

NEW BEGINNING

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



Celebrating Older Americans Month

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From the Director's Desk

By Lori Jennings-Harris, Director

Celebrating Older Americans Month – Flip the Script on Aging – this year's Older Americans Month theme, according to the Administration for Community Living. The month of May is when we nationally recognize older adults and their immeasurable contributions.



According to the Administration for Community Living, *“The 2025 theme focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions. This year, join us in honoring older adults’ contributions, exploring the many opportunities for staying active and engaged as we age, and highlighting the opportunities for purpose, exploration, and connection that come with aging.”*

The Department of Aging & Human Services helps maintain older adults as active and vibrant members of our county, especially important with the older adult population increasing. The strength of our community is based on the contributions made over the years by our older adults. The fiber of our community is fortified and enhanced by their experience, knowledge, and their time as volunteers, as well as historians, and as steadfast pillars of strength.

The Department of Aging & Human Services joins our community's older adults in helping to keep our community strong. We will continue to support the needs of our community's older adults. The Department acknowledges and celebrates older adults, not just during the month of May, but every month!

NEW BEGINNING

The Commissioners of
St. Mary's County
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NEW BEGINNING

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To receive a copy of this newsletter through the U.S. Mail, call 301-475-4200, ext. 1050. Editorial submissions should be sent to:

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

or visit the website at:

www.stmaryscountymd.gov/aging

Our Mission

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

Law Enforcement Appreciation Day

Tuesday, May 6

11:30 a.m.

The White Rose

21030 Point Lookout Road, Callaway, MD

The community is invited to join the Commissioners of St. Mary's County, the Department of Aging & Human Services, and the Triad/SALT Council to honor this year's Law Enforcement Officers of the Year and remember the men and women who gave their lives in service to their community.

The Officer of the Year from each agency will receive citations from the Office of the Governor, the Maryland Senate and House of Delegates, as well as plaques and/or certificates of appreciation from the Commissioners of St. Mary's County, the Department of Aging & Human Services, and the Triad/SALT Council.

The community is invited to congratulate the Law Enforcement Officers of the Year and join them for lunch, free of charge, following the ceremony.

For more information, contact Nicoletta Pollice at:
301-475-4200, ext. 1073, or nicoletta.pollice@stmaryscountymd.gov

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, May 26, 2025
1 p.m.

Monday, June 23, 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

Do you ever feel tired throughout the day? Does the mid-afternoon slump make you want to nap? There are many reasons for fatigue, and ongoing tiredness should be evaluated by your physician. However, the 2024 International Food Information Council's Food and Health Survey indicated that the number one benefit people want from food and nutrition is not weight loss but improved energy and less fatigue.

Food choices impact energy, but getting a good night's sleep, regular exercise, and hydration also play a big role. Eating nutrient-dense foods provides essential vitamins, minerals, protein, and carbohydrates to keep us moving. These foods include fruits, vegetables, nuts, seeds, legumes, whole grains, dairy, and lean proteins. Sadly, a Cleveland Clinic survey showed that cost and time are the biggest barriers to healthy eating.

Here are a few suggestions that won't break the bank and may save you time. One of the easiest ways to improve nutrition is by adding a fruit or vegetable to each meal and snack. Research links increased fruit and vegetable intake to a decreased risk of many chronic diseases. By eating regular meals and snacks, our bodies stay fueled and ready to go. It's hard to get somewhere in a car without gas (or, these days, without a charge).

Snacking, when timed well and consisting of healthy options, provides energy throughout the day. Stock up on nutritious snacks so you won't be tempted to grab a cookie when you feel tired. Some examples include nuts, trail mix without candy, popcorn, and fresh fruit. Come out to July's nutrition presentation, where I'll discuss healthy snacking and how to evaluate packaged snacks. Bring your go-to snack, and let's see how it stacks up to healthy eating. While many of us grab a cup of coffee in the late afternoon for an energy boost, that might actually sabotage your sleep. Try to limit caffeine intake to no more than 400 mg a day, roughly equivalent to four cups of coffee. Since caffeine has a long half-life, stop consuming it about eight hours before bedtime.

Finally, here are some time-saving tips: batch cook for leftovers, prep healthy snacks, and keep them available. Try mason jar salads for a healthy lunch or dinner that can be made up to four days ahead.

If you eat healthier, I can't guarantee you'll be an "Energizer Bunny," but it will help.

Upcoming Nutrition Education Presentations:

Nutrition for Bone Health

Garvey- Wednesday, May 7, 12:45 p.m.

Garvey- Thursday, May 8, 6 p.m.

Loffler- Monday, May 12, 10 a.m.

Northern- Monday, May 19, 12 p.m.

Nutrition for Brain Health

Garvey- Wednesday, June 4, 12:45 p.m.

Garvey- Thursday, June 12, 6 p.m.

Loffler- Monday, June 9, 10 a.m.

Northern- Monday, June 16, 12 p.m.

Home & Community-Based Services

By Rebecca Kessler, HCBS Division Manager

Submitted by Lisa Berry, HCBS Program Coordinator

Reprinted from: <https://lorettozny.org/news-resources/blog/6-spring-cleaning-tips-for-seniors-their-caregivers/>

Six Spring Cleaning Tips for Seniors and Their Caregivers

Spring is here! Warm weather is creeping in, the grass is getting greener, and the trees are budding. It's a great time to get outside and shake off those winter blues, but it's also the perfect opportunity to give your senior's living space a good spring cleaning. Having a clean space makes a big difference in improving quality of life. An organized space is safer and easier to navigate, and as a family member or caregiver, spring cleaning can help you evaluate the space and determine if more advanced caregiving is needed.



