

NEW BEGINNING

VOLUME 38 ISSUE 5

SEPTEMBER/OCTOBER 2025

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



Grandparents Appreciation Month

In This Issue...



Community Health & Wellness Fair

Make sure to put the health fair on your calendar! This year's event will be held on Friday, October 10, from 9 a.m. to 3:30 p.m. at the University of Maryland – Southern Maryland.....Page 8

Senior Information & Assistance

Open enrollment for Medicare Part D is October 15 – December 7
.....Page 10

Medicare



Walk Maryland Day

Marylanders are preparing for the 2025 celebration of Walk Maryland Day! Join us at the Senior Activity Centers on Oct.1, to get some steps in!.....Page 13

Make a Mini Scarecrow

Get crafty this spooky season! Join us at the Garvey Senior Activity Center on Tuesday, October 28 to make your own mini scarecrow!.....Page 17



Loffler's Haunted Family Farm

Join us on October 31st for a night of frights and fun at the Loffler Haunted Family Farm, where eerie enchantment meets countryside charm!.....Page 23

The Haunted Hop – Halloween Dance Party

Join us for a Halloween dance party with music, costumes, prizes, and spooky fun at the Northern Senior Activity Center on Friday, October 31!..... Page 27



From the Director's Desk

By Lori Jennings-Harris, Director

The month of September celebrates GRANDparents!

Grandparents' appreciation month brings special recognition to the love, support, wisdom, and guidance that often go along with being a grandparent. Not only do many grandparents find delight in seeing their grandchildren whenever they can – babysitting, going to sports events and dance recitals, reading to them, going to the park, preparing their favorite meals, sharing stories and imparting their wisdom, helping to maintain family traditions and solidifying the grandparents' legacy – but they also have the benefit of only being available when they want to be available.



There are some grandparents; however, who also serve in the role of parents, exclusively taking care of their grandchildren on a full-time basis. This cohort of grandparents has accepted the very important role of raising their grandchildren, often without the help or assistance of the children's parents. The experience may be a "piece of cake", or it may be very challenging, though their love and commitment are unwavering.

According to the *timeanddate* website, National Grandparents Day was signed into law by President Jimmy Carter in 1978. Marian McQuade, a housewife in West Virginia, may have been the main driver for the day of observance. Many people believe National Grandparents Day was inspired by her efforts. A presidential proclamation on September 6, 1979, made this day official – it designated Sunday, September 9, 1979, (being the "first Sunday of September following Labor Day") as National Grandparents Day.

Retrieved July 11, 2025 (<https://www.timeanddate.com/holidays/us/national-grandparents-day>)

Each year the President is requested to issue a proclamation to:

Continued on Page 4

NEW BEGINNING

The Commissioners of
St. Mary's County
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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
Leonardtwn, 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.

designate the first Sunday in September after Labor Day as National Grandparents Day; and to call on people, groups and organizations to observe the day with appropriate ceremonies and activities.

Retrieved July 11, 2025 (<https://www.timeanddate.com/holidays/us/national-grandparents-day>)

The Department of Aging & Human Services remains diligent in helping support “caregivers” or care partners. We have a caregiver support group that meets once a month. We offer a Building Better Caregivers workshop, which is an evidence-based workshop to equip caregivers with tools and information to enhance their caregiving journey. We also have a Memory Café. The cafés are a safe and engaging environment for individuals living with mild cognitive impairments, Alzheimer’s Disease, or related dementias AND their care partners, family, and friends.

For those who qualify, the Department of Aging & Human Services has grants available for grandparents who care for a grandchild, less than 18 years of age, and for a parent caring for an adult child with a disability, 18 years of age or older. Grants are one-time-only awards, not guaranteed, and awards are contingent upon the availability of funds. We are always available to help!

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, September 22, 2025
1 p.m.

Monday, October 27, 2025
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 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.
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*

It's not hard to feel worried and anxious these days. Worry and fear can sap productivity, diminish enjoyment of life, and negatively impact overall health. While there is no single solution to manage anxiety, stress management, regular exercise, sufficient sleep, and a healthy diet can all help reduce internal stress.

The old saying by Hippocrates in 400 BC, "Let food be thy medicine and medicine be thy food," reflects what modern research has shown, especially regarding mental health. There is clear evidence that nutrition affects emotional well-being.

Foods high in omega-3 fatty acids, protein, fiber, vitamin B12, magnesium, and probiotics significantly impact mental wellness. For example, salmon and other fatty fish such as herring, tuna, mackerel, sardines, lake trout, and striped bass are rich in omega-3s.

Magnesium has been shown to help reduce anxiety by regulating cortisol, often called the "stress hormone." Excellent sources of magnesium include avocados, bananas, nuts, seeds, and dark chocolate. Yogurt not only provides magnesium but also contains beneficial bacteria that support gut health. A healthy gut can help calm the system.

Staying hydrated is also essential, as water supports optimal brain function and can reduce anxiety. Drinking several cups of tea a day provides the amino acid L-theanine, which promotes alpha brain waves associated with relaxation. L-theanine also boosts dopamine, a calming brain chemical, and counteracts caffeine in tea. This is important because caffeine can overstimulate the nervous system and increase anxiety. Try to limit alcohol intake, as it acts as a depressant and disrupts restful sleep. Likewise, high-sugar foods can lead to blood sugar fluctuations, mood swings, and increased anxiety.

Many other foods benefit mental well-being, including oysters, eggs, chia seeds, extra virgin olive oil, flaxseeds, kefir, legumes, and berries. An overall dietary pattern rich in fruits, vegetables, nuts, seeds, legumes, dairy, and lean protein, especially fish, can improve mood, support heart and bone health, and lower the risk of certain cancers.

Even small changes to daily meals, such as incorporating some of these foods, can make a meaningful and positive impact.

Upcoming Nutrition Education Presentations:

Let's Talk About Inflammation

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

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

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

Northern- Monday, Sept. 22, 12 p.m.

All About Fiber

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

Garvey- Thursday, Oct. 9, 6 p.m.

Loffler- Monday, Oct. 20, 10 a.m.

Northern- Monday, Oct. 20, 12 p.m.

Home & Community-Based Services

By Rebecca Kessler, HCBS Division Manager

Submitted by Lisa Berry, HCBS Program Coordinator

Reprinted from: <https://parade.com/living/grandparents-day-activities>

Grandparents Day Is Coming - Here Are 35 Activities and Unique Ideas To Celebrate

The idea of Grandparents Day first originated in 1961 at a White House Conference on Aging. Jacob Reingold of the Hebrew Home at Riverdale was inspired by a speech about the new image of aging. It led him to focus on recognizing the role of grandparents among millions of older Americans. On August 3, 1978, the United States Congress passed legislation proclaiming the first Sunday after Labor Day as National Grandparents Day as signed by President Jimmy Carter. This year it falls on Sunday, September 8. If you are wondering how to celebrate, we have a whopping **35 Grandparents Day activities** for you.

