

NEW BEGINNING

VOLUME 25, ISSUE 3 MAY – JUNE 2012

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



In This Issue...



Law Enforcement Appreciation Day 2012
The 12th Annual Law Enforcement Appreciation Day Ceremony will take place on Tuesday, May 15.....page 5



World Elder Abuse Awareness Day



Elder Abuse Awareness
Each year, hundreds of thousands of older persons are abused, neglected, and exploited.....pages 7 & 17



Memorable “Memphis” at the Kennedy Center; Trip coming up June 16
A hot new Broadway musical that bursts off the stage with explosive dancing, irresistible songs, and a thrilling tale of fame and forbidden love..... page 20



Donna Taggart Plays With Her Food
Since the theme of this newsletter is “Never too old to Play,” so can we have fun and play with our meals? Maybe!....page 11



Dinner & Show Fundraiser
The Northern Senior Activity Center Council and the St. Mary’s Department of Aging & Human Services are sponsoring a Dinner & Show Fundraiserpage 16

From the Director's Desk...

By Lori Jennings-Harris, Director
Department of Aging & Human Services

May celebrates Older Americans Month and is one time during the year to “honor and recognize older Americans for the contributions they make to our families, communities and society.” The theme chosen by the Administration on Aging for this year is *Never Too Old to Play*, which “encourages older Americans to stay engaged, active and involved in their own lives and in their communities.”

A good example of this year's theme was demonstrated on the television network *Discovery Fit and Health*, which featured a series of shows asking “Are You Fitter Than A Senior?” They focused on seniors who exercise and follow healthy eating habits in their daily lives. What made the shows so interesting is that the seniors were paired with young adults who had unhealthy eating habits and chose to eat junk food loaded with fat and sugar. The teens got their exercise by playing video games, surfing the internet and watching television.

The young adults lived with the seniors for a week or two and followed their routine of early morning exercise and eating well-planned and nutritious meals. The young adults assumed they were able to compete with the seniors in exercise, but as you may imagine, the seniors literally ran circles around the young couch potatoes. So, the more youthful cohorts were put through a mini boot-camp by their senior companions and were usually surprised at their inability to keep up.

Small changes to improve what we eat and any type of daily exercise can make a big difference in how we feel physically, mentally and emotionally. Our senior activity centers offer many activities and classes that promote and support a healthier lifestyle, including exercise programs and nutrition education.

With the arrival of Spring, there are many opportunities to grow, learn, volunteer and get fit, so remember, you're Never Too Old To Play!

NEW BEGINNING
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Cover: Play is one of the important things that keeps you young at heart!

MAY - JUNE 2012

NEW BEGINNING

The St. Mary's Board of County Commissioners
Francis Jack Russell, President;
Lawrence D. Jarboe;
Cynthia L. Jones;
Todd B. Morgan;
and Daniel L. Morris

Publisher: Lori Jennings-Harris,
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Human Services
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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.stmarysmd.com/aging.

Our Mission

To provide an array of programs and services that foster continued physical and mental good health, and promote healthy aging within the senior community.

Senior Information & Assistance

By Debbie Barker, Senior Information & Assistance Manager

Free Dental Care Offered in June

The 1st Annual Southern Maryland Dental Mission of Mercy will be held June 22 & 23 at Chopticon High School from 6:00 a.m. –6:00 p.m. This event is open to St. Mary's County residents of all ages who are in need of free dental care such as cleanings, fillings, and simple extractions. This service is being conducted by volunteer dental professionals who recognize the need to provide dental care to those who typically do not receive dental services due to lack of insurance coverage. Pre-registration is required by contacting the St. Mary's County Health Department at 301.475.4394. Registrants must be able to pass a medical clearance and be available on Thursday, June 21 to receive x-rays and a treatment plan. Volunteers are needed to help out with this event, to volunteer go to www.southernmdmom.com.



Senior Property Tax Credits

St. Mary's County residents age 70 and over with an adjusted gross income of less than \$80,000 may apply to receive a property tax credit on their 2012 property tax bill. This credit is available to those residents who DO NOT receive a credit from the Maryland Homeowners' Property Tax Credit program. Previous applicants should have received

an application by mail. Applications are due by July 1. To receive an application visit one of the Senior Activity Centers or the St. Mary's County Treasurer's Office, or call 301.475.4200, ext. 1050.

Legal Services

In recognition of May as Elder Law Month, it is a good time to remind everyone of the free and reduced fee legal services available to older adults.

Legal Aid Services Bureau, Inc. – provides free legal services to persons age 60 and over regardless of income in the areas of landlord/tenant disputes, credit counseling, living wills, consumer problems, public benefit denials, and Social Security. Appointments are available the 2nd Friday of the month at the Garvey Senior Activity Center by calling 301.475.4200, ext. 1064.

Maryland Senior Legal Helpline- free, must be 60 or over to receive legal advice from an attorney by phone. Monday, Wednesday, Friday, 9:30 a.m.-3 p.m., and Thursday, 9:30 a.m.– 1 p.m. Call 1.800.896.4213.

Sixty Plus Legal Program– low cost legal services provided to persons 60 and over who meet income qualifications in the areas of deed changes, wills, and powers of attorney. Call 1.800.999.8904, ext. 7760.

Maryland Volunteer Lawyer Service– free services provided by volunteer lawyers in the areas of bankruptcy, simple divorce, wills, tax problems, power of attorney, and deed changes. Services are available to those with limited income and can only be provided if an attorney takes the case. Call 1.800.510.0050 or visit www.mvlslaw.org to apply.

People's Law Library– a legal information and self-help website tailored to Maryland residents. www.peoples-law.org

12th Annual Law Enforcement Appreciation Day, Tuesday, May 15

The 12th Annual Law Enforcement Appreciation Day Ceremony will take place on Tuesday, May 15, 2012 at 11:30 a.m. at the Southern Maryland Higher Education Center, 44219 Airport Road, California, MD 20619.

The community is invited to pay tribute to law officers who have perished in the line of duty. A ceremony is also planned to honor the Officer of the Year selected from each law enforcement agency based on their outstanding service to the community.

Lunch will be provided. To register to attend the event call Jennifer Hunt, Event Coordinator, at 301.475.4200 ext. 1073.



Home & Community Based Services

By Rebecca Kessler, Division Manager

The Health Benefits of Humor and Laughter

Humor is infectious. The sound of roaring laughter is far more contagious than any cough, snuffle, or sneeze. When laughter is shared, it binds people together and increases happiness and intimacy. In addition to the domino effect of joy and amusement, laughter also triggers healthy physical changes in the body. Humor and laughter strengthen your immune system, boost your energy, diminish pain, and protect you from the damaging effects of stress. Best of all, this priceless medicine is fun, free, and easy to use.