1. Have a Game Plan

Spring cleaning can seem overwhelming, no matter how old you are. Creating a plan and a checklist of what needs to be done before you start will turn a daunting task into a manageable one. If you're helping a senior, make sure to involve them in the plan, addressing the areas of their home or living space that matter most to them. Also, don't feel like you have to do everything all at once! Split the cleaning plan into sections and tackle projects little by little. Doing so will keep you and your elderly loved one motivated and prevent exhaustion from trying to do too much at once.

2. Use the Right Tools

6 Having the right cleaning tools on hand can make spring cleaning much easier. For example, using a duster with an extender helps your senior reach difficult areas without using a ladder or step stool, which could be a fall hazard. The tools you use also include the cleaning products. Avoid harsh chemicals and consider using more natural cleaning products to minimize the risk of allergic reactions or irritations.

3. Make It a Team Effort

It's understandable that a senior may want to tackle spring cleaning on their own to maintain independence, but as the old saying goes, "Many hands make light work." Offer to help and make the project a team effort. This doesn't mean that independence needs to be sacrificed. Cleaning together can be a great excuse to catch up, share happy memories, and provide company.

4. Put Safety First

This applies to both your senior and their space. Safety should always be a priority, so make sure your elderly loved one isn't taking on tasks that are too big or dangerous, such as lifting heavy objects or balancing on a ladder. On the subject of safety, use this time to check the batteries in smoke and carbon monoxide detectors to ensure they're working properly. Also, evaluate the space to make sure any tripping hazards have been removed.

5. Get Rid of Expired Items

Medicine cabinets, pantries, and refrigerators are all places where expired items can accumulate over time. Safely dispose of any expired medications to reduce the risk of taking the wrong medication. A more organized medicine cabinet also makes for a safer and more effective medication management plan. Any expired pantry items or spoiled food should also be discarded, ensuring your senior has fresh, healthy food on hand.

6. Minimize Clutter

Help your senior go through belongings and items that have accumulated over time to determine what can be thrown out or given away. This can minimize unnecessary clutter, free up space in the home, and make it easier to get around. While a helping hand is appreciated, it's important to let your senior take the lead on this task, as you don't want them to feel like their space or independence is being compromised.

St. Mary's County

Caregiver Support Group

Tuesday, May 27
Tuesday, June 24

Garvey Senior Activity Center, Leonardtown MD

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

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

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



“Strengthening Local Capacity, Supporting Children Living in Poverty”: a project of the Governor’s Engaging Neighborhoods, Organizations, Unions, Governments, and Households (ENOUGH) Initiative

The monthly sessions will provide networking opportunities to elevate community voices & enhance local partnership to address childhood poverty in our local areas.

Contact Amanda Meatyard, Coordinator for the St. Mary’s County Local Management Board for Youth & Family Services, St. Mary’s County Department of Aging & Human Services at 301-475-4200, ext. 1848, or Amanda.Meatyard@stmaryscountymd.gov.

This opportunity is brought to you by the Commissioners of St. Mary’s County and the Department of Aging & Human Services. Made possible by funding from the Governor’s Office for Children’s ENOUGH Initiative.

REGISTER NOW FOR
OUR SIX MONTH
LISTENING &
LEARNING SESSIONS

MONTHLY MEETINGS
AT THE CARVER
RECREATION CENTER
IN LEXINGTON PARK

DISCUSSION TOPICS:
-PARTNERSHIPS
-ASSET MAPPING
-STRATEGIC PLANNING
-BUDGETING
-GRANT READINESS
AND MORE!

SCHEDULE:
- FEBRUARY 19, 2025
- MARCH 26, 2025
- APRIL 30, 2025
- MAY 21, 2025
- JUNE 11, 2025

REGISTER TODAY!
[HTTPS://FORMS.GLE/1GQU
07HKTSWBCUNEA](https://forms.gle/1GQU07HKTSWBCUNEA)





Get Free Screenings & Information

- Cholesterol
- Blood pressure
- Diabetes
- Vision
- Behavioral health
- Dental health
- Weight loss

Complimentary lunch, vendors, presentations, door prizes, and more!

Saturday, June 7, 2025
9 a.m.- 1p.m.

Garvey Senior Activity Center
23630 Hayden Farm Lane,
Leonardtown MD

Men's Health Day: A Blueprint for Wellness



Pre-Registration is strongly encouraged.
Register at: www.stmaryscountymd.gov/aging/MensHealth



Appointments Available at:

Department of Aging & Human Services - 41780 Baldrige Street, Leonardtown, MD

Loffler Senior Activity Center
21905 Chancellors Run Road,
Great Mills, MD

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

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

Registration required!

To schedule your appointment contact Nicoletta Pollice at Nicoletta.Pollice@stmaryscountymd.gov or 301-475-4200, ext. 1074.

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



Make an appointment with an attorney to fill out an Advance Healthcare Directive completely FREE!

All attorneys are members of the St. Mary's County Bar Association and are donating their time for Law Day to fill out Advance Care Directives ONLY. This is a free service.

Senior Information & Assistance

By Melissa Craig, Senior I&A Division Manager

Save Money on Your Medicare Expenses

Medicare Savings Program

Get help from your state to pay your Medicare Part A (Hospital Insurance) and Part B (Medical Insurance) premiums through a Medicare Savings Program. If you qualify, Medicare Savings Programs might also pay your Part A and Part B deductibles, coinsurance, and copayments. The QMB program pays the Medicare Part B premium, deductibles, and coinsurance, while the SLMB program pays the Part B premium. Considering that most individuals pay \$185 for their Part B premium in 2025, these programs add up to a savings of at least \$2,220 per year. Listed below are the financial qualifications for each program.

Source: <https://www.medicare.gov/basics/costs/help/medicare-savings-programs>

Program	Gross Monthly Income	Assets
QMB	\$1,325 (individual)	\$ 9,660
	\$1,783 (couple)	\$14,470
SLMB	\$1,785 (individual)	\$9,660
	\$2,400 (couple)	\$14,470

Social Security Extra Help

Social Security "Extra Help" is a Medicare program to help people with limited income and resources pay Medicare drug coverage (Part D) premiums, deductibles, coinsurance, and other costs. You also won't have to pay a Part D late enrollment penalty while you get Extra Help. Those who have QMB or SLMB automatically qualify for Extra Help, while others must apply.

