

# **NEW BEGINNING**

**VOLUME 38 ISSUE 6**

**NOVEMBER/DECEMBER 2025**

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



**Living with Thankfulness**

# In This Issue...



**Veterans Resource Day** Join us on Friday, November 7 for Veterans Resource Day! This event is free and open to the public. We hope to see you there!..... Page 9

**Open Enrollment Now Available!** Open enrollment for Medicare Part D prescription drug plans will continue through December 7 ..... Page 10

**Medicare**



**Festive Flavors: Create Your Own Holiday Recipe Book** Join us at the Garvey Senior Activity Center to design a personalized holiday cookbook .....Page 15

**Interchangeable Noel: 12 Days of Christmas Sign** Add holiday magic to your décor at the Garvey Senior Activity Center as you create a charming Noel sign.....Page 18



**Veterans' Circle Celebration Breakfast** Join us at the Loffler Senior Activity Center for a heartfelt morning of gratitude, honoring Veterans with a delicious breakfast, a touching tribute, and the uplifting spirit of community..... Page 21

**Turkey & Tunes – Thanksgiving Luncheon, with PM Barber** Celebrate the season with a festive family-style Thanksgiving lunch and live music at the Thanksgiving Luncheon, where great food, fun, and fellowship come together.....Page 26



# From the Director's Desk

By Lori Jennings-Harris, Director

## Always Giving Thanks

During the course of our lives, whether navigating a busy schedule or a more laid back and flexible schedule, we sometimes forget to reflect on the things for which we may be thankful. Being grateful for what we have, not taking for granted the people and things around us that help make our lives more enjoyable is important. As we go into the month of November and prepare for Thanksgiving, take time to reflect on the people and things for which we are grateful and thankful.



The Department of Aging & Human Services will be very busy over the coming months providing many programs and services to the county's older adults, children, youth and families. We will continue providing support for people in need and who live alone. Providing nutritionally balanced meals to our home delivered meals recipients, as well as those individuals who enjoy our congregate meals, is another of the Department's priorities. Supporting "senior" volunteers, through our Retired and Senior Volunteer Program (RSVP), and helping them continue as active and contributing members of our community is another program in which we take great pride. All the activities, social events and trips provided through the senior activity centers, and the outreach into the community are integral to our Department. There are many other ways the Department serves the older adults of our community, as well as other age groups.

The Department of Aging & Human Services' team members are happy to support the needs of older adults in our community, as well as children, youth, and families. We are proud of all the programs and services we offer. We thank you for having confidence in us and for allowing us to serve you.

Department of Aging & Human Services staff members are ever mindful of the Department's mission and ensure the people we serve receive the best possible attention. Our level of compassion, dedication and commitment is remarkable. I am proud of this Department's staff and want to simply say Thank You to all my staff members for their continued enthusiasm, commitment, and hard work, whether forward-facing or working behind the scenes.

## NEW BEGINNING

The Commissioners of  
St. Mary's County  
Randy Guy, President  
Mike Alderson, Jr.  
Eric Colvin  
Michael L. Hewitt  
Scott R. Ostrow

**Publisher:** Lori Jennings-Harris  
Director, Department of Aging &  
Human Services

**Editors:** Nicoletta Pollice  
Manager, DAHS Community Programs  
& Outreach Division  
Arthur Hammond,  
Outreach Specialist, DAHS Community  
Programs & Outreach Division

### NEW BEGINNING

is published bi-monthly by the  
St. Mary's County Department of  
Aging & 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](http://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.



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



**Thrive Mindfully  
Brain Fitness**

with Judi Lyons and Paty Masson

Type of Exercise: Combination Yoga, Strength Training, and Dual Tasking.  
This class is 75 Minutes and can be done standing or sitting.



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

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

Come experience the transformative power of holistic fitness!

Advance Registration is Required.

**Northern**  
Nov. 10  
1:00 p.m.

**Garvey**  
Jan. 15  
2:00 p.m.

**Registration begins:**

October 20 at the Northern Senior Activity Center  
December 20 at the Garvey Senior Activity Center

**To register:**

Visit: [www.stmaryscountymd.gov/aging](http://www.stmaryscountymd.gov/aging)  
Or call the reservation line at 301-475-4200 with extension:  
#3115 Northern #1075 Garvey

**St. Mary's County Commission on Aging**

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

**Upcoming Meetings:**

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

Monday, November 24, 2025  
1 p.m.

No Commission on Aging Meeting  
in December

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

**Attend Meetings to:**

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

For more information, contact Mercedes Jones at 301-475-4200, ext. 1051, or [Mercedes.Jones@stmaryscountymd.gov](mailto: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](mailto:dtaggert26@hotmail.com)

The onset of cooler weather and shorter daylight hours often triggers cravings for “comfort foods.” Too often, these beloved dishes are made with unhealthy, highly processed ingredients that tend to be high in added salt, sugar, and saturated fats.

So, what can you do if you want to stay on track with your healthy goals? How can you still enjoy your favorite comfort foods without sacrificing flavor? Swapping out unhealthy ingredients for healthier alternatives is a simple way to boost nutritional value. You can make a small change or go all out with a complete recipe makeover, every little bit helps.

Here are some simple swaps you can try, either one at a time or several:

- **Swap out butter for a healthier fat**, like olive oil or another plant-based oil. You can start by using half butter and half healthy oil.
  - **Cook with herbs and spices** in place of some or all of the salt and sugar. For example, cinnamon can add natural sweetness, and dried herbs can enhance flavor. Just remember, it can take a few months for your taste buds to readjust, so don't give up too soon.
  - **Switch to healthier cooking methods**, such as roasting, steaming, or air frying.
  - **Use half comfort-food ingredients and half healthier ones.** For example, try using half ground beef and half ground turkey in your meatballs or meatloaf, or replace half the fried onions on your green bean casserole with toasted almonds.
  - **Swap refined grains for whole grains.** Choose whole wheat pasta instead of white, as well as whole grain breads and rolls instead of white breads, and try using oatmeal or quinoa as binders in burgers or breading for other dishes.
  - **Add vegetables wherever you can** to boost nutrition. Try pureeing vegetables and incorporating them into dishes like mac and cheese, pasta sauces, or mashed potatoes.
  - **Use naturally sweet fruits as your sweetener.** Add berries to your plain yogurt or use unsweetened dried fruit in your hot cereal instead of brown sugar.
- Some of these changes may go unnoticed, but over time you might come to prefer the healthier version. At least it's worth a try!

5

Source: *Environmental Nutrition Oct 2025*

### Upcoming Nutrition Education Presentations:

#### Diabetes

Garvey– Wednesday, Nov.5, 12:45 p.m.

Garvey– Thursday, Nov.13, 6:00 p.m.

Loffler– Monday, Nov.10, 10:00 a.m.

Northern– Monday, Nov.17, 12:00 p.m.

#### All About Supplements

Garvey– Wednesday, Dec. 10, at 12:45 p.m.

Garvey- Thursday, Dec. 11 at 6:00 p.m.

Loffler– Monday, Dec.8, 10:00 a.m.

Northern– Monday, Dec 15, 12:00 p.m.