Laughter is strong medicine for mind and body

“Your sense of humor is one of the most powerful tools you have to make certain that your daily mood and emotional state support good health” says *Paul E. McGhee, Ph.D.* Laughter is a powerful antidote to stress, pain, and conflict. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hopes, connects you to others, and keeps you grounded, focused, and alert.

With so much power to heal and renew, the ability to laugh easily and frequently is a tremendous resource for surmounting problems, enhancing your relationships, and supporting both physical and emotional health. Source: *National Family Caregiver's Association*

For instant laughter, please read !

A certain English lady visited Switzerland and was having difficulty finding a room, so she asked the local schoolmaster to help her. After a satisfactory room had been found, she returned to her home and did some packing. Suddenly, it occurred to her that she hadn't noticed a W.C., so she wrote the schoolmaster about the W.C. The Schoolmaster, not knowing the meaning, asked the parish priest and together they decided that it must mean “Wayside Chapel.” He wrote her the following letter:

6 *Dear Madame,*

It is my pleasure to inform you that there is a W.C. just 9 miles from your home, in the center of a grove of pine trees. It seats 229 people, and it is open on Thursdays and Sundays. This is an unfortunate situation if you are in the habit of going regularly. You will, nodoubt, be glad to hear that some people bring their lunches and make a day of it. I would especially recommend Thursdays, for then there is an Organ accompaniment. The acoustics in the W.C. are excellent; even the most delicate sound can be heard.

My son was married in the W.C. and there was such a rush for seats that 10 people had to sit in the same seat. The looks on their faces were very interesting.

My wife is sickly but dedicated. She doesn't go regularly, and she hasn't gone for nearly a year. I will be glad to reserve a seat in the W.C. for you, where you will be seen and heard by everyone.

Hoping I have been of some assistance.

Sincerely yours,

The Schoolmaster

In England, W.C. is the toilet (Water Closet)

St. Mary's County Triad/SALT (Seniors and Law Enforcement Together)

Triad is a partnership of three organizations; law enforcement, senior citizens, and community groups. The sole purpose of Triad is to promote senior safety and to reduce the unwarranted fear of crime that seniors often experience.



Driving Long Distances for Seniors

Thursday, August 30, 2012

Northern Senior Activity Center, 12:30 p.m.

Having the freedom to take long leisurely trips is one of the best parts about being a senior driver! This 45 minute program will address ways to plan a successful trip, strategies for reducing the chance of drowsiness, ways to prepare for an emergency and how to handle emergencies if they do arise. This program will also provide information on ways to spot the aggressive and distracted driver as well as tips about how to steer clear of the trouble they cause. Hand-outs and a small give-away will be provided. The presentation will be by Myra Wieman, Manager, Safety Services, Mid-Atlantic Foundation for Safety & Education, a non-profit affiliated with AAA Mid-Atlantic. She is a certified driver improvement program instructor and child passenger safety technician.

Lunch is at 11: 45 a.m. You must register for lunch at least one day in advance. Meal cost is a donation for those 60 and above; and \$5.00 for others. Refer to the Department website at www.stmarysmd.com/aging for the menu.

To sign up please call Jennifer Hunt, at 301.475.4200 ext. 1073, and plan to stay after the presentation for a council meeting.

Elder Abuse Awareness

Thursday, June 21, 2012, Pegg Road Senior Housing at 1:00 p.m.

Each year, hundreds of thousands of older persons are abused, neglected, and exploited. According to the National Center on Elder Abuse, "Elders throughout the United States lose an estimated \$2.6 billion or more annually due to elder financial abuse and exploitation.

Triad/SALT has partnered with Kathy Goodspeed, Ombudsman for the St. Mary's County Department of Aging & Human Services to aid in accomplishing Triad's main goal; to promote senior safety and reduce the fear of crime. Elder abuse is a crime! Ms. Goodspeed will seek to enhance your awareness of what constitutes elder abuse, talk about signs to help you recognize abuse, and what to do if you suspect abuse. This presentation will celebrate World Elder Abuse Awareness Day, June 15, while educating you about elder abuse.

Triad/SALT is actively seeking council members. Meetings are the 3rd Thursday of each month.

Call 301.475.4200, ext. 1073 for meeting location.



World Elder Abuse Awareness Day



Focus On Fitness

By Alice Allen, Division Manager, Senior Center Operations

Have you heard how important regular exercise is to your health and well-being? Of course you have, who hasn't? It's a regular topic in the news, on television, in magazines. In each *New Beginning* newsletter, this column encourages readers to make exercise a routine part of their lives by helping the reader become more aware of the important benefits of exercise and how you can easily find fitness opportunities at your local senior activity center.

But did you also know that the most important thing about exercise is not what you do, but that you do it? Being physically active is the most important aspect of exercise. It is through physical activity and moving that all the wonderful benefits of exercise are achieved. And whether that physical activity comes in the form of participation in a fitness class, working out on exercise equipment, going for a walk, riding a bike, or playing softball or ping pong, the choice is yours.



The Department of Aging & Human Services offers many different types of physical activities (pages 32-33 of this newsletter). Take advantage of the beautiful weather and play

softball with a group that meets each Friday at 10 a.m. at Miedenski Park (in Leonardtown in front of the Drill Hall). Or try riding a bike on the Three Notch Trail at the Northern Senior Activity Center. The center has loaner bikes available for you to borrow, including a recumbent 3-wheeler that is easy to use and no problem to balance. And the trail is great, nice and smooth, with no motorized traffic to worry about!

Whatever you choose, the important thing is to be physically active. And remember, you are never too old to play!!



8



Tai Chi for Arthritis: The Extension Movements

Garvey Senior Activity Center

Wednesdays, May 9-June 27, 9-9:45 a.m.

Medical studies confirm Tai Chi for Arthritis relieves pain, reduces falls and improves quality of life. This class is a continuation from Tai Chi for Arthritis: The Core Movements. Students will learn new movements and learn how to incorporate the Tai Chi principles into practice.

Prerequisite: Students must have taken Tai Chi for Arthritis: The Core Movements for at least one 8 week session prior to signing up for this course. To register for this class, call 301.475.4200, ext. 1050.