Source: <https://www.medicare.gov/basics/costs/help/drug-costs>

Gross Yearly Income Limit	Asset Limit
\$23,475 (individual)	\$17,600
\$31,725 (couple)	\$35,130

Maryland Senior Prescription Drug Assistance Program (SPDAP)

SPDAP is a program that provides a \$75 monthly subsidy towards the Medicare Part D premium.

Source: <https://marylandspdap.com/>

Gross Yearly Income Limit
\$46,950 (individual)
\$63,450 (couple)

Maryland Legal Aid

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 May 9, 2025, or June 13, 2025, please call 301-475-4200, ext. 1064.

Senior Rides Program



The Senior Rides Program is looking for volunteer drivers to help provide transportation to older adults in need. Volunteers can enjoy the satisfaction of making a meaningful impact while earning mileage reimbursement and gaining flexible hours. To qualify, volunteers must have a valid driver's license, access to a reliable vehicle, and be willing to undergo a background check. If you're interested in making a difference, please contact Rachel Kinder at 301-475-4200 ext. 1066 or via email at Rachel.Kinder@stmaryscountymd.gov. For more information, please visit <https://www.stmaryscountymd.gov/Aging/SeniorRides/>.

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

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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

? FREQUENTLY ASKED QUESTIONS

EMS BILLING



What is St. Mary's County's billing policy for Emergency Medical Services (EMS)?

St. Mary's County Government (SMCG) has a **soft billing** policy for emergency medical services.

This means:

- ▶ SMCG bills insurance companies for emergency medical services, such as ambulance transport*.
- ▶ Patients do not have to pay anything beyond what their insurance covers (no co-pay, co-insurance, out-of-pocket cost, etc.).

This ensures that insurance helps cover costs while protecting patients from financial burden.

Why are some patients receiving bills for ambulance services?

Some patients have reported receiving bills for amounts their insurance did not cover. SMCG has reviewed this issue and found that the billing practices were not aligned with the intended soft-billing policy.

What actions has St. Mary's County Government taken to fix this issue?

Our billing agency has agreed to **only bill insurance providers** and to **stop billing patients** for any unpaid balances, effective immediately.

- ▶ Patients may still receive requests for insurance information if needed.

Questions about a bill? Contact Us:

(301) 475-4200 ext. 2129

EMSbilling@stmaryscountymd.gov

Your health and safety come first. **If you need emergency medical help, call 911 without hesitation.**



We are committed to making sure no patient is personally responsible for the cost of our emergency ambulance transport.

*The billing policy of St. Mary's County Government applies exclusively to ground ambulance services owned or operated by St. Mary's County Government, the St. Mary's County Rescue Squads, and St. Mary's County Advanced Life Support. This policy does not extend to, nor does St. Mary's County Government make any representations regarding, the billing practices of Federal, State, or private ambulance providers, or air medical transport services. Individuals transported by any entity other than those expressly identified herein should contact the respective service provider for information regarding applicable billing procedures and financial responsibility. FAQ Rev. 3/6/2025

Division of Senior Center Operations

By Candice Nelson, Senior Center Operations Division Manager

Senior Farmers Market Nutrition Program

Senior Farmers Market Nutrition Program (SFMNP) is designed to provide low-income individuals who are at least 60 years old access to locally grown fruits, vegetables, honey, and herbs. The Senior Farmers Market Nutrition Program will see some changes this year. The program will use the electronic benefit card as it did last year; however, the application process will now be online. More information will be forthcoming on how to apply; please continue to check the St. Mary's County Department of Aging & Human Services website for updates. www.stmaryscountymd.gov/aging



Learning Is ForEver (L.I.F.E.) Program

The L.I.F.E. (Learning Is ForEver) Program is committed to providing stimulating educational and enrichment opportunities for individuals aged 50 years and over who share a common dedication to the enjoyment of continued learning for growth and fulfillment. L.I.F.E. committee members determine the curriculum and recruit instructors and facilitators.

The L.I.F.E. Program will not have a Spring or Fall 2025 semester. It is expected to return in Spring 2026. Please check future editions of *New Beginning* for information on how to get involved in this volunteer-led program.

If you are interested in planning and organizing a local trip or tour for the L.I.F.E. Program, we'd like to hear from you.

Volunteers are needed who can handle all the logistics of a tour from start to finish. Mentors are also needed to accompany tours. If you are interested, call Candice Nelson, Division Manager, Senior Center Operations, at (301) 475-4200, ext. 1063.



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.

Barre Class

Garvey Senior Activity Center

Fridays, May 2 - June 6

2:00 p.m.

Cost: \$40

Zen Well Studio's Barre class for seniors is a gentle, low-impact workout designed to enhance balance, strength, and flexibility. Our experienced instructors will guide you through modified movements and stretching routines that promote mobility and overall well-being in a supportive, mindful environment. Zen Barre focuses on mindful movement, incorporating principles of balance, breath, and alignment to create a calming yet effective workout that encourages both physical and mental well-being. All skill levels are welcome.

Advanced registration is required.



Embroidery Card-Making Class

Garvey Senior Activity Center

Tuesdays, May 6 & June 3

1:30 p.m.

Cost: \$5 (supplies included)

This card-making method creates stunning gifts or greeting cards, perfect for framing. The technique uses single-strand embroidery thread and a fine needle to create line designs on quality cardstock.

It's a great way to make personalized cards for yourself or for loved ones! Our instructor, Omega will teach you everything you need to know. Bring scissors, tape, and a needle. All skill-levels are welcome. Advanced registration is required.

Virtual Reality 101

Garvey Senior Activity Center

Tuesday, May 6 & June 3

11:30 a.m.

