

# NEW BEGINNING

**VOLUME 38 ISSUE 2**

**MARCH/APRIL 2025**

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



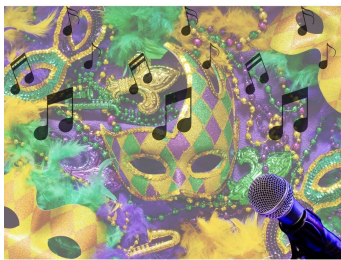
**Celebrating National Volunteer Month!**

# In This Issue...



**Keys to Senior Independence** Learn about programs and services available in St. Mary's County, how to make the most of your money as you age, and much more during the Keys to Senior Independence Series starting in March!.....Page 8

**Tax Credits & Preparation** Do you qualify for state or county tax credits? Are you looking for assistance with your tax preparation? Get the information you need from the Senior Information & Assistance Division.....Page 10



**Mardi Gras Karaoke Luncheon** Join folks at the Garvey Senior Activity Center for an electrifying Mardi Gras Karaoke extravaganza! .....Page 14

**Crafts with Penny** Join Penny at the Loffler Senior Activity Center to create unique Spring crafts that will brighten your home. All skill-levels are welcome!.....Page 21



**St. Patrick's Dance Party** Join folks at the Northern Senior Activity Center for a fun afternoon of dancing to party songs & some Irish music. ....Page 25

**Learn More About the RSVP Program** Are you looking for a rewarding way to engage in your community? Consider volunteering through the RSVP Program!.....Page 28





# From the Director's Desk

By Lori Jennings-Harris, Director

The month of April celebrates National Volunteer Month.

With the advent of spring, we may be eager to grow and blossom, right along with nature. It is a chance to begin something new and different. April is dedicated to not only recognizing and celebrating volunteers, but also encourage volunteer opportunities.



The Department of Aging & Human Services is acutely aware of the many contributions made by its volunteers and the enormous benefits from the many people and hours of volunteer service throughout the year. The addition of volunteers to the numerous areas of interest involving the Department of Aging & Human Services makes it possible for the Department to reach so many more people with the help of the volunteers, than without their help and dedication.

Our Department's Retired and Senior Volunteer Program (RSVP) of St. Mary's County helps to place persons aged 55 years and older in rewarding, challenging, and fulfilling volunteer opportunities with local county agencies, non-profit groups, and community organizations.

What the volunteers have in common is a desire to give back to our community in meaningful ways. Some of our volunteers put in hundreds of hours each year; others provide occasional help with special projects, programs, and events. Whatever their background, we try to match volunteers with a volunteer opportunity that matches their interests, skills, and availability. A few examples include, but are not limited to delivering meals to individuals who are unable to prepare meals for themselves; assist with preparing our senior activity centers for special events; assisting some of the non-profit agencies in the county; and serving on some of the county's boards and commissions.

Another volunteer program we have is the Senior Rides Program (SRP). This program provides older adults with door-to-door transportation to medical appointments, social engagements, and shopping.

*Continued on page 4*

## NEW BEGINNING

The Commissioners of  
St. Mary's County  
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### NEW BEGINNING

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

or visit the website at:

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

### Our Mission

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

*Continued from page 3*

There are many things I can point to that make the Department of Aging & Human Services special, one of which is the continued support and endearing compassion we have in the volunteers who make a difference in the lives of so many people. Their commitment makes the challenge of providing programs and services to many individuals a less difficult task. The Department has come to depend on the level of generosity we receive from volunteers, and we take pride in the excellence and magnitude of their giving in the true spirit of volunteerism.

To all the volunteers associated with the Department of Aging & Human Services, we thank you!

We celebrate you today, and always!

## **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, March 24, 2025  
1 p.m.

Monday, April 28, 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

4

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/>



**NEW BEGINNING**





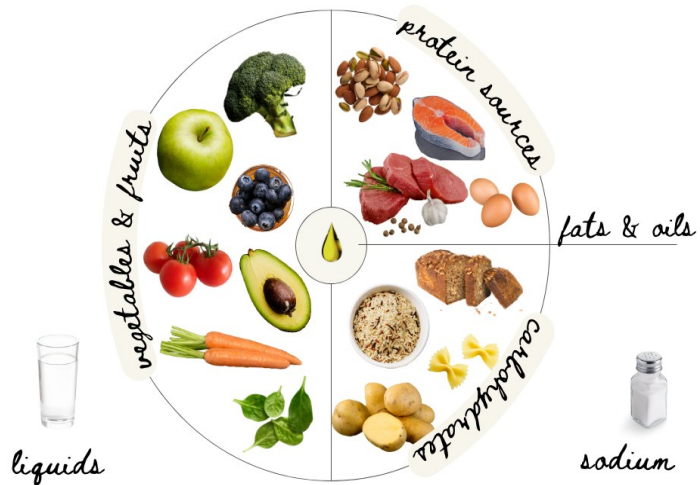
# Nutrition Corner

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

Every five years the Dietary Guidelines for Americans are issued with the latest being released later in 2025. These guidelines are healthy eating recommendations for the public. A while ago, the Scientific Report of the Dietary Guidelines Advisory Committee was submitted to the Secretaries of the US Department of Health and Human Services and the US Department of Agriculture. There was a 60 day comment period during which anyone including the public could weigh in and those comments were used to inform the development of the next edition of the Dietary Guidelines.

Evidence from the preliminary data analysis demonstrates that the current US dietary intake of many foods, nutrients and dietary components continue to fall short. Nutrition related chronic health conditions continue to threaten health throughout the whole lifespan. From systematic reviews, a dietary pattern has emerged that consistently is beneficial for health. This healthy dietary pattern (for people greater than 2 years of age) is higher in vegetables, fruits, legumes, nuts, whole grains, fish/seafood and vegetable oils and lower in red meats and processed meats, sugar sweetened foods and beverages, refined grains and saturated fats. Also included in the recommendations is consumption of low fat or fat free dairy and foods lower in sodium.

Once the 2025 Dietary Guidelines are issued, I will throughout the year at the senior activity centers and via the Department of Aging & Human Services' YouTube channel, be sharing information from the final documents and will focus on ways to meet the recommendations. Each month I try to make it fun to learn about good nutrition and will often provide samples for taste testing. I hope to see more of you in the coming months. And remember....it is never too late to make every bite count!



## Upcoming Nutrition Education Presentations:

### National Nutrition Month

- Garvey- Wednesday, March 5, 12:45 pm
- Garvey- Thursday, March 13, 6 p.m.
- Loffler- Monday, March 10, 10 a.m.
- Northern- Monday, March 17, 12 p.m.

### Eye Health and Safety Month

- Garvey- Wednesday, April 2, 12:45 pm
- Garvey- Thursday, April 10, 6 p.m.
- Loffler- Monday, April 14, 10 a.m.
- Northern- Monday, April 21, 12 p.m.

# Home & Community-Based Services

By Rebecca Kessler, HCBS Division Manager

## Ten Tips to Sustaining Healthy Living in Older Adults

Submitted by Lisa Berry, HCBS Program Coordinator


Reprinted from: <https://www.healthinaging.org/tools-and-tips/tip-sheet-top-10-healthy-new-years-resolutions-older-adults>

The American Geriatrics Society's Health in Aging Foundation recommends these top 10 healthy recommendations for older adults to help achieve your goal of becoming and staying healthy.