Tai Chi for Arthritis

Loffler Senior Activity Center, Wednesdays, 9 a.m., FREE

Session I for Beginners

May 9 thru June 27 (8 classes);

Session II (for those who have completed Session I) July 18 through September 5 (8 classes)

This popular class is now available at Loffler. The Arthritis Foundation Tai

Chi Program® is designed to improve the quality of life for people with arthritis using Sun style Tai Chi, one of the four major recognized styles of Tai Chi. This style includes agile steps and exercises that may improve mobility, breathing and relaxation. The movements don't require deep bending or squatting, which makes it easier and more comfortable to learn. There is no fee for the program but sign up is required. (Because this is a progressive class drop-ins are not permitted.) Attendance at all class sessions is highly recommended. To sign up call 301.737.5670, ext. 1658 by Monday, May 7.



Great & Grand Wii Bowling League

Northern Senior Activity Center

Monday, June 11-August 24, 12:30-4:30 p.m.

Bring your grandkids during the summer to play Wii bowling on Monday afternoons for an intergenerational opportunity. School age children can participate with their great/grandparent and enjoy competing against other teams' scores. Prizes will be awarded. Please contact the center for more information at 301.475.4002, ext. 1003.



Line Dance

Loffler Senior Activity Center

Fridays, 11 a.m., FREE

We've had a lot of requests for a new line dance class at Loffler so here is some good news! Jessica Hileman has started teaching this popular dance style at Loffler. Stop in on Friday mornings wearing comfortable shoes and learn classic as well as the newest dance steps to popular songs. For more information call 301.737.5670, ext. 1658.

Friday Morning Softball

Miedzinski Park, Leonardtown (field in front of Leonard Hall Recreation Center), Fridays, 10:00 a.m.

Spring is in the air and its time to dust off that bat and glove and head out to Miedzinski Park for a pick-up game of softball. Ages 50 and above are welcome. Call the Garvey Senior Activity Center at 301.475.4200, ext. 1062 to learn more.



MAY-JUNE 2012



American Heart Association Walking Club Kick Off Event

**Garvey Senior Activity Center
Wednesday, May 30, 10 a.m.**

In celebration of National Senior Health and Fitness Day, the Garvey Senior Activity Center will hold an American Heart Association Walking Club organizational meeting. At this kick off event, the group will discuss motivations and set goals, name the club, hash out the logistical details, and of course, go for a walk! Every registered participant will receive a free pedometer for keeping track of steps taken throughout the day. Sign up in advance by calling 301.475.4200, ext. 1050.

Basic Middle Eastern Belly Dancing Class with Yasmine

**Garvey Senior Activity Center, Tuesdays
May 15-June 26 (no class on June 5), 9-10 a.m.**

Cost is \$18.00 payable to Geno Rothback. Learn the basic steps and movements of Middle Eastern dancing with its captivating music. Students will learn correct body posture, alignment and basic body isolations. Learn to loosen and relax your muscles with hip and pelvic movements, twists, shimmies and more. Enjoy this sensational, fun, and beautiful art that will help you to rediscover your beauty.

During the course, students will learn simple choreography integrating the belly dancing steps learned. Payment is due at the time of registration. To learn more call 301.475.4200, ext. 1050.



10



4th Annual Friends of Ripple 5K Run/Walk for Fun

The Friends of Ripple will host the 4th Annual 5K Run/Walk for Fun on **Saturday, October 20, 2012** at the Harry Lundberg School of Seamanship in Piney Point. All funds raised will directly support St. Mary's Adult Medical Day Care, Inc. in Hollywood, MD. For additional information or to register, please contact Dorothy Flynn by calling 301.373.6515 or by email at marketing@stmarysamdc.com.

Nutrition Corner

By Donna Taggert, RD/ LD/ CDE

Since the theme of this newsletter is “Never Too Old To Play” I began to think how I could tie this into nutrition. When I think of playing, having fun comes to mind. So can we have fun and play with our meals? Maybe!!! First of all have you gotten into a rut with your meals; eating the same old thing at the same old time? Try changing it up some. Eat breakfast



at dinner. Pack a picnic and sit out on your front porch or yard. Change seats. Eat dessert first (Yummy!). Try a new spice or herb or better yet grow your own herbs. Go to the produce section and try a new vegetable or fruit. There are a lot of new grains on the market; try one in place of potatoes tonight at dinner. You have my permission to play with your food by experimenting with new healthy recipes. There are lots of cookbooks at the library or on the internet. Remember

how as a kid it was so fun to color, especially rainbows. Well try coloring your plate with a rainbow of colors -purple beets, yellow corn, orange carrots, green lettuce, red radishes, the list goes on. Healthy eating; it really can be fun and you will never be too old to play at it.

eat right. American Dietetic Association

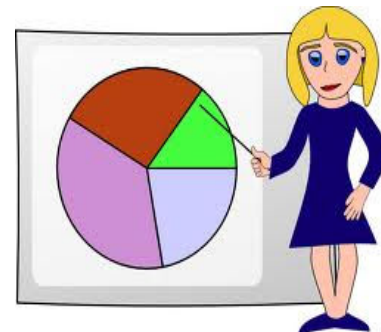
Nutrition Education Presentations by Donna Taggert

During May, learn about ‘Diet and IBS’ (Irritable Bowel Syndrome). The June topic is ‘Roasting & Toasting’ your food too much and why overcooking your food to ‘well done’ can be hazardous to your health.

Northern Senior Activity Center
Wednesdays, May 2, June 6, 10:45 a.m.

Garvey Senior Activity Center
Wednesdays, May 9, June 13, 11 a.m.

Loffler Senior Activity Center
Wednesdays, May 23, June 20, 10:45 a.m.



Educational Opportunities

Great Pharaohs of Ancient Egypt

Loffler Senior Activity Center

2nd & 4th Wednesdays of each month

beginning May 9, 1-2:30 p.m. Free

By the end of this course, you should have a feeling that you personally know the men and women who made Egypt the greatest nation of the ancient world. The format for each session is a half-hour DVD lecture by a Professor from Long Island University followed by a half-hour discussion led by Marston Husmann. Pre-registration is required by May 7. Please call 301.737.5670, ext. 1658 to register or learn more.



“Living Well...Take Charge of Your Health”

Loffler Senior Activity Center

Tuesdays, May 22-June 26; 5-7:30 p.m.



The St. Mary's County Department of Aging & Human Services, along with St. Mary's Hospital Health Connections will be offering this six-week series of workshops for people with chronic health conditions such as diabetes, asthma, heart disease, you name it! This program is an evidenced-based Chronic Disease Self-Management Workshop developed by Stanford University called “Living Well...Take Charge of your Health.”

12

Take Charge of your Health

The workshop is for any person who has one or more chronic conditions and who wants to learn to live more healthfully. It helps people learn every-day skills to manage chronic health conditions and get the most out of life. Caregivers of a person with a chronic condition are also invited to attend.

