

Northern Senior Activity Center

November 2024

| Mon | Tue | Wed | Thu | Fri |
|--|---|---|---|---|
|  | | <div style="border: 2px solid black; background-color: yellow; padding: 5px;"> Hours of Operation 8 a.m. - 4:30 p.m. Last Entry at 4 p.m. </div> | <div style="border: 2px solid black; background-color: lightblue; padding: 5px;"> Hot Lunches Served Daily Ages 50+. Call ext. 3105 the day before to reserve. </div> | 1 8 am-4 pm: Crafty Corner 9-10 am: Enhance® Fitness (Annette) \$ 9:45-11:15 am: Bingo 10 am-Noon: Pottery Throwing — <i>Santa Belly Crock</i> (1 of 2) \$ 10 am-2 pm: Oh Heck Cards 10 am-4:30 pm: Double Pinochle 11 am-Noon: Awakening Yoga (Judi) \$ 1-2 pm: R&B Line Dancing 1-4:30 pm: SWAG—Cards |
| 4 8 am-4 pm: Open Studio 9:30-10:30 am: Awakening Yoga (Judi) \$ 10 am-3 pm: Scrapbooking 10 am-4 pm: Billiards Drop-in 1-4 pm: Crochet DIY | 5 Election Day 8 am-4 pm: Open Studio & Crafty Corner 9:30-10:30 am: Enhance® Fitness (Geno) \$ 10 am-2 pm: Oh Heck Cards 10 am-4:30 pm: Double Pinochle 10:45-11:45 am: Zumba Gold® (Geno) \$ 1-4:30 pm: SWAG — Cards | 6 9:30-10:30 am: Chair Yoga (Paty) \$ 9:30 am-12:30 pm: Dynamic Ceramics 10-11:30 am: Coloring Group II* 10 am-4 pm: Billiards Drop-in 10:45-11:45 am: Arthritis Exercise (Debbie) 1-2:30 pm: Line Dancing (Colleen) 1-2:30 pm: Coloring Group* 1-4 pm: Crafty Corner (Studio) | 7 8 am-4 pm: Open Studio & Crafty Corner 9:30-10:30 am: Enhance® Fitness (Cheryl) \$ 10 am: Crime Solvers* 10 am-1 pm: Party Bridge 1-2 pm: Arthritis Exercise (Debbie) 1-4:30 pm: Eastern Mahjong | 8 8 am-4 pm: Open Studio & Crafty Corner 9-10 am: Enhance® Fitness (Annette) \$ 9:45-11:15 am: Bingo 10 am-2 pm: Oh Heck Cards 10 am-4:30 pm: Double Pinochle 11 am-Noon: Awakening Yoga (Judi) \$ 1-2 pm: R&B Line Dancing 1-4:30 pm: SWAG—Cards |
| 11 <div style="text-align: center;">  <p>CENTER CLOSED Veterans Day</p> </div> | 12 8 am-4 pm: Open Studio 9:30-10:30 am: Enhance® Fitness (Geno) \$ 10-11 am: Southern Maryland History in Story & Song with Joseph Norris 10 am-Noon: Homemakers* 10 am-2 pm: Oh Heck Cards 10 am-4:30 pm: Double Pinochle 10:45-11:45 am: Zumba Gold® (Geno) \$ 12:30-4 pm: Crafty Corner 1-4:30 pm: SWAG — Cards | 13 8:30 am-12:30 pm: Memory Screenings with Terri Verbic-Boggs 9:30-10:30 am: Chair Yoga (Paty) \$ 9:30 am-12:30 pm: Dynamic Ceramics 10 am: Cycling Meetup 10 am-4 pm: Billiards Drop-in 10:45-11:45 am: Arthritis Exercise (Debbie) 11:30 am-3:30 pm: Northern Quilters* 1-2:30 pm: Line Dancing (Colleen) 1-4 pm: Crafty Corner (Studio) 1-4 pm: Crochet DIY | 14 8 am-4 pm: Open Studio & Crafty Corner 9:30-10:30 am: Enhance® Fitness (Cheryl) \$ 10-11:30 am: Coffee with the Sheriff 10 am-1 pm: Party Bridge 1-4:30 pm: Eastern Mahjong | 15 8 am-4 pm: Crafty Corner 9-10 am: Enhance® Fitness (Annette) \$ 9:45-11:15 am: Bingo 10 am-Noon: Pottery Throwing — <i>Santa Belly Crock</i> (2 of 2) \$ 10 am-2 pm: Oh Heck Cards 10 am-4:30 pm: Double Pinochle 11 am-Noon: Awakening Yoga (Judi) \$ 1-2 pm: R&B Line Dancing 1-4:30 pm: SWAG—Cards |