1. **Eat fruits, vegetables, whole grains, fish, low-fat dairy and healthy fats.** In later life, you still need healthy foods, but fewer calories. The USDA's *Choose My Plate program*, and your healthcare provider, can help you make good choices. Eat at least five servings of fruits and vegetables daily. Choose a variety with deep colors: dark green, bright yellow, and orange choices like spinach, collard greens, carrots, oranges, and cantaloupe are especially nutritious. Include nuts, beans, and/or legumes in your daily menu. Choose fiber-rich whole grain bread, brown rice, and whole grain pasta. Pick less fatty meats like chicken or turkey. Have heart-healthy fish, like tuna, salmon, or shrimp, twice a week. Include sources of calcium and Vitamin D to help keep your bones strong, Two daily servings of low-fat milk, yogurt, or cheese are a good way to get these nutrients. Use healthier fats, such as olive and canola oils, instead of butter or lard. Use herbs and spices to add flavor when cooking, which reduces the need to add salt or fat.
2. **Be active.** Physical activity can be safe and healthy for older adults — even if you have heart disease, diabetes, or arthritis! In fact, many of these conditions get better with mild to moderate physical activity. Exercises such as tai chi, water aerobics, walking, and stretching can also help you control your weight, build your muscles and bones, and improve your balance, posture, and mood. Check with your insurance plan to see if you are eligible for the *SilverSneakers program*, which can provide access to local fitness centers.
3. **See your provider regularly.** You should schedule an annual Medicare wellness visit with your healthcare provider around your birthday month to discuss health screenings and any changes in your advance directives. At each visit, talk to your provider about all the medications you're taking, and whether or not you still need them. Find out if you should be getting any new or booster immunizations/shots.
- 6 4. **Quit smoking.** Did you know that cigarette smokers are twice as likely to develop heart disease as non-smokers? It is never too late to quit. You can still reduce your risk of many health problems, breathe easier, have more energy, and sleep better if you quit smoking. You can access the National Cancer Institute's website *SmokeFree60+* for resources. Additionally, ask your healthcare provider for help. Don't lose hope if you failed to quit in the past. On average, smokers try about four times before they quit for good.
5. **Toast with a smaller glass.** Excessive drinking can make you feel depressed, increase your chances of falling, cause trouble sleeping, interact with your medications, and can contribute to other health problems. One drink = 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of hard liquor. The recommended limit for older men is no more than 14 drinks per week and for older women, no more than 7 per week.
6. **Guard against falls.** One in every three older adults falls each year — and falls are a leading cause of injuries and death among older adults. Exercises such as walking or

working out with an elastic band can increase your strength, balance, and flexibility and help you avoid falls. Also ask your healthcare provider to check that you're not taking any pills that can make you more likely to fall. Eliminate items in your home that are easy to trip over, like throw rugs. Insert grab bars in your bathtub or shower and install night lights so it's easier to see at night.

7. **Give your brain a workout.** The more you use your mind, the better it will work. Reading is a good choice. Socializing also gives your brain a boost, so join a bridge club or a discussion group at your local library or senior activity center. Or take a course at your local community college — some offer free classes for adults 65 and older.
8. **Speak up when you feel down or anxious.** About 1 in 5 older adults suffers from depression or anxiety. Some possible signs of depression can be lingering sadness, tiredness, loss of appetite or pleasure in doing things you once enjoyed. You may also have difficulty sleeping, irritability, and wanting to be alone. If you have any of these signs for more than two weeks, talk to your healthcare provider and reach out to friends and family.
9. **Get enough sleep.** Older adults need less sleep than younger people, right? Wrong! Older people need just as much — at least 7 to 8 hours of sleep a night. Avoid daytime naps, which can keep you up in the evening. Visit the National Sleep Foundation's website for more tips on how to sleep better.
10. **Reconsider multivitamins.** Reconsider using vitamins or nutrition supplements as many older adults do not need them. Consult your healthcare provider if you have any issues or concerns about your nutrition.



**Save the Date**  
*the*  
**32nd Annual**  
**Southern Maryland Caregivers Conference**  
*will be held on*  
**Friday, April 11, 2025**  
*at the*  
**Southern Pines Senior Center**  
**20 Appeal Lane**  
**Lusby, MD**

*This year's Southern Maryland Caregivers Conference  
will be hosted by the Calvert County Office on Aging.*

*For more information, please contact Lisa Caudle, Long-Term Care Manager, at 410-535-4606*



# Keys to Senior Independence

Hosted by the  
St. Mary's County Department of Aging & Human Services  
at the  
College of Southern Maryland - Leonardtown Campus  
Building C-Room 206  
Mondays, March 17, 24 & 31 and April 7, 2025  
Four Classes - 6-9 p.m.

**What are your plans for retirement?  
Do you know how to access Medicare, Medicaid, or other programs and services?  
Are you seeking volunteer opportunities within the St. Mary's County Community?  
Find all that and more with the Department of Aging & Human Services!**

## **Monday, March 17 - Rethinking Aging & Financial Planning**

Join us to learn about programs offered through the St. Mary's County Department of Aging & Human Services. Learn about assistive technology and how to make the most of your money as you age.

## **Monday, March 24 - Mental Health & Cognitive Decline**

This evening will cover several facets of mental health, including a presentation on Alzheimer's Disease and Dementia, and planning for care.

## **Monday, March 31 - Financial Health**

Speakers this week will teach community members about scams directed toward the aging population and how to detect, avoid, and report scams, along with legal information and financial options for older adults!

## **Monday, April 7 - Physical Health**

Speakers this week will teach community members about cardiovascular health, prostate care, living well with Lyme disease, and about the importance of preventive care.

**Sign up for one presentation or all four!  
For more information, or to register, contact:  
Nicoletta Pollice, Outreach Specialist  
Phone: 301-475-4200, ext. 1074  
Email: Nicoletta.Pollice@stmaryscountymd.gov**



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



**NEW BEGINNING**



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

## Making Connections: A Memory Café of St. Mary's

Memory cafés are a safe and engaging environment for those living with mild cognitive impairments, Alzheimer's Disease, or related dementias AND their care partners, family, and friends.

RSVP preferred but not required.



**Garvey Senior Activity Center**



**Tuesdays, March 11, 25, 2025**

**Tuesdays, April 8, 22, 2025**

**2 - 3 PM**

*free*

To RSVP or learn more, call 301-475-4200 ext. 1062

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

Special thanks to the Maryland Department of Aging Long Term Care and Dementia Care Navigation Program.



**MARCH/APRIL 2025**

# Senior Information & Assistance

*By Melissa Craig, Senior I&A Division Manager*



Attorneys from the Maryland Legal Aid are available at the Garvey Senior Activity Center once a month by appointment for those age 60 and older. The types of cases they can assist with are eviction, landlord/tenant disputes, credit problems, consumer complaints, denial of public benefits,

power of attorney, and Advance Directives. To schedule an appointment for March 14, 2025, or April 11, 2025, please call 301-475-4200, ext. 1064.

## State Homeowners' Property Tax Credit

The State of Maryland Department of Assessments and Taxation provides a credit towards the property tax bill for homeowners who qualify on the basis of gross household income, net worth, and their property tax liability. Previous applicants must submit a new application each year.

To have your application considered for a tax credit the home must be your principal residence, where you reside or expect to reside for more than six months of the tax year; have a legal interest in the property; have a gross household



income (including Social Security) less than \$60,000 and your net worth, excluding the value of the property for which application is being made, must not exceed \$200,000 as of December 31, 2024. Your net worth includes the value of other properties owned, CD's, investments, etc. The credit also takes into consideration the gross income in comparison to the 2023 property tax bill, i.e., a household income of \$30,000 must have a tax bill over \$1,680 to be eligible for the credit.

Income information must be reported for the resident homeowner(s), spouse or co-owner, and all other occupants of the dwelling unless these occupants can be claimed as dependents or unless they are paying reasonable fixed charges such as rent or room and board.

The deadline for filing a 2025 Homeowner's Property Tax Credit is October 1, 2025. However, applicants are encouraged to file their applications prior to May 1, to receive a credit directly on their July property tax bill.

Applications are available to download on-line at [www.dat.maryland.gov/Pages/sdatforms.aspx](http://www.dat.maryland.gov/Pages/sdatforms.aspx) or can be filed on-line. Applications are available at the Senior Activity Centers. For assistance with the application process call 301-475-4200, ext. 1654, 3104 or 1064.

10



## St. Mary's County Property Tax Credits

St. Mary's County offers property tax credits for residents starting at age 65. To qualify for a tax credit at age 65 you must have lived on your current property for at least 40 years or have received an honorable retirement from military service and have an adjusted gross income of less than \$80,000 for tax year 2024. This credit provides a 10% reduction towards the County portion of the tax bill.

Residents over the age of 70 who have an adjusted gross income of less than \$80,000 for tax year 2024 can apply for the Senior Tax Credit which freezes the County portion of the tax bill from increasing each year.

Lastly, for persons age 70 and over who qualify to receive a Maryland Homeowners' Property Tax Credit (see above article) may also receive a matching credit from St. Mary's County equal to the amount provided by the State. The Treasurer's Office will determine which credit is most beneficial. Previous applicants will receive an application by mail, can apply on-line at [www.stmarysmd.com/treasurer](http://www.stmarysmd.com/treasurer), or pick up an application at the Treasurer's Office or one of the Senior Activity Centers. The deadline to apply is May 1, 2025.