**NOVEMBER/DECEMBER 2025**

# Home & Community-Based Services

*By Rebecca Kessler, HCBS Division Manager*

Submitted by Lisa Berry, HCBS Program Coordinator

*Reprinted from:* <https://helpingelders.com/elder-care-estate-planning-resources/6-things-to-be-thankful-for-as-you-age/>

## 6 Things To Be Thankful For As You Age

### **Slowing Down:**

Embracing the slower pace of life that often comes with aging allows you to appreciate the small moments and savor the beauty of everyday life. It gives you the opportunity to stop and smell the roses, enjoy leisurely walks, and to relish in the tranquility of a peaceful afternoon. Slowing down doesn't mean stopping; it means appreciating life at a comfortable pace, allowing you to notice the subtle nuances that make each day special.

### **Wisdom:**

As we age, we accumulate a wealth of experiences and knowledge. Every wrinkle tells a story, and every gray hair represents a lesson learned. Embrace the wisdom that comes with age, as it allows you to navigate life's challenges with a deeper understanding and a broader perspective. With wisdom, you can offer valuable advice to others and make well-informed decisions, enriching your own life as well as the lives of those around you.

### **Family Time (Grandchildren, duh!):**

Spending quality time with family, especially grandchildren, is a precious gift that comes with aging. Grandchildren bring boundless joy, laughter, and an opportunity to relive the wonders of childhood. Through their eyes, you can experience the world anew and create cherished memories together. The love and connection shared with family members can provide a strong support system, fostering a sense of belonging and happiness in your golden years.

### **Financial Acceptance:**

- 6 Achieving financial acceptance in your golden years is a testament to your resilience and resourcefulness. It's not merely about having wealth but understanding the value of what you have. Financial acceptance means making peace with your financial situation, whatever it may be, and finding contentment in it. It involves embracing a lifestyle that aligns with your means, eliminating unnecessary stress about money, and focusing on the abundance of experiences and relationships that money can't buy.

### **Acceptance of Yourself and Others:**

One of the most liberating aspects of aging is the acceptance of oneself and others. With age comes a deeper understanding of your own identity and a greater tolerance for the differences in others. Embracing your true self, flaws and all, fosters self-love and self-confidence. Moreover, accepting others without judgment promotes harmonious relationships and enriches your social connections, leading to a more fulfilling and peaceful life.

**New Hobbies or More Time for Old Ones:**

Retirement and the golden years provide the perfect chance to explore new hobbies or rekindle old passions. Whether it's painting, gardening, playing a musical instrument, or engaging in community activities, having the time to pursue your interests can be deeply fulfilling. These activities not only bring enjoyment but also enhance mental and emotional well-being, helping keep your mind sharp and your spirits high.



**FREE**

**St. Mary's County**

**Caregivers Breakfast**

**Save the Date!**

**Guest Speaker: Pastor James L. Bell**  
**Performance by: Reverend Andre Mitchell & First Lady Joy Mitchell**

 **Tuesday, November 18, 2025**  
**9 a. m.- 12 p.m.**

 **Dr. James A. Forrest Career & Technology Center**  
**24005 Point Lookout Rd.**  
**Leonardtown, MD 20650**

**For more information & to register:**  
**Lisa Berry**  
 **301-475-4200, ext. 1056**

## Employee Spotlight!



*Helene Hunter, Senior Office Specialist*

On September 16, 2025, the Commissioners of St. Mary's County recognized county employees for celebrating significant service milestones with St. Mary's County Government during the annual Years of Service Awards. Among those honored were two outstanding members of our Department whose dedication, professionalism, and hard work have made a meaningful and lasting impact. These milestones represent far more than time, they reflect years of commitment, dedication, and a deep sense of service to both our team and the community we serve. A heartfelt thank you and congratulations to

Helene Hunter, our Senior Office Specialist, for 10 years of dedicated service, and to Brandy Tulley, our Deputy Director, officially recognized for 15 years, though she has impressively served for 19 years! Their contributions exemplify the very best of public service, and we are incredibly proud to have them on our team. We thank them for their continued commitment and for the positive example they set every day.



*Brandy Tulley, Deputy Director*

## Welcome New Staff Members!



*Arthur Hammond, Community Programs & Outreach Specialist*

We are excited to announce that several new team members have recently joined our Department. Each brings unique skills, fresh perspectives, and valuable experience that will help strengthen our work and drive future success. Please join us in giving them a warm welcome.

We'll be introducing them in the coming editions, so stay tuned to get to know the newest members of our Department. As we welcome several new faces, we're happy to begin by introducing Arthur Hammond, our new Community Programs & Outreach Specialist.

Arthur holds a bachelor's degree in Illustration from the Maryland Institute College of Art. In his free time, he enjoys oil painting, connecting with friends and family, and exploring mathematics. He's excited to be part of the team and looks forward to contributing to the Department's ongoing efforts to engage and support the St. Mary's County community.

**FREE**



# MILITARY & VETERANS RESOURCE DAY

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

Lunch Will be Provided by:



**FRIDAY**

November 7, 2025  
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](http://stmaryscountymd.gov/Aging/veterans) 

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

# 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, 2025**.

If you're already enrolled in a Part D plan, you should have received your **2026 Annual Notice of Changes**, which outlines:

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

Medicare

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](http://www.Medicare.gov).

## Struggling with Prescription Costs? Help is Available!

### Extra Help (Low-Income Subsidy Program)

Extra Help is a federal Medicare program that helps cover:

- Part D **premiums**
- **Deductibles**
- Other **out-of-pocket costs**

**You may qualify if your annual income is:**

- **Under \$23,475** (if single)
- **Under \$31,752** (if married and living together)

*Even if you're not sure you qualify, it's worth applying!*

### Maryland Senior Prescription Drug Assistance Program

If you live in Maryland, you may be eligible for **additional assistance** with your Part D drug plan costs.

### 2025 Income Limits:

- **Single:** Under \$46,950/year
- **Married:** Under \$63,450/year

This program can further reduce your monthly premiums and help manage costs.



Open Enrollment  
**MEDICARE PART D**

We can help find:  
Better coverage  
Lower premiums  
Lower co-pays

Call the Department of  
Aging & Human Services  
for an appointment  
301-475-4200 ext. 1064  
Leonardtwn  
301-475-4200 ext. 1654  
Great Mills  
301-475-4200 ext. 3104  
Charlotte Hall

The graphic features two calendar cards: one for October 15, 2025 and another for December 7, 2025. At the bottom, there is a close-up image of various colored pills.

## 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 senior activity center:**

**Northern Senior Activity Center**

301-475-4200, ext. 3104

**Loffler Senior Activity Center**

301-475-4200, ext. 1654

**Garvey Senior Activity Center**

301-475-4200, ext. 1064



**Remember:** The Open Enrollment period ends **December 7th** — don't miss your chance to make the best choice for your health and your budget.

## 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.**

**Upcoming - November 19: Preparing for Future Health Care Needs.** You might assume that your family would be able to make your health care decisions for you if you were to become incapacitated. However, this isn't always the case. This is why it's important for you to plan ahead. Review advance directives, living wills, health care proxies, and powers of attorney to help ensure that decisions made on your behalf meet your needs and preferences.