Cost: Free

Have you ever wanted to see the Eiffel Tower and other world landmarks without the expense? Or maybe you want to expand your brainpower? Come join our volunteer, Keegan Creswell, as he teaches you how to use a virtual reality headset and explore a new application through AARP. This class will cover the basics! No experience is needed, but space is limited to allow for personalized assistance. Please wear comfortable clothes.

Advance registration is required.





Point Lookout Prison Hospital - Presentation

**Garvey Senior Activity Center
Wednesday, May 7, 10 a.m.**

Cost: FREE

This talk focuses on Point Lookout, starting with its origins and discussing its role during the War of 1812. Point Lookout, Maryland, served as the largest and deadliest prison camp for Confederate

soldiers established by the Union. Additionally, a large, modern hospital, the first of its kind, was constructed on the premises. Advance registration is required.



Sweetheart Cupcakes: Mother's Day

**Garvey Senior Activity Center
Wednesday, May 7, 4 p.m.**

Cost: \$30

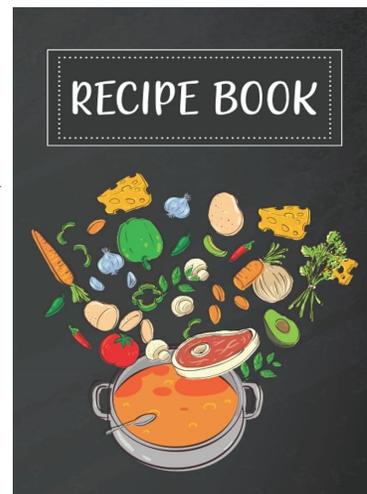
Join Rebecca of Sweetheart Cupcakes to learn how to decorate cupcakes for events, holidays, or that special someone. You will complete four cupcakes to take home or share. All supplies are provided, so bring an apron and make some great cupcakes! Advanced registration is required.

Recipe Round-Up

**Garvey Senior Activity Center
Wednesdays, May 7 & 21, June 4 & 18
5 p.m.**

Cost: \$10 (One-time fee for materials)

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 create a book of recipes along with each recipe's story. Recipes will be typed, formatted, printed, and compiled in a presentation binder for easy use and sharing. Recipe Round-Up offers the opportunity to create a personalized treasure and practice basic computer skills. All materials will be supplied, and no experience is necessary. The \$10 fee is a one-time charge for all materials. Advance registration is required.

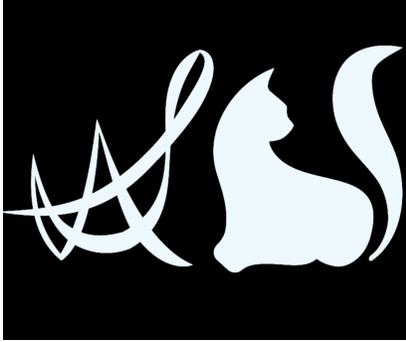


Scandinavian Tole Painting with Chris

**Garvey Senior Activity Center
Thursdays, May 8 & June 12
5 p.m.**

Cost: \$20

Scandinavian Tole Painting is the folk art of decorative painting on tin and wooden utensils, objects, and furniture. Join us for an instructor-led painting workshop as we create a tole design on a 9"x11" wooden tray. You'll be guided through each step of the painting process at a pace suitable for all skill levels. Advanced registration is required.



Watercolor with T.L. Ford

Garvey Senior Activity Center

Tuesdays, May 13 & June 10

1:30 p.m.

Cost: \$25

Would you like to learn how to paint watercolors on a smaller scale? 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 all materials will be provided! Advanced registration is required.

Drama Speaks Performance

Garvey Senior Activity Center

Tuesday, May 13, 5:30 p.m.

Cost: Free

It's time to scare up some laughter with your Reader's Theatre performers! Join us for entertainment that will have you chuckling along. You are welcome to bring your food and drink. Advanced registration is required.

Book Discussion Group

Garvey Senior Activity Center

Wednesday, May 14 & June 11

11 a.m.

Cost: Free

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

May: *The Girl with the Louding Voice*

A 2020 coming-of-age novel and the debut novel of Nigerian writer Abi Daré. It tells the story of a teenage Nigerian girl named Adunni, who becomes a maid and struggles with many challenges, including limited education, poverty, and her inability to speak up for herself.

June: *The Guernsey Literary and Potato Peel Pie Society*

In 1946, a London-based writer begins exchanging letters with residents on the island of Guernsey, which was German-occupied during WWII. Feeling compelled to visit the island, she starts to get a picture of what it was like during the occupation.

Senior Prom – Dazzling Masquerade Intergenerational

Garvey Senior Activity Center

Thursday, May 15

4:30 p.m.

Cost: \$7

Dress to impress and dance the night away at our Dazzling Masquerade-themed Senior Prom! Enjoy live music from DJ Silvestro Entertainment and don't miss the crowning of our King and Queen. Light hors d'oeuvres and punch will be served as you make memories with your date, including the opportunity to take a prom picture together. This is an intergenerational program, and those 18 and over are welcome to attend. All attendees must purchase a ticket in advance for admission.



Upcycled Citronella Votive Holder Craft

Garvey Senior Activity Center

Monday, May 19, 5:30 p.m.

Cost: \$5

Join us to upcycle glass yogurt jars into patriotic citronella votive holders, perfect for summer gatherings. In this hands-on class, you'll decorate and personalize your jar with paint and ribbon. Each participant will take home a completed candle in their votive holder. All materials provided. Advanced registration is required.



Afternoon Pickleball 101: Double Your Fun

Garvey Senior Activity Center

Tuesdays, May 20, 27 & June 3

Thursdays, May 22, 29 & June 5

3:30 p.m. - 4:30 p.m.