1. Interview One or More Grandparents

This is a great way to learn some family history and get to know what shaped their life.

2. Watch Home Movies Together

It can be hard to visualize a grandparent in their younger years but home movies bring that reality to life.

3. Use Photo Albums While Telling a Story

Stories about the past are always fascinating. It's even better, though, to bring the story to life with pictures.

4. Share or Cook a Family Recipe Together

Cooking or baking is a fun activity to do with kids and letting them in on a secret family recipe is just icing on the cake.

5. Have Grandkids Make a Homemade Card

Grandparents love to see a grandchild's artwork and a thoughtful homemade card is the perfect way to showcase art and sentiment.

6. Make a Memorable Scrapbook

Have grandchildren choose their favorite photos (or other materials) that remind them of time spent with grandparents. Some items to include could be event tickets or artwork done together.

7. Go on a Nature Walk

Walking together through the woods is both peaceful and conducive to good conversation.

8. Gift a Keepsake Gift to Your Grandchild

A sweet way to celebrate Grandparents Day is for the grandparent to gift the child with a memorable keepsake like a locket or pocket watch.

9. Do a Craft Project

Together, you and your grandchild can create some art that could be kept as a keepsake.

10. Read Books

Have your grandchild read a favorite book to you. Then, read a favorite book to your grandchild.

11. Go Out for a Nice Dinner

Create a special bonding experience over some fine dining and good conversation.

12. See a Play or Musical

13. Put Together a Puzzle**14. Have a Jam Session**

Sing songs or play music. Your grandchild could write a song about their grandparents.

15. Play Board Games Together

A little friendly competition is sure to bring about some laughs as well as memories.

16. Teach a Grandparent New Technology

Even young grandkids can have fun showing grandparents what games they play and learn from on their tablets.

17. Watch a Meaningful Movie Together

With popcorn, of course.

18. Sit Around a Campfire and Make S'mores

This is a great time to share spooky stories as well!

19. Have a Sleepover at Grandma and Grandpa's House

Stay up late and eat all of the fun foods.

20. Capture a Photo Memory

Take a full family photo or just a photo of grandkids with grandparents.

21. Initiate FaceTime or Make a Phone Call

When grandparents don't live close by, a phone call is a meaningful way to connect.

22. Write a Poem**23. Create Matching T-Shirts**

To honor the day, use iron-on transfers or tie-dye to create fun shirts to wear.

24. Share a Hobby**25. Take a Vacation Together****26. Help a Grandparent**

Help out your grandma or grandpa by cleaning, getting groceries or doing a little yard work.

27. Plant a Tree Together

Each year on Grandparents Day, you can compare the growth of the tree as well as the grandchild.

28. Deliver a Meal or Snack

Grandparents will love a special treat delivered to them from a beloved grandchild.

29. Plan an In-Person Visit

Even if it's not a long get-together, an in-person visit will bring a lot of joy to a grandparent.

30. Build Something Together

Build a bench or a birdhouse as a memorable piece to keep in the garden.

31. Tour of Homes

If you have lived in different homes but in the same area, it would be fun to take your grandkids on a tour of the homes you used to live in.

32. Play Outdoor Games

Get outside with a grandchild and play softball, badminton, bean bag toss or any other fun game.

33. Plant Something in a Garden**34. Take a Bike Ride Together**

Biking is good for all ages!

35. Go on a Picnic at the Park

Pack some favorite foods and enjoy the park activities.





Hosted by:
St. Mary's County
Department of Aging & Human Services
at the
University of Maryland - Southern Maryland
44219 Airport Rd, California, MD
Friday, October 10, 2025
9 a.m.-3:30 p.m.
Free Community Event

The Community Health & Wellness Fair will include:

- On-site Health Screenings
- Flu Shots
- Informational booths
- Door prizes!

Join us for a presentation!
Estate Planning & Trusts

9:30 a.m.

Food for Thought and Moves that Matter:
Outsmarting Cognitive Decline

10:45 a.m.

Caring for the Caregiver: The Critical Role of Self-Care

1:00 p.m.

For more information, contact Nicoletta Pollice
Website: www.stmaryscountymd.gov/aging/healthfair

Phone: 301-475-4200, ext. 1074

Email: nicoletta.pollice@stmaryscountymd.gov

Thank you to our generous sponsors!



Farmers Feeding St. Mary's



The annual Farmers Feeding St. Mary's County Program will offer free, farm-fresh produce and frozen meat!*

Saturday, September 13
U-Haul Parking Lot
46041 Signature Lane, Lexington Park, MD
9 a.m.-1 p.m.

***While Supplies Last**

*The Commissioners of St. Mary's County,
the St. Mary's County Department of Aging & Human Services,
the St. Mary's County Department of Economic Development,
Feed St. Mary's
and the University of Maryland College of Agriculture and Natural Resources
are pleased to offer these valuable community events!*

For more information, call 301-475-4200, ext. 1074, or visit www.stmaryscountymd.gov/aging

UNIVERSITY OF
MARYLAND
EXTENSION



Senior Information & Assistance

By Melissa Craig, Senior I&A Division Manager

Medicare Part D: Important Enrollment Information for 2026 October 15 – December 7, 2025

Medicare beneficiaries who have, or need to enroll in, Medicare Part D should take time to review their plan options for 2026 during the annual enrollment period. If you're already enrolled in Part D, it is important to carefully review any information your plan sends you in September or early October.

Ask yourself the following key questions:

- ✓ Are my medications still covered next year?
- ✓ Will I have a deductible to meet?
- ✓ Are my co-pays increasing?
- ✓ Has the monthly premium changed?

Medicare

If you're satisfied with your current plan and no changes are needed, your policy will automatically renew in January 2026. However, if you have concerns about changes to your coverage, now is the time to compare other available plans. Visit www.medicare.gov and follow the steps to compare Part D plans and enroll in a new plan if needed.

Need help?

- Call Medicare at 1-800-633-4227.
- Use the Plan Finder at www.medicare.gov.
- Trained counselors are also available at each Senior Activity Center to provide in-person assistance with comparing and enrolling in plans.

Garvey Senior Activity Center:

301-475-4200, ext. 1064

Loffler Senior Activity Center:

301-475-4200, ext. 1654

Northern Senior Activity Center:

301-475-4200, ext. 3104



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. 1654

Presentations start at 9 a.m.

September 24: Medicare Supplement Policies

Are your out-of-pocket costs adding up every time you go to the doctor? You may want to learn about Medigaps—supplemental insurance policies that work with Original Medicare. Learn the basics of Medigaps, when you can purchase one, and how they compare to other coverage options.

October 29: Fall Open Enrollment Period

Fall Open Enrollment is the time of 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 2026.



