

NEW BEGINNING

VOLUME 39 ISSUE 5

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



Celebrating Our Senior Activity Centers

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Check out the new Local Management Board Asset Map! This interactive map is designed to help community members easily locate available resources in their area, including childcare programs, healthcare providers, crisis services, and many more essential supports.....Page 7

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Get moving with Rhythmic Fitness, a fun, low-impact, music-inspired workout featuring seated and optional standing exercises set to an upbeat 1980s soundtrack.....Page 25



FROM THE DIRECTOR'S DESK

By Lori Jennings-Harris

September celebrates National Senior Center Month. The Department of Aging & Human Services' theme for this year is Celebrating Our Senior Activity Centers.

St. Mary's County has three (3) centers. As you may know, the Department of Aging & Human Services provides support and oversight of the three centers. We refer to the centers as senior ACTIVITY centers! We want the community to know the "centers" are not residential facilities like assisted living or nursing facilities where those residents live and find their homes. Rather, the Senior ACTIVITY Centers are "the focal point for many daily programs and special events offered by the Department of Aging & Human Services, including the congregate meals program, opportunities for socialization and recreation, fitness opportunities, and access to special staff services. The Division of Senior Center Operations strives to provide a variety of high quality, dynamic, and affordable programs and activities for the independent senior community that promote good health, fitness, education, socialization, and the development of skills and interests. The Senior Activity Centers are open to adults 50 years of age and older.

The Department's three senior activity centers are - the Garvey Senior Activity Center in Leonardtown, the Loffler Senior Activity Center at Chancellor's Run Park in Great Mills, and the Northern Senior Activity Center in Charlotte Hall. Each Senior Activity Center is open Monday through Friday. The Garvey Senior Activity Center provides extended evening hours Monday-Thursday until 8 p.m.

The Department of Aging & Human Services offers many events that encourage older adults to participate in activities and programs that help keep them active, connected to others, provided with nutritious meals, and an enjoyable



NEW BEGINNING

The Commissioners of
St. Mary's County
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NEW BEGINNING

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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

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.

atmosphere on a regular basis. The Department's bi-monthly newsletter, New Beginning, features upcoming activities and events at all the Senior Activity Centers. Sign up for the bi-weekly e-news for the latest updates from the Senior Activity Centers about programming, activities, and more!

Though not an activity provided within the senior activity centers, the Department's Senior Information & Assistance Manager and Caseworkers have their offices in the senior activity centers making them easily accessible to the people we serve. The Senior Information & Assistance (Senior I&A) Division offers information in the areas of housing, Social Security, benefits programs, transportation, and other community programs to name a few.

Our Department encourages you to explore all of what we offer at any of our Senior Activity Centers! Welcome!



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, September 28, 2026
1 p.m.

Monday, October 26, 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

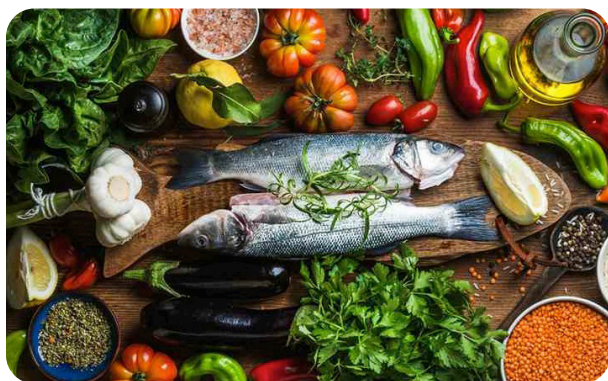
Email: dtaggert26@hotmail.com



September is Healthy Aging Month. The CDC defines healthy aging as the process of maintaining good physical, mental and social health and well being as we grow older. Taking care of your physical, mental and cognitive health is important and our senior activity centers provide many services to help you achieve this goal. My role is to provide evidence- based nutrition information grounded in research. The plethora of information on what



to eat, what not to eat, when to eat, when not to eat, etc. can be overwhelming. Trying to separate fact from fiction can be so daunting that you may feel like throwing up your hands and giving up! Don't give up. Instead, consider joining me at one of the centers as I help you navigate through it all. Or, if you are unable to physically attend in person, you can watch a brief video on the monthly topic on St Mary's Department of Aging & Human Services YouTube channel.



Current research shows that following the Mediterranean diet may help reduce the risk of certain chronic health conditions, such as cardiovascular disease and type 2 diabetes, while promoting longevity and improving quality of life. It has been ranked the No. 1 overall diet by U.S. News & World Report for nine consecutive years. The Mediterranean diet emphasizes fruits and vegetables, whole grains,

legumes, nuts, seeds, olive oil, fish, poultry, fermented dairy products, and occasional meats and sweets. For more information, visit www.oldwayspt.org. Remember, even small changes to your daily habits can help you live a longer, healthier life.

Upcoming Nutrition Education Presentations

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

Healthy Aging Month

Garvey – Wednesday, Sept. 2, 12:45 p.m.

Garvey – Thursday, Sept. 10, 6 p.m.

Loffler – Monday, Sept. 14, 10 a.m.

Northern – Monday, Sept. 21, 12:00 p.m.

Are you Nuts Over Nuts?

Garvey – Wednesday, Oct. 7, 12:45 p.m.

Garvey – Thursday, Oct. 8, 6 p.m.

Loffler – Monday, Oct. 19, 10 a.m.

Northern – Monday, Oct. 19, 12 p.m.

HOME AND COMMUNITY-BASED SERVICES

By Rebecca Kessler, HCBS Division Manager

Community Care Forum: Building Stronger Care Networks

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

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

Participants are encouraged to bring marketing materials and business cards to share with fellow attendees.