Cost: Free



This beginner-friendly class is perfect for those new to pickleball! It spans over three weeks and has two one-hour sessions each Tuesday and Thursday. Our instructor will teach you fundamental skills and strategies of this fun sport. You will have the opportunity to focus on learning basic strokes, footwork, and body positioning. The class will also cover key rules and etiquette. With the guidance of our experienced instructor you will gain confidence while having fun. Pickleball is a great way to exercise and socialize. Please bring water, comfortable clothing, non-court marking shoes, and a paddle (if you own one you would like to use). Advanced registration is required.

Iris Folding

Garvey Senior Activity Center

Tuesday, May 20, 1:30 p.m.-*Backyard Pets*

Wednesday, June 25, 5:30 p.m. - *Cards*

Cost: Free

Join us for two fun Iris Folding classes!

On May 20, create three Backyard Pets-themed cards to take home and personalize.

On June 25, select from a collection of patterns to create intricate Iris Folding cards. Learn the art of Iris Folding by arranging and layering strips of paper or fabric in a spiraled pattern resembling the iris of a camera lens. Supplies will be provided, but feel free to bring your favorite scissors. Advanced registration is required



Pouring Paint

Garvey Senior Activity Center
Wednesday, May 21, 1:30 p.m.

Cost: \$5

Join Toni as she shows you how to create beautiful pouring-paint ornaments. Supplies are provided. Use pouring paint to create one-of-a-kind holiday ornaments for yourself or as gifts. Advanced registration is required.

Movie Night

Garvey Senior Activity Center
Thursday, May 22

Wednesday, June 18 (Moved to Wed. due to the holiday)
5 p.m.

Cost: The movie is free.

(\$3 optional snack pack/popcorn purchase)

Join us as we convert our dining room into a movie theater! Snack packs and fresh popped popcorn will be available to purchase. You're also welcome to bring your own food and drink. Advanced registration is required.



May: Twisters (PG-13)

Kate Cooper, a former storm chaser haunted by a devastating tornado encounter during college, now studies storm patterns in New York City. She's lured back to the plains by her friend Javi to test a new tracking system. There, she meets Tyler Owens, a reckless social-media superstar thriving on posting his dangerous storm-chasing adventures. As storm season intensifies, terrifying phenomena are unleashed, and Kate, Tyler, and their teams find themselves in the path of multiple storm systems converging over central Oklahoma.

June: Hidden Figures (PG)

This biographical drama tells the story of three African American women mathematicians at NASA in the 1950s and 1960s. Katherine Johnson, Dorothy Vaughan, and Mary Jackson worked in the segregated West Area Computers Division of NASA's Langley Research Center, performing complex math and engineering tasks to help launch the first American astronauts into space while facing discrimination.

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Miniature Model Painting

Garvey Senior Activity Center
Monday, June 2, 5 p.m.

Cost: Free

Bring a Dungeons & Dragons miniature and paint with the group! Some supplies will be available to use, but if you have specific colors in mind, please bring your own. A seasoned painter will be available to help you get started on your painting journey. Please bring magnifying reading glasses to help you view the miniature models. Advanced registration is required

Magazine Flower-Making Class

Garvey Senior Activity Center

Wednesday, June 4, 2:30 p.m.

Cost: \$5

Join us for a simple and enjoyable craft class. Turn simple magazines into decorative, never-wilting flowers. Supplies and glass vases provided. Advanced registration is required.



Custom Stenciled Charcuterie Board

Garvey Senior Activity Center

Wednesday, June 11

Monday, June 23

Time: 5:30 p.m.

Cost: \$20

In this hands-on, two-part workshop, you will create a custom-painted charcuterie board. In the first session, a patriotic design will be stenciled onto a wooden charcuterie board. In the second session, a personalized message will be added around the design, and a food-safe sealant will be applied to protect your creation. Advance registration is required.

Just Us 2 Luncheon

Garvey Senior Activity Center

Tuesday, June 17

Doors Open: 11:30 a.m.

Lunch Served: 12 p.m.

Performance: 12:30 p.m.

Pat Nutter and Chris Tenney have performed at a wide variety of establishments throughout Southern Maryland and most recently at the Saturday Night Live Open Mic in Prince Frederick. They are a duo that performs bluegrass, classic country, gospel, and original music. Their lively performance will have your toes and fingers tapping along. Lunch will be served before the music starts. The 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.

Morning Pickleball 101: Just Dink It

Garvey Senior Activity Center

Wednesdays, June 4, 11, 18, 25

9 a.m. -11 a.m.

Cost: Free

If you are new to the sport of Pickleball, it is highly suggested that you begin with this course.

This beginner's class is facilitated by an experienced pickleball player and volunteer who will teach the rules of the game as well as offer additional pointers. You will learn basic shot techniques, rules, scoring, court positioning, and basic strategy. Pickleball is a game played with a perforated plastic ball and wood or composite paddles on a court like tennis. Loaner paddles and balls will be provided. Attendees should wear comfortable clothing and tennis shoes and bring a bottle of water. Your love for the game starts now! Advanced 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.



Cake Decorating 101 Loffler Senior Activity Center Friday, May 2, 10 a.m.

Cost: \$20

Join Rebecca Smith of Sweetheart Cupcakes to learn how to decorate mini cakes for special occasions, holidays, or just for fun! You will complete two mini cakes to take home or share. All skill levels are welcome. All supplies are provided, though you may bring your favorite apron. Advance registration is required.

Tai Ji Quan - Moving for Better Balance

Loffler Senior Activity Center

Mondays & Fridays, Starting May 5

2 p.m.

Cost: Free

Tai Ji Quan is an exercise program designed to help improve your balance, mobility, walking, and overall physical and mental well-being. During the twice-weekly exercise sessions over the next 24 weeks, you will practice 8 forms of balance techniques along with various movement drills. Limited slots are available. Advance registration is required.

Hearing Screenings: Jacobs Audiology of California

Loffler Senior Activity Center

Monday, May 5

9 a.m. - 12 p.m.