### References

<https://dat.maryland.gov/realproperty/pages/homeowners'-property-tax-credit-program.aspx>  
<https://www.stmaryscountymd.gov/treasurer/Taxes/>

**Free In-Person  
Tax Preparation Service**

AARP Foundation Tax-Aide offers free tax preparation to anyone of any age – especially if you are 50 or older or can't afford paid tax preparation.

 In Your Area

St. Mary's County  
by appointment only  
Call 240-466-6393 to schedule yours

**AARP** Foundation 020248 (9/16)

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

11

Melissa Craig  
Senior Information & Assistance Division Manager  
Garvey Senior Activity Center  
301-475-4200, ext. 1064  
Melissa.Craig@stmaryscountymd.gov

Taylor Beach  
Senior Information & Assistance Caseworker  
Loffler Senior Activity Center  
301-475-4200, ext. 1654  
Taylor.Beach@stmaryscountymd.gov

Senior Information & Assistance Caseworker  
Northern Senior Activity Center  
301-475-4200, ext. 3104

# Coffee with the Sheriff



**Loffler Senior Activity Center**  
*Thursday, April 24 - 10 a.m.*

**Garvey Senior Activity Center**  
*Thursday, July 17 - 10 a.m.*

**Northern Senior Activity Center**  
*Thursday, November 20 - 10 a.m.*

*Free of Charge!*

*Registration required*

*Phone: 301-475-4200, ext. 1073,*

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

12

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



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

**NEW BEGINNING**

# Division of Senior Center Operations

*By Candice Nelson, Senior Center Operations Division Manager*

Since 1972, the national Senior Nutrition Program has supported nutrition programs for older adults across the country. Funded by the Older Americans Act, local senior nutrition programs serve as hubs for older adults to access nutritious meals and other vital services that strengthen social connections and promote health and wellbeing.

Each year during the month of March, the Administration for Community Living celebrates the Senior Nutrition Program. The theme for 2025 is “A

Place at the Table” which recognizes the importance of local nutrition programs and the meals being served in communities across the country.



## Celebrate the Senior Nutrition Program

2025 · A PLACE AT THE TABLE

### Senior Nutrition Program in St. Mary’s County

The St. Mary’s County Department of Aging & Human Services serves as the Senior Nutrition Program provider for our community. We are proud of the services we offer older adults through the congregate meals and the Home Delivered Meals programs, and the nutrition education seminars at the senior activity centers.

Our senior activity centers offer daily, dietician approved meals in welcoming, social environments. Meals are available to those ages 50 and above. For those 60 and above donations are appreciated; the cost of the meal for those under 60 is \$7. Additionally, the senior activity centers offer free monthly presentations given by a Registered Dietician about nutrition and healthy eating habits for older adults.

The Home Delivered Meals Program provides well-balanced meals and a friendly visit to adults 60 and above who are homebound and cannot shop or cook for themselves. Home Delivered Meal recipients are not charged for the delivered meals; however, donations are appreciated.

We hope you will join us in making a connection by enjoying a meal at one of our senior activity centers or by sharing information about our Home Delivered Meals program with a family member, friend, or neighbor if the need presents itself.

To make a lunch reservation at one of our senior activity centers, call at least 24-hours in advance:

Garvey Senior Activity Center	301-475-4200, ext. 1065
Loffler Senior Activity Center	301-475-4200, ext. 1657
Northern Senior Activity Center	301-475-4200, ext. 3105

To learn more about the Home Delivered Meals program, call the Program Coordinator at 301-475-4200, ext. 1060.



# Garvey Senior Activity Center

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

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

## Collaborative Art "Teen Spirit"

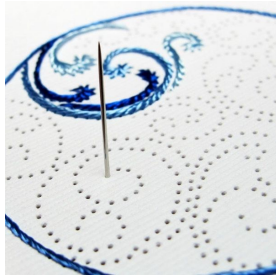
**Mondays, March 3 - April 28**

**5 p.m.**

**Cost: \$5**

Take a walk down memory lane as we celebrate coming of age. Participants will create a small piece of art to be included in a larger display. For the "Teen Spirit" project, each participant will present a school dance picture along with the name of a song played at the dance on a two-sided disc made to look like a record. The individual discs will be displayed in the shape of a cheerleading megaphone. The finished piece will be displayed at the "Senior Prom" coming up in May once it is complete. All necessary materials will be provided.

Advanced registration is required.



## Embroidery Card-Making Class

**Garvey Senior Activity Center**

**Tuesdays, March 4 & April 1**

**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.

## Mardi Gras Karaoke Luncheon

**Garvey Senior Activity Center**

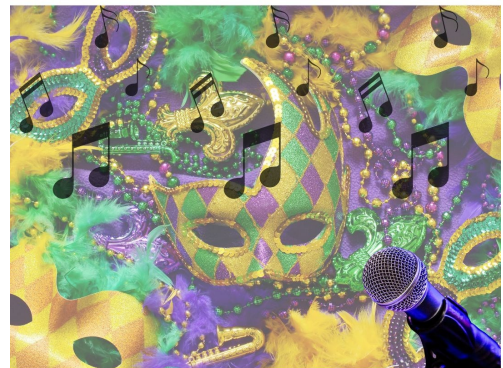
**Tuesday, March 4**

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

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

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

Get ready to "Laissez les bon temps rouler!" Or, if your Cajun is a little rusty, "let the good times roll!" At our electrifying Mardi Gras Karaoke extravaganza! Unleash your inner star and come Dressed to Impress! Whether you're a seasoned performer or simply enjoy singing along, this event promises an unforgettable afternoon of fun and soul. Advanced registration is required. The cost for lunch is by donation for those ages 60 and above and \$7 for those under the age of 60.



**Recipe Round-Up**  
**Garvey Senior Activity Center**  
**Wednesdays, March 5 & 19, April 2 & 16**  
**5 p.m.**

**Cost: \$10**

A great way to connect with and remember family and friends is through cooking. From granny's stuffed cabbage to the dish a child always requests on their birthday, every recipe has a story. In this workshop, each participant will build a book of recipes along with each recipe's story. The recipes will be typed, formatted, printed, and compiled in a presentation binder so they are easy to use and share. Recipe Round-Up will offer the opportunity to create a personalized treasure and practice some basic computer skills. All necessary materials will be supplied, and no previous experience is necessary. Advanced registration is required.



**Stained Glass Pendants**  
**Garvey Senior Activity Center**  
**Thursdays March 6 & April 17**  
**10 a.m.**

**Cost: \$15**

The instructor will provide an assortment of stained-glass pieces that are cut, foiled, and soldered with rings on two sides, beads, pieces of chains, jump rings, and a charm.

Students get to select up to three pieces of stained glass, beads, and or chains, then jump rings to connect the pieces and a charm. To make the pendant participants will connect the

stained-glass pieces, beads, and chains in any sequential pattern they choose. Finally, the pendant is dotted with a charm. No experience needed. Supplies are provided. Advanced registration is required.

**Watercolor with T.L. Ford**  
**Garvey Senior Activity Center**  
**Tuesdays, March 11 & April 8**  
**1:30 p.m.**

**Cost: \$25**

Would you like to learn how to paint with watercolor 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.



**Claddagh Ring Wreath - 3D Layered Paper**

**Garvey Senior Activity Center**  
**Wednesday, March 12, 5:30 p.m.**

**Cost: Free**

St. Patrick's Day is almost here. Using pre-cut paper create a 3D layered Claddagh Ring Wreath. Mandala designs are perfect for creating unique and eye-catching papercrafts. The 3D design is cut.

All you do is stack them up and attach them. Advance registration is required.



### **Wild Birds Unlimited “Who’s in My Nesting Yard?”**

**Garvey Senior Activity Center  
Thursday, March 13, 10 a.m.**

**Cost: Free**

Barb Whipkey, an avid birdwatcher, and owner of Wild Birds Unlimited of Lexington Park will be at the Garvey Senior Activity Center for a presentation. Learn common nesting

behaviors and discover the secrets of successful bird nesting. Advance registration is required.