In the “Living Well...take Charge of your Health” Workshop, you will learn how to manage symptoms, communicate effectively with doctors, lessen frustration, fight fatigue, make daily tasks easier, and get more out of life!

The six week series of workshops will be held at the Loffler Senior Activity Center on Tuesday evenings, May 22 through June 26; 5-7:30 p.m. There is no cost for this workshop. To ensure that you get the most out of the program, attendance is strongly recommended at all six sessions. Registration is limited, so sign up now by calling Brenda at 301.737.5670, ext. 1658.

NEW BEGINNING

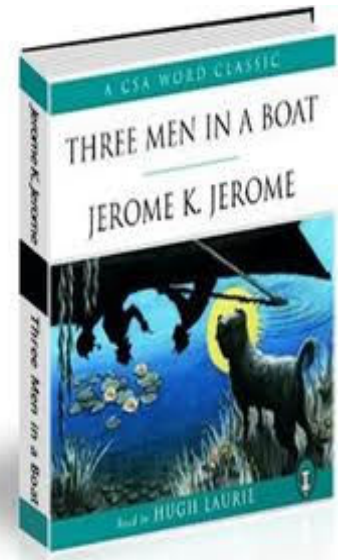
Book Discussion Group

Garvey Senior Activity Center

Wednesdays, May 9 & June 13, 10 a.m.

On May 9 the group will discuss *Someone to Watch Over Me* by Michelle Stimpson. The story tells of a young woman on the fast-track in her marketing career, who moves back to her hometown when her beloved aunt falls ill.

On June 13 the group will discuss *Three Men in a Boat* by Jerome K. Jerome. The book tells the humorous story of three men and a dog who take a boat trip on the river Thames in order to forestall the ill effects of overwork. To learn more call 301.475.4200, ext. 1072.



AARP Driver Safety Class

Garvey Senior Activity Center

Wednesday, May 23, 9 a.m.–3 p.m.

Cars have changed and so have the traffic rules, driving conditions, and roads you travel every day. Some drivers age 50 plus have never looked back since they got their first driver's license, but even the most experienced benefit from brushing up on their driving skills. In this course, participants can expect to learn current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's challenging driving environment. AARP membership is not required to take the course; there is no test to pass. The course cost is \$12.00 for AARP members and \$14.00 for non-members; make checks payable to AARP. To learn more call 301.475.4200, ext. 1050.

13

Southern Maryland Dementia Care Conference

Waldorf Jaycees, Waldorf, MD, Monday, November 5, 2012, 8:30 a.m.-2:30 p.m.

The Alzheimer's Association will provide a one-day conference for caregivers, family members and professionals who are caring for or working with those who suffer from a Dementia-related illness.

For additional information, contact Linda Gottfried, Director, Alzheimer's Association® National Capital Area Chapter, Southern Maryland, 511 Charles Street, P.O. Box 1889, La Plata, MD 20646 (telephone) 301.934.5856, (24/7 helpline) 800.272.3900, (fax) 301.934.5858, or Linda.Gottfried@alz.org www.alz.org/nca.

alzheimer's 
association™

Special Events:

High Society Hats on Derby Day

Northern Senior Activity Center
Friday, May 4, 10:30 a.m.-2 p.m.

You are invited to the pre-party for the 138th Kentucky Derby. Enjoy traditional Derby Day festivities with an elegant brunch including mock

mint-juleps, the pageantry of the Spring Hat parade, derby song favorites and race videos. You won't want to miss this elegant day that will make you feel like you are a stylish spectator at one of the most famous horse racing events. Ladies are to wear fabulous hats with their spring fashions and men their most cheerful suits. There will be prizes for best dressed and special take-home mementoes. Be looking for the special invitation-style flier for more details. Tickets are \$6 to save your seat.



Mother's Day Tea

Loffler Senior Activity Center
Friday, May 11, 10 a.m. FREE

Mother's Day is May 13, and we're inviting all mothers to this popular event as we honor you, the heart of the family! Reservations are required for the Mother's Day Tea which will be on Friday, May 11 at 10 a.m. You'll be served an assortment of teas and tasty treats while enjoying gentle entertainment.

Reservations are a must, by Monday, May 7. Call 301.737.5670, ext. 1658 or stop by the reception desk to sign up.

14

'Easy Listening Lounge'

Northern Senior Activity Center
Friday, May 11, Noon-1 p.m.

This Performance Series showcases local artists in a social and casual atmosphere. Enjoy authentic Cajun music during lunch courtesy of local musician, Annie Jean who will get your feet tapping to the fiddle and accordion. A donation collection for our guest will be taken by staff. Make your lunch reservations before noon on Thursday, May 10, by calling 301.475.4002, ext. 1001. The cost of lunch is a donation for seniors 60 and older; \$5 for others.



We Unveil the “Man Cave”

Garvey Senior Activity Center

Tuesday, May 15, 10 a.m.

So what is a Man Cave, you ask? A Man Cave can be defined as “a dedicated area of a house where a man can be alone or socialize with his friends.” The program is specifically designed with the gentleman in mind. The room features a billiard table, a 42 inch television, and a Wii gaming system. The room includes seating for socializing, talking over coffee, or tables for playing cards, including a poker table. During the “grand opening” of the man cave on May 15, gentlemen are invited to partake in these activities, while snacking on traditional “man cave” treats. After the “grand opening,” the Man Cave will be open every Tuesday from 10 a.m.–noon.



Father's Day Continental Breakfast

Loffler Senior Activity Center

Friday, June 15, 10–11:30 a.m. FREE

Attention all fathers! Your special day is coming up and we want to start your weekend right with a simple, but hearty breakfast. Enjoy juices, fruit, boiled eggs and assorted breads during the morning hours. Stop in between hands if you're playing cards or come just for the fun of having breakfast with your Loffler friends. All fathers will be presented with a special “tie” guaranteed to make you smile. Sign-up not required.

Down Home & Denim Line Dance Party

Northern Senior Activity Center

Wednesday, June 13, 10:30 a.m.-2:30 p.m.

It's time for the annual dance party and this year it will be line dancing. The “Down Home & Denim” theme means dress in blue jeans and “no fuss” attire to have fun. Cowboy hats for the guys are encouraged as well as girls. Line dancing was originally associated with country western music but has expanded to include more modern country music, hip hop, swing and other music genres which we will share. A DJ and instructor will be on hand to breakdown a few dances for those who would like to learn. Look for the flier for more details on how to get your \$6 ticket which will cover an all-American lunch, event favors and other giveaways.