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

11

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

# Coffee with the Sheriff



*Northern Senior Activity Center*

**29655 Charlotte Hall Road**

**Charlotte Hall, MD**

Thursday, November 20, 2025

10 a.m.

Free of Charge!

*Registration encouraged*

Phone: 301-475-4200, ext. 1074

Email: [Nicoletta.Pollice@stmaryscountymd.gov](mailto:Nicoletta.Pollice@stmaryscountymd.gov)

The Triad/SALT Council invites you to have Coffee with the Sheriff! Are you interested in learning about the St. Mary's County Sheriff's Office? Do you want to know more about issues that affect you? This is an opportunity to ask Sheriff Steven Hall directly!



12



Brought to you by the Department of Aging & Human Services, the Triad/SALT Council, and the Commissioners of St. Mary's County



**NEW BEGINNING**

# Division of Senior Center Operations

By Candice Nelson, Senior Center Operations Division Manager

## Enjoy Activities from Home with the Virtual Senior Activity Center & YouTube Channel

Did you know the Department of Aging & Human Services offers a Virtual Senior Activity Center website and a YouTube channel? These platforms provide convenient options for those who may be unable to attend the Senior Activity Centers in person but still wish to stay engaged. Whether you're interested in completing a workout from home or catching up on a missed Nutrition Education session with Registered Dietitian Donna Taggert, both resources offer accessible and enriching content at your convenience.

In addition to Nutrition Education sessions led by Registered Dietitian Donna Taggert, the platforms also offer a variety of workouts and other engaging content that you can enjoy at your own pace. From arts and crafts activities to educational topics and caregiver resources, there is a diverse selection designed to meet many interests. You'll also find exercise demonstrations, health and wellness tips, and fun activities aimed at keeping you mentally and physically active. Whether your goal is to stay fit, learn something new, or simply enjoy a hobby, these resources provide something for everyone.

Best of all, you can participate on your own schedule without ever leaving your home. To explore the Virtual Senior Activity Center website, visit <https://www.stmaryscountymd.gov/Aging/Virtual-Senior-Center/>. To access the Department's YouTube channel, please visit <https://www.youtube.com/@SMCAgingHumanServices>.

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

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

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

**VISIT US!**

# Garvey Senior Activity Center

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

*For events requiring registration, visit [www.stmaryscountymd.gov/aging](http://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.*



## **Basket Weaving – Holiday Breadbasket**

**Garvey Senior Activity Center**

**Monday, November 3 & 10**

**5:30 p.m.**

**Cost: \$30**

In this hands-on basket weaving workshop, you'll learn traditional weaving techniques to craft your very own breadbasket, perfect for serving warm rolls, muffins, or holiday treats at your festive gatherings. No prior experience is needed. All materials will be

provided, and you'll leave with a beautiful handmade basket ready to grace your table or be gifted to someone special. Advanced registration is required.

## **Embroidery Card-Making Class**

**Garvey Senior Activity Center**

**Tuesdays, November 4 & December 2**

**1:30 p.m.**

**Cost: \$5**

This embroidery-based card-making class creates stunning gifts or greeting cards suitable for framing. Using single-strand embroidery thread and a fine needle, to make line designs on quality card stock. This would be a great opportunity to make personalized cards for those important people in your life! Omega will teach you everything you need to know to create these cards. Bring your scissors, tape, and a needle. The price includes the material to make the card. Advanced registration is required.

## **Patricia Armstrong Luncheon**

**Garvey Senior Activity Center**

**Tuesday, November 4**

**Doors Open: 11:30 a.m.**

**Lunch Served: 12 p.m.**

**Performance: 12:30 p.m.**

The Garvey Senior Activity Center is happy to present the musical stylings of Patricia Armstrong. Patricia plays a variety of genres and accompanies herself on her guitar. Come enjoy her sweet singing voice while enjoying a delicious meal. 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. Please visit [www.stmarysmd.gov/aging](http://www.stmarysmd.gov/aging) and click on the "View Sign Up for Activities and Programs" button for this special luncheon.



## **Civil War History Talk with John Beasley**

**Garvey Senior Activity Center**

**Wednesday, November 5, 10 a.m.**

**Cost: FREE**

Join us for an engaging event with Johnathan Beasley, who will take you on a captivating journey through Civil War history. Discover the key battles and remarkable figures during various conflicts. Don't miss this opportunity to deepen your understanding of the Civil War from a local historian. Advanced registration required.



## **Sweetheart Cupcakes**

**Garvey Senior Activity Center**

**Wednesdays, November 5 & December 3**

**4 p.m.**

**\$15**

Join Rebecca of Sweetheart Cupcakes to learn how to decorate cupcakes for events, holidays, or that special someone. You will complete four cupcakes to take home or share. All supplies are provided, so bring an apron and make some great cupcakes! Advanced registration is required.

## **Festive Flavors: Create Your Own Holiday Recipe Book**

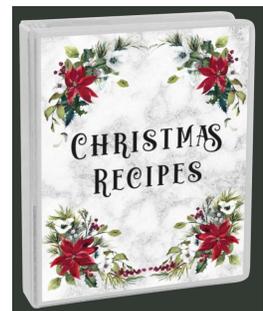
**Garvey Senior Activity Center**

**Wednesdays, November 5 & 19**

**5 p.m.**

**Cost: \$10**

Capture the spirit of the season through food, family, and tradition. In this hands-on workshop, you'll gather your favorite holiday recipes, whether they are cherished family dishes or new seasonal favorites, and turn them into a personalized cookbook to treasure or give as a gift. We'll guide you step by step as you compile, design, and customize your own holiday recipe book. Whether you're a seasoned cook or simply love collecting recipes, you'll leave with a keepsake that celebrates the flavors and memories that make the holidays special. All materials provided. Just bring your recipes and holiday spirit! Advanced registration is required.



## **Candle and Wax Melt Making Workshop**

**Garvey Senior Activity Center**

**Monday, November 17, 3 p.m.**

**Cost: \$25**

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

## **Holiday Landscape Painting with Chris**

**Garvey Senior Activity Center**

**Thursday, November 13**

**5 p.m.**

**Cost: \$5**

Explore your creativity in our Holiday Landscape Painting Workshop! Working on an 8"x16" canvas with acrylic paints, you'll be guided step by step to create a cheerful winter scene, perfect to display in your home or to share as a thoughtful handmade gift. No prior painting experience is needed, and all materials will be provided. Advanced registration is required.

## **Paint with Fabric with Tasnim McWilliams**

**Garvey Senior Activity Center**

**Thursday, November 13, 10 a.m.**

**Cost: \$25**

This class entails using bits and strips of fabric to paint a picture on a canvas. These fabric pieces are glued to compose a landscape, or anything the student wishes to create. All materials are included. Advanced registration is required.

## **Intro to American Mah Jong**

**Garvey Senior Activity Center**

**Tuesdays, November 18-December 9**

**6 p.m.**

**Cost: FREE**

Looking for a game that blends strategy, skill, and a touch of luck? Join us for a beginner friendly introduction to American Mah Jong! With step-by-step guidance from a skilled instructor, you'll learn the basics of this classic game in a relaxed, supportive setting. Mah Jong is a wonderful way to socialize and keep your mind sharp. Advanced registration is required.