### **Silhouette Painting with Chris**

**Garvey Senior Activity Center  
Thursday, March 13 & April 10, 5 p.m.**

**Cost: \$5**

Join us for an evening of instructor led, canvas painting as we create a silhouette scene on an 8"x10" stretched canvas using acrylic paints. You'll be guided through each step of the painting process at a pace suitable for all skill levels. All necessary materials will be provided.

Advanced registration is required.

### **Book Discussion Group**

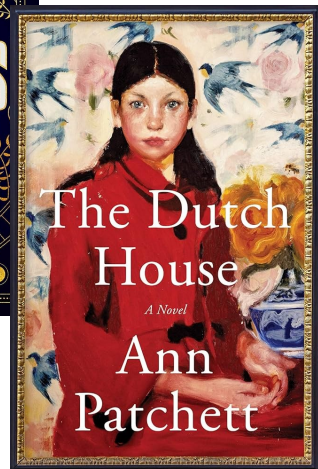
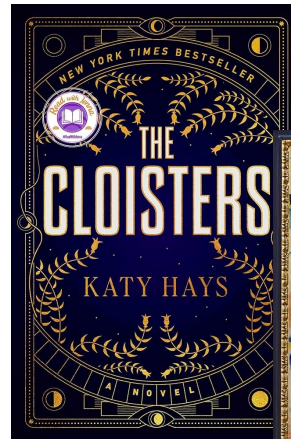
**Garvey Senior Activity Center  
Wednesdays, March 12 & April 9  
11 a.m.**

**Cost: Free**

If you enjoy reading and sharing your thoughts, this group is for you!

March: *The Cloisters* by Katy Hays

The Secret History meets Ninth House in this sinister, atmospheric novel following a circle of researchers as they uncover a mysterious deck of tarot cards and shocking secrets in New York’s famed Met Cloisters.



April: *The Dutch House* by Ann Patchett

At the end of the Second World War, Cyril Conroy combines luck and a single canny investment to begin an enormous real estate empire, propelling his family from poverty to enormous wealth. His first order of business is to buy the Dutch House, a lavish estate in the suburbs outside of Philadelphia. Meant as a surprise for his wife, the house sets in motion the undoing of everyone he loves.

16

### **Travel 101: Learn to Travel Europe with Us**

**Garvey Senior Activity Center  
Wednesdays, March 12 or 26, 5:00 p.m.**

**Cost: \$20**

Join us for a workshop to help plan the trip of your dreams to Europe! Both workshops are the same, but you can choose which one works better for you. Travel professional Alexandra Tyson, founder of Babcia and YiayiaTravel the World, has over 20 years of experience organizing the logistics of great European travel. It's time to make those travel dreams come true! Advanced registration is required.



## Mark Musket: Osteoporosis Presentation

Garvey Senior Activity Center

Friday, April 11, 10 a.m.

Cost: Free

In this informative session on osteoporosis, we'll explore the critical importance of early diagnosis and comprehensive treatment. We'll discuss effective therapies, the role of exercise in maintaining bone health, and the benefits of a balanced diet rich in essential nutrients. Join us to learn practical tips to improve bone density and reduce fracture risk, empowering you to lead a healthier, more active life. Advance registration is required.

## Sound Bath with Angel

Garvey Senior Activity Center

Tuesday, March 18: "Spring Equinox"

Tuesday, April 15: "Welcoming Spring"

6:30 p.m.

Cost: \$20 per session

Join us for a rejuvenating sound bath experience. Immerse yourself in sound vibrations that provide a calming effect on your nervous system. 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.



## Book Stitching

Garvey Senior Activity Center

Thursdays, March 20 & April 24, 10 a.m.

Cost: \$10

Students can select a fabric for the outer covering of the book. Then using the pages and some special scrapbook paper they will stitch a book together. This book can be used as a mini sketchbook, journal, or address book. Advanced registration is required.

## Movie Night

Garvey Senior Activity Center

Thursdays, March 20 & April 17, 5:00 p.m.

Cost: The movie is free.

(\$3 optional snack pack/popcorn purchase)

Join us on the third Thursday of the month as we convert our dining room into a movie theatre! Snack packs and popcorn will be available to purchase. You're welcome to bring your own snacks. Advance registration is required.



### March: *Dungeons and Dragons: Honor Among Thieves*

A charming thief and a band of unlikely adventurers embark on an epic quest to retrieve a lost relic, but things go dangerously awry when they run afoul of the wrong people.

### April: *Wicked*

Elphaba, a misunderstood young woman because of her green skin, and Glinda, a popular girl, become friends at Shiz University in the Land of Oz. After an encounter with the Wonderful Wizard of Oz, their friendship reaches a crossroads.



**Tea Party Hat Craft**  
**Garvey Senior Activity Center**  
**Thursday, March 27**  
**6 p.m.**  
**Cost: \$20**

Join Rebecca Ali as she instructs you on making a unique and gorgeous hat that can be worn for Afternoon Tea, Derby Days, or Easter. Just bring your creative ideas, we will handle the rest!

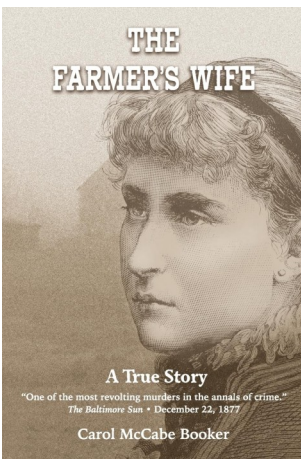
All necessary materials will be provided. Advanced registration is required.

**Neuro-plasticity Chair Dance:**  
**A Broadway Musical Experience with Paty Masson & Judi Lyons**  
**Garvey Senior Activity Center**  
**Thursday, March 20**  
**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 Broadway songs like "Singing in the Rain" and West Side Story's "America" that will awaken your brain's memory centers, spark emotional connections, enhance auditory memory and physical responses. Join newly certified brain fitness educators, Paty Masson and Judi Lyons, and discover how dance can create new neural pathways, strengthen brain connections, and foster dynamic resilience. Please bring water and wear comfortable clothing. Advanced registration is required.

**Tulip Bouquet - 3D Layered Paper**  
**Garvey Senior Activity Center**  
**Wednesday, March 26**  
**5:30 p.m.**  
**Cost: Free**

Spring is almost here. Using pre-cut paper create a 3D layered blooming tulip bouquet. Mandala designs are perfect for creating unique and eye-catching papercrafts. The 3D design is cut. All you do is stack them up and attach them. All necessary materials will be provided. Advanced registration is required.



**Carol Booker: Book Presentation**  
**Garvey Senior Activity Center**  
**Tuesday, April 15**  
**10 a.m.**  
**Cost: Free**

Journalist/attorney/author Carol Booker will be at the Garvey Senior Activity Center to present her newest book, *The Farmer's Wife* (New Bay Books, Nov. 2024), a nonfiction account of one of the most remarkable years in post-Civil War Southern Maryland - 1877. Advance registration is required.

**Masquerade Craft**  
**Garvey Senior Activity Center**  
**Thursday, April 24, 6 p.m.**

**Cost: \$10**

Join us to make a masque you can wear to the upcoming Senior Prom! Supplies will be provided. Advanced registration is required.



**Pickleball 101: Double Your Fun!**

**Garvey Senior Activity Center**  
**Tuesdays, April 8,15, 22**

**Thursdays, April 10,17, 24**

**3:00 p.m.-4:30 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). Advanced registration is required.



**Afternoon Tea**

**Garvey Senior Activity Center**  
**Wednesday, April 9**

**4 p.m.**

**Cost: \$5**

Break out your fanciest spring hat to join us for a delicious array of petit fours and tea sandwiches! We will be serving up a variety of teas among a lovely selection of teacups. Pinkies up! Advanced registration is required.

**Sweetheart Cupcakes**

**Garvey Senior Activity Center**  
**Wednesday, April 16**

**4-6 p.m.**

**Cost: \$30**

Join Rebecca of Sweetheart Cupcakes to learn how to decorate cupcakes for events, holidays, or that special someone. You will complete 4 cupcakes to take home or share. All supplies are provided so bring an apron and make some great cupcakes! Advanced registration is required.

**Luncheon With Folk Salad**

**Garvey Senior Activity Center**  
**Friday, April 25**

**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! Advanced registration is required. The cost for lunch is by donation for those ages 60 and above and \$7 for those under the age of 60.