Cost: Free

Healthy hearing significantly impacts your quality of life. Your ability to communicate with others is crucial to maintaining an independent and satisfying lifestyle. Jacobs Audiology's Outreach Program was established to offer free hearing screenings in the community and will be at Loffler Senior Activity Center in May. Advance registration is required.

Art with Jamie

Loffler Senior Activity Center

Tuesdays, May 6, 13, 20 – Mosaic Art

Tuesdays, June 3, 10, 17 – Everything Maryland Watercolor Art

10 a. m. – 12 p.m.

Cost: \$25 per class (materials included)

In May, we will create mosaic art wooden trays. This project will take all three weeks to complete, with additional smaller projects sprinkled in. In June, come for one day or all three, and explore Maryland's beauty through watercolor art. All skill-levels are welcome. Advance registration is required.



Spring Craft & Vendor Show – OPEN TO THE PUBLIC

**Loffler Senior Activity Center
Friday, May 9, 10 a.m. – 3 p.m.**

Cost: Free

Find great Mother’s Day gifts, birthday presents, home décor, or something nice for yourself. Come support local seniors, crafters, and small cottage businesses. Invite your friends to shop with you. This event is open to the public. Food trucks will be on site.

Massage Therapy with Renika Watson, LMT

Loffler Senior Activity Center

Tuesdays, May 6, 13, 20 & 27, 10 a.m. – 4 p.m.

Wednesdays, May 7 & 21, 10 a.m. – 2:45 p.m.

Tuesdays, June 3, 17, 24, 10 a.m. – 4 p.m.

Wednesday, June 4, 10 a.m. – 4 p.m.

Wednesdays, June 18 & 25, 10 a.m. – 2:45 p.m.

Cost: \$50 for 45 minutes, \$65 for 60 minutes

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

Refunds will be considered for cancellations made with at least 24 business hours' notice and if a replacement is found.

Health Warning: Participants must be able to get on and off the table without assistance. If your loved one requires assistance, please attend the session with them. Wait at least 8 weeks after surgery to schedule a massage, and consult your doctor prior. This service is not suitable for those with extreme edema, gout, open wounds, or vascular disease.

Teacup Pop-Up Card - Anna Griffin with Martha Baker

Loffler Senior Activity Center

Friday, May 9, 12:30 – 2:30 p.m.

Cost: Free

In this class, you will create a 3D teacup that pops up when you open the card. You will be guided on how to create the card. All materials are from an Anna Griffin card kit. Please bring your own adhesive. Advance registration is required.



Building Better Caregivers Workshop

Loffler Senior Activity Center

Thursdays, May 15 to June 12

9 – 11:30 a.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

Day at the Races Party Special Luncheon with Entertainment

Loffler Senior Activity Center

Friday, May 16

Doors Open: 11 a.m.

Lunch: 11:30 a.m.

Entertainment: 12 p.m.

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

Let's get ready for the Preakness at Loffler! Join us for good food, friends, and fun while enjoying great music. Be sure to wear your Preakness fascinator or hat to celebrate the 150th running of the Preakness. Advance registration is required.

Making a Natural Bug Spray with Natalie Kravitz

Loffler Senior Activity Center

Monday, May 19, 1 – 3 p.m.

Cost: \$20 (supplies included)

Join Natalie Kravitz of Live Happier Habits to learn how natural ingredients help repel insects and make your own bug spray to take home. Advance registration is required.

Crafts with Penny

Loffler Senior Activity Center

Thursday, May 22, 1–3 p.m. – Pressed Flower Fairy Lights Jar

Thursday, June 5, 1–3 p.m. – Beach Wreath

Cost: \$20 per class (supplies included)

May: Make two pressed flower fairy light jars, reminiscent of fireflies in summer. Perfect for your outdoor patio or as gifts.

June: Just in time for warmer weather, create a beach wreath with seashells, starfish, and other embellishments. Advance registration is required for both projects.

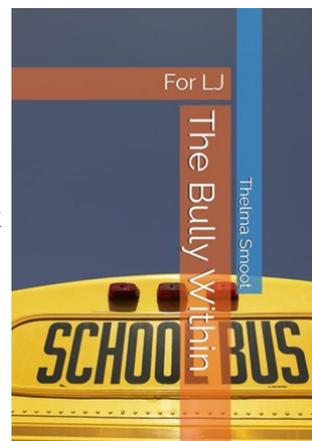
Book Presentation: The Bully Within: For LJ by Thelma Smoot

Loffler Senior Activity Center

Friday, May 23, 10 a.m.

Cost: Free

This fictional story highlights some of Smoot's real-life challenges in attending a newly desegregated school in Southern Maryland in 1965. Elizabeth, an African American child and the main character, is also the first in her family to attend a predominantly white school. The book blends drama with an exploration of social issues, pulling at your heartstrings while offering a sense of hope. Advance registration is required.



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Mom & Pop Breakfast with Bruce Thomas

Loffler Senior Activity Center

Friday, June 13

Doors Open: 9 a.m.

Breakfast: 9:30 – 10:30 a.m.

Cost: Free

Celebrate moms and dads with a hot breakfast at Loffler! Enjoy a delicious breakfast while dancing to the sounds of Bruce Thomas. Bruce can make it smooth and sultry or crank it up full throttle to pop, jazz, Latin and funk. Advance registration is required.

Make & Take Projects with Jamie

Loffler Senior Activity Center

Tuesday, May 27 – Mosaic Yard Art

Tuesday, June 24 – Watercolor

10 a.m. – 12 p.m.

Cost: \$25 per session. .

In May, create metal and mosaic yard art in this fun and colorful make-and-take project.

All materials included!

In June, enjoy a one-day watercolor class. Perfect for beginners, professionals, and everyone in-between. Create a small, beautiful watercolor design that will be framed and ready to hang in 2 hours. All materials included! Advance registration is required

Book Presentation: The Farmer’s Wife by Carol McCabe Booker

Loffler Senior Activity Center

Thursday, June 12, 10 a.m.