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

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



The poster features a central image of two hands clasped together, framed by a white circle with a red arc at the top. To the left of the circle is the text "St. Mary's County" with three red dots above it. To the right is the St. Mary's County logo, which includes a stylized tree and the text "ST. MARY'S COUNTY DEPARTMENT OF AGING & HUMAN SERVICES Working Together - Caring About You". Below the central image, there are two dates: "Tuesday, September 24" and "Tuesday, October 22", each preceded by a red calendar icon. Below the dates is a red location pin icon followed by the text "Garvey Senior Activity Center, Leonardtown MD". At the bottom, a red banner contains the text "For more information:" followed by a red phone icon and the number "301-475-4200, ext. 1057". Below the banner, the text "Pre-registration is encouraged, but walk-ins are welcome." is displayed.

Caregiver Support Group

St. Mary's County

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

 **Tuesday, September 24**
Tuesday, October 22

 **Garvey Senior Activity Center, Leonardtown MD**

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

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



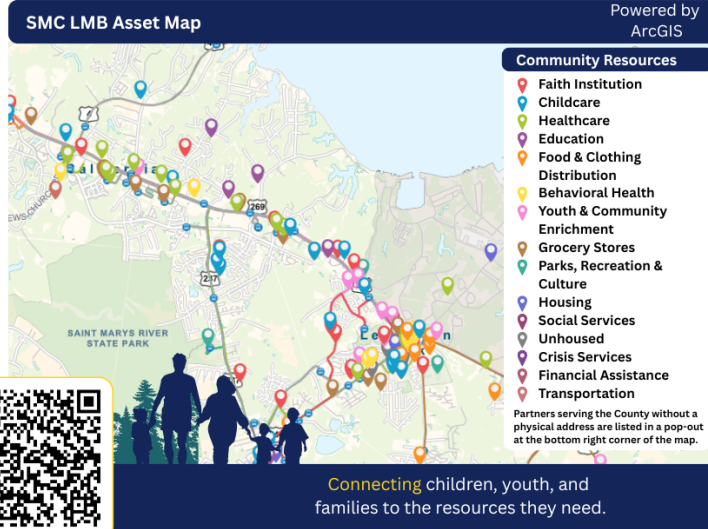
Need Help Finding Resources?

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

NEW EMPLOYEE SPOTLIGHT



Abi Venecko

Abi Vanecko is the new Evening Senior Office Specialist at the Garvey Senior Activity Center. She is currently in school to become a certified professional midwife. Abi was born and raised here, in Southern Maryland. She previously worked as an accountant and has a long history in the food service industry. Her hobbies include napping, soccer, tanning, MMA, and art. Any given weekend she is volunteering or out in nature. Abi is very grateful to be able to serve older adults in the St. Mary's County Community.



CARFiT®

Helping Mature Drivers Find Their Safest Fit

AOA American Occupational Therapy Association

AARP

CarFit is a free, interactive program designed to improve driver safety. Trained volunteers provide information to ensure the safest 'fit' for drivers in their vehicles. Registration is required.

**Tuesday, September 29 | 10 a.m.
Loffler Senior Activity Center**

**Monday, October 5 | 10 a.m.
Northern Senior Activity Center**

TO REGISTER:

 **301-475-4200 ext. 1658 Loffler, 3101 Northern**

 **stmaryscountymd.gov/aging**



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



FRIDAY **OCT 9** 2026

9 AM - 3:30 PM

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

Free community event. All ages are welcome!

Scan to Register



MILITARY & VETERANS RESOURCE DAY

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

November 6, 2025

9:00 a.m. - 2:00 p.m.

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

Lunch Will be
Provided by:

MISSION BBQ

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

SENIOR INFORMATION & ASSISTANCE

By Melissa Craig, Senior I&A Division Manager

Medicare Preventive Services

Did you know that Medicare pays for many preventive services to keep you healthy? Preventive services can help you stay healthy, detect health problems early, determine the most effective treatments, and prevent certain diseases. Preventive services include exams, shots, lab tests, and screenings. They also include programs for health monitoring, and counseling and education to help you take care of your own health. You can log in to your secure Medicare account to check your preventive services.

www.medicare.gov/coverage/preventive-screening-services

- One time “Welcome to Medicare” Preventive Visit-within the first 12 months you have Medicare Part B
- Yearly “Wellness” Visit
- Abdominal Aortic Aneurysm Screening
- Alcohol Misuse Screening & Counseling
- Bone Mass Measurement (Bone Density Test)
- Cardiovascular Behavioral Therapy
- Cardiovascular Disease Screenings
- Cervical & Vaginal Cancer Screening
- Colorectal Cancer Screenings
- COVID-19 vaccine
- Depression Screening
- Diabetes Screening
- Diabetes Self-management Training
- Flu Shots
- Glaucoma Test
- Hepatitis B Screening
- Hepatitis C Screening
- HIV Screening
- Lung Cancer Screening
- Mammogram (breast cancer screening)
- Medical Nutrition Therapy Services
- Medicare Diabetes Prevention Program
- Obesity Screening & Counseling
- Pneumococcal Shots
- Prostate Cancer Screening
- Sexually Transmitted Infection Screening & Counseling
- Counseling to Prevent Tobacco Use & Tobacco-caused Disease



Medicare Presentations

Learn about current Medicare topics at the Garvey Senior Activity Center. Join us for Coffee & Conversation. Call to reserve your seat at the table 301-475-4200, ext. 1050. Presentations start at 9 a.m.