# Loffler Senior Activity Center

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

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



## Art with Jamie

Loffler Senior Activity Center

Tuesdays, March 4, 11, & 25- Portraits

Tuesdays, April 1, 8, & 22- Linocut Folk Art Flower Printmaking

10 a.m. - 11:00 a.m.

Cost: \$25 per class, supplies included

In March, we will be doing a fun review of the anatomy of a face, drawing and painting portraits in different artist styles. Please bring in either a photo of yourself or someone you love. **We will be working on this project**

for 3 weeks. You can sign up for just one class or attend all three to get an in-depth review of portrait painting. All materials will be included as well as step by step instructions on various portrait sessions.

In April, we will be working with specialized tools to design and cut out folk art images of various flowers for printmaking. Using our images we will create a one-of-a-kind print that will be matted and framed. It is recommended that you **sign up for at least 2 classes** so that you will have time to not only design your flower but to cut and print it as well. Advance registration is required.

## Massage Therapy with Renika Watson, LMT

Loffler Senior Activity Center

Tuesdays, March 4, 11, & 18, 10 a.m.-4 p.m.

Thursday, March 19, 10 a.m. -4 p.m.

Tuesdays, April 1, 8, 15, 22 & 29- 10 a.m. – 4 p.m.

Cost: \$50 for 45 minutes

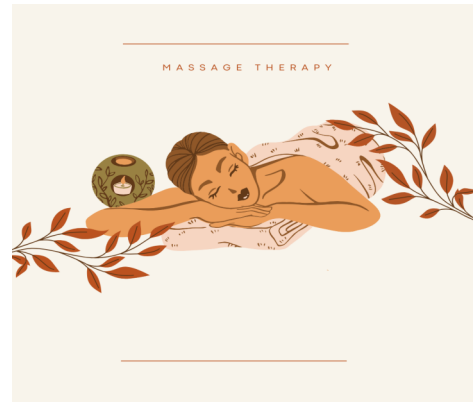
\$65 for 60 minutes

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 with your doctor to make sure that you are cleared for a massage. This is not for those with extreme edema, gout, open wounds, or vascular disease of the body.





### **Crafts with Penny**

**Loffler Senior Activity Center**

**Thursday, March 6– Button Art with Watercolors Hanging**

**Thursday, April 10,- Beehive & Flower Vase**

**1 p.m.– 3 p.m.**

**Cost: \$20, supplies included**

**March-** Create a unique floral wall hanging using watercolors and embellish with buttons and other cute creatures. All skill levels are welcome. Advance registration is required.

**April-** Cute bees adorn this precious handmade beehive vase with artificial flowers. Advance registration is required.

### **Iris Folding with Toni**

**Loffler Senior Activity Center**

**Tuesday, March 11, 1:30– 3:30 p.m.- Spring Tulips**

**Wednesday, March 19, 1-3 p.m. – Backyard Pets**

**Cost: Free, supplies included**

Create Iris Folding projects by arranging and layering strips of paper you will create a few greeting cards while learning the art of Iris Folding. Iris Folding is done by arranging and layering strips of paper or fabric in a spiraled pattern that resembles the iris of a camera lens—that's how this craft got its name. Advance registration is required.



### **St. Patrick’s Day Celebration Luncheon with Just Us 2**

**Loffler Senior Activity Center**

**Friday, March 14**

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

**Lunch: 11:30 a.m.**

**Entertainment: 12 p.m.**

**Cost: Lunch donation for 60+; \$7 for under 60 + Free Entertainment**

We welcome back Just Us 2 to help us celebrate St. Patrick’s Day. Gather your green gear and join us for some Irish tunes, bluegrass and gospel. Start the weekend early, celebrate and dance with friends and family! Performance is supported by the Senior Center Operating Funds Grant. Advance registration is required.

### **Book Presentation “What’s In A Name” by Thelma Smoot**

**Loffler Senior Activity Center**

**Thursday, March 20, 1 p.m.**

**Cost: Free**

Thelma Smoot is a native of St. Mary’s County and has published fictional books, that are based on some aspects of her African American upbringing in rural St. Mary’s County Maryland. She was raised in a small tobacco farming community in the 1960s. Her books are a mixture of mystery, drama and exploration of social issues.

*What's In A Name* is rooted in a rural farming community in Southern Maryland. In the 1960s a young African American girl, Elizabeth, struggles with the effects that class and race discrimination is having on her family and a neighboring white boy, Jacob. To escape her past, Elizabeth is now living and working in New Jersey. Its Christmas time and Kathy, her supervisor, was just brutally murdered. Detective Carter thinks that Elizabeth is either guilty or knows more than what she is telling. Then Elizabeth disappears. Will her faith in God be enough to save her? Advance registration is required.

## **Osteoporosis Discussion with Mark Musket, PA-C**

**Loffler Senior Activity Center**

**Friday, March 21, 10 a.m.**

**Cost: Free**

Osteoporosis is a silent disease: You can't see or feel it until you break a bone. A break can often be the first indication you have osteoporosis. After menopause, your body begins to lose more bone mass than it creates, leaving bones brittle and susceptible to fractures. Our event will be with Physician's Assistant, Mark Musket with the Center for Advance Orthopedics. He will share information on causes, lifestyle choices, unchangeable risks, when to see a doctor and prevention. Advance registration is required.

## **Make & Take Projects with Jamie**

**Loffler Senior Activity Center**

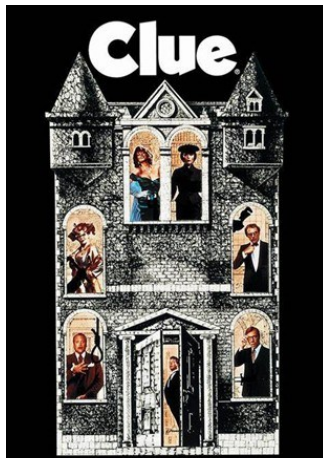
**Tuesday, April 29 – Folk Art Birds**

**10 a.m. – 12 p.m.**

**Cost: \$25 per session, supplies included**

Painted on wood using acrylic. Use one of the designs shown or create your own design. These will be finished and ready to go on the day of the project! All materials included as well as step by step instruction and various design templates to choose from.

Advance registration is required.



## **Movie Madness at Loffler**

**Loffler Senior Activity Center**

**Thursday, March 20, 12:30 p.m.- Clue- The Movie**

**Thursday, April 17, 12:30 p.m.- The Searchers**

**Cost: Free**

Come join us on the third Thursday of the month to enjoy a movie. There is no charge for the movie, & you can bring your own snacks! No registration needed.

**March: Clue starring Tim Curry, Madeline Kahn, Eileen Brennan & Lesley Ann Warren**

*Clue* is a murder mystery movie based on the board game of the same name, but while there can only be one murderer, almost every character is revealed to be a killer through several alternate endings.

The 1985 movie is beloved for the characters' campiness, its cast of actors, including Christopher Lloyd and Tim Curry, and the intentionally over-the-top acting. *Clue* follows a group of government workers, doctors, and scientists who are invited to dinner by a mystery host, and when that host is murdered, it's up to the guests to figure out not only who did it but also why they were all invited. Six guests are anonymously invited to a strange mansion for dinner, but after their host is killed, they must cooperate with the staff to identify the murderer as the bodies pile up.

**April: The Searchers starring John Wayne**

An American Civil War veteran embarks on a years-long journey to rescue his niece from the Comanches after the rest of his brother's family is massacred in a raid on their Texas farm.





### **Anna Griffin Basket Card**

**Loffler Senior Activity Center**

**Friday, April 4, 10 – 1:30 p.m.**

**Cost: Free, supplies included**

Have you always wanted to create an Anna Griffin card? Martha will guide you through the process of creating your own basket card. The class includes a demo in how to use the die cut machine. Please bring your own scissors and a tape runner. Advance registration is required.



### **Spring Bird Feeding**

**Loffler Senior Activity Center**

**Thursday, April 10, 10- 11 a.m.**

**Cost: Free**

Barb Whipkey, an avid birdwatcher, and owner of Wild Birds Unlimited of Lexington Park will be at the Loffler Senior Activity Center for a presentation on spring bird feeding needs. She will include tips for dealing with mess free feeding options, dealing with pesky squirrels and importance of

cleaning feeders. Advance registration is required.