The flyer for the Senior Rides Program features the St. Mary's County Department of Aging & Human Services logo on the left. The title "SENIOR RIDES PROGRAM" is prominently displayed in the center. To the right, a red banner with yellow stars reads "VOLUNTEERS NEEDED". Below the title, two columns list "DRIVER BENEFITS" and "DRIVER QUALIFICATIONS". At the bottom, a yellow box contains "CONTACT US:" information, including a phone number and a website URL.

SENIOR RIDES PROGRAM

DRIVER BENEFITS

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

DRIVER QUALIFICATIONS

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

CONTACT US:

301-475-4200, ext. 1066

www.stmaryscountymd.gov/aging/seniorrides/

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

11

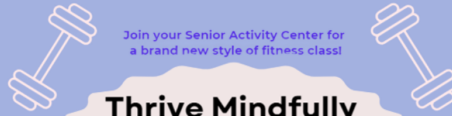
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Funding for this program instruction is provided by the Maryland Department of Aging Long-Term Dementia Care Navigation Program.



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.

Loffler
Sept. 30
9:30 a.m.

Northern
Nov. 10
1:00 p.m.

Garvey
Jan. 15
2:00 p.m.

Registration begins:

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

To register:

Visit: www.stmaryscountymd.gov/aging
Or call the reservation line at 301-475-4200 with extension:
#3115 Northern #1660 Loffler #1075 Garvey



CARFiT

Helping Mature Drivers Find Their Safest Fit



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.

Monday, September 22 | 10 a.m.
Northern Senior Activity Center

Friday, October 3 | 10 a.m.
Loffler Senior Activity Center

TO REGISTER:

301-475-4200 ext. 1074

nicoletta.pollice@stmaryscountymd.gov

Division of Senior Center Operations

By Candice Nelson, Senior Center Operations Division Manager

Marylanders across the state are preparing for the 2025 celebration of Walk Maryland Day on Wednesday, October 1. Walk Maryland Day is a celebration of our state's official exercise and a call to action to promote awareness about regular walking year-round to encourage physical activity and improved health, engaging Marylanders with fun walks for all. For more information, see the flyer below.



Wednesday, October 1, 2025

9-11 a.m.

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!



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

For more information contact one of the Senior Activity Centers:

Garvey Senior Activity Center
301-475-4200, ext. 1080

Loffler Senior Activity Center
301-475-4200, ext. 1658

Northern Senior Activity Center
301-475-4200, ext. 3101

Garvey Senior Activity Center

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

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

Reiki & Reflexology with Sarah Strain, ARCB Board Certified

Garvey Senior Activity Center

- Tuesday, September 2, 16 & 30, 10 a.m.-3 p.m.
- Wednesday, September 3 & 17, 11 a.m.-4 p.m.
- Thursday, September 4 & 18, 11 a.m.- 2 p.m.
- Tuesday, October 7, 10 a.m.-3 p.m.
- Wednesday, October 1 & 8, 11 a.m.-4 p.m.
- Thursday, October 2 & 9, 11 a.m.- 2 p.m.

Cost: \$45 for 45 minutes

Reflexology

Reflexology is designed to bring the body into balance through gentle pressure applied to the feet, hands, and ears. Each pressure point is directly related to specific organs of the body. Stimulating these areas will help release tension in that specific area of the body.

Reiki (Ray-Key)

Using light or no touch, the hands of the practitioner capture and deliver the universal life energy to the client. Combined with crystals, Reiki can help to clear the mind and shift one into a state of clarity. Reiki assists in returning the body, mind & spirit to a state of wellness.

Advance registration and payment are required. Cancellations must be made at least 24 hours in advance to be considered for a refund. Advance registration is required.

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



Embroidery Card-Making Class

Garvey Senior Activity Center

Tuesdays, September 2 & October 7

1:30 p.m.

Cost: \$5

This card-making method creates stunning gifts or greeting cards suitable for framing.

The technique uses 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.



Watercolor with T.L. Ford
Garvey Senior Activity Center
Tuesdays, September 9 & October 14
1:30 p.m.
Cost: \$25

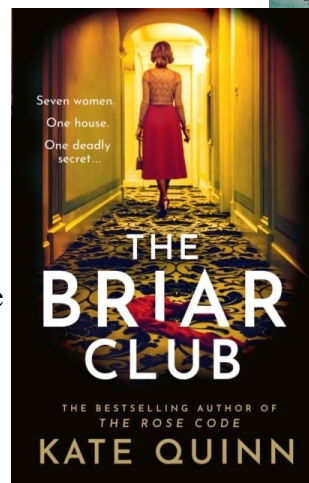
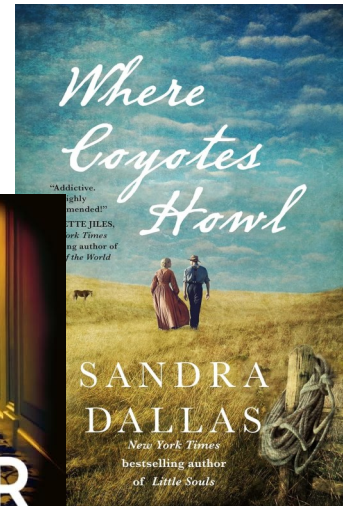
Would you like to learn how to paint watercolors on a smaller scale? Come join T.L. Ford of Cattail.Nu, LLC as she teaches you the basics of watercolor painting in a relaxing, informal setting. No experience or drawing skills are necessary and everything you need is provided! Advanced registration is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

Book Discussion Group
Garvey Senior Activity Center
Wednesdays, September 10 & October 8
11 a.m.
Cost: FREE

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

September: *Where Coyotes Howl*

A beautifully rendered love letter to the early 20th-century West from a master storyteller. 1916. The two-street town of Wallace isn't exactly what Ellen Webster had in mind when she accepted a teaching position in Wyoming. But within a year, she's fallen in love—both with the High Plains and with a handsome cowboy named Charlie Bacon.

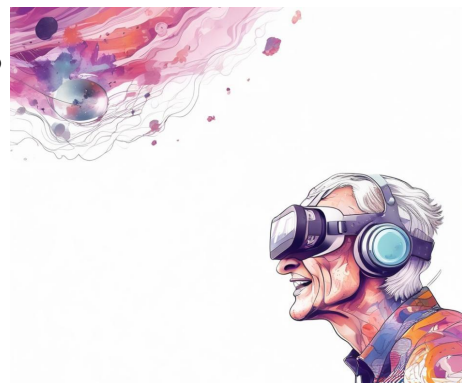


October: *The Briar Club*

At Briarwood House in 1950s McCarthy-era America, a group of women boarders—divided by age and circumstance—gradually form unexpected bonds. When a widow arrives, secrets surface. Kate Quinn's novel blends mystery, political fear, and rich character portraits in a compelling, poignant story told from a rare female perspective.

