

L.I.F.E. **Learning is ForEver**

Fall 2024 Offerings



**Online registration available!
See page 4 for details.**

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

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

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GENERAL INFORMATION

What is the L.I.F.E. program?

L.I.F.E. (Learning Is ForEver) 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 program is sponsored by the Commissioners of St. Mary's County through the Department of Aging & Human Services and the Retired Senior Volunteer Program (RSVP).

Who are our teachers?

Based on the concept of peer teaching, a majority of instructors/facilitators are older adults who are willing to share their knowledge, expertise, and experience. Guest speakers and community leaders are periodically invited to speak on subjects of interest.

When, Where, and Who?

Classes are held at various locations around the tri-county area. Our locations and class offerings will expand as our program grows. L.I.F.E. classes are held in spring and fall. Programs are available to those aged 50 years and older. Current registration with the Department of Aging & Human Services and a waiver and release form are required for participation.



L.I.F.E. Contact Information

Candice Nelson, Division Manager, Senior Center Operations

301-475-4200, ext. 5433

Candice.Nelson@stmaryscountymd.gov

When and how do I register?

There are several methods for registration.

1. **Preferred Online Method opens Tuesday, September 24 at 9 a.m.!**

Visit us online at www.stmaryscountymd.gov/aging. Select “View and Sign Up for Activities and Programs”. Then click “LIFE”. Classes fill quickly and online registration is recommended to ensure the best chance of getting in to the classes you want. If you have never used the senior activity center online registration for programs, it is highly recommended that you create your online account prior to the opening day of registration. See below opportunities for assistance in creating your online account. Don’t have a computer or Internet access at home? Use the Loffler or Northern Senior Activity Centers’ computer labs on the day of registration to register for classes.

2. *Phone-in registration.* Leave a message on the L.I.F.E. message line at 301-475-4200, ext. 5433, **no sooner than September 24 at 9 a.m.**

Registrations can not be taken prior to this time. Please note: you will need to leave a voicemail message. Voicemail messages are returned in the order received within 24-48 business hours. Be prepared to pay with Visa or Mastercard. Please be aware that classes may fill at any time.

3. *Walk-in registration.* If you opt to register at one of the senior activity centers, you may do so **after 8 a.m. on Friday, September 27**. Please be aware that classes may be filled by that time.

Don’t delay; create your online account today before registration opens!

Need assistance creating an online registration account?

We are here to help. Call one of our senior activity centers for assistance before registration opens.

Garvey Senior Activity Center	301-475-4200, ext. 1080
Loffler Senior Activity Center	301-475-4200, ext. 1658
Northern Senior Activity Center	301-475-4200, ext. 3101

What is the cancellation and refund policy?

If you are unable to attend a class for which you have registered, call 301-475-4200, ext. 5433, to cancel **at least 24 business hours in advance**. A refund will be made **if we can fill your spot**. If the Department of Aging & Human Services cancels a tour/class you, will be notified and refunded.

Activity Levels

Each tour/presentation has been assigned an activity level to aid you in determining if you will be able to enjoy the activity.

Easy-Minimal walking on fairly flat terrain less than one block.

Elevators may be available. Best for participants in good health with overall good mobility.

Moderate-Walking can be over uneven terrain (cobblestones, pavers, grass, etc.) or up/down hills (city blocks or gardens) for up to 30 minutes. Best for participants who are physically fit and have good balance.

Active-Walking can be over uneven terrain (cobblestones, pavers, grass, etc.) or up/down hills (city blocks or garden paths) for an hour or more. Best for participants who are physically fit, lead active lives, and are comfortable with not having a resting place for a period of time.

Important Note Regarding Van Transportation

Trips including transportation utilize passenger vans. Vans are not ADA accessible. Participants need to be able to safely enter and exit the vans without assistance.



Emergency Preparedness for Seniors

This discussion will be led by the St. Mary’s County Health Department preparedness team. The session will cover the importance of being prepared, creating a personalized emergency plan, assembling an emergency kit, and staying informed during emergencies. Don’t miss this opportunity to learn practical tips, get valuable resources, and free giveaways to help keep you safe and prepared!

Presentation Limit: 30

Activity Level: Easy (see page 5)

Presenter: Kelly Richards

Facilitator: Elizabeth Harrington

Thursday, October 3

9:30 a.m.– 10:30 a.m.

Garvey Senior Activity Center

Fee: \$5



Vaughan Cheese, Yes Please!

Explore artisan cheeses at Vaughan Cheese. Owners Megan and Tyler met at the Culinary Institute of America. They partner with small farms and artisans who make things by hand the same way for generations. This outing includes a private presentation, Cheese 101, for the group. Learn about milk, microbes, and cheese making and enjoy a variety of cheeses during the tasting. Bring extra funds to purchase your favorite cheeses to take home. Following the presentation, enjoy lunch at Vaughan Cheese where the menu includes cheese and charcuterie, salads, sandwiches, grain bowls, etc. There are a couple of shops within walking distance of Vaughan Cheese and you may also walk the pier at North Beach and enjoy the view.