## **Holiday Grounding & Shielding: Daily Energy Routine for Tranquility with Judi Lyons**

**Garvey Senior Activity Center**

**Thursday, November 20, 2 p.m.**

**Cost: \$20**

Feeling scattered or drained, anticipating the holiday rush? Step into sanctuary with Judi's workshop, a journey into Earth's healing energies. Discover a simple mantra and movement ritual rooted in gratitude, designed to restore clarity, peace, and holistic balance across mind, body, and spirit. Accessible to all. Bring water, dress comfortably, and embrace your path to a more centered, vibrant you.

## **Thanksgiving Centerpiece with Sunnyside Florals**

**Garvey Senior Activity Center**

**Tuesday, November 25, 2 p.m.**

**Cost: \$45**

Join Shelley Russell, owner and lead designer of Sunnyside Florals, for a hands-on floral arrangement class. Learn the basics of design and craft a stunning fall centerpiece using locally grown flowers. All supplies provided, just bring a container to take your arrangement home. Perfect for your table or as a gift! Advance registration required.

## **Holiday Vertical Porch Sign Workshop**

**Garvey Senior Activity Center**

**Monday, December 1, 5 p.m.**

**Cost: \$30**

Create a festive welcome to your home in our Holiday Vertical Porch Sign Workshop! Using a 48"x8" board, you'll begin by painting the base color, then add a charming Christmas design with stencils to make a polished, professional-looking sign. You'll leave with a personalized porch sign to display throughout the holiday season. All supplies are provided. Advanced registration is required.



## Intergenerational Movie Night

Garvey Senior Activity Center

Thursday, November 20

Thursday, December 18

5:30 p.m.

Cost: The movie is free.

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

This is an intergenerational event and can be attended by all ages.

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

Advanced registration is suggested.



### November 20: Superman *PG-13*(2025)

A vibrant, emotionally layered reboot that reintroduces the iconic hero as a beacon of hope in a morally complex world. Superman is portrayed as a seasoned protector facing both physical and reputational peril. He defies falsehoods, rallies allies, and emerges reaffirmed in his humanity and purpose.

### December 18: The Best Christmas Pageant Ever *PG*

Six rambunctious siblings sneak into church searching for snacks and walk away with the lead roles in the town pageant. Rookie pageant director Grace is in over her head against a town that wants the siblings kicked out. The play's mischievous stars unwittingly teach a community the true meaning of Christmas.

## Point Lookout Prison and Hospital

Garvey Senior Activity Center

Wednesday, December 3, 10 a.m.

Cost: FREE

Join us for an engaging presentation with Johnathan Beasley, who will take you on a captivating journey through Maryland's vibrant military history. Discover the key battles, remarkable figures, and the crucial role the State played during various conflicts. Don't miss this opportunity to deepen your understanding of Maryland's heritage!

## Wreath Making with Sunnyside Florals

Garvey Senior Activity Center

Tuesday, December 9, 1:30 p.m.

Cost: \$60

Would you like a beautiful handmade wreath for your home or to give to a loved one? Shelley Russell, owner, and lead designer of Sunnyside Florals will be instructing the class. Shelley grows her own flowers and plants locally. Explore the basics of floral wreath design. All supplies provided. Advanced registration is required.



**Sound Bath with Ruth**  
Garvey Senior Activity Center  
Tuesday, November 18  
Tuesday, December 9  
6:30 p.m.  
Cost: \$20

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



**Hand-Painted Wine Glass Candle Workshop**  
Garvey Senior Activity Center  
Monday, December 8, 5 p.m.  
Cost: \$25

Professional candlemakers from Vantoria Essentials, LLC, will guide you through the process of hand-painting a wine glass and then transforming your creation into a candle. No experience is necessary, and all materials will be provided. Advanced registration is required.

**O' Christmas Tea**  
Garvey Senior Activity Center  
Wednesday, December 10, 4 p.m.  
Cost: \$5

Enjoy hot tea and a selection of sweet and savory pastries served on elegant porcelain, all to the sounds of live holiday piano music. You'll also create a charming teapot ornament using 3D-printed parts. Sip, savor, and celebrate in good company!



**Interchangeable Noel: 12 Days of Christmas Sign**  
Garvey Senior Activity Center  
Wednesday, December 10, 5:30 p.m.  
Cost: FREE

Create a festive framed *Noel* sign with a special twist—the “O” is interchangeable! Participants will design twelve different 3D layered pieces, each representing one of the 12 Days of Christmas. The pieces come pre-cut; simply stack, assemble, and attach them to bring your sign to life. All supplies are provided. Advanced registration is required.

**Holiday Still Life Painting with Chris**  
Garvey Senior Activity Center  
Thursday, December 11, 5 p.m.  
Cost: \$5

Celebrate the season through art in our Holiday Still Life Painting Workshop! Using acrylic paints on an 8"x 10" canvas, you'll be guided step by step to create a festive still life featuring the warmth and charm of the holidays. This workshop is perfect for all skill levels - no prior painting experience is needed. All supplies are included, and you'll take home a unique piece of holiday décor created by you. Advanced registration is required.



## **Holiday Gratitude: Chair Dance for Mind-Body Wellness with Judi Lyons and Paty Masson**

**Garvey Senior Activity Center  
Thursday, December 11, 2 p.m.**

**Cost: \$20**

A joyful blend of timeless, upbeat music celebrating holiday fun. Enjoy gentle, rhythmic movements that lift your spirits, enhance blood flow, and improve mind-body coordination. Accessible to all, this event begins with a warm-up, rejuvenates your mind, body, and spirit, and ends with a calming cool-down, all with the option of chair assistance in both seated and standing positions. Join Judi and Paty for a revitalizing 90-minute holiday celebration! Dress comfortably festive. Optional: bring holiday treats to share. Advance registration is required.

## **Freestyle Diamond Dot Christmas Ornament**

**Garvey Senior Activity Center  
Monday, December 15, 5:30 p.m.**

**Cost: FREE**

Do you have leftover supplies from your Diamond Dot projects? Don't let those extra styluses, diamond drills, trays, release paper, or wax tabs go to waste! Bring them to this fun Freestyle class, where you'll be given an adhesive-ready *Joy to the World* wooden ornament to decorate using your leftover pieces. Get creative, repurpose your supplies, and leave with a sparkling holiday keepsake! Advanced registration is required.



## **Holiday Card Iris Folding**

**Wednesday, December 17, 1:30 p.m.**

**Cost: FREE**

Create holiday Iris Folding cards to share with your friends or use as a decoration. Iris folding is done by arranging and layering strips of paper in a spiraled pattern that resembles the iris of a camera lens—that's how this craft got its name. Supplies will be provided.

## **Folk Salad Luncheon**

**Garvey Senior Activity Center  
Friday, December 19**

**Doors Open: 11:30 a.m.**

**Lunch Served: 12 p.m.**

**Performance: 12:30 p.m.**

Folk Salad is an eclectic, acoustic band that performs various light pop, oldies, folk, and originals. They've performed at many Southern Maryland locations and events since 2009.