### **Sounds of Spring Special Luncheon with Will Yeckley**

**Loffler Senior Activity Center**

**Friday, April 25**

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

**Lunch: 11:30 a.m.**

**Entertainment: 12 p.m.**

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

Spring has Sprung and we are celebrating at Loffler! Join us in welcoming local artist Will Yeckley and his guitar to listen to tunes from Jimmy Buffet, John Denver and other soft music to welcome in Spring. Performance is supported by the Senior Center Operating Grant.

Advance registration is required.

### **AARP Smart Driver™ Safety Course**

**Loffler Senior Activity Center**

**Thursday, April 3, 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. The course will cover:

- Research-based safe driving strategies
- Information on the effects of medication on driving
- Preventive measures to reduce driver distractions
- Proper use of safety belts, air bags, anti-lock brakes, and other new technology
- Techniques for handling left turns, right-of-way, and roundabouts
- State-specific rules and regulations in 19 key areas, including construction zones, child safety seats, school buses, cellphone use and more.

If you wish to order a lunch from the center, the cost is \$7 if you are under 60 and by donation for those 60+ years of age. Lunch can be reserved by calling 301-475-4200, ext.1657.

Advance registration is required. Cash or check is due to the instructor on the first day of class.

**AARP®**  
**Driver Safety**



# Northern Senior Activity Center

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

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

## Cornhole Competition: Spring 2025

Northern Senior Activity Center

Monday, March 10, 10-11:30 a.m.

Cost: \$2

Who doesn't love a good round of cornhole? Compete in this casual & fun competition. Show off your skills or try it out for the first time. Keep in mind that this game requires good dexterity, throwing, and hand-eye coordination. Boards will be closer than regulation rules to accommodate for all skill-levels. The 1st and 2nd place winners of the tournament will win a prize. This event will be held indoors. See top of this page for how to register.



## Cycling Meetup: Spring Kickoff

Northern Senior Activity Center

Wednesdays, March 12 & 26, April 9 & 23, 10 a.m.

Cost: Free

Gear up and *spring* into action!

Cyclists are invited to a group ride on Three Notch Trail led by Dan & Mike.

Enjoy beautiful scenery and landmarks.

Great way to start your day. The group will

meet monthly on 2<sup>nd</sup> & 4<sup>th</sup> Wednesdays.

Please arrive 15-minutes early (around

9:45 a.m.) to meet with the group, fill

water bottles, & check-in at the

touchscreen computer. Advance enrollment isn't needed to attend. IMPORTANT: Helmets are required. The Center has a few bikes available to borrow – first come first served. The e-trike requires a qualifying orientation (contact [keilan.ruppert@stmaryscountymd.gov](mailto:keilan.ruppert@stmaryscountymd.gov) to schedule). Call ext. 3101 for weather updates.

## AARP Smart Driver™ Course

Northern Senior Activity Center

Thursday, March 13, 9 a.m.-3 p.m.

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

The AARP Smart Driver™ Course will be held with a lunch break at 11:30 a.m. This program includes emphasis on roundabouts, pavement markings, stop-sign compliance, red-light

running, and safety issues such as speeding, seat belt and turn signal use. See top of this page for how to register. Payment is due to the instructor on March 13. Payable by cash or check.

Want to reserve a lunch? Please call Penny at ext. 3105 no later than noon on

Wednesday, March 12. Lunch is \$7 for those under 60 years of age and by donation otherwise.

Payments made by cash, check, or card, upon arrival.



### **Cupcake Decorating: Russian Piping Tip**

**Northern Senior Activity Center**

**Friday, March 14, 1-2 p.m.**

**Cost: \$15**



Join Rebecca Smith of Sweetheart Cupcakes to learn how to decorate cupcakes for events, holidays, or just for fun! You will complete two cupcakes using Russian piping tip techniques. All skill-levels are welcome. Supplies will be provided. See page 24 for how to register.

### **St. Patrick's Dance Party**

**Northern Senior Activity Center**

**Monday, March 17, 1-3 p.m.**

**Cost: \$2**

Let's do the jig! Join us for a fun afternoon of dancing to party songs & some Irish music. Wear your favorite green outfit. Enjoy light snacks & beverages. Door prizes will be drawn at the end of the event – must be in attendance to win! Play a game for a chance to win extra prizes. See page 24 for how to register. Lunch will be served before the dance at 11:30 a.m. Want to reserve a meal? Please call Penny at ext. 3105 no later than noon on Friday, March 14. Lunch is \$7 for those under 60 years of age and by donation otherwise. Payments made by cash, check, or card, upon arrival.



### **Northern Coffee Café**

**Northern Senior Activity Center**

**Thursdays, March 20 & April 17, 9 a.m.**

**Cost: \$4**

Ease into your day at the Northern Coffee Café! A moment to yourself, or with friends, to enjoy a special coffee & a complementary baked good – fresh from the oven. Musician Will Yeckley will provide folksy acoustic guitar vibes. This is a great morning splurge for a modest fee. Special brewed coffee served with various flavorings and crèmes of your choosing. Make your own hot or cold drink just the way you like it. Deadline to sign-up is before Tuesday of that week. See page 24 for how to register.

### **Floral Arranging: Spring Décor, with Ian Tresselt Design**

**Northern Senior Activity Center**

**Monday, March 24, 1-3 p.m.**

**Cost: \$45 (fee partially sponsored)**

Need a beautiful addition to your spring décor? Ian Tresselt, florist, will provide fresh & local blooms and guide you through the process of creating a custom wreath or door hanger. All skill-levels are welcome. See page 24 for how to register.

25

### **Daily Energy Routine: Grounding & Shielding for Mind, Body, and Spirit**

**Northern Senior Activity Center**

**Tuesday, March 25, 1-2:30 p.m.**

**Cost: \$20**

Have you ever felt overwhelmed by other people's negativity, or found yourself lacking mental clarity? If so, this workshop led by Judi Lyons is your sanctuary! Discover the profound impact of being disconnected from Earth's healing energies. Immerse yourself in a transformative practice that stabilizes and protects your well-being each day. IMPORTANT: Accessible to all skill-levels. Bring water and wear comfortable clothing. See page 24 for how to register.





## **Bunco!**

**Northern Senior Activity Center**

**Friday, March 28 & April 25, 12:30-3:30 p.m.**

**Cost: \$5**

Bunco is a recreational and lively game of fun. Winning categories will be awarded prize money that day! Let's roll the dice and enjoy an afternoon together. All sign-ups are done in advance online. Drop-ins will not be accommodated unless we

need a substitute to fill in or round out a table. Want lunch before the game? Reserve a meal by calling Penny Ellingwood at 301-475-4200, ext. 3105, by noon the day before Bunco. See page 24 for how to register.

## **Men's Strength Training Boot Camp**

**Northern Senior Activity Center**

**Thursday, April 3-May 1 (5-sessions), 11 a.m.-12 p.m.**

**Cost: \$45**

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

## **Career Day: Presentations, & musical guest P.M. Barber**

**Northern Senior Activity Center**

**Monday, April 7, 10:30 a.m.-12:30 p.m.**

**Cost: Free**

Ever wondered about your peers' careers? Join us for a morning of short presentations given by folks with interesting, and possibly unexpected, professional backgrounds. See page 24 for how to register. Musician P.M. Barber will lead us into lunch time at 11:30 a.m. and perform a fun 1-hour set. Want to reserve a meal? Please call Penny at ext. 3105 no later than noon on Friday, April 4. Lunch is \$7 for those under 60 years of age and by donation otherwise. Payments made by cash, check, or card, upon arrival. *Interested in presenting? Submit requests (by Monday, March 24) to Keilan at [keilan.ruppert@stmaryscountymd.gov](mailto:keilan.ruppert@stmaryscountymd.gov) with your name & career background.*

## **Wii Bowling League: Spring 2025**

**Northern Senior Activity Center**

**Tuesday, April 8-29 (4-sessions)**

**1-2:30 p.m.**

**Cost: \$2**

Ready to strike up a good time? Join us for this league-style Wii bowling event with staff-led teams and some fun, good ol' group competition. We'll use the original *Wii Sports* game with standard 10-pin bowling. The last game will take place on April 22. Individual and team prizes will be awarded on April 29. See page 24 for how to register.