Virtual Reality 101
Garvey Senior Activity Center
Wednesdays, September 17 & October 22
11:30 a.m.
Cost: FREE

Have you ever wanted to see the Eiffel Tower and other worldly landmarks without the expense? Maybe you want to expand your brain power. Come join Evan Deahl as he teaches you how to use a virtual reality headset and explore a new application through AARP. This class will teach you the basics! No experience is needed, but space is limited to provide the ability to assist. Please wear comfortable clothes. Advance registration is required.





Amulet Making Class
Garvey Senior Activity Center
Thursday, October 16
10 a.m.
Cost: \$10

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

Folk Salad Luncheon

Garvey Senior Activity Center
Friday, September 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.

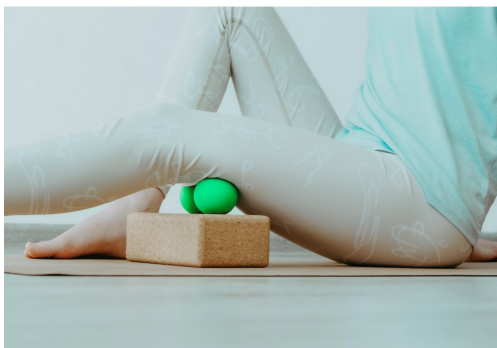
Advanced registration is required. Please visit www.stmarysmd.com/aging and click on the "View Sign Up for Activities and Programs" button for this special luncheon.



Whole Body Bliss: Introduction to Self-Myofascial Release
with Judi Lyons

Garvey Senior Activity Center
Thursday, October 2
2 p.m.
Cost: \$25

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. SMR is



known to improve mobility, posture, alignment, musculoskeletal function, energy, immunity, blood flow, and nerve function. Experience how easy it is to be more comfortable in your body! Some conditions that benefit from SMR are arthritis and joint pain, back pain, Carpal Tunnel Syndrome, Chronic Fatigue Syndrome, congestion, Fibromyalgia, Frozen Shoulder, headaches/migraines, Plantar Fasciitis, repetitive motion injuries, Restless Leg Syndrome, Sciatica/Piriformis Syndrome, Scoliosis, TMJ Syndrome, and more. Accessible to all. Wear flexible clothing and bring a water bottle. Advanced registration is required.

Suzette Prichett Luncheon

Garvey Senior Activity Center

Tuesday, October 14

Doors Open: 11:30 a.m.

Lunch Served: 12 p.m.

Performance: 12:30 p.m.

Join us to hear the special guest vocalist Suzette Prichett perform at the Garvey Senior Activity Center. Suzette has been singing professionally for 30 years and has a beautiful sultry voice. Space is limited and this performance will fill up fast! Cost for lunch is by donation for those ages 60 and above and \$7 for those under the age of 60. Advance registration is required. Please visit www.stmarysmd.com/aging and click on the "View Sign Up for Activities and Programs" button for this special luncheon.



Make a Mini Scarecrow

Garvey Senior Activity Center

Tuesday, October 21, 2:00 p.m.

Cost: \$10

Just in time for the spooky season, get crafty and create your own mini scarecrow! We'll supply all the materials and guidance needed to assemble a cute, pint-sized guardian for your home or garden. A fun and easy craft for everyone! Advanced registration is required.

Afternoon Pickleball 101: Double Your Fun

Garvey Senior Activity Center

Tuesdays, September 2, 9 & 16

Thursdays, September 4, 11 & 18

2:00 p.m. - 3:30 p.m.

Cost: FREE

This beginner-centric class is perfect for those new to pickleball! It spans over three weeks and has two one-hour sessions each Tuesday and Thursday. Learn the fundamental skills and strategies of this obsessive sport. Please bring water, comfortable clothing, non-court marking shoes, and a paddle (if you own one you would like to use). In the case of rainy days, technical sessions will be held on those days. Advanced registration is required.



Beginner Bee Keeping in Southern Maryland

Garvey Senior Activity Center

Wednesday, September 3, 4 p.m.

Cost: FREE

Join Dee Wellons, professional apiarist and President of the Association of Southern Maryland Beekeepers (ASMB), for an engaging introduction to the fundamentals of local beekeeping. Learn how bees compare to traditional livestock like cows and goats, and explore opportunities for further training and education in the field. Weather permitting, an observation hive will be available for all to enjoy! Advanced registration is required.



How to Draw and Paint Birds with Chris

Garvey Senior Activity Center

Thursday, September 11

5 p.m.

Cost: \$5

Discover the basics of drawing and painting birds in this instructor-guided class designed for beginners. Using acrylic paints on an 8" x 10" canvas, you'll learn simple techniques to capture bird shapes, proportions, and details—then bring your sketches to life with color and texture. All materials are provided, and step-by-step guidance will help you build confidence as you create your own beautiful bird artwork. This class is perfect for anyone looking to explore nature-inspired art in a supportive, relaxed environment. No prior experience is necessary. Advanced registration is required.

Building Better Caregivers

Garvey Senior Activity Center

Wednesdays, September 17—October 22

5 - 7:30 p.m.

Cost: FREE

This program is an evidence-based workshop designed for caregivers. It promotes healthy living and teaches skills that may reduce stress for both the caregiver and their care partner.

Topics include:

- Planning for challenging behaviors
- Managing triggers
- Providing tools for daily challenges

This 6-week workshop meets once a week for 2.5 hours. Respite grants available. To apply for respite funding, call 301-475-4200, ext. 1057. Advance registration is required.

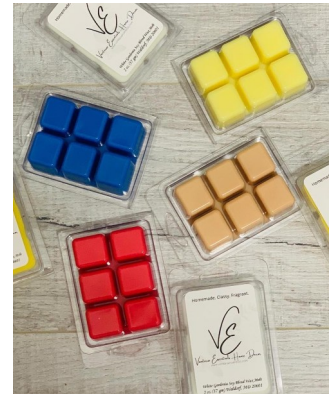
Candle and Wax Melt Making Workshop

Garvey Senior Activity Center

Monday, October 6, 5 p.m.

Cost: \$25

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



Bats, Cats, and Witches' Hats with Chris

Garvey Senior Activity Center

Thursday, October 9, 5 p.m.

Cost: \$5

In this instructor-guided class, students will paint a playful 8"x10" acrylic piece featuring bats, cats, and/or witches' hats. These iconic forms provide a fun and approachable way to practice shape, contrast, and layer with acrylics.

Designed for beginners, this session includes all materials and step-by-step instruction. Perfect for anyone looking to build confidence in painting within a relaxed, creative setting. No prior experience is necessary, and all materials will be provided. Advanced registration is required.

Movie Night

Garvey Senior Activity Center

Thursday, September 18

Thursday, October 16

5 p.m.

Cost: The movie is FREE.