**Dinner & Show Fundraiser
Northern Senior Activity Center
Saturday, June 2, 5-7:30 p.m.**

The Northern Senior Activity Center Council and the St. Mary's Department of Aging & Human Services are sponsoring a Dinner & Show Fundraiser which is open to the public. The event will be held at the Northern Senior Activity Center in Charlotte Hall, Maryland, during evening hours. There will be a catered meal from Cedarville Carryout consisting of *Fried Chicken (choice of white or dark meat), Pulled Pork Sandwich, Baked Beans, Cole Slaw, Potato Salad, Strawberry Shortcake and Beverage*. Entertainment is by **Trish & Frank Curreri of Vintage Entertainment** who perform musical tributes to legendary artists. Cost is \$25. Tickets will go on sale at the Northern Senior Activity Center starting April 2. To learn more contact Council President Pat Myers at 301.884.8714.

Shoe Swap

**Northern Senior Activity Center
Wednesday, June 20
10 a.m. - 2 p.m.**

The annual shoe swap event returns. Enjoy trading in quality, clean, hardly-worn shoes, for a credit to get another pair of shoes at no charge. This is a ladies dream. You'll find a place for those special event shoes or something you paid good money for but never got to wear. For each trade in, you'll get a ticket so that you can redeem it by obtaining a different pair of shoes. You can use your voucher or gift it to someone else. Shoe screening will be very selective -- only very good quality shoes (no slippers or beachwear) without any or much wear will be accepted. Donations are due to the Operations Manager by noon on Friday, June 15. For more information, contact 301.475.4002, ext. 1001.



16



Pt. Lookout Cookout

Friday, June 1, 2012, 10 a.m. – 2 p.m.

Join the Department of Aging & Human Services for the 8th Annual Pt. Lookout Cookout as we welcome summer on Friday, June 1. Tickets are now available at all senior activity centers, for a suggested donation of \$8. Enjoy a relaxing day at the park including bluegrass music provided by Tommy Alvey & Friends while feasting on a lunch specially prepared by staff to include *Hamburgers and Hot Dogs hot off the grill, Cole Slaw, Baked Beans, Watermelon, and a delicious Brownie* for dessert. Get your tickets soon as this event is quite popular. For more information, call 301.475.4200, ext. 1050.





‘Northern Stars’ Theater Group Performance

Northern Senior Activity Center, Friday, June 22, 1-2 p.m.

The ‘Northern Stars’ will be performing a trio of short comedy skits called: ‘The House,’ ‘The Hostage,’ and ‘The Hereafter.’

Theater tickets are \$3 and can only be purchased in advance.

The performance will begin promptly at 1 p.m., so get a good seat right after lunch; tickets will be collected as you enter the theater. The ‘Northern Stars’ continue to entertain us with a wide variety of plays and skits, and sometimes ‘take the show

on the road’ to other senior facilities. Look for the upcoming flier for more details.

BUNCO at Loffler

Thursdays, 12:30 p.m., Cost: FREE

Join friends weekly for a lively game of luck, rolling dice and keeping track of who has how many whats! BUNCO is easy to learn, requires no special skills, and is guaranteed to bring you laughs. Just drop in, or call 301.737.5670, ext 1658.



Project Linus

Loffler Senior Activity Center

3rd Friday of each month, May 18 & June 15, 10 a.m.

This group meets monthly under the direction of Debbie Rumpel and creates blankets and quilts for ill children.

Share your talents while creating something comforting for a child in need. Call 301.737.5670, ext. 1658 to learn more.

World Elder Abuse Awareness Day

Northern Senior Activity Center

Friday, June 15, 1 p.m.

The issue of ‘elder abuse’ will be presented at the Northern Senior Activity Center by Kathy Goodspeed, Ombudsman/Senior Care Specialist with the Department of Aging & Human Services.

A video about this issue will be shown and handouts will be available. It’s important to recognize signs that might indicate abuse and knowing how to go about getting help. Awareness is growing worldwide about the neglect and abuse of the elderly population. Becoming an advocate for seniors is the right of anyone who is concerned with their health and well-being. Call 301.475.4002, ext. 1001 to sign up by Wednesday, June 13.

Purple ribbons will be given out so you can show your support.

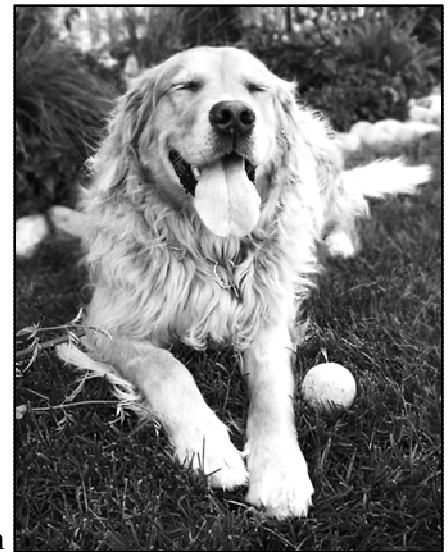


As I write this in early March, our first snowfall of the season has just arrived. Last week, we had unseasonably warm weather, and the daffodils took this as their cue to trumpet the coming of spring. It must have been quite a surprise to these early bloomers when the temperature suddenly dropped and cold white flurries fell from the sky.

Despite the inconveniences it brings, my heart always leaps for joy at the sign of snow. I just can't help myself. To me, it brings back wonderful memories of snowball fights, building snow forts, and sledding. I always associate snow with outdoor fun, and there's still a child in me that sees snow and says, "Wow, let's go outside and play!"

By the time you're reading this, spring has already arrived. The leaves have turned green, birds are chirping, bees are humming, and the world of nature is bursting forth with new life. I open my window, breathe in the fresh air, and the child in me still says, "Wow, let's go outside and play!"

I can relate very well to this month's theme, "Never Too Old to Play." So can my aged Golden Retriever, who perhaps shouldn't chase her tennis ball for the "umpteenth" time. But imagine her sad eyes at such a suggestion. So I throw her ball once again into the river, and with great gusto she plunges in, paddling for all she's worth, oblivious to the fact that she has no competitors vying for Retriever-of-the-Year Award. Each and every time, she gives it all she's got.



18

And she teaches me a lesson: "If you don't act like you're too old to play; guess what? You're not!" So much of aging happens in our minds and hearts. Yes, physical issues can limit our abilities. But so often, our spirit is what impels us. We may creak upon standing, we may move more slowly than before, and we may not be able to do all the things we used to do. But there is still so much we can do, and it is with a spirit of joyful playfulness that we should greet each and every day, looking forward to the new adventures that await us.