September 30: Fall Open Enrollment Period

Fall Open Enrollment is the time of the year when you can change your Medicare coverage, but knowing where to start can be tough. During this Medicare Minute, you'll learn strategies to choose the coverage that best fits your needs for 2027.

October 28: Choosing A Medicare Advantage Plan

There are so many Medicare Advantage Plans to choose from! And the "best plan" is the plan that best fits your health care needs, finances, and preferences. Join this Medicare Minute to learn how to compare and choose Medicare Advantage Plans.

Maryland Legal Aid

Maryland Legal Aid has in-person appointments available at the Garvey Senior Activity Center for those consumers who are age 60 and older. A representative will be available on Friday September 11th and October 9th. Appointments are required and can be made by calling 301-475-4200, ext. 1064.

Maryland Legal Aid can assist with power of attorney, landlord/tenant disputes, denial of public benefits, consumer and credit problems, medical advance directives, and denial of the following types of public benefits: Medical Assistance, Medicare, Social Security/SSI, SNAP food benefits and subsidized housing.

Maryland Legal Aid can NOT assist with any fee generating cases, disputes with neighbors, property issues, adult guardianship or trusts/estates.

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

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

Thrive Mindfully Brain Fitness

With Judi Lyonas 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.

Garvey
September 15
2:00 PM

Loffler
October 15
11:00 AM

2026

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

#1075 Garvey

#1660 Loffler

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

DIVISION OF SENIOR CENTER OPERATIONS

By Candice Nelson, Senior Center Operations Division Manager

National Senior Center Month is celebrated each September. The 2026 theme, Happier Birthdays Happen Here, celebrates the dynamic role that centers play in fostering creativity, connection, purpose, and resilience in later life.

Happier birthdays don't start with candles or cake, they start with connection, purpose, support, and community. Every day at senior centers across the nation people walk through the doors and find the relationships, resources, and opportunities that make each year richer than the last. This is where happier birthdays begin.

More than 10,000 senior centers across the country are creating inclusive, engaging spaces where older adults thrive. From their beginnings in the 1940s to their recognition in the Older Americans Act in 1973 to today, senior centers have continually evolved to meet the changing needs of older adults and their communities. (ncoa.org)

The St. Mary's County Department of Aging & Human Services is proud to serve adults age 50 and older in our community through our three senior activity centers. If you haven't done so already, we encourage you to join us and bring a friend!



Win Prizes

- 1 Mile:** Prize - Value \$25
- 2 Miles:** Prize - Value \$50
- 3 Miles:** Prize - Value \$75

The first 25 attendees at each location will receive a surprise giveaway!

All entries will be combined from all 3 Centers and prizes awarded in each distance category!

**Wednesday, October 7, 2026
9-11 a.m.**

The St. Mary's County Department of Aging & Human Services will participate in a one-day event to promote healthy lifestyles. Choose a Center to visit that day. Join us and friends on a morning walk promoting health, activity, and socialization. Advance registration is not required.

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

Loffler Senior Activity Center - 21905 Chancellors Run Rd, Great Mills, MD

Northern Senior Activity Center - 29655 Charlotte Hall Rd, Charlotte Hall, MD



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.

Holiday Craft & Vendor Fair

Free

Friday, December 4, Vendor Registration Open August 20, 9 a.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.

Photography Exhibit

Free

Throughout September & October

Award-winning photographer Beth Fabey will showcase a collection of scenic photographs from near and far, floral still lifes inspired by her garden, and digitally enhanced works created in the style of watercolors and oil paintings. Beth has exhibited her work throughout Maryland and received recognition at the county, state, and international levels.

Reiki & Reflexology with Sarah Strain, ARCB Board Certified
or Reflexology with Ruth Mavor
Throughout September and October

\$45



Reflexology is designed to bring the body into balance through gentle pressure applied to the feet, hands, and ears. Enjoy 45 minutes of focused touch while relaxing in a reclining chair.

Reiki (Ray-Key) Using light or no touch, the hands of the practitioner capture and deliver universal life energy to the recipient.



Health Warning: Those scheduling this service must be able to get in and out of the chair without assistance. If assistance is required, please attend the session with a caregiver. This service is not for those with severe edema, gout, open wounds, or vascular disease of the legs or feet. Please arrive for your appointment with clean feet.



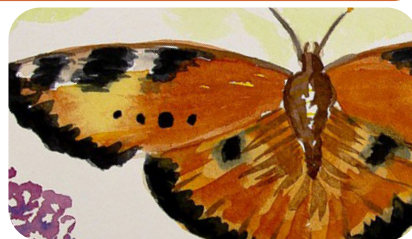
Watercolor with T.L. Ford

\$25 (supplies included)



Tuesdays, September 8 & October 13, 1:30 p.m.

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



Art with Jamie

\$25 (supplies included)



Tuesdays, September 8 & 22, October 6 & 20, 5 p.m.

September - Kinusaiga, Japanese Fabric Art. Explore a beautiful Japanese art form that uses fabric to create stunning images—no sewing required. All materials are provided, but you are welcome to bring your own fabric.

October - Gelli Plate Printmaking. Explore color theory while creating unique printed papers using images. These handmade prints will then be transformed into beautiful landscape collages.



Book Discussion Group

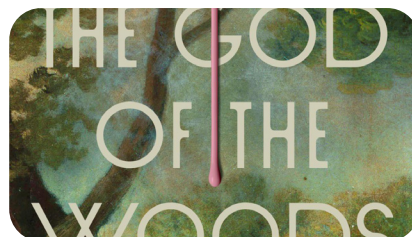
Free

Wednesdays, September 9 & October 14, 11 a.m.

Enjoy reading and sharing thoughts? This group is for you!

