel forgotten but your healthy family member is a witness to your presence in his or her life. Keep steady and continue to make a difference when others seem to shy away from assisting. One day you will look back and realize that a loved one lived much longer and wasn't alone due to your care.

The same is true for AmeriCorps Seniors RSVP volunteers. They decide to step in to join agencies to provide necessary resources and activities to meet the needs of others in need.

The Department of Aging & Human Services and the Commissioners of St. Mary's County recently celebrated AmeriCorps Seniors RSVP volunteers for donating their time and talents to benefit St. Mary's County residents at the annual Volunteer Appreciation Banquet. There were two Lifetime Achievement Awardees in attendance. This award is achieved when a volunteer reaches 4,000 hours of service. Please see the pictures below of St. Mary's County Commissioner President Randy Guy, Lori Jennings-Harris, Director of the St. Mary's County Department of Aging & Human Services, and Monika Williams, Project Manager of the AmeriCorps Seniors, Retired & Senior Volunteer Program (RSVP) presenting the awards.



(Pictured on left)

Monika Williams, RSVP Project Manager, RSVP Volunteer Chris Nelson-Sisk, Commissioner President Randy Guy, Lori Jennings-Harris, Director of SMC Department of Aging & Human Services. Chris Nelson-Sisk served 4,725.25 hours as an AmeriCorps Seniors RSVP volunteer from January 2, 2018 – December 31, 2025. Chris' motto – "Live. Don't close yourself off from other people."

(Pictured on the right)

Monika Williams, RSVP Project Manager, RSVP Volunteer Eleanor Slater, Commissioner President Randy Guy, Lori Jennings-Harris, Director of SMC Department of Aging & Human Services. Eleanor Slater joined served 4,023.58 hours from January 2, 2013 – December 31, 2025. When asked what motivates her to volunteer, she stated, "I love to help people and serve the community."



Volunteer Opportunities

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

Charlotte Hall Veterans Home

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

A Community That Shares (ACTS)

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

Hospice of St. Mary's

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

Teen Court

- Hearing Support Assistants
 - Bailiff
 - Teen Juror

Literacy Council of St. Mary's

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

Friends of the Library

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

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

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

Northern Senior Activity Center

- Lobby/Greeter
- Chess Volunteer

Garvey Senior Activity Center

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

Memory Café

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

St. Mary's County Crime Solvers

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

Loffler Senior Activity Center

- Bingo Caller

Patuxent River Naval Air Museum

- Tour Guide
- Flight Simulator Team
- Exhibit Team

Home-Delivered Meals

- Drivers needed to deliver meals on Mondays in northern county area, Wednesday in the California area, and every 1st and 3rd Thursday in the Mechanicsville area

Senior Rides

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

Patuxent Habitat for Humanity

- Receive, sort, price, and place donations on sales floor at the Restore thrift shop

Senior Connections

- Card Creating Help

Building Bridges

- Tutoring
- Mentorship
- Extracurricular Activities
- Teacher's Aide
- Meal Pickup to Deliver to Summer Enrichment Sessions

Christmas in April

- Light Home Repairs
 - Painting
 - Yard Clean Up
 - Gardening
- Any Certified/Trained Skill