What does all this have to do with the Retired and Senior Volunteer Program? Simply this: You're Never Too Old to Volunteer! Don't count yourself out, but in! While the minimum age for our program is 55, we have many volunteers in their 60s, 70s, 80s, and even 90s. Volunteering helps to keep you young at heart, healthy, vibrant, alert, engaged with your community, and connected to others through meaningful service. So if spring is making you feel spry, give us a call to learn about the many volunteer opportunities for seniors in St. Mary's County. You can call us at 301.737.5670, ext. 1653, or e-mail Norine.Rowe@stmarysmd.com.

Volunteer News...

By Norine Rowe,

RSVP Project Manager

**Retired and Senior
Volunteer Program**

RSVP Honors Volunteers at Annual Recognition Ceremony

Volunteers with the Retired and Senior Volunteer Program received recognition for their community service contributions in 2011 during the annual RSVP Volunteer Recognition Ceremony and Luncheon on Tuesday, March 20, at the Forrest Career and Technology Center in Leonardtown. All five of the county commissioners were on hand to help celebrate and honor the achievements of RSVP volunteers. During the awards portion of the program, the county commissioners handed out bronze, silver, and gold awards to volunteers in recognition of their significant hours of service in 2011. Also honored were volunteers for their 5, 10, and 20-year anniversary years of service, as well as representatives from RSVP's Volunteer Stations.

A highlight of the event was the presentation of a "Big Check" in the amount of \$621,478 to Commissioner President Jack Russell, representing the value of the 27,844 hours of service RSVP volunteers donated in 2011. The awards program culminated with the presentation of the President's Call to Service Award for more than 4,000 lifetime hours of RSVP service. The award was presented to Gina Alexander with 4,612 hours and Peggy Taylor with 4,372 hours. Both are members of the Fifth District Homemakers group at the Northern Senior Activity Center, and they create and donate numerous handmade items to various non-profit groups and organizations serving individuals in need. It is worth noting that last year's awardee, Pat Myers, now has 5,974 RSVP hours. She was recently selected as Woman of the Year by the St. Mary's County Commission for Women for her significant volunteer contributions, especially her many efforts to promote services and programs to benefit senior citizens.

We want to thank all those who contributed to the success of this year's RSVP Volunteer Recognition Ceremony and Luncheon, with a special thanks to all RSVP volunteers for their many hours of service in 2011. We simply couldn't do it without you!



Norine Rowe tells County Commissioner President Jack Russell and Department of Aging & Human Services Director Lori Jennings-Harris about the hundreds of thousands of dollars in volunteer time that has been donated to St. Mary's County by RSVP

19

Thanks to RSVP Volunteers,
LIFE returns this spring with the most
popular educational trips & tours from
the Learning is ForEver program! Be on
the look-out for more in the mail and at
our Senior Activity Centers.



Trips and Tours



Memphis

**Kennedy Center, Saturday, June 16, 2012
1:30 p.m. performance**

Cost of \$120.00 includes Coach Bus transportation, pre-performance tour of the Kennedy Center, lunch on your own, 1st tier balcony ticket and gratuities.

Turn up that dial... from the underground dance clubs of 1950s Memphis, Tennessee comes a hot new Broadway musical that bursts off the stage with explosive dancing, irresistible songs, and a thrilling tale of fame and forbidden love. Inspired by actual events, *Memphis* is about a white radio DJ who wants to change the world and a black club singer who

is ready for her big break. Come along on their incredible journey to the ends of the airwaves-filled with laughter, soaring emotion, and roof-raising rock 'n' roll. Winner of four 2010 Tony Awards including Best Musical. To learn more call 301.475.4200, ext. 1072.

Orioles vs. Tampa Bay Rays

Thursday, September 13

Plan ahead! The annual Orioles bus trip is set for Thursday, September 13. If you are interested in this Thursday afternoon game, vs Tampa Bay Rays in Baltimore, call Joyce at 301.737.5670,

ext. 1656. Bus will depart from each of the Senior Activity Centers, snacks, transportation, tip for bus

driver and ticket to the game are included in the cost. Cost per person is \$60 and your seat is reserved only when payment is received. Seats are limited, and this trip always sells out, so please plan ahead.



Myrtle Beach, South Carolina, October 4-7, 2012

Enjoy a relaxing extended weekend at one of America's most beloved beaches! Travel by luxury motor coach bus to the Ocean Reef Resort, where you will spend three nights in an oceanfront room with your own balcony. The only thing on the agenda for the first night is to check in to our lovely hotel and then take a trip to Preston's Seafood Buffet. Start the next morning off with a full breakfast at our hotel and then choose between kicking back on the beach or going to some of the outlet shopping centers. We'll all meet up at 5 p.m. for dinner followed by a full length show at the Alabama Theater. The next morning we will again enjoy a full breakfast at our hotel before we choose between "staying home to enjoy



another day at the beach" or an optional tour of a local rice plantation (this tour is an additional \$18). We'll reunite for a trip to scenic Murrells Inlet for some dinner after which we will enjoy another great show, this time at the Carolina Opry. On the fourth day, after breakfast, we will head back home with wonderful treasures and memories. The cost of this trip is \$660 based on double occupancy and includes 3 nights at the Ocean Reef Resort, 3 full breakfasts at the hotel, 3 full course dinners, 2 full length shows, luggage handling, all taxes and standard gratuities, and water and snacks on the bus. Optional emergency trip cancellation insurance is

available. For more information about this trip call Shellie at 301.737.5670, ext. 1655.

NYC here we come again!

December 7-9, 2012

Nothing starts the Christmas season like a trip to get in the holiday spirit! Mark December 7, 8 and 9 on your calendar and reserve your seat for a NYC trip jam-packed with activities. This trip includes deluxe motor coach transportation, 2 nights accommodations at a conveniently located Holiday Inn Express just outside of Manhattan, and all tips; 2 breakfasts and 2 dinners and admission to all planned events. The first evening



will feature dinner at Hill Country Barbeque (live country music). After dinner, relax with a guided city tour to see the lights, including the famous tree at Rockefeller Center. The next morning, enjoy a continental breakfast at your hotel, then depart for Macy's for VIP shopping with special discounts. In the afternoon there will be a guided walking food and history tour of the West Village area; you'll sample foods from the best restaurants, bakeries and cheese shops while learning the history of this part of the city. Return to your hotel to freshen up before dinner at Becco and *The Nutcracker* at Lincoln Center. Our last stop in NYC will be Radio City Music Hall to see The Rockettes perform. Your spot is reserved when your deposit is received. All inclusive cost is \$900, double occupancy. Deposit of

\$450 is due April 30, \$225 more on June 29, and final payment of \$225 is due August 30. Call Joyce Raum, 301.737.5670, ext. 1656 to learn more or email joyce.raum@stmarysmd.com.