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

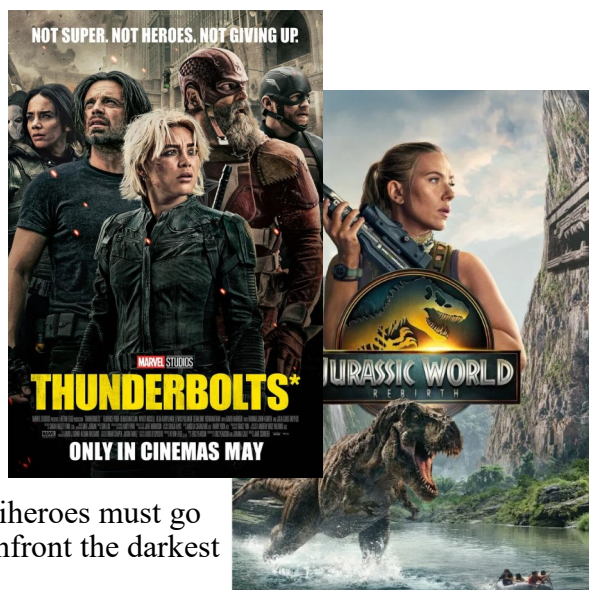
Join us as we convert our dining room into a movie theatre! Snacks, drinks, and freshly popped popcorn will be available for purchase.

You're also welcome to bring your own food and non-alcoholic drink.

Advanced registration is required.

September *Thunderbolts* PG-13 After finding themselves ensnared in a death trap, a team of antiheroes must go on a dangerous mission that will force them to confront the darkest corners of their pasts.

October *Jurassic World: Rebirth* PG-13 An expedition braves isolated equatorial regions to extract DNA from three massive prehistoric creatures for a groundbreaking medical breakthrough.



Sweetheart Cupcakes

Garvey Senior Activity Center

Wednesday, October 8

4 p.m.

Cost: \$30

Join Rebecca of Sweetheart Cupcakes for a hands-on workshop focused on elegant Halloween-themed cupcake decorating. Learn techniques you can use for seasonal events, special occasions, or just for fun. Each participant will complete four custom cupcakes to take home. All supplies are provided. Just bring an apron and get creative!

Advanced registration is required.



Sound Bath with Ruth

Garvey Senior Activity Center

Tuesdays, September 16 & October 21

6:30 p.m.

Cost: \$20

Join us for a rejuvenating sound bath experience. Immerse yourself in sound vibrations that provide a calming effect on your nervous system. Sound Baths can help you achieve deep relaxation, balance your energy and reduce stress. Don't miss this opportunity to immerse yourself in harmonious vibrations and leave feeling refreshed and renewed. Please bring a yoga mat, small pillow and blanket to build your comfy nest. May not be recommended for those with pacemakers. Please consult your physician before

attending. Advance registration is required.

Loffler Senior Activity Center

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

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

Massage Therapy with Renika Watson, LMT

Loffler Senior Activity Center

Tuesdays, September 2, 9, 16 & 23

Tuesdays, October 7, 14, 21, & 28

10 a.m. – 4 p.m.

Cost: \$50 for 45 minutes

\$65 for 60 minutes

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

Loffler Senior Activity Center

Tuesdays, September 2, 9, & 16 - Color Theory Life

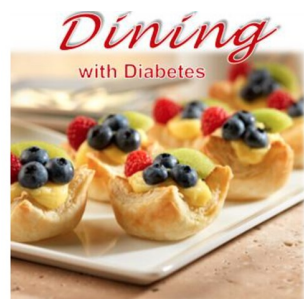
Tuesday, October 7, 14, & 21-Acrylic Paint

10 a.m. – 12 p.m.

Cost: \$25 per class (supplies provided)

September: Explore color theory and paint blending using a limited palette to create full ranges of tones and values while painting still life. Great for beginners and experienced artists.

October: Work on a subject of your choice using acrylics on canvas. Learn layering, blending, and brush techniques to enhance your art. Choose one project over three weeks or complete up to three smaller ones. Suitable for all skill levels. Advance registration required.



Dining with Diabetes: UMD Extension- Food & Nutrition Loffler Senior Activity Center

Thursdays September 4, 11, 18, & October 2, 9:30 – 11:30 a.m.

Cost: FREE

Dining with Diabetes is a four-week, evidence-based national Extension program for adults with type 2 diabetes or pre-diabetes. The program teaches healthy meal planning, carbohydrate counting, portion control, label reading, the importance of healthy fats and fiber in managing diabetes. Participants will learn how to prepare nutritious,

well-balanced meals, incorporate physical activity into their lifestyle, and monitor their 'numbers'. Attending all sessions is encouraged to gain the full benefit of the program.

Advance registration is required.

NEW BEGINNING

The Power of Sound Healing Music + Yoga for Mind, Mood & Immunity

Loffler Senior Activity Center

Tuesday, September 9, 10 – 11:30 a.m.

Cost: \$20

Join Judi Lyons in harmonizing body, mind, and spirit by combining accessible yoga movements with the power of Solfeggio healing music - enhancing cognitive function, balancing emotions, and strengthening immunity. This is a mat and chair yoga experience. 75 minutes yoga + 45 minutes Learning, Q & A with immunity tea. Advance registration is required.



Cards with Mimi - Cow Themed Cards

Loffler Senior Activity Center

Tuesday, September 9, 1:30 – 3:30 p.m.

Cost: \$10

These cards are Moo-luscious! Mimi will assist you in creating four cards with a cow theme for any occasion. All supplies are provided. Advance registration is required.

Crochet for Beginners

Loffler Senior Activity Center

Wednesdays, September 10, 17, 24

Wednesdays, October 1, 8

1:30 p.m.

Cost: \$5 (all beginner supplies provided)

Join Terry for a five-week beginner crochet course. You will learn the slip knot, chain stitch, single and double crochet using a simple project. Advance registration is required.



Loffler Yard Sale – Open to the Public/

Intergenerational

Loffler Senior Activity Center

Friday, September 12, 10 a.m. – 3 p.m.

Cost: \$5 per table

Bring your gently used clothes, decorations, household items, and miscellaneous items, to the first annual Loffler Yard Sale. Each table is \$5. We have a limited amount of space and tables so be sure to sign up early! Please note: you will need to take

any unsold items with you at the end of the yard sale. Tables may be purchased by anyone and not limited to older adults. The Yard Sale is open to everyone. The cutoff date to reserve & pay for a table is September 8.

Physical Activity As We Age: Presented by Medstar Population & Community Health

Loffler Senior Activity Center

Monday, September 15, 10 a.m.

Cost: FREE

Regular activity can positively impact our physical health as well as our overall wellbeing. Join us for an interactive discussion on the important health benefits and types of exercise. Advance registration is required.

Chair Yoga with Judi Lyons *New to Loffler!*

Loffler Senior Activity Center

Tuesdays, September 16 & 23

Tuesdays, October 21 & 28

9:30- 10:30 a.m.

Chair Yoga is a gentle practice that involves performing yoga postures while seated or using a chair for support. It is designed to make yoga accessible to individuals with disabilities, older adults, or anyone who finds traditional yoga challenging. This is a trial period, and all participants must pay per class or use their fitness card.