ONGOING ACTIVITIES - GARVEY

CLASS/ ACTIVITY	DATES/TIME	DESCRIPTIONS - Materials Needed	ADVANCE SIGNUP	FEE
American 500 Cards	Tuesdays 2 p.m.	American 500 is a trick-taking card game based on Euchre.	No	No
Arthritis Foundation Exercise Program (AFEP)	Tuesdays & Thursdays 8:45 a.m. or 9:45 a.m. Tuesdays 5:30 a.m.	Gentle, range of motion, stretching and flexibility led by certified instructor.	No	No
Art Studio Open Access	1st & 3rd Thu. 4 p.m. 2nd & 4th Fri. 12:30 p.m.	Open Art Studio hours. Bring your own supplies. Instruction not provided.	No	No
Art with Chris	2nd Thursday 5 p.m.	An instructor-guided workshop where participants create a work of art.	Yes	Yes
Beginners Bridge	Tuesdays 5 p.m.	Come learn how to play Bridge.	No	No
Billiards	Daily	Bring your own or use ours.	No	No
Bingo	Mondays 10 a.m.	Game with volunteer bingo callers. Pantry items for prizes.	No	No
Book Discussion Group	2nd Wednesday 11 a.m.	Loaner books provided by St. Mary's Public Library.	No	No
Bridge Club	Wed. & Thurs. 9 a.m.	Best suited for experienced players.	Closed	No
Card/Board Games	2nd & 4th Thu. 5 p.m.	Come play a variety of card and board games.	No	No
Cardio Lite	Mon. 5:30 p.m.	Light Cardio & low impact class.	No	Fitness Card
Diamond Dots	Thursdays 2 p.m.	Paint by color with diamonds. Bring your own supplies. Light boards provided.	No	No
Dungeons & Dragons	Mondays 5 p.m.	Beginner friendly gathering of D&D players.	No	No
Embroidery Card Making	1st Tuesday 1:30 p.m.	Create greeting cards using embroidery thread and a fine needle on quality cardstock.	Yes	Yes
EnhanceFitness	Mon. & Wed. 11 a.m. Wed. 5:00 p.m. Fri. 9:45 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
Friends of Garvey Meeting	1st Tuesday 10:45 a.m.	A social club that supports Garvey Senior Activity Center programming.	No	No
Geri-Fit	Mondays & Wednesdays 2-3 p.m.	Strength training program for older adults.	No	No
Golden Chapter Book Club	3rd Wednesday 5:30 p.m.	Discuss a new book each month. Books are pre-selected in advance.	Yes	No
Line Dancing	Tuesdays 11 a.m.	No experience necessary. Volunteer leads group in a variety of steps.	No	No
Mah Jong	Mondays 10 a.m. & 12:30 p.m. & Tuesdays 6 p.m.	No experience necessary. New players welcome.	No	No
Men's Strength	Mondays 9:30 a.m.	Low impact strength training class.	No	Fitness Card

ONGOING ACTIVITIES - GARVEY

CLASS/ ACTIVITY	DATES/TIME	DESCRIPTIONS - Materials Needed	ADVANCE SIGNUP	FEE
Pickleball Courts	Open	Outdoor courts are available daily, dawn to dusk. See staff during hours for access info.	No	No
Ping Pong	Daily	Table, paddles, and balls are available.	No	No
Pitch	Thursdays 10 a.m.	Card game that started in St. Mary's County.	No	No
Quilting	1st & 3rd Friday 9 a.m.	Work on your own quilting projects with a group.	No	No
R&B Line Dancing	Mondays 12:30 p.m.	Line Dancing with specific instructions on popular line/party dance styles.	No	No
Scrapbooking	1st & 3rd Friday 9 a.m. – 4 p.m.	Open Art Studio Hours. Supplies & Instruction are not provided.	No	No
Silver Companions	1st & 3rd Thursday 5 p.m.	Enjoy a variety of recreational activities while making new friends in a welcoming social setting.	No	No
Ukulele Jam Session	1st & 3rd Friday 1:30 p.m.	Bring your own ukulele and jam out with a fun-loving group of musicians.	No	No
Walking Club	Mondays, Wednesdays. & Fridays 9 a.m.	Meet in the lobby of the Garvey Senior Activity Center & walk around surrounding facilities.	No	No
Watercolor with T.L. Ford	2nd Tuesday 1:30 p.m.	Come learn the basics of watercolor painting in a relaxing & informal setting.	Yes	Yes
Yoga	(Chair) Wed. 9:30 a.m. (Mat) Tues. & Fri. 12:30 p.m.	Improves muscle strength & tone. Reduces stress & increases relaxation.	No	Fitness Card
Zumba Gold	Thursdays 12:30 p.m. & 5:30 p.m.	Dance based exercise program led by certified instructor.	No	Fitness Card

Helpful Links:

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

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

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

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

ONGOING ACTIVITIES - LOFFLER

CLASS/ ACTIVITY	DATES/TIME	DESCRIPTIONS - Materials Needed	ADVANCE SIGNUP	FEE
Art with Jamie	Tuesdays 4 sessions each month 10 a.m.	Start up materials provided; instructor will notify of other items needed.	Yes	\$25per class
Arthritis Foundation Exercise Program (AFEP)	Tuesdays & Thursdays 12:30-1:30 p.m.	Gentle, range of motion, stretching and flexibility led by certified instructor.	No	No
Bible Study	Fridays 10:30 a.m.	Non-denominational, Christian-based scripture group led by volunteer Phil Benedict.	No	No
Bingo	Wednesdays 12:30-1:30 p.m.	Game with volunteer bingo callers. Pantry items for prizes.	No	No
Book Club	1st Friday of every month.	Read a new book each month and then enjoy a friendly discussion.	No	No
Bridge	Tuesdays 10 a.m.	New & experienced players welcome.	No	No
Chair Yoga	Tuesdays 10 a.m.	A gentle, modified form of yoga using a sturdy chair for support, making traditional poses accessible for all abilities.	No	Fitness Card
Charity Crafters	Tuesdays 1 p.m.	Make hats, mittens, scarves, baby blankets, and granny squares for various community outreach programs.	No	No
Chatter Corner	Thursdays 12:30 p.m.	Casual Conversation - moderated by Joyce Haderly. This includes non-controversial topics and story sharing. Drop ins are welcome.	No	No
Chinese Mahjong	Fridays 12:30 p.m.	Beginners and experienced players are welcome.	No	No
Coloring Group	1st and 3rd Tuesdays 10:00 a.m.	Coloring has been proven to have many health benefits. Its also fun and easy for all abilities	No	No
Contract Bridge Club	Wednesdays 10 a.m.	Best suited for experienced players.	Yes	No
Current Events	Mondays 10 a.m.	Volunteer led discussion group. Discussion topics include local and global stories and headlines.	No	No
Dice Rummy	Tuesdays & Thursdays 9 a.m.	Suitable for all levels of experience.	No	No
Embroidery on Paper	Mondays 12:30 p.m.	Supply kits will need to be purchased to get started with making embroidered cards and other crafts.	No	No
EnhanceFitness	Mondays, 11 a.m. Wednesdays, 12:30 p.m.	Cardiovascular/weight training exercises to improve flexibility, strength, balance.	No	Fitness Card
Exercise Equipment	Daily 8 a.m. - 4 p.m.	2 treadmills, 2 seated ellipticals & a recumbent bike.	No	No
Geri-Fit	Tuesdays and Thursdays 2:00 p.m.	Helps rebuild strength that's been lost through time to help ensure a higher level of function as you age. Led by certified instructor.	No	
Health Watch Presentations	2nd Wednesdays 9:30 a.m.	Volunteer led informational session on various health topics.	Yes	No
Honey Bee Quilters	1st, 3rd, & 5th Wednesdays 10 a.m.	Bring your own quilting supplies. Sewing machines available at center if needed.	No	No
Line Dancing	Fri. 11 a.m.	Learn some of the classic line dances steps. Mostly country music. Beginners welcome.	No	No
Loffler Sunshine Singers	Thursdays 10 a.m.	Casual singing group, no singing or music reading experience required.	No	No
Mah Jong	Tuesdays & Thursdays 12:30 p.m.	New and experienced players welcome!	No	No

ONGOING ACTIVITIES - LOFFLER

CLASS/ ACTIVITY	DATES/TIME	DESCRIPTIONS - Materials Needed	ADVANCE SIGNUP	FEE
Needle Crafters	Mondays & Thursdays 10 a.m.	Knit & crochet group. Some yarn available at center or bring your own.	No	No
Nutrition Ed. with Donna Taggert	2nd Mondays 10 a.m.	Nutrition presentations led by a Licensed Dietician.	Yes	No
Easy Arts and Crafts	1st, 3rd, and 5th Fridays 9 a.m.	Drop in for guided art practice with volunteer Penny.	No	Drop in Fee
Pinochle	Mon., Wed., & Fri. 9 a.m.	New & experienced players welcome.	No	No
Project Linus	3rd Fridays 10 a.m.	Make blankets for children and teenagers who are hospitalized or in shelters.	No	No
R&B Line Dancing	Wednesdays 11 a.m.	Learn the latest Line dances performed to your favorite R&B tunes. Beginners welcome.	No	No
Rummikub	Wednesdays 9 a.m.	Fun tabletop game for all levels of experience.	No	No
Walking Club	Mon., Wed., Fri. 9 a.m.	All are welcome, group walks laps around the park.	No	Fitness Card
Yoga	Mon., Wed., Thurs., Fri., 9:30 a.m.	Gentle range of motion stretches and poses along with meditation.	No	Fitness Card
Zumba Gold	Mondays 12:30 p.m.	Dance based exercise program led by certified instructor.	No	Fitness Card