Health and Wellness



May Health Watch “Fall Prevention”

Loffler Senior Activity Center

Friday, May 11, 12:15 p.m., FREE

Falling is a serious setback for our continued well-being as we get older. Many of us experience balance, vision, and other issues that make us more likely to fall. Our bodies are more fragile and don't heal as quickly as when we were younger. Our best defense against falling is prevention! Learn about ways we can protect ourselves from falling. Walk-ins are welcome but we need at least 6 people signed up for this presentation in order to hold it. To sign up call 301.737.5670, ext. 1658 or stop by the reception desk before Wednesday, May 9.

Skin Cancer Prevention, Detection, and Treatment

Garvey Senior Activity Center

Friday, May 11, 10:00-11:30 a.m.

Skin cancer is the most common of all cancer types and the number of skin cancer cases has been on the rise for the past few decades. Currently, more than 1 million skin cancers are diagnosed each year in the United States. Dr. George Verghese, local dermatologist and skin cancer expert, will provide an interactive discussion on the prevention, detection and treatment of skin cancer. Following the presentation, Dr. Verghese will provide FREE basic skin cancer screenings to anyone who attends the presentation. To sign up for this presentation, call 301.475.4200, ext. 1050.



22



Parkinson's Exercise Group

Garvey Senior Activity Center

Thursdays, 1:15-2:00 p.m.

Because Parkinson's disease affects the ability to move, exercise helps to keep muscles strong and improve flexibility and mobility. Exercise will not stop Parkinson's disease from progressing, but it will improve balance and it may prevent joint stiffening. This seated exercise program includes stretching and strengthening routines that will

help to minimize the negative effects of Parkinson's disease. The type of exercise that works best for you depends on your symptoms, fitness level, and overall health. Those interested in beginning an exercise routine should check with their doctor before beginning this, or any exercise program. To sign up, call 301.475.4200, ext. 1050. There is no fee for this class.

NEW BEGINNING



Hearing Professionals

Northern Senior Activity Center

Wednesday, May 16, 10 a.m.–Noon

Annual audiologist testing is highly recommended to monitor hearing sensitivity. Once again, we are pleased to offer sessions for hearing screenings provided by the Doctors of Audiology at Hearing Professionals. The opportunity is to provide personalized and professional hearing and balance health care services. Call 301.475.4002, ext. 1001 to sign up for a scheduled session while openings last. A written report will be sent to you with the results and a second copy sent to your doctor if there are any concerns that need to be addressed.

Steps To A Fit and Healthy You

(Offered by Health Connections)

Garvey Senior Activity Center

Fridays, May 4–July 6, 10–11:30 a.m.

This program combines proven weight loss strategies such as personalized goal setting, group support, food and exercise journaling, behavior modification techniques, weekly weigh-ins with pre/post-body composition analysis, and nutrition/exercise education. The program promotes slow and permanent weight loss. An experienced health educator conducts the program with knowledge in exercise, nutrition, and behavior management. Sign up now and your **enrollment is FREE. That is a \$100.00 value!** Attendance at all sessions is highly encouraged. To sign up, call 301.475.4200, ext. 1050.



The Wish® Game

Northern Senior Activity Center

Monday, June 11, 1-3:30 p.m.

The Wish® is a transformative game that expands hearts and minds across the world! Discover what has been blocking your wish from coming true and the steps to make it manifest in your life. It is a fun, insightful and

unique way to connect with your truth and with other people. Each game provides an abundance of ah-ha's, laughter and universal truths. The messages are profound. The experience opens new doors of possibility. Bring a journal and one wish. The fee is \$15 and there is limited space. *Michele Quesenberry will be facilitating the group and offering her insights and skills as a Life Coach and Holistic Counselor. (She co-facilitated the The Wish™ Game at the Chopra Center in California for over 100 people last fall.)*

Staff Prepared Meals

Lunch Connection: Staff Prepared Luncheon and Open Mic Entertainment, Loffler Senior Activity Center



Tuesday, May 8 & June 12; Thursday, May 24 & June 28

Arrive by 11:15 a.m., lunch is served at noon. Reservations required at least two weeks in advance. Space is limited, so call 301.737.5670, ext. 1652 or stop by the front desk at Loffler to sign up. The cost of lunch is a donation for those 60 years of age and older, \$5 per person for others. An appreciation basket will be passed for our entertainers. A 50/50 raffle will also be held each luncheon.

Tuesday, May 8: The Loffler Theater group will present their first production since the return to the building, a one act play, *Overtones*. After the play, enjoy a favorite meal: *Chicken Parmigiana, Penne Pasta with Marinara Sauce, Zucchini and a Cupcake with a surprise inside.*

Thursday, May 24: Relax and let graceful movements sweep you away, as you watch a ballroom dance demonstration from 11:30-12:00. At noon, enjoy lunch prepared by our guest Chef, Alice Allen. *Spaghetti, Garlic Bread, Green Salad and Fruit Salad* will be the fare for this day. After lunch dishes have been cleared, music will be provided and the floor will be open for you to join in & dance the afternoon away!



Tuesday, June 12: David Norris, who performs at many local venues and community events, will bring his songs and stories to the group, for an hour, beginning at 11:30 a.m. While he entertains, lunch will be served at noon: *Tuna Corks, Seasoned Kale, Baked Beans and Pineapple Stuffing* will be featured this day.

Thursday, June 28: The Folk Salad Trio (Bob Augustine, Greg Penk and Debs Szymkowiak) has been serving up a variety of acoustic music including folk, light rock, oldies, original and more since January 2009. Often compared to Peter, Paul and Mary, their vocal harmonies and upbeat stage presence have made them popular at First Fridays, Earth Day, Leonardtown Winery, Patuxent River Appreciation Days and other venues in Southern Maryland. Their music starts at 11:30 a.m., and lunch is served at noon: *Spiral Ham, Parsley Potatoes, Steamed Baby Carrots, Seasoned Green Beans, Apple Spirals and a Brownie* will be served.





Garvey Senior Activity Center Celebrates Older Americans

Thursday, May 17 at Noon

In celebration of Older Americans Month, the Garvey Senior Activity Center will host jazz singer **Gretchen Richie**. Ms. Richie has performed locally at numerous DC area venues, including Blues Alley in Georgetown. She's also performed nationally and internationally, including Boca Raton, FL, Palm Springs, CA as well as in France.

Since 2000, Gretchen has been the featured entertainer at the Café des Artistes in her hometown of Leonardtown, MD. She's recorded two CDs: 'Close Your Eyes,' and 'It Could Happen To You.' Prior to Ms. Richie's performance at 12:30 p.m., the Garvey Senior Activity Center staff will serve a special staff prepared meal of *Chicken Alouette, Rice, Cranberry-Strawberry Salad, Green Beans, Pineapple Upside Down Cake*, and juice/milk/coffee/tea. To make reservations, call 301.475.4200, ext. 1050.