Cost: Free

Local author, lawyer, and journalist Carol McCabe Booker will present her newest book, *The Farmer’s Wife: A True Story*. It’s the third book in her nonfiction series exploring historic events in 19th century and early 20th-century Southern Maryland, focusing on a devastating crime. Advance registration is required.

Hello Summer, Special Luncheon with Kurt Schlesinger

Loffler Senior Activity Center

Friday, June 20

Doors Open: 11 a.m.

Lunch: 11:30 a.m.

Entertainment: 12 – 2 p.m.

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

Welcome summer in style! Wear your coolest summer outfits and Hawaiian shirts to celebrate the warmer weather with pop tunes from Kurt Schlesinger. Let’s be sure to give him a warm Loffler welcome! Advance registration is required.

Patriotic Garland with Toni

Loffler Senior Activity Center

Tuesday, June 24

1:30 – 3:30 p.m.

Cost: Free

Join Toni to create a patriotic garland using red, white, and blue fabric, just in time for July 4th! All supplies provided. Advance 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.

Gardening Volunteers Needed

Northern Senior Activity Center

Blessed with a green thumb? Love to garden? The Northern Senior Activity Center needs your help! We need volunteers to oversee our gardening program to fill flower beds with soil, plant flowers, grow vegetables & herbs, keep up with watering, trimming, etc. This will be a huge help – plus it’ll enhance the outdoor patio area & provide items that people can use. Interested? Email Keilan at keilan.ruppert@stmaryscountymd.gov, or call ext. 3103.

Lyme Action Tool Kits

Northern Senior Activity Center

May is Lyme Disease Awareness Month and a time to focus on wellness in caring for yourself and others. These special resource kits can be picked up in-person at the Northern Senior Activity Center. Learn what you should know to protect yourself and others -- and -- what you can do if you get bit by a tick or suspect a tick-borne infection. Get action-specific instructions and must-see resources including these useful items: Ranger Ready[®] repellent, recommended tweezer removal tool, collection bag, a lime-colored awareness bracelet, pin & various materials from Lyme-literate organizations. *(This resource was awarded as a 2019 Program of Excellence from the Maryland Association of Senior Centers.)*

Mother’s Derby Day Bingo

Northern Senior Activity Center

Friday, May 9, 9:45-11:15 a.m.

Cost: \$3 suggested donation – pay that day

This May event is in celebration of the ladies in the month of Mother’s Day. Enjoy a special bingo with some Derby-inspired prizes. Wear your grand Derby hat and enjoy a complimentary Mint Julep

mocktail. After bingo, there will be a drawing for a Mother’s Day special prize. This is a drop-in event, there is no need to sign-up in advance but everyone should be seated before 9:45 a.m. *Please arrive by 9 a.m. if you need to complete registration/ membership paperwork (for those over 50 years of age) or update existing paperwork. If you wish to request lunch for that day, call 301-475-4200, ext. 3105 to make a reservation. See top of this page for how to register.

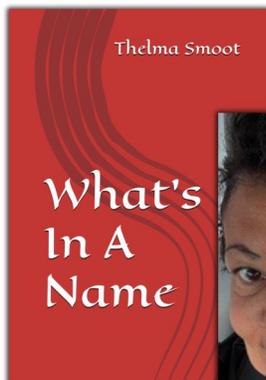
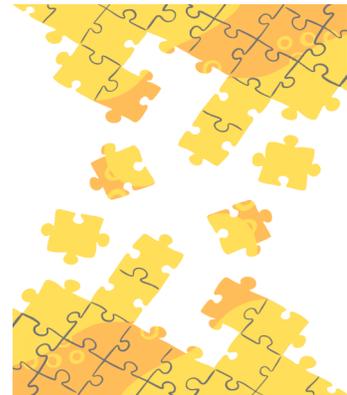


Art Pottery: Tiny Torsos
Northern Senior Activity Center
Friday, May 9 & 23, 10 a.m.-Noon
Cost: \$10

Pottery craftswoman Pam King will instruct in the making of a torso body sculpture. All skill levels are welcome. See page 24 for how to register.

Puzzle Master Challenge (300 Pieces)
Northern Senior Activity Center
Thursday, May 15, 1-3:30 p.m.
Cost: \$14

Who will be Northern's *Puzzle Master*? Join us for the first ever Puzzle Master Challenge – conceptualized by Martha B. Battle for fellow puzzle-lovers in this fun & friendly competition. Each contestant will receive an identical 300-piece puzzle. The 2-hour countdown begins at 1 p.m. Once the clock strikes 3 p.m., time is up. The first player to finish the puzzle – or the player with the lowest number of pieces remaining – is our winner! A grand prize will be awarded to the Puzzle Master. Everyone will take their puzzle home. See page 24 for how to register.



Meet the Author: Thelma Smoot
Book Signing & Discussion
Northern Senior Activity Center
Thursday, May 22, 10:30-11:30 a.m.
Cost: Free

Northern's Book Chatter club is hosting local author Thelma Smoot for an interactive book signing and discussion! Ms. Smoot is promoting her debut novel, *What's In A Name*. This book is "deeply rooted in a rural farming community in Southern Maryland" and follows the life of a 1960s African American girl named Elizabeth. Available to purchase on Amazon. Join us for this event to learn more about Thelma & her great book. See page 24 for how to register.

Rock Pencil Holder
Northern Senior Activity Center
Tuesday, June 3, 9:30-11 a.m.
Cost: \$2

Art rocks! Join instructor Karen Bates for this fun & simple craft. Transform an empty tin can into a fashionable pencil holder – studded with rocks and decorated to your liking. Rocks & additional décor will be provided. Please bring your own empty can (soup or vegetable cans work well). See page 24 for how to register.