Crafts with Penny

Loffler Senior Activity Center

Thursday, September 18, 1 - 3 p.m.- Fall Pumpkin Wreath

Thursday, October 16, 1 -3 p.m.- Spider Mesh Wreath

Cost: \$20 (all supplies provided)

September: Create your own pumpkin wreath using fabric and flowers on a wire form.

October: Create a cute spider mesh wreath just in time for Halloween. Advance registration is required for both projects.

Peace, Love and a Groovy 60s Party

Loffler Senior Activity Center

Friday, September 19, 1 - 4 p.m.

Cost: \$3

Dust off your go-go boots, grab your tie-dye, find your bell bottoms or tease your hair! It is time to party 60s style. Join us for an afternoon of dancing, tie-dye table, games, contests, and some 60s-line dancing. We will have a 60s VW Beetle Van cut-out for pictures! Advance registration is required.



Drama Speaks Luncheon

Loffler Senior Activity Center

Thursday, September 11

Doors Open: 11:00 a.m.

Lunch Served: 11:30 a.m.

Performance: 12 p.m.

Cost: Lunch donation for ages 60+; \$7 for those under 60

Join us for an exciting afternoon of drama and storytelling as our talented performers from Garvey Senior Activity Center's Reader's Theater bring to life a series of original skits. Advance registration is required.

Make & Take Projects with Jamie

Loffler Senior Activity Center

Tuesday, September 30- Still Life Color Theory

Tuesday, October 28- Acrylic on Wood- Porch Signs

10 a.m. – 12 p.m.

Cost: \$25 (all materials included)

September- Study Color Theory in this simple but fun Still Life, Colored Jars, Acrylic on Canvas

October- Sample Boards will be in the Foyer of the Loffler Senior Activity Center at the beginning of October to help you decide. Advance registration is required.



Take a Stand to Prevent Falls Workshop

Loffler Senior Activity Center

Monday, October 6, 10 a.m.

Cost: FREE

Falls are the leading cause of injury for adults 65 and older, but they are preventable. Join MedStar Health educators for an

interactive discussion on fall prevention, risk reduction, and resources for when falls occur. Advance registration required.

Dance for Neuroplasticity: Hippy's '60s Theme

Loffler Senior Activity Center

Tuesday, October 7, 10- 11:15 a.m.

Cost: \$20

This class explores the fascinating connection between dance and neuroplasticity, the brain's ability to reorganize itself by forming new neural connections. Through a combination of theoretical knowledge and practical dance exercises, participants will learn how dancing can improve cognitive function, emotional well-being, and overall brain health.

Advance registration is required.

Make a Halloween or Fall Tray with Chris

Loffler Senior Activity Center

Wednesday, October 8, 1:30- 3:30 p.m.

Cost: \$20

Chris will instruct you on completing a Halloween or Fall themed tray using paint and how to use resin epoxy to protect your design. This is a great piece to use as part of a centerpiece or party tray! All skills welcome and all supplies provided. Advance registration is required.



Grow It, Eat It, Preserve It: UMD Extension – Food & Nutrition

Loffler Senior Activity Center

Thursday, October 9, 10 a.m.- 12 p.m.

Cost: FREE

More people are growing their own food and want to preserve it year-round. This workshop will cover drying, freezing, and canning techniques with demos included. Limited seats available. Advance registration required.

Loffler's Haunted Family Farm

Loffler Senior Activity Center

Friday, October 31, 1 – 4 p.m.

Cost: FREE

Get ready for a chilling adventure where the corn isn't the only thing that's haunted...Welcome to the Loffler Haunted Family Farm, a Halloween celebration where eerie enchantment meets countryside charm. Step into a shadowy world where spooky scarecrows guard every corner, their stitched grins daring you to come closer. Overhead, ominous crows circle and caw, while the halls come alive with sinister pumpkins. Enter if you dare for a costume contest, monster mash dancing, and more!

Advanced registration is required.



Northern Senior Activity Center

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

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

Let's Go, Commanders! – Rally

Northern Senior Activity Center

Friday, September 5

9:45 a.m.-1 p.m.

Cost: \$3 suggested donation for Bingo

Show your spirit and jerseys off at a pre-game rally for Washington Commanders vs. New York Giants on Sunday, Sept 7th. Kickoff begins with a special Bingo including team and tailgate prizes. No enrollment needed. Stay for

lunch (bring food or reserve from the Center). Then, enjoy history & game highlight reels.

There will be a Zoom online session on Monday, September 8th at 11:30 a.m. called Senior Fan Forces. A post-game gathering featuring YOU – get more details at the rally.



Pottery Throwing: Small Yarn Bowl

Northern Senior Activity Center

Friday, September 5 & 26, 10 a.m.-12 p.m.

Cost: \$10

Pam King, our pottery group leader, will provide instruction on how to use the potter's wheel to "throw" clay. You'll create a small bowl, perfect for holding yarn. The fee includes instruction, supplies, and kiln firing. See top of this page for how to register.

Therapeutic Motions Private Sessions

Northern Senior Activity Center

Mondays, September 8-October 27* & Tuesdays, September 2-October 28

12:45-1:35 p.m. & 1:45-2:35 p.m.

Cost: \$50 per session

These sessions, led by Judi Lyons, offer a holistic path to healing by integrating body, mind, and energetic awareness. They support the release of chronic tension and stress, helping to unwind ingrained movement patterns caused by overuse, injury, or disuse. Sessions gently restore optimal sensory-motor function. Clients often experience enhanced circulation, fluid mobility, improved posture, and greater physical stability.

Judi's approach blends:

- Self-Myofascial Release
- Gentle Somatic Movements
- Energy Medicine Techniques
- Gentle Yoga

Double sessions are available for deeper integration. Please note: No session on October 13. See the top of this page for how to register.

Living Well with Chronic Conditions

Northern Senior Activity Center

Tuesdays, September 9-October 14, 1-3:30 p.m.

Cost: FREE

Care for yourself and improve your life while dealing with a chronic health condition. This evidence-based program, developed by Stanford University, helps people with chronic conditions take charge of their life through self-management skills. There is no cost for this series. However, a commitment to regular attendance is needed for good results. See page 24 for how to register.

Security Awareness Seminar

Northern Senior Activity Center

Wednesday, September 10, 10-11 a.m.

Cost: FREE

Would you like to learn how to keep yourself safe, both online and in person? Michelle Caracaus Long of Security by Design Consulting will give a presentation covering important topics such as common phone and email scams, easy-to-use resources for staying informed, and public safety awareness. Leave this seminar feeling more confident, aware, and empowered! See page 24 for how to register.

Healthy Bones & Joints: Zen Barre®

Northern Senior Activity Center

Monday, September 15, 1-2:30 p.m.