Their music will get your feet moving! The cost

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

Advanced registration is required. Please visit [www.stmarysmd.gov/aging](http://www.stmarysmd.gov/aging) and click on the "View Sign Up for Activities and Programs" button for this special luncheon.



# Loffler Senior Activity Center

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

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

## Massage Therapy with Renika Watson, LMT

Loffler Senior Activity Center

Tuesdays, November 4, 18, & 25

Tuesdays, December 2, 9, 16, & 23

10 a.m. – 4 p.m.

Cost: \$50 for 45 minutes

\$65 for 60 minutes

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

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

\*\*Health Warning: Those scheduling this service must be able to get on and off the table without assistance. If your loved one needs assistance, please attend the session with them. Please wait at least 8 weeks after surgery to schedule a massage. Please consult your doctor to make sure that you are cleared for a massage. This is not for those with extreme edema, gout, open wounds, or vascular disease of the body.

## Art with Jamie- *ALL MAKE & TAKE!*

Loffler Senior Activity Center

Tuesday, November 4 & 18- Dried Flowers

Tuesday, December 2- Art Holiday Party

10 a.m. – 12 p.m.

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

**November:** We will be working with fresh and dried flowers to create beautiful pieces of art using materials like Gelli plates, alcohol inks and resins. **Each class is a MAKE and TAKE for the month of November.** This is a great course for seasoned or beginning artists.

**December:** Choose from a variety of fun wooden Holiday front porch signs or come make some beautiful watercolor holiday cards. Bring a treat to share for a fun holiday party!

20

## Crochet for Beginners

Loffler Senior Activity Center

Wednesdays,

November 5, 12, 19, & 26

December 3 & 10

1:30 – 3:30 pm

Cost: \$10 (All supplies provided)

Join Terry and Toni for a beginner crochet class. The 5 classes will teach you the chain stitch, slip knot, single and double crochet using a simple project. Advance registration required.



## **Crafts with Penny- Make a Beaded Wrist Bracelet**

**Loffler Senior Activity Center**

**Thursday, November 6**

**1 – 3 p.m.**

**Cost: \$20 (All supplies provided)**

Creating your own bracelet with beads is fun & rewarding! Penny will work with you to create a beautiful, beaded wrist bracelet for you or use as a gift. Advance registration is required.

## **Veterans' Circle of Honor Celebration Breakfast**

**Loffler Senior Activity Center**

**Friday, November 7**

**9:00 – 11:00 a.m.**

**Cost: \$4 for civilians, FREE for Veterans**

To honor all Veterans, active duty, and former service members the Loffler Senior Activity Center invites everyone, especially Veterans to gather for this touching tribute to those who have served our country and those who serve today. A hot breakfast will begin at 9:30 a.m., and the opening ceremony at 10 a.m. Advance registration is required.



## **T.L. Ford Book Discussion: Colony One**

**Loffler Senior Activity Center**

**Thursday, November 13, 9:30 a.m.**

**Cost: FREE**

Join local author and artist, T.L. Ford in a reading and discussion of her novel, Colony One. Follow Alex Smith, the young founder of Colony One, throughout her journey in life as she is challenged by many who do not share her vision of community. How far is Alex willing to go to achieve her goal? Advance registration is required.

## **T.L. Ford: Colony One Watercolors**

**Loffler Senior Activity Center**

**Thursday, November 13**

**10:30- 12:30 (11:30 break for lunch)**

**Cost: \$25**

Following T.L. Ford's discussion of her sci-fi novel, Colony One, you will have the opportunity to paint a unique Colony One themed watercolor created specifically for this class. Advance registration is required.

21

## **Loffler's Holiday Craft & Vendor Fair-OPEN TO THE PUBLIC!**

**Loffler Senior Activity Center**

**Friday, November 14**

**9 a.m. – 3 p.m.**

**Cost: FREE**

Be sure to save the date and come to shop for Fall/ Thanksgiving/ Christmas gifts and décor' for yourself or a loved one. We have several local vendors, numerous Loffler Senior Activity Center crafters and so much more. This event is Open to the Public.

**Crafts with Penny**  
**Loffler Senior Activity Center**  
**Tuesday, November 18- Holiday Centerpiece**  
**Monday, December 8 – Christmas Wreath**  
**1 – 3 p.m.**

**Cost: \$20 (All supplies provided)**

**November:** Penny has created a beautiful centerpiece in time for the Thanksgiving dinner table or take as gift.

**December:** Join Penny for an afternoon of holiday fun creating your own special Christmas Wreath! All skill levels welcome! Advanced registration is required.



**Travel for Seniors**  
**Loffler Senior Activity Center**  
**Tuesday, November 18, 10 a.m.**  
**Cost: FREE**

Traveling is not just a leisure activity; it's a powerful enhancer of health, especially for seniors. Engaging in travel can significantly improve physical health, mental well-being, and overall life satisfaction. However, where do you start? Join Scott Cote in exploring ways to set up family, group or individual trips to take away the stress of planning. Advance registration is required.

**ProFlex Discussion: Prevention of Pickleball Injuries**  
**Loffler Senior Activity Center**  
**Wednesday, November 19, 2 p.m.**  
**Cost: FREE**

Pickleball injuries are on the rise. Join Grace Gallagher & Jessica Drury Carrico of ProFlex Physical Therapy in an interactive discussion on the most common pickleball injuries, treatment strategies for safer play, and share tips for avoiding getting hurt while playing this popular sport. Advance registration required.



**Loffler's Thanksgiving Festive Luncheon**  
**Loffler Senior Activity Center**  
**Thursday, November 20**  
**Doors Open: 11 a.m.**  
**Lunch: 11:30 a.m.**  
**Entertainment: 12 p.m.**  
**Cost: Lunch donation for 60+; \$7 for under 60.**  
Enjoy a beautiful Thanksgiving themed luncheon with your friends followed by live music featuring local group, Just Us 2. Advance registration required.

**Winter Bird Feeding: Presentation**  
**Loffler Senior Activity Center**  
**Monday, December 1, 1 p.m.**  
**Cost: FREE**

Join Barb Whipkey, co-owner of Wild Birds Unlimited (SOMD), as she shares tips on feeding birds in the colder months. Advance registration is required.

## **Make a Vintage Jeweled Christmas Tree with Chris**

**Loffler Senior Activity Center**

**Wednesday, December 3**

**1:30 – 3 :30 p.m.**

**Cost: \$3 (All supplies provided)**

Create a jewelry Christmas tree with vintage charm and add a touch of nostalgia to your home with this easy, creative project! Repurpose costume jewelry and turn it into a beautiful piece that's perfect for homemade holiday décor or as a gift. Advance registration is required.

## **Make a Christmas Ornament with Chris**

**Loffler Senior Activity Center**

**Wednesday, December 10, 1:30 – 3:30 p.m.**

**Cost: \$3 (All supplies provided)**

Creating a Christmas ornament is a fun and simple craft that allows for endless creativity. Advance registration is required.