*Canes may be used on this trip. Seating will be at high-top tables for the cheese tasting.



Tour Limit: 11

Activity Level: Moderate (see page 5)

Tour Leader: Karen Garner

Thursday, October 3

9:30 a.m. - 3:30 p.m.

Van departs from the Garvey Senior Activity Center promptly at 9:30 a.m. Please arrive by 9:15 a.m. to sign in.

Fee: \$60 (Includes transportation and cheese tasting)

The Real Food Studio: Learn How to Make Nourishing, Delicious, Hearty Soups and Stocks.

Join us for a hands on experience learning how to make nourishing, delicious, hearty soups and stocks. This cooking class will be interactive and instructional, offering easy and healthy options to heavily processed and loaded with sodium commercially produced soups and stocks. Learn how to make basic stocks, enjoy a tasting experience— learning how to balance tastes- salt, fat, acid, heat, and then enjoy your delicious soup you've created for lunch at the end!

Tour Limit: 12 **Activity Level: Moderate (see page 5)**
(must have 8 minimum)

Presenter: Lisa Kelley **Tour Leader:** Elizabeth Harrington
Thursday, October 17
10 a.m. - 12:30 p.m. (Meet at the Real Food Studio at 9:45 a.m.)
Fee: \$85



Maxwell Hall & Barns

Maxwell Hall was built in 1768 by George Maxwell, a Benedict Merchant. On August 18, 1814, 4,500 British Soldiers camped here and along 2 miles of the shoreline. Edwin and Marion Swann purchased the property in 1980 and restored the home so it was livable. The Hall is an important venue to interpret the War of 1812, Colonial Life along the Patuxent and Benedict's role in the Civil and Revolutionary wars.

Tour Limit: 5

Activity Level: Active - The House has 2 levels
There are multiple outbuildings and walking.

Tour Leader: Peg Odenthal

Assistant: Karen Garner

Tuesday, October 22

9:30 a.m. - 12:30 p.m.

(meet at Garvey Senior Activity Center at 9:15 a.m.)

Fee: \$5 (fee includes van transportation)



Amish & Mennonite Community Van Tour

Have you always wanted to visit some of the Amish or Mennonite farms in our area? Many of them have products and services for sale: some seasonal and some year-round. This tour is designed to acquaint you with the customs and traditions of these fine folk while we travel the back roads of St. Mary's County. We'll visit their workshops, greenhouses, and stores to see first-hand all that is available for sale. **No credit cards are accepted** so bring cash or checks. A lunch stop will be made at the Northern Senior Activity Center. Comfortable attire, especially shoes, is the order of the day. Frequent stops require the ability to get into and out of the van.

Tour Limit: 9 Activity Level: Moderate (see page 5)

Tour Leader: Dean Newman

Assistant: Sandy Newman

Tuesday, October 22 or Wednesday, October 23 (register for only 1)

9:30 a.m. - 3:30 p.m.

Van departs promptly from the Garvey Senior Activity Center at 9:30 a.m. Please arrive at the Center by 9:15 a.m. to check-in.

Fee: \$18 (includes van transportation and lunch)



Holiday Season at Belle Grove Plantation

Step back in time at Belle Grove Plantation and tour the “holiday mansion” to get into the spirit of the season. The 2024 theme is “Christmas Trees– vote for your favorite. Enjoy the timeless ritual of formal tea in elegant surrounds with antique china, scones, a delicious selection of tea sandwiches, and scrumptious sweets. (No dietary restrictions can be accommodated). Remember to wear a beautiful hat! Belle Grove Plantation has a selection of interesting teas if you’re looking for that perfect gift. A short stop at an antique shop on the way home is possible if time permits.

Tour Limit: 16 Activity Level: Moderate (see page 5)

There are no handrails on the steps into the plantation.

Canes and walkers are not useful on this trip due to uneven floors as well as steps indoors and out.

Tour Leader: Karen Garner

Tuesday, December 10

9:30 a.m. - 3:30 p.m.

Vans depart the Garvey Senior Activity Center at 9:30 a.m. promptly.

Please arrive by 9:15 a.m. to check in.

Fee: \$60 (includes tea, tour, and transportation)





RSVP Supports the L.I.F.E. Program

The L.I.F.E. program is made possible with the help of volunteers with the Retired and Senior Volunteer Program (RSVP). Call Monika Williams, RSVP Project Manager, for more information on volunteer opportunities at 301-475-4200, ext. 1653.