Digital Photography for Beginners: Presentation & Workshop

Northern Senior Activity Center

Thursday, June 5, 1-4 p.m.

Cost: Free

Want to understand the basic concepts & techniques used in digital photography? Join experienced photographer Orlando Thompson for this great, educational presentation. Orlando will cover topics such as lighting, composition, and emotion. Following the presentation, Orlando will lead a hands-on workshop to put your new knowledge into action. This is a perfect opportunity for anyone curious about taking better photos. Please bring your own digital camera (DSLR, Mirrorless, Smartphone, etc.). See page 24 for how to register.



PHOTO CREDIT: Orlando Thompson

Basket Weaving

Northern Senior Activity Center

Friday, June 20, 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. See page 24 for how to register.

Guys Day Coffee Café

Northern Senior Activity Center

Tuesday, June 17, 9-10 a.m.

Cost: \$4

Happy Father's Day! Let's celebrate the guys with a hot cup of joe, a tasty treat, & good music. Entertainment will be provided. Want to show off your classic car or motorcycle? Email Keilan at keilan.ruppert@stmaryscountymd.gov or call ext. 3103. We'll reserve a parking space close to the building for you (limited spots available). See page 24 for how to register.

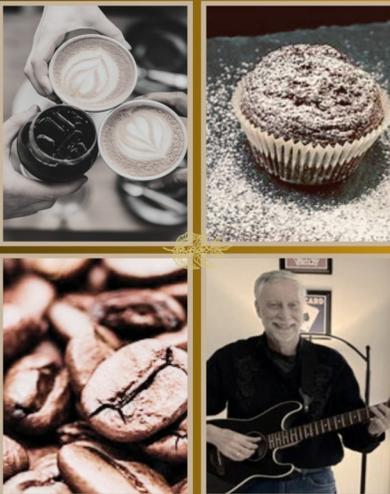
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**GUYS' DAY
COFFEE CAFE**
Thursday
June 17, 2025

Special coffee, creams & flavorings
Fresh-baked pastry
Live music
9-10 a.m.
\$4 per person

To sign up online:
visit www.stmaryscountymd.gov/aging
or, scan QR code using Smartphone camera to view
the Activity Enrollment website

 If you need assistance,
leave a message at
301-475-4200 ext. 3115.



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

Let's Celebrate

NORTHERN SENIOR ACTIVITY CENTER'S

**20 YEAR
ANNIVERSARY
& OPEN HOUSE**

TUESDAY, JUNE 10, 2025

OPEN TO THE PUBLIC

1-4:30 p.m.

Recognition Ceremony

Refreshments

Exhibits, Center Activities & more

.....

ENTERTAINMENT & GIVEAWAYS IN JUNE

Sponsored performers all Month

Funded by Senior Center Operating Fund Grant

ST. MARY'S COUNTY DEPARTMENT OF AGING & HUMAN SERVICES

Retired and Senior Volunteer Program

By Monika Williams, RSVP Program Manager

“Celebrating Older Americans Month – Flip the Script on Aging” is the theme of this edition of the newsletter. How fitting for the Retired Senior Volunteer Program (RSVP). RSVP volunteers become eligible for the program at the age 55 and range in ages 55 – 80. These volunteers are flipping the script on aging every day. They are rewriting the centuries-old concept of seniors as being non-contributory to society, napping all day between soap operas, or lacking purpose. RSVP volunteers are on the move, providing their talents, skills, and time to enhance our community. They are teaching exercise and art classes, delivering food to homebound seniors, serving community members through pantries, helping young offenders to positively correct their life paths, transporting seniors to doctor appointments, repairing and distributing medical equipment, creating cards for homebound seniors, serving in museums and thrift shops, providing direction within commissions and committees, raising funds to assist law enforcement in solving crimes, planning and leading educational trips and presentations for seniors, and much more. In my eyes, RSVP volunteers have reassigned aging as: Aging makes you wiser, stronger, more purpose-driven, and unselfish with your time.

RSVP Business

The next RSVP Volunteer Appreciation Banquet will take place this summer. Invitations will be mailed to all volunteers who served 12 hours or more during the year 2024. We look forward to celebrating your hard work and accomplishments.

RSVP greatly appreciates our volunteers, and our community is enriched 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@stmaryscountymd.gov.

Enjoy pictures of volunteers from last year’s RSVP Appreciation Banquet. All pictured with Commissioner Scott Ostrow and Commissioner Eric Colvin.



GOLD Presidential Volunteer Service Awardees (500+ hours of service)



SILVER Presidential Volunteer Service Awardees (250 -499 hours of service)



BRONZE Presidential Volunteer Service Awardees (100 – 249 hours of service)

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 Mondays from 12:30 p.m.– 4:00 p.m.

Hospice of St. Mary's

- Making phone calls to family members
- House Patient Cook
- Read to Patients
- Retired/active military person to perform pinning ceremonies

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
- Outdoor landscaping-bird feeders and garden beds
- 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
 - 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.

Helpers Overcoming Problems Effectively (HOPE)

- Volunteers to mentor and advise families rising out of poverty, sign-in and register families for program meetings, and teach families to use their gifts and skills to reach their personal and financial goals.

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.

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)	Thursdays & Fridays 8:45-9:45 a.m. Tuesdays & Thursdays 9:45-10:30 a.m. Thur. 6:30 p.m.	Gentle, range of motion, stretching and flexibility led by certified instructor.	No	No
Art Studio	1 nd & 3 th 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.	Yes	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 Wednesdays 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	2nd & 4th Thu. 5 p.m.	Come play a variety of card and board games .	No	No
Cardio Lite	Mon. 5:30 p.m.	Light Cardio & low impact class.	No	Fitness Card
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	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
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.	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
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 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.	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.	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 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 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
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	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*

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

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

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

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



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

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

Monday, May 26 – Memorial Day
Thursday, June 19 - Juneteenth

NEW BEGINNING