September 9 - *The God of the Woods* by Liz Moore. In August 1975, 13-year-old Barbara Van Laar vanishes from her Adirondack summer camp. The case quickly becomes entangled with the long-buried tragedy of her brother, who disappeared from the same woods 14 years earlier.

October 14 - *Sandwich* by Catherine Newman. This warm and witty novel is set during a week of a family's annual summer vacation. The story follows Rocky as she navigates the "sandwich generation", caring for her aging parents while also supporting her almost-grown children.



Art with Chris

\$5 (supplies included)



Thursdays, September 10 & October 8, 5 p.m.

September - Lighthouse. Paint a lighthouse on a 16" x 20" canvas using acrylic paints in this two-part workshop.

October - Spooky Minis. Paint four different spooky Halloween images on 4"x4" canvases using acrylic paints in this two-part workshop.



Sound Bath with Ruth
Thursdays, September 10 & October 15, 6 p.m.

\$20



Come relax and experience a peaceful, immersive soundscape. Sound baths can help promote deep relaxation and restore balance. Please bring a yoga mat, small pillow, and blanket to create your comfy nest.

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



Basket Weaving with Pam - Foraging Basket **\$30 (supplies included)**
Mondays, September 14 & 28, 5:30



Join basket weaver Pam King to hand-weave your own foraging basket. This two-session workshop is beginner-friendly and guides you step by step, so you'll take home a beautiful, functional basket for all your foraging needs. No prior experience is needed.

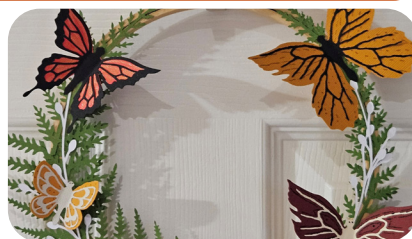


3D Papercrafts with Toni **Free**
Tuesdays, September 15, 5:30 p.m. & September 22, 1:30 p.m.



September 15 - Paper Dragonfly Jar. Let's create a mason jar decorated with paper dragonflies that will last forever. The 3D designs are pre-cut; you just have to assemble them.

September 22 - Paper Butterfly Wreath. Create a paper butterfly wreath for your fall home décor. You will make 3D butterflies and layer ferns and buds to design a beautiful wreath. You are welcome to bring pencils, glitter pens, or markers.



Aromatherapy with Sharon **\$15 (supplies included)**
Thursday, September 17 & Monday, October 5, 5:30 p.m.



September - Aromatherapy Jewelry Workshop

Explore a variety of essential oil aromas and discover how they can support the body, mind, and spirit. Then, choose your favorite scent to add to a beautiful piece of diffuser jewelry to take home and enjoy.

October - Autumn Armor

As the seasons change, so do the challenges to our health and well-being. Learn how essential oils can help support your body during the fall months, then create your own cleansing spray to take home and use on shopping carts, door handles, and other high-touch surfaces.



Movie Night

Free. \$3 for a drink and candy

Thursdays, September 17 & October 15, 5:30 p.m.

September 17 - *Something the Lord Made*. A film detailing the 34-year partnership between ambitious white surgeon Dr. Alfred Blalock and Vivien Thomas, a brilliant Black carpenter-turned-lab technician. Despite facing strict Jim Crow segregation and lacking a medical degree, the duo pioneered modern cardiac surgery.



October 15 - *Beetlejuice Beetlejuice*. After a family tragedy, three generations of the Deetz family return home to Winter River. Still haunted by Beetlejuice, Lydia's life is turned upside down when her teenage daughter, Astrid, accidentally opens the portal to the Afterlife.



St. Mary's Camera Club Presentations

Free

Fridays, September 18. 10 a.m. & October 16, 9:30 a.m.

September 18 - Photographic Composition

Join photographer Leon Smith for a presentation on composition and learn how framing and design choices can help create more compelling images.



October 16 - Hands-on Improvement Tips

Put new skills into practice during this interactive workshop. Bring a camera or smartphone and learn practical techniques while taking pictures.

Drama Speaks Performs "That Mystery Thing" Luncheon

Free

Friday, September 18, 12:30 p.m.

Drama Speaks, our Reader's Theatre performers, presents *That Mystery Thing*. Performed with permission from the Senior Theatre Resource Center and ArtAge Publications, this hilarious script features a detective in disguise, suspects with outrageous alibis, and a cast of delightfully incompetent actors struggling to make sense of a poorly typed script. Feel free to bring your own food and drinks. Lunch is by donation for those ages 60 and older and \$7 for those under age 60.

Candle and Wax Melt Making Workshop

\$25 (supplies included)

Mondays, September 21 & October 5, 1 p.m.

Welcome the scents of autumn in this hands-on candle and wax melt workshop with professional candlemakers from Vantoria Essentials. Blend fragrances and create a custom 9-ounce candle and six-pack of wax melts to take home and enjoy.



Savasana Sanctuary Yoga: An Indulgent Nervous System Reset **\$20**
Tuesday, September 22, 2 p.m.



Give yourself the gift of deep, luxurious rest. This calming 90-minute session blends simple, accessible movement, gentle stretching, and mindful breathing with a long, soothing savasana designed to melt away tension. The class supports stress reduction and nervous system regulation through optional hands-on techniques that ease the shoulders, head, neck, and feet, creating a peaceful sense of well-being.

Cybersecurity Tips for Online Shopping **Free**
Wednesday, September 30, 5 p.m.



Online shopping is convenient, but it can also expose you to scams, fraud, and identity theft if you're not careful. Join us for an interactive session where you'll learn practical cybersecurity tips to help you shop safely and confidently online.