## **A Crabby Christmas Party**

**Loffler Senior Activity Center**

**Friday, December 12, 10 a.m. -2 p.m.**

**Cost: \$16 per person**

Join us for the annual county-wide Christmas Party with the theme “A Crabby Christmas”! Wear your red and Santa hats, and enjoy a nautical holiday celebration. Enjoy a fully catered meal by Rita B’s featuring baked stuffed chicken, parsley potatoes, seasoned green beans, rolls, and garden salad. Party favors and door prizes included!

## **12 Days of Christmas Treat Boxes**

**Loffler Senior Activity Center**

**Tuesday, December 16, 1:30 -3 :30 p.m.**

**Cost: FREE (All supplies provided)**

Create beautiful 12 Days of Christmas- themed treat boxes for the holidays! Fill with sweets and treats to give to someone special. Finished boxes measure 3”x 3” and 1.25” tall. Advance registration required.



## **Freestyle Diamond Painting Christmas Ornament**

**Loffler Senior Activity Center**

**Thursday, December 18, 1:30 – 3:30 p.m.**

**Cost: FREE**

Wondering what to do with leftover Diamond Painting supplies? Join Toni’s Freestyle Christmas ornament class! Use your leftover stylus, trays, wax, rhinestones, and resins to decorate a “Joy to the World” wooden ornament with adhesive ready. Some supplies provided. Advance registration required.

## **Christmas Carols with the Loffler Sunshine Singers**

**Loffler Senior Activity Center**

**Thursday, December 18, 10 a.m.**

**Cost: FREE**

The Loffler Sunshine Singers are performing their favorite Christmas Carols and invite you to join in the festive fun! No registration is needed. Drop-ins welcome! For more information call 301-475-4200, ext. 1658.

# Northern Senior Activity Center

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

*For events requiring registration, visit [www.stmaryscountymd.gov/aging](http://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.*

## Veterans Tribute Display

In recognition of Veterans Day, come see our special exhibit during the month of November. This tribute display honors the many veterans to whom we are forever indebted and hold eternally dear.

## Joyful Tea & Mind Connection: Encouraging Memory, Movements & Mood

Northern Senior Activity Center

Monday, November 3, 1-2:15 p.m.

Cost: \$10

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

## The Merry Mailroom – Holiday Card Making

Northern Senior Activity Center

Tuesday, November 4, 1-3 p.m.

Cost: FREE

Love spreading Christmas cheer? Mailing cards to your friends/family is a great way to celebrate – especially when they’re handmade by you! Join volunteer Fran Carpenter in the “Merry Mailroom” to create seasonal greeting cards. Festive paper and decorations will be available, free of charge.

See top of this page for how to register.



24

## Stronger Memory

Northern Senior Activity Center

Wednesday, November 5 - December 10 (6 meetings), 11-11:30 a.m.

Cost: FREE

This is a program designed to improve your memory by stimulating your prefrontal cortex using simple activities - math, reading aloud, and writing. The activities are done at home - 20-30 minutes of daily work recommended. Participants will meet weekly on Wednesdays for a 30-minute group check-in with Keilan Ruppert, Program Specialist. All materials will be provided. Due to a generous grant, there is no cost to participate. See top of this page for how to register.



**Art Pottery: Snowman Ornaments**  
**Northern Senior Activity Center**  
**Friday, November 7 & 21, 10 a.m.-12 p.m.**  
**Cost: \$10**

Pottery craftswoman Pam King will instruct in the making of festive snowman ornaments. Go for a standard snowman, or Pam’s recommendation, a melted snowman. Add this fun handmade piece to your home for the holiday season! See page 24 for how to register.

**Thrive Mindfully: Brain Fitness**  
**Northern Senior Activity Center**  
**Monday, November 10, 1-2:15 p.m.**  
**Cost: 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. View the flyer on page 4 for more details. See page 24 for how to register.

**Capture the Holiday Magic: Portrait Mini-Sessions with Orlando Thompson**  
**Northern Senior Activity Center**  
**Monday, November 10, 1-3 p.m.**  
**Cost: \$50 (first 6 enrollments receive 10% discount)**

Looking for the perfect holiday portrait? Orlando Thompson Photography is offering 10-minute professional photo sessions with your choice of three festive backgrounds, perfect for Christmas cards or sharing online. Individuals, couples, or groups of up to four are welcome. Each session includes one professionally edited, high-resolution digital image, delivered via a secure online gallery. Optional print and custom card orders are available through the gallery (additional cost), or you can print at retailers like CVS, Walgreens, Walmart, or Shutterfly. Enjoy hot chocolate and Christmas music as we kick off the season! Limited spots available. See page 24 to register.



**Men’s Strength Training Boot Camp**  
**Northern Senior Activity Center**  
**Thursday, November 13-December 18\***  
**(5 classes), 11 a.m.-12 p.m.**  
**Cost: \$45**

A certified instructor with Zen Well Studio, will lead a Men’s Strength Training series that aims to enhance your strength, mobility, and overall fitness. This series focuses on safe and effective exercises to build muscle, improve bone density, and increase endurance. Come on guys... let’s stay strong and active! See page 24 for how to register.

\*No class on November 27.



**Coffee with the Sheriff**  
**Northern Senior Activity Center**  
**Thursday, November 20**  
**10-11 a.m.**  
**Cost: FREE**

Would you like to know more about the St. Mary's County Sheriff's Office or discuss issues that affect public/personal safety? Enjoy a cup of coffee and delicious donuts and meet Sheriff Steven A. Hall face-to-face in a relaxed group setting. Sheriff Hall will give a brief presentation, followed by Q&A

session. The meeting will be held in the Game Room. See page 24 for how to register.

**Turkey & Tunes – Thanksgiving Luncheon, with PM Barber**  
**Northern Senior Activity Center**  
**Thursday, November 20**  
**11 a.m.-12:15 p.m.**  
**Cost: Sponsored performance; 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 musician P.M. Barber. The lunch meal is \$7 if you are under 60 and by donation for those 60+ years of age, payable that day. See page 24 for how to register.



**Bunco!**  
**Northern Senior Activity Center**  
**Friday, November 21 & December 19, 12:30-3:30 p.m.**  
**Cost: \$5**

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

**Southern Maryland History in Story & Song, with Joe Norris**  
**Northern Senior Activity Center**  
**Tuesday, November 25, 10-11 a.m.**  
**Cost: FREE (sponsored performance)**

Enjoy a special performance by Joe Norris, a renowned storyteller and musician, focusing on the rich history and cultural heritage of Native American tribes in the Southern Maryland region prior to European colonization. Through a captivating blend of original songs and traditional stories passed down through generations, Joe brings to life the customs, struggles, and triumphs of the indigenous peoples who first inhabited this land. This immersive performance offers a unique opportunity to connect with the vibrant traditions, languages, and spiritual beliefs that shaped the early history of the region. See page 24 for how to register.



## **Basket Weaving**

**Northern Senior Activity Center**

**Friday, December 5, 10 a.m.-3 p.m.**

**Cost: \$30**

Pam King will provide step-by-step instruction on how to weave a simple, yet elegant and functional basket. All necessary materials will be provided for participants. This hands-on workshop is perfect for beginners and experienced crafters alike, everyone is welcome to join in the fun and creativity. Check the Activity Enrollment Website for project details. See page 24 for how to register.