| 18 8 am-4 pm: Open Studio 9:30-10:30am: Awakening Yoga (Judi) \$ 10 am-Noon: Diamond Dazzle (Group 1)* 10 am-4 pm: Billiards Drop-in Noon-1 pm: Nutrition Education — Diabetes 1-3 pm: Diamond Dazzle (Group 2)* 1-4 pm: Crochet DIY 1:30-3 pm: Chair Dance Connection — <i>Holiday Gratitude with Judi & Paty</i> \$ | 19 8 am-4 pm: Open Studio & Crafty Corner 9:30-10:30 am: Enhance® Fitness (Geno) \$ 10 am-2 pm: Oh Heck Cards 10 am-4:30 pm: Double Pinochle 10:45-11:45 am: Zumba Gold® (Geno) \$ 11 am-12:30 pm: Turkey & Tunes Luncheon with P.M. Barber \$ 1-4:30 pm: SWAG — Cards | 20 9:30-10:30 am: Chair Yoga (Paty) \$ 9:30 am-12:30 pm: Dynamic Ceramics 10-11:30 am: Coloring Group II* 10 am-4 pm: Billiards Drop-in 10:45-11:45 am: Arthritis Exercise (Debbie) 1-2:30 pm: Line Dancing (Colleen) 1-2:30 pm: Coloring Group* 1-4 pm: Crafty Corner (Studio) 1-4 pm: Crochet DIY | 21 8 am-4 pm: Open Studio & Crafty Corner 9:30-10:30 am: Enhance® Fitness (Cheryl) \$ 10 am-1 pm: Bridge 10:30-11:30 am: Book Chatter* 12:30-3:30 pm: Pitch Card Day \$ 1-2 pm: Arthritis Exercise (Debbie) 1-4:30 pm: Eastern Mahjong | 22 8 am-4 pm: Open Studio & Crafty Corner 9-10 am: Enhance® Fitness (Annette) \$ 9:45-11:15 am: Bingo 10 am-2 pm: Oh Heck Cards 10 am-4:30 pm: Double Pinochle 11 am-Noon: Awakening Yoga (Judi) \$ 12:30-3:30 pm: Bunco Day \$ 1-2 pm: R&B Line Dancing 1-4:30 pm: SWAG—Cards |
| 25 8 am-4 pm: Open Studio 9:30-10:30 am: Awakening Yoga (Judi) \$ 10 am-3 pm: Scrapbooking 10 am-4 pm: Billiards Drop-in 1-4 pm: Crochet DIY | 26 8 am-4 pm: Open Studio 9:30-10:30 am: Enhance® Fitness (Geno) \$ 10 am-Noon: Homemakers* 10 am-2 pm: Oh Heck Cards 10 am-4:30 pm: Double Pinochle 10:45-11:45 am: Zumba Gold® (Geno) \$ 12:30-4 pm: Crafty Corner 1-3 pm: Floral Arranging — Thanksgiving Centerpieces with Ian Tresselt Design \$ 1-4:30 pm: SWAG — Cards | 27 9:30-10:30 am: Chair Yoga (Paty) \$ 9:30 am-12:30 pm: Dynamic Ceramics 10 am: Cycling Meetup 10 am-4 pm: Billiards Drop-in 10:45-11:45 am: Arthritis Exercise (Debbie) 11:30 am-3:30 pm: Northern Quilters* 1-2:30 pm: Line Dancing (Colleen) 1-4 pm: Crafty Corner (Studio) 1-4 pm: Crochet DIY | 28 <div style="text-align: center;"> <p>CENTER CLOSED Thanksgiving</p> </div> | 29 <div style="text-align: center;"> <p>CENTER CLOSED Black Friday</p> </div> |