ONGOING ACTIVITIES - NORTHERN

CLASS/ ACTIVITY	DATES/TIME	DESCRIPTIONS - Materials Needed	ADVANCE SIGNUP	FEE
Arthritis Foundation Exercise Program	Wednesdays 10:45-11:45 a.m. Thursdays, 1-2 p.m.	Gentle, range of motion, stretching and flexibility led by certified instructor.	No	No
Awakening Yoga	Mondays, 9:30-10:30 a.m. Fridays 11a.m. - Noon	Gentle range of motion/meditation.	No	Fitness Card
Basket Weaving	Periodically	Typically, two-part classes offered.	Yes	Varies; \$30
Billiards	Mondays & Wednesdays	Bring your own or use ours.	No	No
Bingo	Fridays 9:45-11:15 a.m.	Game with volunteer bingo callers. Pantry items for prizes.	Yes	No
Book Club: Book Chatter	4th Thursday 10:30-11-30 a.m.	Read & review new books each month. Different books for each club.	Yes	No
Chair Yoga	Wednesdays, 9:30-10:30 a.m.	Chair Yoga has been modified to allow participants to safely perform positions with a chair incorporated for ease and stability.	No	Fitness Card
Crafty Corner	Mon., Tues., Thurs., Fri. 8 a.m.-4 p.m. Wednesdays, 1-4 p.m.	Open time to work on textile based projects like beads, crochet, and coloring.	No	No
Coloring Group (two groups)	1st & 3rd Wednesdays 10-11:30 a.m., 12:30-2p.m.	Participants supply coloring utensils if possible; some are provided.	Yes	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
Diamond Dazzle (two groups)	3rd Monday 10 a.m.- Noon & 1-3 p.m.	Diamond and associated bead crafts.	Yes	Yes for kits
Double Pinochle	Tuesdays & Fridays 10 a.m.-4:30 p.m.	Moderately experienced players.	No	No
Dynamic Ceramics	Wednesdays 9:30 a.m.-12:30 p.m.	Variety of bisque pieces available to purchase. Supplies provided.	Drop-in	Buy items, firing fees
EnhanceFitness	Tuesday & Thursdays 9:30-10:30 a.m. Fridays, 9-10 a.m.	Cardiovascular/weight training exercises to improve flexibility, strength, balance.	No	Fitness Card
Homemakers	2nd & 4th Tuesdays 10 a.m.-12 p.m.	Social time and homemade items made for fun and charity.	Yes Call to inquire	No
Line Dancing	Wednesdays 1-2:30 p.m.	Volunteer leads group/variety of steps.	No	No
Lyme Discussion & Support Initiative	TBD Toolkits by pickup	Facilitator-led group with education and support for Lyme Disease.	Yes, all ages	No
Mahjong (Eastern)	Thurs 1-4:30 p.m.	Popular tile game involves skill, strategy & luck. Beginners welcome.	No	No
Mahjong (Western)	Tuesdays, 1-3 p.m. Wednesdays, 12:30-2:30 p.m.	American version of popular tile game. Involves skill, strategy & luck. Beginners welcome.	No	No
OH HECK (Cards)	Tuesdays & Fridays 10 a.m. - 2 p.m.	Experienced players and beginners welcome.	No	No
Open Studio: Pottery and Ceramics	Mon., Tues., Thurs., & Fri. 8 a.m. - 4 p.m.	Crafters continue work on individual clay, pottery, or paint pieces. Some Fridays are reserved for specific art pottery projects/classes.	Studio orientation	Fee for clay ceramics, fire, supplies
Party Bridge	Thursday 10 a.m.-1 p.m.	Best suited for experienced players.	Preferred	No
Pitch Card Day	Last Thursday of the month 12:30-3:30 p.m.	Experienced players enjoy an afternoon of Pitch. Top players will receive a prize.	Yes	\$10
Northern Quilters	2nd & 4th Wednesday 12:30-4:30 p.m.	Instructor teaches basic skills and techniques. Individual projects.	Preferred- Not required	TBD, Varies
R&B Line Dancing	Fridays 1-2 p.m.	Popular line/party dance styles.	No	No
Scrapbooking/ Papercrafting	2nd Monday, 10 a.m.-3 p.m.	Organizing photos into a book using artistic skill.	Waitlist	Bring your own materials
S.W.A.G. (Seniors Winning at Games)	Tuesdays & Fridays 1-4:30 p.m.	Various card games like SkipBo, Canasta, Rummy, etc.	No	No
Workout Room	Open during normal operating hours	1 Bow Flex; 1 Standing Elliptical; 1 Seated Elliptical; 2 Pec/Fly; 2 Treadmills; 2 Recumbent Bikes.	No	No
Zumba Gold	Tuesdays 10:45 a.m. -11:45 a.m.	Latin music and dance fitness program.	No	Fitness Card

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

Lori Jennings-Harris, Director

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

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

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

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

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

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

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

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

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

Website: www.stmaryscountymd.gov/aging

Facebook: www.facebook.com/SMCDAHS

YouTube: www.youtube.com/c/SMCAgingHumanServices

Phone: 301-475-4200, ext. 1050

Fax: 301-475-4503

LOCATIONS



Department of Aging & Human Services Building

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

Wednesday, November 11 - Veteran's Day

Thursday, November 26 & Friday, November 27 - Thanksgiving Holiday

Friday, December 25 - Christmas Day

Friday, January 1, 2027 - New Year's Day