## **Whole Body Bliss: Self-Myofascial Release**

**Northern Senior Activity Center**

**Monday, December 1**

**1-2:15 p.m.**

**Cost: \$25**

Discover how small, mindful movements can make a big difference. This hands-on workshop from Judi Lyons introduces Self-Myofascial Release (SMR) – a gentle self-massage technique that helps release tension, improve circulation, and restore comfort in your muscles and connective tissue. SMR supports better posture, energy, and immunity, while enhancing flexibility and range of motion. Feel more at ease, move with confidence, and reconnect with your body's natural vitality. Some conditions that benefit from SMR are arthritis and joint pain, back pain, Carpal Tunnel Syndrome, Chronic Fatigue Syndrome, and Fibromyalgia. See page 24 for how to register.



## **North Pole Cornhole**

**Northern Senior Activity Center**

**Tuesday, December 16**

**11 a.m.-1 p.m.**

**Cost: \$2**

Rumor has it that Santa's favorite pastime is cornhole. Traditionally, in the North Pole, they use snowballs. We'll use bags first. However, we're playing by North Pole rules in the final round – all snowballs! Most bags in the hole wins. Dress in your best holiday gear and get ready for a casual & fun competition. The 1<sup>st</sup> and 2<sup>nd</sup> place winners will receive a Christmas-themed prize. Keep in mind that this game requires good dexterity, throwing, and hand-eye coordination. Boards will be closer than regulation rules to accommodate for all skill levels. This event will be held indoors. See page 24 for how to register. Want to reserve a meal? Leave Penny a message at 301-475-4200, ext. 3105, by noon the day before. The meal is \$7 for those under 60 & by donation otherwise. Lunch fees collected upon arrival. Payable by cash, card, or check.

# Retired and Senior Volunteer Program

By Monika Williams, RSVP Project Manager

In this season of Thanksgiving, we are thankful for our RSVP volunteers. We are grateful that volunteers provide countless hours of their time, effort, and talents to strengthen our community. Without volunteers, we wouldn't be able to reach the large number of people who are in need of essential support and socialization.

## RSVP Business

The 2025 RSVP Volunteers Appreciation Banquet took place on August 21, 2025. Volunteers who provided 12 or more hours of service in 2024 were in attendance. Commissioners Randy Guy (President), Eric Colvin, and Scott Ostrow, along with County Administrator David Weiskopf and Communications Director Jenna Guzman, were also present to show their appreciation to RSVP volunteers for their community service.



**Pictured above:** Volunteers attending the 2025 RSVP Appreciation Banquet.

This year's appreciation gift for all RSVP volunteers is a cooling towel. Please stop by the RSVP office to pick up your towel and, if applicable, your bronze, silver, or gold Presidential Service Award pin for 100+ hours of service in 2024. Thank you for your dedication to St. Mary's County. You are irreplaceable and deeply appreciated.



**Pictured above:** (left to right) Commissioner Scott Ostrow, Commissioner Eric Colvin, Commissioner President Randy Guy, RSVP Project Manager Monika Williams, and SMCDAHS Deputy Director Brandy Tulley.

The Commissioners were presented with a mock check showing the value of RSVP volunteers' service to the County. The Independent Sector set the estimated value of volunteer time at \$34.70 an hour. In 2024, 184 RSVP Volunteers provided 22,305.87 Hours of Service which amounts to \$776,021.21. Fantastic work RSVP Volunteers!

Are you looking for something to be a part of? Come join our team. There are many agencies looking for dependable volunteers to assist with meeting the needs of the St. Mary's County Community.

Did you know RSVP has a project called **Senior Connections** that sends handmade cards to ill, recovering, and homebound seniors? If you know someone who could benefit, call 301-475-4200, ext. 1653 to sign them up. A small team of volunteers creates and mails these uplifting cards bi-weekly, free of charge, to help seniors feel connected.

See more volunteer opportunities on the next page.

## Volunteer Opportunities

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

### Charlotte Hall Veterans Home

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

### A Community That Shares (ACTS)

- Receiving and dispersing medical equipment
- Repairing Equipment
- Currently, volunteers needed on Fridays from 9:00 a.m.– 12:30 p.m.

### Hospice of St. Mary's

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

### Teen Court

- Hearing Support Assistants
- Bailiff



### Friends of the Library

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

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

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

### Northern Senior Activity Center

- Chess Volunteer
- Craft Bead & Jewelry Class Leader
- Library Volunteer

### Garvey Senior Activity Center

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

### Loffler

#### Senior Activity Center

- Zoom Activity Monitor
- In need of a Master Gardener

### St. Mary's County Crime Solvers Board

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

### Home Delivered Meals

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

### Patuxent River Naval Air Museum

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

### Senior Rides

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

### Patuxent Habitat for Humanity

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

### Literacy Council of St. Mary's

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

## Ongoing Activities - Garvey

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

## Ongoing Activities - Garvey

<b>CLASS/ ACTIVITY</b>	<b>Dates/Time</b>	<b>DESCRIPTIONS - Materials Needed</b>	<b>Advance Signup</b>	<b>Fee</b>
<b>Ping Pong</b>	Daily 8 a.m. - 4 p.m.	1 table, paddles, and balls are available.	No	No
<b>Pitch</b>	Thursdays 10 a.m.-12 p.m.	Card game that started in St. Mary's County.	No	No
<b>Reader's Theater</b>	Meeting 2 <sup>nd</sup> Tue. 11 a.m. Rehearsals as needed	Reader's Theater is a form of theater that involves minimal props and no line memorization.	Yes	No
<b>R&amp;B Line Dancing</b>	Mondays 12:30 p.m.	Line Dancing with specific instructions on popular line/party dance styles.	No	No
<b>Scrapbooking Day</b>	1 <sup>st</sup> & 3 <sup>rd</sup> Friday 9 a.m. – 4 p.m.	Open Art Studio Hours. Supplies & Instruction are not provided.	No	No
<b>Silver Companions</b>	1st & 3rd Thur. 5 p.m.	A social group for seniors, to enjoy recreational activities together.	No	No
<b>Walk &amp; Tone</b>	Fridays 9:30-10:30 a.m.	A low impact aerobic class. Strength training using bands, weights and balls is included.	No	Fitness Card
<b>Walking Club</b>	Mon., Wed. & Fri. 9 a.m.	Meet in the lobby of the Garvey Senior Activity Center & walk around surrounding facilities.	No	No
<b>Watercolor with T.L. Ford</b>	2 <sup>nd</sup> Tuesday 1:30 p.m.	Come learn the basics of watercolor painting in a relaxing & informal setting.	Yes	Yes
<b>Yoga (Chair)</b>	Wednesdays 9:30 a.m.	Improves muscle strength & tone. Reduces stress & increases relaxation.	No	Fitness Card
<b>Yoga (Mat)</b>	Tuesday & Fridays 12:30 p.m.	Improves muscle strength & tone. Reduces stress & increases relaxation.	No	Fitness Card
<b>Zumba Gold</b>	Thursdays 12:30 p.m. 5:30 p.m.	Dance based exercise program led by certified instructor.	No	Fitness Card