## **Energizing Minds with Qigong: Benefiting Brain Health**

**Northern Senior Activity Center**

**Monday, April 7, 1-2:30 p.m.**

**Cost: \$20**

Qigong is an important component to brain health. It's a physical conditioning program for all ages – performed seated or standing. These gentle but strong exercises relax the nervous system and nourish the brain's functions. Join Paty Massón, ISSA certified Brain Fitness Coach, in this new workshop. Qigong can be particularly beneficial to those experiencing early stages of Alzheimer's or Parkinson's disease. **IMPORTANT:** Accessible to all skill-levels. Bring water and wear comfortable clothing. See page 24 for how to register.

## **Glass Mosaic Frame with Cheryl Hiller**

**Northern Senior Activity Center**

**Thursday, April 17, 11:30 a.m.-1:30 p.m.**

**Cost: \$35**

Use your creative powers to create a one-of-a-kind stunning mosaic frame with instructor, Cheryl Hiller! Start with a blank canvas – a 10x8 frame (opening 5x7) – and plenty of sparkling glass tiles and small colorful knick-knacks to choose from. Piece by piece, transform the plain frame into a beautiful work of art! All materials are provided. Feel free to bring a sentimental decoration or costume jewelry to incorporate into your craft.

Not creative? Cheryl will provide printed ideas to choose from

and plenty of instruction on how to proceed. **IMPORTANT:** Safety glasses, readers or bifocals are required since we are working with glass. See page 24 for how to register.



## **Basket Weaving: Spring Market Basket**

**Northern Senior Activity Center**

**Friday, April 25, 10 a.m.-3 p.m.**

**Cost: \$30**

Pam King will instruct how to weave a simple, yet elegant, market-style basket with a Spring theme. All materials provided. All skill-levels welcome. See page 24 for how to register.

## **Chair Dance Connection: Laughter's Brain Boost**

**Northern Senior Activity Center**

**Monday, April 28, 1-2:30 p.m.**

**Cost: \$15**

Laughter is a true elixir for your brain! This joyful act enhances brain health, reducing risks of cognitive impairment, memory loss, and depression. By supercharging your intake of oxygen-rich air, laughter gives your mental well-being a delightful boost. Join instructors Judi Lyons and Paty Massón for a fun Chair Dance Connection – blending classic, funny songs with gentle, rhythmic movements. More than exercise... it's a joyous connection filled with laughter and happiness. **IMPORTANT:** Accessible to all skill-levels. Assisted or supported by a chair. Bring water and wear comfortable clothing. See page 24 for how to register.



# Retired and Senior Volunteer Program

*By Monika Williams, RSVP Program Manager*

April is the National Volunteer Month. The theme for this year's National Volunteer month is "Give Back and Make a Difference!" This month is dedicated to bringing volunteerism to the forefront. A month of recognizing the benefits and results of volunteering and giving appreciation to those who volunteer. The Retired Senior and Volunteer Program (RSVP) is very thankful for the time, talent, and skillful service our volunteers provide to the community of St. Mary's County. Our RSVP team continues to grow each year as more people decide to make a difference in the community. In 2023, RSVP volunteers provided 21,331.14 hours of service to non-profits, organizations, and agencies within St. Mary's County. At the time of writing this article in January 2025, we are still receiving volunteer service logs for December 2024, showing a growing total of 24,384.45 service hours for 2024.

Volunteering helps you to create meaningful connections, feel a sense of belonging, and to witness the positive effects of your efforts. The Merriam-Webster definition of the word volunteer is: "a person who voluntarily undertakes or expresses a willingness to undertake a service." It is rewarding when we take part in providing a needed service instead of only discussing or complaining about the things that are needed or lacking.

## How are Volunteers Recognized?

Every year The Retired Senior and Volunteer Program recognizes the wonderful work of the volunteers by having an Appreciation Banquet to celebrate their service. The Commissioners of St. Mary's County give remarks, and issue awards to the volunteers. In 2024, two Commissioners, the County Administrator, and the Deputy County Administrator were in attendance. RSVP is also a certified member of the national President Volunteer Service Award program where Volunteers who serve 100 or more hours within the year receive a presidential pin and a certificate signed by the President of the United States recognizing their service.

RSVP values our volunteers and our community is enhanced by their service. Please take the time to read through the next page of volunteering opportunities and consider joining our team. If you would like to discuss or learn more about RSVP and its opportunities, please call 301-475-4200, ext. 1653 or email [RSVP@gmail.com](mailto:RSVP@gmail.com).





## Volunteer Opportunities

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

### Charlotte Hall Veterans Home

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

### A Community That Shares (ACTS)

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

### Hospice of St. Mary's

- Grocery Shopping
- Watering Flowers
- Making phone calls to family members
- House Patient Cook
- Office Assistance
- Read to Patients

### 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

- Drivers are needed to deliver meals to homebound seniors within St. Mary's County

### Friends of the Library

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

### Historic St. Mary's

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

### Northern Senior Activity Center

- Chess Volunteer
- Outdoor Landscaping
- Book Club Leader

### Garvey Senior Activity Center

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

### Loffler Senior Activity Center

- Zoom Activity Monitor

### Teen Court

- Hearing Support Assistants

### Community Mediation of St. Mary's County

- Mediating, promoting fundraisers, disseminating brochures, and office assistance.

### Helpers Overcoming Problems Effectively (HOPE)

- Phone Screener
- Helping county residents connect to needed assistance
- Mentor families

### Patuxent River Naval Air Museum

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

### Senior Rides

- Drivers to transport seniors to doctor appointments, shopping, and social engagements.

### Habitat for Humanity

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

### Literacy Council of St. Mary's

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

## Ongoing Activities - Garvey

<b>CLASS/ ACTIVITY</b>	<b>Dates/Time</b>	<b>DESCRIPTIONS - Materials Needed</b>	<b>Advance Signup</b>	<b>Fee</b>
<b>Arthritis Foundation Exercise Program (AFEP)</b>	Thursdays & Fridays 8:45-9:45 a.m. Tuesdays & Thursdays 9:45-10:30 a.m.	Gentle, range of motion, stretching and flexibility led by certified instructor.	No	No
<b>Art Studio</b>	2 <sup>nd</sup> & 4 <sup>th</sup> Fridays 12:30 – 4 p.m.	Open Art Studio hours. Bring your own supplies. Instruction not provided.	No	No
<b>Billiards</b>	Daily 8 a.m. -4 p.m.	Bring your own or use ours.	No	No
<b>Bingo</b>	Mondays 10-11:30 am	Game with volunteer bingo callers. Pantry items for prizes.	No	No
<b>Book Discussion Group</b>	2 <sup>nd</sup> Wednesdays 11 a.m.	Loaner books provided by St. Mary's Public Library.	No	No
<b>Bridge Club</b>	Wednesdays & Thursdays 10 a.m.-2 p.m.	Best suited for experienced players.	Closed	No
<b>Cardio Lite</b>	Mondays 5:30 p.m.	Light Cardio & low impact class.	No	Fitness Card
<b>Cornhole</b>	Daily 8 a.m. -4 p.m.	2 boards, 8 bags.	No	No
<b>Crochet Club</b>	1st & 3rd Tuesdays 5:30 p.m.	This is a social group and you must bring your own projects as there will not be materials available or an instructor.	No	No
<b>Diamond Dots</b>	Every Thursday 2 p.m.	Paint by color with diamonds. No experience needed. Bring your own supplies. Light boards provided.	No	No
<b>EnhanceFitness</b>	Mon., Wed., Fri. 11-12 p.m. Wednesdays 5:30 p.m.	Cardiovascular/weight training exercises to improve flexibility, strength, balance.	No	Fitness Card
<b>Fitness Room</b>	Daily 8 a.m. -4 p.m.	1 Elliptical Trainer; 1 Seated Elliptical. 3 Treadmills; 2 Recumbent Bikes; 1 Row machine, 1 Independent Total Body Trainer.	No	No
<b>Geri-Fit</b>	Monday & Wednesday 2-3 p.m.	Helping to rebuild strength that has been lost.	No	No
<b>Line Dancing</b>	Tuesdays 11 a.m.	No experience necessary. Volunteer leads group in a variety of steps.	No	No
<b>Men's Strength</b>	Mondays 9:30-10:30 a.m.	Low impact strength training class.	No	Fitness Card
<b>Pickleball Courts</b>	Open	Pickleball courts are available daily, dawn to dusk. See staff during hours for access info.	No	No
<b>Ping Pong</b>	Daily 8 a.m. -4 p.m.	1 table, paddles and balls are available.	No	No