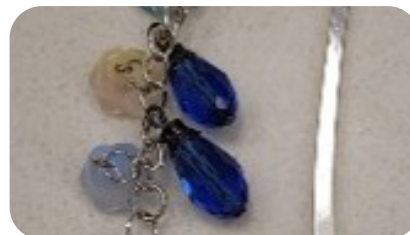
Jewelry Making with Patty **\$10 (supplies included)**
Wednesdays, September 30 & October 21, 5 p.m.



Jewelry maker Patty Riedel will guide participants step-by-step in creating custom beaded jewelry using glass beads and other natural materials.

September - Beaded Keychain. Choose from an assortment of beads to create a custom keychain.

October - Beaded Bookmark. Create a custom beaded bookmark featuring a variety of decorative beads.



StrongerMemorySM **Free**
Fridays, October 2 to November 13, 11 a.m.



StrongerMemorySM is a breakthrough program that helps improve brain health by strengthening recall and focus through simple writing and math exercises. Participants will set goals and receive materials at the start of the program and then check in with a facilitator weekly. Everyone who completes the 6-week program will receive a gift at the end.



Cognitive Workshop **Free**
Tuesdays, October 6 to October 27, 10 a.m.



Join Penny Brown, founder of Thrive Bright Minds, for a four-week interactive Brain Wellness Series designed to help you strengthen your brain through practical, science-based strategies you can use every day. Through engaging discussions, hands-on activities, brain exercises, and simple lifestyle habits, you'll discover ways to improve memory, attention, organization, and overall brain wellness.

Dancing for Brain Fitness (Neuroplasticity)

\$20

Tuesday, October 6, 2 p.m.



Certified Brain Fitness Coaches Paty Masson and Judi Lyons lead an engaging workshop where music meets gentle, brain-boosting movement. Improve blood flow, memory, focus, and concentration through chair-assisted dance and cross-lateral exercises designed to support neuroplasticity. This joyful, accessible experience strengthens both mind and body.

Walk MD Day Activities

Wednesday, October 7, 9 a.m., 1 p.m., and 3 p.m.



Celebrate Walk MD Day with an outdoor walk featuring prize drawings from 9-11 a.m., a Walk & Tone group fitness class at 1 p.m., and a presentation on the benefits of walking at 3 p.m. The outdoor walk and presentation are free. The Walk & Tone class is \$5.

Oktoberfest Luncheon with Folk Salad

Free

Friday, October 16, 11:30 a.m.



Enjoy a delightful German-inspired meal and the music of Folk Salad, an eclectic acoustic band performing a mix of light pop, oldies, folk favorites, and original songs. Wear your lederhosen or favorite dirndl and join in the fun! Lunch is by donation for those ages 60 and older and \$7 for those under age 60.

Bushmill Band Evening Performance

Free

Thursday, October 22, 5:30 p.m.



Sit back and enjoy a toe-tapping live performance by Bushmill Band. Known for their lively blend of bluegrass, country, folk, and classic favorites, this talented group delivers rich harmonies, spirited instrumentals, and plenty of down-home charm.



Game Show Night: The Price Is Right

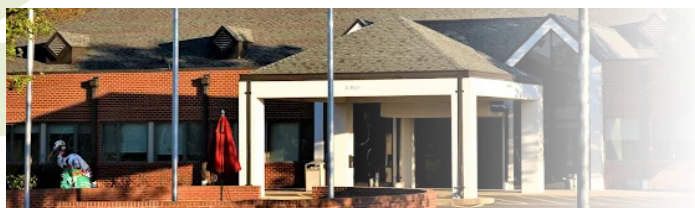
\$2

Thursday, October 29, 5:30 p.m.



Come on down and test your pricing skills! Teams of two will compete in Price Is Right-inspired games, guessing the cost of everyday items without going over. Whether you're a savvy shopper or just lucky, you'll enjoy an evening of fun, and friendly competition.





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.

Foot Reflexology

\$45 for 45 minutes

Every Thursday starting Sept 3, 9 a.m. – 3:45 p.m.



Experience a deeply relaxing session of foot reflexology designed to help you unwind and recharge. Gentle pressure on specific areas of the feet promotes relaxation, helps ease stress, and leaves you feeling calmer, refreshed and more balanced.

Beginner Crochet Workshop

\$15

Wednesdays, September 2 – 23, October 7 - 28, 1:30- 3:30 p.m.



Learn the basics of crocheting in this easy, beginner friendly class! We’ll cover simple stitches, how to start a project, and tips to build confidence. No experience needed.

Stronger MemorySM Workshop: Empowering Your Mind

Free

Thursdays, September 3 - October 8, 9:30-11:30 a.m.



The Stronger MemorySM Workshop is a 6-week program that helps participants sharpen their memory, strengthen cognitive skills, and build confidence in daily tasks. This workshop supports brain health and encourages lifelong learning in a fun, supportive environment.



Art with Jamie

\$25

Throughout September & October, 10 a.m.



Tuesday, September 8, 15, 22, & 29 - Kinusaiga Art with Fabric Scraps. Fun beginner fabric collage art medium.

Each class is stand-alone. Feel free to bring your own scraps.

Tuesdays, October 6, 13, & 20 - Dramatic Cloud Paintings.

Complete a series of Dramatic Cloud Paintings. Learn shapes of clouds, blending of colors and special art tools.



Aromatherapy with Sharon

\$15 per class

Tuesday, September 8, 1 p.m. & Wednesday, October 14, 1:30 p.m.

September 8 - Just Diffuse It!! – An Easy Way to Enjoy Essential Oils. Join us for a calming, hands-on workshop where you'll learn simple ways to unwind, quiet the mind, and create a peaceful bedtime routine using essential oils.