31

### Helpful Links:

*St. Mary's County*

*Department of Aging & Human Services*

[www.stmaryscountymd.gov/aging](http://www.stmaryscountymd.gov/aging)

*Senior Information & Assistance Contacts*

[www.stmaryscountymd.gov/aging/SeniorIA-Contacts](http://www.stmaryscountymd.gov/aging/SeniorIA-Contacts)

*Department of Aging & Human Services Facebook Page*

[www.facebook.com/SMCDAHS](http://www.facebook.com/SMCDAHS)

*Department of Aging & Human Services YouTube Channel*

[www.youtube.com/c/SMCAgingHumanServices](http://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 <sup>st</sup> Friday of every month.	Read a new book each month and then enjoy a friendly discussion.	No	No
Bridge	Tuesdays 10 a.m.	New & experienced players welcome.	No	No
Canasta & Pitch	Tuesdays 9 a.m.	New & experienced players welcome.	No	No
Charity Crafters	Tuesdays 1 p.m.	Make hats, mittens, scarves, baby blankets, and granny squares for various community outreach programs.	No	No
Chatter Corner	Thursdays 12:30 p.m.	Casual Conversation - moderated by Joyce Haderly. This includes non-controversial topics and story sharing. Drop ins are welcome.	No	No
Contract Bridge Club	Wednesdays 10 a.m.	Best suited for experienced players.	Yes	No
Current Events	Mondays 10 a.m.	Volunteer led discussion group. 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
Health Watch Presentations	2 <sup>nd</sup> Wednesdays 9:30 a.m.	Volunteer led informational session on various health topics.	Yes	No
Honey Bee Quilters	1 <sup>st</sup> , 3 <sup>rd</sup> , & 5 <sup>th</sup> Wednesdays 10 a.m.	Bring your own quilting supplies. Sewing machines available at center if needed.	No	No
Line Dancing	Fri. 11 a.m.	Learn some of the classic line dances steps. Mostly country music. Beginners welcome.	No	No
Loffler Sunshine Singers	Thursdays 10 a.m.	Casual singing group, no singing or music reading experience required.	No	No
Mah Jong	Tuesdays & Thursdays 12:30 p.m.	New and experienced players welcome!	No	No

## Ongoing Activities - Loffler

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Needle Crafters	Mondays & Thursdays 10 a.m.	Knit & crochet group. Some yarn available at center or bring your own.	No	No
Nutrition Ed. with Donna Taggart	2 <sup>nd</sup> Mondays 10 a.m.	Nutrition presentations led by a Licensed Dietician.	Yes	No
Open Art Studio	1 <sup>st</sup> and 3 <sup>rd</sup> 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 <sup>rd</sup> 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 <sup>th</sup> 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 <sup>st</sup> & 3 <sup>rd</sup> 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
<b>Crochet DIY</b>	Mon. & Wed., 1-4 p.m.	Beginners or experienced.	No	No
<b>Cycling Meetup</b>	2nd & 4th Wednesdays 9 a.m. during Summer 10 a.m. during Fall/Winter	Meet at Northern for a group ride on Three Notch Trail (weather permitting).	No	No
<b>Diamond Dazzle (two groups)</b>	3 <sup>rd</sup> Monday 10 a.m.-Noon & 1- 3 p.m.	Diamond and associated bead crafts.	Waitlist	Yes for kits
<b>Double Pinochle</b>	Tuesdays & Fridays 10 a.m.-4:30 p.m.	Moderately experienced players.	No	No
<b>Drums Alive</b>	Tuesdays February 20-March 26 2-3 p.m.	Instructor-lead drum and dance class. Helps cognitive function. Program runs for 6-weeks at a time .	Yes	\$12 for 6-week program
<b>Dynamic Ceramics</b>	Wednesdays 9:30 a.m.-12:30 p.m.	Variety of bisque pieces available to purchase. Supplies provided.	Drop-in	Buy items, firing fees
<b>EnhanceFitness</b>	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
<b>Homemakers</b>	2nd & 4th Tuesdays 10 a.m.-12 p.m.	Social time and homemade items made for fun and charity.	Yes Call to inquire	No
<b>Line Dancing</b>	Wednesdays 1-2:30 p.m.	Volunteer leads group/variety of steps.	No	No
<b>Lyme Discussion &amp; Support Initiative</b>	TBD Toolkits by pickup	Facilitator-led group with education and support for Lyme Disease.	Yes, all ages	No
<b>Mahjong (Eastern)</b>	Thurs 1-4:30 p.m.	Popular tile game involves skill, strategy & luck. Beginners welcome.	No	No
<b>Mahjong (Western)</b>	Wednesdays 12:30-2:30 p.m.	American version of popular tile game. Involves skill, strategy, and luck. Beginners welcome.	No	No
<b>OH HECK (Cards)</b>	Tuesdays & Fridays 10 a.m. -2 p.m.	Experienced players and beginners welcome.	No	No
<b>Open Studio: Pottery and Ceramics</b>	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
<b>Party Bridge</b>	Thursday 10 a.m.-1 p.m.	Best suited for experienced players.	Preferred	No
<b>Pitch Card Day</b>	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
<b>Northern Quilters</b>	2 <sup>nd</sup> & 4 <sup>th</sup> Wednesday 12:30-4:30 p.m.	Instructor teaches basic skills and techniques. Individual projects.	Preferred- Not required	TBD, Varies
<b>R&amp;B Line Dancing</b>	Fridays 1-2 p.m.	Popular line/party dance styles.	No	No
<b>Scrapbooking/ Papercrafting.</b>	2nd Monday, 10 a.m.-3 p.m.	Organizing photos into a book using artistic skill.	Waitlist	Bring your own materials
<b>S.W.A.G. (Seniors Winning at Games)</b>	Tuesdays & Fridays 1-4:30 p.m.	Various card games like SkipBo, Canasta, Rummy, etc.	No	No
<b>Tech Rescue</b>	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
<b>Workout Room</b>	Open during normal operating hours	1 Bow Flex; 1 Standing Elliptical; 1 Seated Elliptical; 2 Pec/Fly; 2 Treadmills; 2 Recumbent Bikes.	No	No
<b>Zumba Gold</b>	Tuesdays 10:45 a.m. -11:45 a.m.	Latin music and dance fitness program.	No	Fitness Card

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

Lori Jennings-Harris, Director

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

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

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

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

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

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

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

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

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

Website: [www.stmaryscountymd.gov/aging](http://www.stmaryscountymd.gov/aging)

Facebook: [www.facebook.com/SMCDAHS](http://www.facebook.com/SMCDAHS)

YouTube: [www.youtube.com/c/SMCAgingHumanServices](http://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

PRSR STD  
US POSTAGE  
PAID  
Leonardtown, MD  
20650  
PERMIT NO. 102

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

**Thursday, November 27- Friday, November 28 - Thanksgiving Holiday**  
**Thursday, December 25 - Christmas Day**  
**Thursday, January 1 - New Year's Day**

**NEW BEGINNING**