Cost: \$20

Join instructor Paty Massón for this great workshop! Zen Barre® is a gentle and uplifting movement practice that blends yoga, Pilates, ballet, and light dance, all set to joyful music. Paty has selected instrumental songs from Netflix's *Bridgerton* to be fancily featured. Designed for older adults, this class supports joint health through low-impact, rhythmic movements that are both fun and functional. No dance or fitness experience is required. All you need is a willingness to move and enjoy! See page 24 for how to register.

Owl Pinecone Craft

Northern Senior Activity Center

Tuesday, September 16, 9:30-11 a.m.

Cost: FREE

Who's ready to craft? This owl pinecone is a hoot! Join artist Karen Bates as she guides you through the process. Everyone must bring a pinecone (medium or large size). Additional materials will be provided. Limited space available. See page 24 for how to register.



Lunchtboerfest – Bavarian-Style Luncheon with Rob Young

Northern Senior Activity Center

Thursday, September 25, 11 a.m.-12:15 p.m.

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

It's Oktoberfest season! Put on your best Bavarian outfit and get ready to celebrate. Musician Rob Young will provide festive live music. We're serving bratwursts on a roll, potato salad, spiced apples, 3-bean salad, and fresh fruit. See page 24 for how to register. A meal will be reserved for you upon enrollment.

Daily Energy Routine: Immunity Boost

Northern Senior Activity Center

Monday, September 29, 1-2:30 p.m.

Cost: \$20

Recharge your wellness in just 7 minutes a day! Instructor Judi Lyons will teach gentle Energy Medicine practices that spark vitality and strengthen your immune system. This routine helps clear energy blockages and promotes both physical and emotional balance. It's ideal for anyone looking to boost immune health or recover from frequent illness. The class is accessible to all. Wear comfortable clothes, bring water, and come as you are. See page 24 for how to register.

Karaoke Cake Walk

Northern Senior Activity Center

Tuesday, September 30, 10-11:30 a.m.

Cost: FREE

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, perfect for amateurs! Have a good time with friends and staff. Please request a song and/or artist when signing up. All karaoke singers will enjoy a past Center tradition called the Cake Walk, which is a play on musical chairs but with baked goods as prizes. See page 24 for how to register.



Shopping & Cooking on a Budget

Northern Senior Activity Center

Thursday, October 2, 10-11 a.m.

Cost: FREE

Deon Littles, Family & Consumer Sciences Agent from the University of Maryland Extension, is visiting to provide tips on grocery shopping & cooking on a budget or fixed income. Learn skills such as when to buy in bulk, knowing the grocery store layout, and how to prepare healthy meals for less.

See page 24 for how to register.

AARP Smart Driver™ Safety Course

Northern Senior Activity Center

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

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

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

Basketweaving

Northern Senior Activity Center

Friday, October 24, 10 a.m.-3 p.m.

Cost: \$30

Pam King will instruct how to weave a simple, yet elegant, basket. Materials will be provided. All skill levels are welcome. Check the Activity Enrollment Website for project details. See page 24 for how to register.

Craft & Vendor Sale – Fall 2025

Northern Senior Activity Center

Friday, October 17, 9 a.m.-2 p.m.

OPEN TO THE PUBLIC!

Our seniors are back with more unique items to sell. The shopping possibilities are endless! Find some holiday décor and/or Christmas gifts. Support local merchants. Invite your friends & family to shop with you – this event is open to the public. No registration is needed to shop. See you there! *(Interested in vending? Leave a detailed message on 301-475-4200, ext. 3115, to request a table. The line will be open September 1-30. The table fee is \$10. Limited space available.)*



Fall Bird Feeding – Presentation

Northern Senior Activity Center

Tuesday, October 21, 10-11 a.m.

Cost: FREE

Do you enjoy watching birds on the patio at Northern, or at home? Join Barb Whipkey, co-owner of Wild Birds Unlimited (SOMD), as she shares tips on how we can attract a larger variety of birds to our feeders. Studies have shown that birds with access to feeders during the cold months have a higher survival rate than those without access to feeders. See page 24 for how to register.

Dancing for Neuroplasticity: Halloween Vibes

Northern Senior Activity Center

Monday, October 27, 1-2:30 p.m.

Cost: \$20

Step into a transformative world where dancing isn't just movement — it's a unique, scientifically backed brain-boosting, memory-engaging, and spirit-lifting journey. Experience classic Halloween songs that will awaken your brain's memory centers & spark emotional connections. Join newly certified brain fitness educators, Judi Lyons & Paty Massón. Discover how dance can create new neural pathways, strengthen brain connections, and foster dynamic resilience. Please bring water and wear comfortable clothing. See page 24 for how to register.



The Haunted Hop – Halloween Dance Party

Northern Senior Activity Center

Friday, October 31, 1-3 p.m.

Cost: FREE

Happy Halloween! Wear your best costume and don't forget your dancing shoes. A local DJ will take the stage to play fun dance songs & classic Halloween tracks. Be prepared to enter the costume contest for a chance to win a prize! Light refreshments will be served. Request your favorite song or artist upon enrollment. See page 24 for how to register.

Retired and Senior Volunteer Program

By Monika Williams, RSVP Project Manager

We would like to share our appreciation for grandparents during this Grandparent Appreciation month. Grandparents have so much love and wisdom to share. They are like walking history that can share so many things their eyes have witnessed throughout the years. Grandparents have the greatest stories. I used to love to listen to my grandfather talk about how different things were in comparison to my age and time.

RSVP understands the many strengths grandparents possess. Many of our volunteers are grandparents. They share their knowledge, talents, and kindness with our community members every day. Share your appreciation for your grandparents today or share a memory of your grandparents if they have passed from this life.



Teen Court

Volunteers are needed for this awesome program. Teen Court offers young offenders a chance to get on the right track. Teen Court is a voluntary diversion program from the juvenile justice system. Adult volunteers serve as judges, court bailiffs, and hearing support assistants. Teen volunteers serve as jurors and deliberate to create sanctions for the offender. This program is very successful in giving youth the opportunity to change negative behaviors and accept responsibility for their actions

Volunteer Opportunities

We have many volunteering opportunities available. Please consider joining our team to serve our community.

Historic St. Mary's

There are many volunteering opportunities within Historic St. Mary's. Duties include: tour guide, costume repair, cleaning artifacts and organizing records, history guide within the St. John's Site Museum. A new offering of assisting with the famous "Maryland Dove".