October 14 - Fall Into Restful Sleep – Peaceful Nights & Brighter Mornings. Join us to see how simple it can be to bring the benefits of essential oils into your everyday life.

Paper Craft Puzzles: Mystery Greeting Cards

Free

Thursday, September 10 at 1:30 p.m.

Put your puzzle-solving skills to the creative test! In this fun, hands-on paper craft class, you'll receive the outlines and all the pieces needed to create three unique, beautiful greeting cards. Participants will be given the outlines and structural pieces for three greeting cards, then tasked with figuring out the layout to bring each design to life.

Loffler Yard Sale- Open to the Public!

Friday, September 11, 9 a.m. – 2 p.m.

Community Yard Sale – Open to Everyone! Come browse great finds, meet neighbors, and enjoy a morning of treasure hunting. Want to sell your own items? Reserve a table now for \$5! Don't miss out! For more information call 301-475-4200, ext. 1660 or visit www.stmaryscountymd.gov/aging.



Anna Griffin with Martha: Vintage Motorbike Card

\$5

Fridays, September 11 & October 9, 12 to 2 p.m.

September 11 - Vintage Motorbike Card

Cruise into crafting as you learn how to create a vintage paper motorbike card.

October 9 - Pumpkin Gift Box

Get into the Halloween spirit by making a pumpkin treat box.



Diamond Painting with Pearls

Wednesdays, September 16 & October 21, 1:30 p.m.

Cost: Bring your own kit or purchase one from the center
Create a sparkling work of art in our Diamond Painting with Pearls class! Bring your own design or purchase a kit from the center, and our instructor will guide you through the process of applying shimmering diamonds and pearl accents to complete your project.



CSM for Seniors: Programs, Perks & Possibilities
Thursday, September 17, 9:30 a.m.

Free



Curious about what the College of Southern Maryland has to offer seniors? This presentation provides an overview of available opportunities, including noncredit enrichment courses, continuing education classes, campus activities, and community programs.



Crafts with Penny
Thursdays, September 17 & October 8, 12:30 p.m

\$15



September 17 - Whimsical Street Scene Watercolor Workshop

Capture the charm of everyday life in this hands-on watercolor class focused on street scenes. Whether you're a beginner or an experienced painter, you'll learn how to bring urban spaces to life through light, perspective, and expressive brushwork.

October 8 - Make a Halloween Witch from a Book

Join us for a magical crafting session where we transform an ordinary book into an enchanting witch figure! In this hands-on workshop, you'll learn simple folding and embellishment techniques to turn recycled pages into a standing sculpture.

Sing- a- Long with the Loffler Sunshine Musicians
Friday, September 18, 11 a.m.

Free



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

The Loffler Sunshine Musicians will lead a lively sing-along featuring beloved classics. Join us for music, fellowship, and the joy of singing together.

Book Presentation: Handbook on Aging
Tuesday, September 22, 9:30 a.m.

Free



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

Chris' Craft Corner: The Wave Mosaic
Tuesday, September 22, 9:30 a.m.

Free



Join us for a relaxing Wave Mosaic Workshop! Create your own beautiful mosaic with step-by-step guidance—no experience needed. Enjoy a fun, creative session and take home a unique piece of art.



Whole Body Bliss: Introduction to Self-Myofascial Release
Thursday, September 24, 11:15 a.m.

\$20



Back by popular demand, this interactive workshop teaches the fundamentals of Self-Myofascial Release or SMR, a therapeutic self-massage method that brings targeted pain relief to the muscles and connective tissue.



Skin Smart: Skin Care Workshop with Felicia Reed
Thursday, October 1, 10 a.m.

Free



Discover simple, soothing techniques that help older adults feel pampered, refreshed, and cared for. This beginner friendly class teaches you how to safely cleanse, hydrate, and massage senior skin with gentle, age appropriate methods. A fun and relaxing event for anyone wanting a little self care.

T.L. Ford Watercolors: Halloween Themed Watercolors
Thursday, October 15, 12:30 p.m.

\$25



Create a Halloween-themed watercolor with instructor T. L. Ford in this fun, beginner-friendly class. Choose one of two “Who Killed Grumpy?” murder mystery–inspired designs and enjoy step-by-step guidance as you paint your spooky scene.



Make & Take with Jamie: Harvest Moon Acrylic Painting
Tuesday, October 27, 10 a.m.

\$25



Create your own stunning acrylic Harvest Moon artwork on canvas or wood. All materials are provided, so simply bring your creativity and enjoy the experience. Whether you’re picking up a paintbrush for the first time or have years of experience, this class is designed for all skill levels.



Halloween Party: Who Killed Grumpy Murder Mystery?
Friday, October 30, 1 p.m. – 4 p.m.

Free



Join us for a spooktacular Halloween Party with DJ Duncan! Enjoy plenty of dancing and line dancing, plus an interactive “Who Killed Grumpy?” murder mystery for added fun. It’s an afternoon of music, mystery, and nonstop Halloween excitement!



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.

Let's Go, Commanders! – Bingo & Rally Friday, September 4, 9:45 a.m.-1 p.m.

\$3 suggested

Show off your spirit and jerseys at a pre-game rally for Washington Commanders vs Philadelphia Eagles (Sunday, September 13). Kickoff begins with a special Bingo including team and tailgate prizes. No enrollment needed. Stay for lunch (bring food or reserve from Center). Then, enjoy history, highlight reels, and games.



Remembering 9/11/2001 Friday, September 11

Free

In observance of the 25th anniversary year of 9/11, we will have a reverent display and some thoughtful activities. The Social Room will be used as a soothing space of respect with subtle sounds and lighting for reflection and tranquility. Also, journaling sheets will be provided should you wish to express your thoughts and memories of the event in history, how it has impacted your life and what it continues to signify for you today. Drop-ins are encouraged.