## Ongoing Activities - Garvey

<b>CLASS/ ACTIVITY</b>	<b>Dates/Time</b>	<b>DESCRIPTIONS - Materials Needed</b>	<b>Advance Signup</b>	<b>Fee</b>
<b>Reader's Theater</b>	Meeting 2 <sup>nd</sup> 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
<b>R&amp;B Line Dancing</b>	Mondays 12:30 p.m.	Line Dancing with specific instructions on popular line/party dance styles.	No	No
<b>Scrapbooking Day</b>	3 <sup>rd</sup> Friday of the Month. 9 a.m. – 4 p.m.	Open Art Studio Hours. Supplies & Instruction are not provided.	No	No
<b>Walk &amp; Tone</b>	Fridays 9:30-10:30 a.m.	A low impact aerobic class. Strength training using bands, weights and balls is included.	No	Fitness Card
<b>Walking Club</b>	Mon., Wed. & Fri. 9 a.m.	Meet in the lobby of the Garvey Senior Activity Center & walk around surrounding facilities.	No	No
<b>Watercolor with T.L. Ford</b>	2 <sup>nd</sup> Tuesday 1:30 p.m.	Come learn the basics of watercolor painting in a relaxing & informal setting.	Yes	Yes
<b>Yoga (Chair)</b>	Wednesdays 9:30 a.m.	Improves muscle strength & tone. Reduces stress & increases relaxation.	No	Fitness Card
<b>Yoga (Mat)</b>	Tuesday & Fridays 12:30 p.m. Tues. 5:30 p.m.	Improves muscle strength & tone. Reduces stress & increases relaxation.	No	Fitness Card
<b>Zumba Gold</b>	Thursdays 12:30 p.m. 5:30 p.m.	Dance based exercise program led by certified instructor.	No	Fitness Card

### Helpful Links:

*St. Mary's County*  
*Department of Aging & Human Services*  
[www.stmaryscountymd.gov/aging](http://www.stmaryscountymd.gov/aging)

*Senior Information & Assistance Contacts*  
[www.stmaryscountymd.gov/aging/SeniorIA-Contacts](http://www.stmaryscountymd.gov/aging/SeniorIA-Contacts)

*Department of Aging & Human Services Facebook Page*  
[www.facebook.com/SMCDAHS](http://www.facebook.com/SMCDAHS)

*Department of Aging & Human Services YouTube Channel*  
[www.youtube.com/c/SMCAgingHumanServices](http://www.youtube.com/c/SMCAgingHumanServices)



## Ongoing Activities - Loffler

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Art with Jamie	Tuesdays 4 sessions each month 10 a.m.	Start up materials provided; instructor will notify of other items needed.	Yes	\$25 per class
Arthritis Foundation Exercise Program (AFEP)	Tuesdays & Thursdays 12:30-1:30 p.m.	Gentle, range of motion, stretching and flexibility led by certified instructor.	No	No
Bible Study	Fridays 10:30 a.m.	Non-denominational, Christian-based scripture group led by volunteer Phil Benedict.	No	No
Bingo	Wednesdays 12:30-1:30 p.m.	Game with volunteer bingo callers. Pantry items for prizes.	No	No
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
Contract Bridge Club	Wednesdays 10 a.m.	Best suited for experienced players.	Yes	No
Current Events	Mondays 10 a.m.	Volunteer led discussion group.	No	No
Dice Rummy	Tuesdays & Thursdays 9 a.m.	Suitable for all levels of experience.	No	No
Embroidery on Paper	Mondays 12:30 p.m.	Supply kits will need to be purchased to get started with making embroidered cards and other crafts.	No	Yes
EnhanceFitness	Mondays, 11 a.m. Wednesdays, 12:30 p.m.	Cardiovascular/weight training exercises to improve flexibility, strength, balance.	No	Fitness Card
Exercise Equipment	Daily 8 a.m. -4 p.m.	2 treadmills, 2 seated ellipticals & a recumbent bike.	No	No
Health Watch Presentations	2 <sup>nd</sup> Wednesdays 9:30 a.m.	Volunteer led informational session on various health topics.	Yes	No
Honey Bee Quilters	1 <sup>st</sup> , 3 <sup>rd</sup> , & 5 <sup>th</sup> Wednesdays 10 a.m.	Bring your own quilting supplies. Sewing machines available at center if needed.	No	No
Line Dancing	Fri. 11 a.m.	Learn some of the classic line dances steps. Mostly country music. Beginners welcome.	No	No
Loffler Sunshine Singers	Thursdays 10 a.m.	Casual singing group, no singing or music reading experience required.	No	No
Mah Jong	Tuesdays & Thursdays 12:30 p.m.	New and experienced players welcome!	No	No
Needle Crafters	Mondays & Thursdays 10 a.m.	Knit & crochet group. Some yarn available at center or bring your own.	No	No

## Ongoing Activities - Loffler

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Nutrition Ed. with Donna Taggart	2 <sup>nd</sup> Mondays 10 a.m.	Nutrition presentations led by a Licensed Dietician.	Yes	No
Open Art Studio	1 <sup>st</sup> and 3 <sup>rd</sup> Fridays 9 a.m.	Drop in for guided art practice with volunteer Penny.	No	Drop in fee
Pinochle	Mon., Wed., & Fri. 9 a.m.	Experienced players welcome.	No	No
Project Linus	3 <sup>rd</sup> Fridays 10 a.m.	Make blankets for children and teenagers who are hospitalized or in shelters.	No	No
R&B Line Dancing	Wednesdays 11 a.m.	Learn the latest Line dances performed to your favorite R&B tunes. Beginners welcome	No	No
Rummikub	Wednesdays 9 a.m.	Fun tabletop game for all levels of experience.	No	No
Walking Club	Mon., Wed., Fri. 9 a.m.	All are welcome, group walks laps around the park.	No	No
Yoga	Mon., Wed., Thurs., Fri., 9:30 a.m.	Gentle range of motion stretches and poses along with meditation.	No	Fitness Card
Zumba Gold	Mondays 12:30 p.m.	Dance based exercise program led by certified instructor.	No	Fitness Card

## Ongoing Activities - Northern

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

## Ongoing Activities - Northern

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Crochet DIY	Mon. & Wed., 1-4 p.m.	Beginners or experienced.	No	No
Cycling Meetup	2nd & 4th Wednesdays 10 a.m. STARTING APRIL 2024	Meet at Northern for a group ride on Three Notch Trail.	No	No
Cycling Without Age	1st Thursdays 9 a.m.-12 p.m.	Fun rides on trishaw, by appointment only.	Yes	No
Diamond Dazzle (two groups)	3 <sup>rd</sup> 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
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 <sup>nd</sup> & 4 <sup>th</sup> Wednesday 12:30-4:30 p.m.	Instructor teaches basic skills and techniques. Individual projects.	Preferred- Not required	TBD, Varies
R&B Line Dancing	Fridays 1-2 p.m.	Popular line/party dance styles.	No	No
Scrapbooking	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](http://www.stmaryscountymd.gov/aging)

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

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

Phone: 301-475-4200, ext. 1050

Fax: 301-475-4503

## LOCATIONS



Department of Aging & Human Services Building  
301-475-4200, ext. 1050  
*41780 Baldrige Street  
Leonardtown, MD 20650*

Garvey Senior Activity Center  
301-475-4200, ext. 1080  
*23630 Hayden Farm Lane  
Leonardtown MD, 20650*

Loffler Senior Activity Center  
301-475-4200, ext. 1658  
*21905 Chancellor's Run Road  
Great Mills, MD 20634*

Northern Senior Activity Center  
301-475-4200, ext. 3101  
*29655 Charlotte Hall Road  
Charlotte Hall, MD, 20622*

Human Services and MAP Site  
301-475-4200, ext. 1057  
*23115 Leonard Hall Drive  
Leonardtown, MD, 20650*



St. Mary's County Department of Aging &  
Human Services  
41780 Baldrige Street  
P.O. Box 653  
Leonardtown, MD 20650

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

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

**Friday, April 18- Good Friday**

**NEW BEGINNING**