Volunteer Opportunities

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

Charlotte Hall Veterans Home

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

A Community That Shares (ACTS)

- Receiving and dispersing
medical equipment
- Repairing Equipment
- Currently, 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

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

Ongoing Activities - Garvey

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

Helpful Links:

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

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

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

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

Ongoing Activities - Loffler

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Art with Jamie	Tuesdays 4 sessions each month 10 a.m.	Start up materials provided; instructor will notify of other items needed.	Yes	\$25 per class
Arthritis Foundation Exercise Program (AFEP)	Tuesdays & Thursdays 12:30-1:30 p.m.	Gentle, range of motion, stretching and flexibility led by certified instructor.	No	No
Bible Study	Fridays 10:30 a.m.	Non-denominational, Christian-based scripture group led by volunteer Phil Benedict.	No	No
Bingo	Wednesdays 12:30-1:30 p.m.	Game with volunteer bingo callers. Pantry items for prizes.	No	No
Book Club	1 st Friday of every month.	Read a new book each month and then enjoy a friendly discussion.	No	No
Bridge	Tuesdays 10 a.m.	New & experienced players welcome.	No	No
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 nd Wednesdays 9:30 a.m.	Volunteer led informational session on various health topics.	Yes	No
Honey Bee Quilters	1 st , 3 rd , & 5 th Wednesdays 10 a.m.	Bring your own quilting supplies. Sewing machines available at center if needed.	No	No
Line Dancing	Fri. 11 a.m.	Learn some of the classic line dances steps. Mostly country music. Beginners welcome.	No	No
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 nd Mondays 10 a.m.	Nutrition presentations led by a Licensed Dietician.	Yes	No
Open Art Studio	1 st and 3 rd Fridays 9 a.m.	Drop in for guided art practice with volunteer Penny.	No	Drop in fee
Pinochle	Mon., Wed., & Fri. 9 a.m.	New & experienced players welcome.	No	No
Project Linus	3 rd Fridays 10 a.m.	Make blankets for children and teenagers who are hospitalized or in shelters.	No	No
R&B Line Dancing	Wednesdays 11 a.m.	Learn the latest Line dances performed to your favorite R&B tunes. Beginners welcome	No	No
Rummikub	Wednesdays 9 a.m.	Fun tabletop game for all levels of experience.	No	No
Walking Club	Mon., Wed., Fri. 9 a.m.	All are welcome, group walks laps around the park.	No	No
Yoga	Mon., Wed., Thurs., Fri., 9:30 a.m.	Gentle range of motion stretches and poses along with meditation.	No	Fitness Card
Zumba Gold	Mondays 12:30 p.m.	Dance based exercise program led by certified instructor.	No	Fitness Card

Ongoing Activities - Northern

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Arthritis Foundation Exercise Program	Wednesdays 10:45-11:45 a.m. Thursdays, 1-2 p.m.	Gentle, range of motion, stretching and flexibility led by certified instructor.	No	No
Awakening Yoga	Mondays, 9:30-10:30 a.m. Fridays 11a.m.—Noon	Gentle range of motion/ meditation.	No	Fitness Card
Basket Weaving	Periodically	Typically, two-part classes offered.	Yes	Varies; \$30
Billiards	Mondays & Wednesdays	Bring your own or use ours.	No	No
Bingo	Fridays 9:45-11:15 a.m.	Game with volunteer bingo callers. Pantry items for prizes.	Yes	No
Book Club: Book Chatter	4 th Thursday 10:30 -11:30 a.m.	Read & review new books each month. Different books for each club.	Yes	No
Chair Yoga	Wednesdays, 9:30 – 10:30 a.m.	Chair Yoga has been modified to allow participants to safely perform positions with a chair incorporated for ease and stability.	No	Fitness Card
Crafty Corner	Mon., Tues., Thurs., Fri. 8 a.m.-4 p.m. Wednesdays, 1-4 p.m.	Open time to work on textile based projects like beads, crochet, and coloring.	No	No
Coloring Group (two groups)	1 st & 3 rd Wednesdays 1-2:30 p.m.	Participants supply coloring utensils if possible; some are provided.	Waitlist	No

Ongoing Activities - Northern

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Crochet DIY	Mon. & Wed., 1-4 p.m.	Beginners or experienced.	No	No
Cycling Meetup	2nd & 4th 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
Diamond Dazzle (two groups)	3 rd Monday 10 a.m.-Noon & 1- 3 p.m.	Diamond and associated bead crafts.	Waitlist	Yes for kits
Double Pinochle	Tuesdays & Fridays 10 a.m.-4:30 p.m.	Moderately experienced players.	No	No
Drums Alive	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
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)	Wednesdays 12:30-2:30 p.m.	American version of popular tile game. Involves skill, strategy, and luck. Beginners welcome.	No	No
OH HECK (Cards)	Tuesdays & Fridays 10 a.m. -2 p.m.	Experienced players and beginners welcome.	No	No
Open Studio: Pottery and Ceramics	Mon., Tues., Thurs., & Fri. 8 a.m. -4 p.m.	Crafters continue work on individual clay, pottery, or paint pieces. Some Fridays are reserved for specific art pottery projects/ classes.	Studio orientation	Fee for clay ceramics, fire, supplies
Party Bridge	Thursday 10 a.m.-2 p.m.	Best suited for experienced players.	Preferred	No
Pitch Card Day	Last Thursday of the month 12:30-3:30 p.m.	Experienced players enjoy an afternoon of Pitch. Top players will receive a prize.	Yes	\$10
Northern Quilters	2 nd & 4 th Wednesday 12:30-4:30 p.m.	Instructor teaches basic skills and techniques. Individual projects.	Preferred- Not required	TBD, Varies
R&B Line Dancing	Fridays 1-2 p.m.	Popular line/party dance styles.	No	No
Scrapbooking/ Papercrafting.	2nd Monday, 10 a.m.-3 p.m.	Organizing photos into a book using artistic skill.	Waitlist	Bring your own materials
S.W.A.G. (Seniors Winning at Games)	Tuesdays & Fridays 1-4:30 p.m.	Various card games like SkipBo, Canasta, Rummy, etc.	No	No
Tech Rescue	Monday-Friday after 2 p.m. By appointment only	15-30 requested appointments with Keilan Ruppert to work on specific needs with computers, smartphones, etc.	Yes	No
Workout Room	Open during normal operating hours	1 Bow Flex; 1 Standing Elliptical; 1 Seated Elliptical; 2 Pec/Fly; 2 Treadmills; 2 Recumbent Bikes.	No	No
Zumba Gold	Tuesdays 10:45 a.m. -11:45 a.m.	Latin music and dance fitness program.	No	Fitness Card

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

Lori Jennings-Harris, Director

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

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

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

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

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

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

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

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

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

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
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Garvey Senior Activity Center 301-475-4200, ext. 1080	23630 Hayden Farm Lane Leonardtown MD, 20650
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Loffler Senior Activity Center 301-475-4200, ext. 1658	21905 Chancellor's Run Road Great Mills, MD 20634
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Northern Senior Activity Center 301-475-4200, ext. 3101	29655 Charlotte Hall Road Charlotte Hall, MD, 20622
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Human Services and MAP Site 301-475-4200, ext. 1057	23115 Leonard Hall Drive Leonardtown, MD, 20650
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St. Mary's County Department of Aging &
Human Services
41780 Baldrige Street
P.O. Box 653
Leonardtown, MD 20650

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

Monday, September 1 - Labor Day
Monday, October 13 - Columbus Day

NEW BEGINNING