Art Pottery: Woodland Bell Buddies Friday, September 11 & 25, 10 a.m.-12 p.m.

\$10

Pottery craftswoman Pam King will guide you in creating cute woodland animal-themed bells, perfect as fall décor for your home or outdoor space. All skill levels are welcome. See the top of this page for how to register.



Qigong: 3-Part Series Mondays, September 14-28 (3 classes), 11 a.m.-12 p.m.

\$12

Join instructor Paty Massón for this new series. Qigong supports concentration, balance, and neuroplasticity with roots in Traditional Chinese Medicine, where Qi (life force) nourishes the brain and nervous system. Seated and standing options available. See page 24 for how to register.



Rhythmic Fitness: '80s Hits

Tuesday, September 15-29 (3 classes), 2-3 p.m.

Free



Rhythmic Fitness is a lively, music-based exercise class that combines rhythm and movement to promote cardiovascular health, coordination, and strength. This low-impact class is primarily seated, with optional standing movements, making it accessible to most fitness levels and abilities. Join Program Specialist Keilan Ruppert for a fun workout featuring a great 1980s soundtrack! See page 24 for how to register.



Harvest Harmonies: A Patio Social with Rob Young

Wednesday, September 30, 11:30 a.m.-12:30 p.m.

Free



Let's welcome the autumn season with an afternoon of live music on the patio featuring Rob Young! Enjoy the Center's lunch outdoors with friends, along with complimentary fall favorites like apple cider and other seasonal treats. Relax, mingle, and soak up the sights and sounds of the season while enjoying great music and games.*Entertainment sponsored by Senior Center Operating Funds grant. See page 24 for how to register.



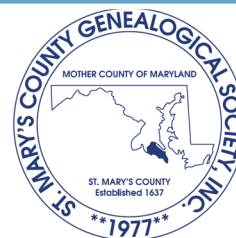
Genealogy Pop-Up – Research Appointments

Monday, September 21, 10 a.m.-1 p.m.

Free



Questions about your family tree? Stumped on how to research? Schedule a 1-on-1 45-minute appointment with a member of the St. Mary's County Genealogical Society (SMCGS). These volunteers will help you get started with your family research. Great for all levels – beginner to advanced! Advance registration is preferred, but walk-ins may be accommodated if slots are available. See page 24 for how to register.



Old-Timey Medicine Bottles & Quackery – Presentation

Thursday, September 24, 10-11 a.m.

Free



In the 1800s, sellers of fake “remedies” hid dangerous narcotics in pretty glass bottles. Clever ads brought promises of curing all pain. By 1906, the government had passed the Pure Food and Drug Act, forcing sellers to cease false claims and accurately list ingredients. Join curator April Havens to explore the Curious Curio Cabinet exhibit of antique medicine bottles & more. Learn about some of the unique “doctors” and their products. See page 24 for how to register.



Seascape Iris Folding Thursday, October 1, 1:30-3:30 p.m.

Free



Join instructor Toni Vargo to craft two iris folding projects. The sea will come alive as you create cards that can be used as bookmarks or displayed at home. Learn the art of iris folding – arranging and layering strips of paper/fabric in a spiraled pattern that resembles the “iris” of a camera lens. All supplies will be provided. See page 24 for how to register.



Karaoke & Candy Walk Tuesday, October 6, 10-11:30 a.m.

\$2



Time to enjoy some sweet memories and songs with a chance to win a sweet treat. Karaoke is here, giving you the chance to sing and have fun. This isn't a competition and no experience is required. Join us to have a good time with friends and staff. Please request a song and/or artist when signing up. All karaoke singers will then enjoy a Candy Walk (aka Cake Walk), which is a play on musical chairs but with Halloween candies as prizes. Time to enjoy sweet memories, great songs, and a chance to win a sweet treat! Karaoke is here, giving everyone the opportunity to sing and have fun. This is not a competition, and no experience is required, just bring your enthusiasm and enjoy the moment with friends and staff members. Please request a song and/or artist when signing up so we can get your favorites on the playlist. After karaoke, all singers are invited to enjoy a Candy Walk (aka Cake Walk), a fun twist on musical chairs where Halloween candies are the prizes. Come sing, have fun, and make some sweet memories! See page 24 for how to register.



Hands-Only CPR with American Red Cross Thursday, October 15, 10-11 a.m.

Free



Many people who survive a cardiac emergency are helped by a bystander. Learning hands-only CPR (or compression-only CPR) will help you to deliver life-saving care until professional responders arrive. Angela Pettis from the American Red Cross will provide an informative presentation explaining the eight simple steps needed for this technique. See page 24 for how to register.



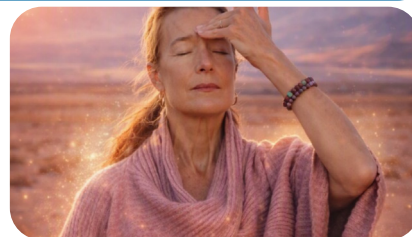
Daily Energy Routine: Energy Medicine for Pain Relief

Monday, October 19, 1-2:15 p.m.

\$20



Discover gentle, accessible techniques that help calm the nervous system, release energetic congestion, and support the body's natural ability to ease pain. You'll explore how pain patterns form in your energy systems, learn simple meridian-based tools from Traditional Chinese Medicine, and practice soothing resets. This workshop from Judi Lyons culminates in a short daily routine—easy to do standing, seated, or adapted for mobility needs—that brings comfort, clarity, and renewed vitality. See page 24 for how to register.