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

Important Information

The Online Registration System

Opened on **October 20** at 8 a.m. for select **November & December** activities.

To create an account & register for activities, visit www.stmaryscountymd.gov/aging and click the button that reads **"View & Sign Up for Activities & Programs."**

This month, online reservations are needed for:

- * Bunco Card Day, Chair Dance Connection, Coffee with the Sheriff, Floral Arranging, Memory Screenings, Nutrition Education, Pitch Card Day, Pottery Throwing, Southern Maryland History with Longman, and Turkey & Tunes Luncheon with P.M. Barber.
- * For details, see *Online Registration System, E-News, or the New Beginning newsletter*. Accommodations will be made for those requiring registration assistance by leaving a voicemail request at (301) 475-4200, **ext. 3115**.

Additionally:

- * **Lunches**— need a reservation by calling the kitchen **ext. 3105** by noon the day before. See the front desk with any questions.
- * **Tech Rescue**— Keilan Ruppert is offering tech help by appointment for a particular problem or hang-up.
To request a 15-30 minute appointment, email Keilan.Ruppert@stmaryscountymd.gov (preferred) or call **ext. 3103**.
Please include device information & questions/concerns when requesting. Drop-ins might not be accepted.

VIRTUAL Fitness Classes

Registration opened on **September 20** at 8 a.m. Visit www.stmaryscountymd.gov/aging to register & pay.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|-----------------------|--|
| 9-10 am: Enhance Fitness with Sherry | 9:30-10:30 am: Chair Assisted Yoga with Karen 3-4 pm: Chair Pilates with Sherry | 9-10 am: Enhance Fitness with Sherry | NO VIRTUAL CLASSES | 9:30-10:30 am: Chair Assisted Yoga with Judi |

Reminders

- In-person classes at the Center are open to St. Mary's & out-of-county residents. Most are drop-in unless otherwise indicated.
- *VIRTUAL* fitness classes are held on Zoom and open to all members.
- Updated membership paperwork is required before participating.
- Any programs requiring a fee are shown with \$ (In-person fitness classes require a fitness card purchase). Payments may be made with a credit card (Visa or Mastercard) or in-person at the front desk. Check or exact cash are also accepted.

The Staff

(301) 475-4200

MarieNoelle Lautieri

Operations Manager, **ext. 3102**
MarieNoelle.Lautieri@stmaryscountymd.gov

Keilan Ruppert

Program Specialist, **ext. 3103**
Keilan.Ruppert@stmaryscountymd.gov

Helene Hunter

Senior Office Specialist, **ext. 3101**
Helene.Hunter@stmaryscountymd.gov

MAP I&A Caseworker

ext. 3104

Penny Ellingwood

Food Service Technician, **ext. 3105**
Penny.Ellingwood@stmaryscountymd.gov

Therapeutic Motions
Private Sessions
with instructor Judi Lyons
Monday/Tuesday, 12:45-1:35 p & 1:45-2:35 p.m.
\$50 per session. Enroll & read info online.

**Computer Lab
& Workout Room**
Drop-in basis
with usage maximums

For weather related closures and cancellations...

Call (301) 475-4200, **ext. 3101**

The * symbol indicates full with waitlist.

*Programs may be subject to change
or additional programs may be added.*

Call ahead for more info on any program!