Dancing for Brain Fitness: The Magic of Music & Memories

Monday, October 26, 1-2:15 p.m.

\$20



Step into a little everyday magic with a fun, laughter-filled session featuring familiar music, playful movement, and engaging brain challenges. Join instructors Judi Lyons & Paty Massón to discover how the “magic” of rhythm and movement can help boost memory, improve balance, sharpen focus, and create joyful moments of connection. Whether you choose to participate seated or standing, everyone is welcome to join the fun! No magic wand required—just bring your smile. See page 24 for how to register.



Heroes vs. Villains – Halloween Bingo, Lunch & Dance

Friday, October 30, 10:30 a.m.-2:15 p.m.



Bingo \$\$ donation accepted; Lunch contributions taken; FREE* entertainment.

Choose your side in the battle of do-gooders vs. troublemakers! Start the day with Halloween Bingo from 10:30–11:15 a.m., followed by a glazed Ham & scalloped potatoes lunch before the real showdown begins. From 12–2:15 p.m., join us for a frightfully fun dance party featuring DJ Big Tony! Dress as your favorite hero, villain, or iconic duo (think Batman & Joker, or Angel & Devil) and hit the dance floor. We'll celebrate both sides with costume contests, light refreshments, and door prizes. Any \$\$ donations towards cost of bingo prizes, as well as lunch contributions, are taken that day during check-in. Whether you're saving the day or causing a little mischief, this Halloween party is for you. **Entertainment sponsored by Senior Center Operating Funds grant.* See page 24 for how to register.



RETIRED AND SENIOR VOLUNTEER PROGRAM

By Monika Williams, RSVP Project Manager

The St. Mary's County Senior Activity Centers are the heart of the County towards seniors. Thousands of seniors are receiving many life sustaining services, socialization, resource connections, and health

benefits through the Senior Activity Centers. They are the perfect place to educate, advocate, and inspire

seniors and their families. The Retired & Senior Volunteer Program's office is privileged to have an office within one of these centers. Many RSVP volunteers are seniors who frequent the senior activity centers. They provide the needed manpower to pick up meals from the senior activity centers to deliver to homebound seniors and also drive seniors to necessary appointments. RSVP volunteers also lead many activities such as arts, crafts, gardening, event decorating, and line dance classes within all three senior centers.



RSVP has partnered with two new Volunteer Stations.



Building Bridges Corporation located at the Zion Methodist Church in Lexington Park, MD is a non-profit organization committed to providing support for children and advocating for families to build bridges toward self-sufficiency. Building Bridges is seeking volunteers to serve by tutoring and mentorship. (Source: <https://www.buildingbridgesorg.org/>)

Volunteers are needed to assist during after school sessions and serve as teacher aides for their summer enrichment sessions. Volunteers are also needed to pick-up packed lunches from St. Mary's Caring Soup Kitchen to deliver to summer enrichment sessions.

Christmas in April St. Mary's County, Inc. is a non-profit organization which rehabilitates the houses of low-income homeowners particularly older adults and people with disabilities to allow them to live in warmth, safety, and independence.

(Source: <http://www.christmasinaprilsmc.org/>)

Volunteers are needed to clean flower beds, do yard work, paint, and any certified/trained skill. Houses are rehabilitated monthly during the Spring through Fall seasons.



The views in this publication are not an endorsement by AmeriCorps Seniors.

Volunteer Opportunities

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

Charlotte Hall Veterans Home

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

A Community That Shares (ACTS)

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

Hospice of St. Mary's

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

Teen Court

- Hearing Support Assistants
 - Bailiff
 - Teen Juror

Literacy Council of St. Mary's

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

Friends of the Library

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

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

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

Northern Senior Activity Center

- Chess Volunteer

Garvey Senior Activity Center

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

St. Mary's County Crime Solvers

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

Memory Café

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

Home-Delivered Meals

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

Patuxent River Naval Air Museum

- Tour Guide
- Flight Simulator Team
- Exhibit Team

Senior Rides

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

Patuxent Habitat for Humanity

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

Senior Connections

- Card Creating Help

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

Loffler Senior Activity Center

- Bingo Caller

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. 9:30 a.m.	Cardiovascular/weight training exercises to improve flexibility, strength, balance.	No	Fitness Card
Fitness Room	Daily	A variety of fitness equipment for cardio and strength training.	No	No
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
Cycling Meetup	2nd & 4th Wednesday, 9 a.m. Call ext. 3101 for updates	Meet at Northern for a group ride on Three Notch Trail (weather permitting).	No	No
Diamond Dazzle (two groups)	3rd Monday 10 a.m.-Noon & 1-3 p.m.	Diamond and associated bead crafts.	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
Tech Rescue	Monday-Friday after 2 p.m. By appointment only	15-30 requested appointments with Keilan Ruppert to work on specific needs with computers, smartphones, etc.	Yes	No
Workout Room	Open during normal operating hours	1 Bow Flex; 1 Standing Elliptical; 1 Seated Elliptical; 2 Pec/Fly; 2 Treadmills; 2 Recumbent Bikes.	No	No
Zumba Gold	Tuesdays 10:45 a.m. -11:45 a.m.	Latin music and dance fitness program.	No	Fitness Card

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

Lori Jennings-Harris, Director

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

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

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

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

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

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

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

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

Community Programs & Outreach - Communicates timely and topical information to the community through a bi-monthly newsletter, website updates, local and state-wide events, and local media. To receive the bi-monthly newsletter, 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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Holiday Closings
(No Home-Delivered or Congregate Meals Served)

Monday, September 7 - Labor Day

Monday, October 12 - Columbus Day