Celebrate Flag Day with a Cookout and Barbershop Quartet **Garvey Senior Activity Center** **Thursday, June 14 at Noon**

Enjoy a *Grilled Hamburger with lettuce, tomato and onions, Baked Beans, Cole Slaw, Fruit Salad, Texas Sheet Cake*, and milk/coffee/tea. After lunch we will be serenaded with music provided by a harmonious Barbershop Quartet. To make reservations, call 301.475.4200, ext. 1050.



Blood Pressure Screenings on Fridays...

Free Blood Pressure checks are available at all Senior Activity Centers. Anyone wishing to have their blood pressure checked is welcome to stop by. No appointment necessary.

See times and locations below:

Loffler Senior Activity Center- **May 25 & June 22**, 10:00 a.m.

Garvey Senior Activity Center- **May 25 & June 22**, 11:30 a.m.

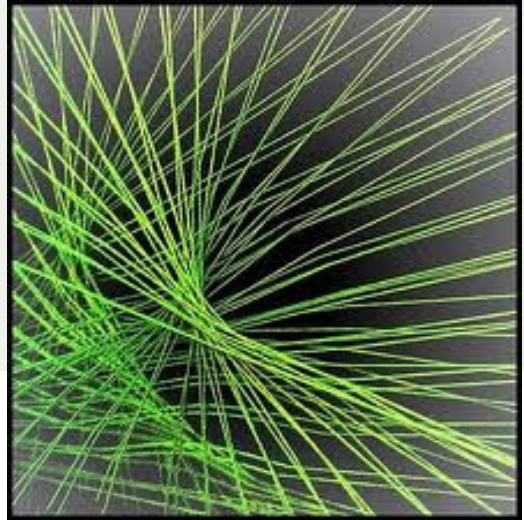
Northern Senior Activity Center- **May 25 & June 22**, 12:30 p.m.



Creative Expressions

The Basics of String Art Garvey Senior Activity Center Wednesday, May 9, 10 a.m.

String art is characterized by an arrangement of colored thread strung between points to form abstract geometric patterns or representational designs such as a ship's sail. Though straight lines are formed by the string, the slightly different and metric positions at which strings intersect may give the image of curves. Cost: \$5.00. To sign up for this class, call 301.475.4200, ext. 1050.



Art with Faith Workshops Loffler Senior Activity Center



May 17 & 18; June 14 & 15, 1-4 p.m.

Cost: \$50 (includes 6 hours instruction and all materials needed to complete your painting)

Complete a beautiful painting in two days to take home while learning techniques developed by local professional artist Faith Gaillot. Students who have already enjoyed Faith's classes can look forward to her workshops each month. May's painting is titled **Rock Fortress**, a watercolor which features wet-on-wet as well as dry brush techniques. This painting is suitable for beginners as well as experienced

26

students. The June painting will be announced. Payment is directly to the instructor on the first day of class. To sign up or for more information call 301.737.5670 ext. 1658.

Cards for Our Troops Garvey Senior Activity Center Tuesday, May 15, 1:30-4:30p.m.

The next scheduled sessions are to make birthday cards for our troops stationed abroad, to send home to their mothers and fathers. All handmade cards will be donated to *From Our Hearts*, a nonprofit organization that provides homemade greeting cards to service members to send home to family while away from home. To sign up to help cut, stamp and assemble cards, call 301.475.4200, ext. 1050. No previous experience needed.



NEW BEGINNING

Make a Gourd Birdhouse!

Garvey Senior Activity Center

Thursday, May 10, 10 a.m.

Dried gourds are one of the natural options available for building birdhouses. Dried gourds have been an all-time favorite for attracting purple martins. Apart from being an interesting project, they offer natural habitats for birds. In the class, participants will clean, stain, and prepare a gourd to be used for a birdhouse. Space is limited. Cost is \$5.00.

Payment reserves your spot in the class. For more information call 301.475.4200, ext. 1050.



Beginning & Intermediate Basket Weaving **Northern Senior Activity Center**

We have two basket weaving options that consider your experience and comfort level.

(Option 1) For the beginner, there is the handy countertop basket which measures about 4" in diameter and features red, white and blue reeds for an Americana or July 4th feel. This will be a one-session class held on Thursday, June 14, from 1-4 p.m. The cost for all materials and tools is \$15.

(Option 2) If you are interested in a bigger project or have a little more experience, then try a Quilting Basket. This is a large tote basket for carrying quilting, knitting and other projects. It measures 17"x 8"x12" (not including the handles) and features natural and brown smoked reed. The basket will be woven in three class sessions held from 1-4 p.m. on Tuesday, May 29, Thursday, May 31 and Friday, June 1. The cost for all materials and tools is \$45. Call 301.475.4002, ext. 1002 to learn more.





Annual Photo Contest

Northern Senior Activity Center

Entries are being accepted for the photo contest celebrating Living, Love, and Laughter! Contact the Northern Senior Activity Center for a full description such as rules, categories, deadlines, and award dates. The Contest is open to amateur senior photographers. Awards will be given in each category as well as a best overall award. The Best Overall photograph will have the added distinction of being framed and displayed permanently at the Northern Senior Activity Center on the "Wall of Fame." Call 301.475.4002, ext. 1002 to learn more.

Scrapbooking Crop Party, Northern Senior Activity Center

Saturday, July 28, 9 a.m.-4 p.m.

Looking for some fun with those vacation or special event photos? We have the answer! Come join us on Saturday, July 28, at the Northern Senior Activity Center. We are having a scrapbooking crop party from 9 a.m.-4 p.m. Bring your photos, scrapbooking supplies, and your lunch. Come and meet new people and have a day of fun. Call 301.475.4002, ext. 1001, and put your name on the list.



May Craft: "Potting Shed"

Loffler Senior Activity Center, Friday, May 18, 10:30 a.m.

Cost is 2 six-packs or more of annuals; your favorite flower pot/basket. Celebrate spring and summer by getting together with friends who love flowers and make a flower basket for yourself. Everyone brings different varieties of flowers and you can pick and choose what you'd like to put in yours! We'll supply the soil. You may want to bring some garden gloves and your favorite potting tools. Call 301.737.5670, ext. 1658 or stop by the reception desk to sign up by Wednesday, May 16.



June Craft: "Pressing Flowers" & "Using Pressed Flowers as Framed Art"

Loffler Senior Activity Center

Friday, June 22 & 29, 10 a.m., Cost: Supplies (Ask for supply list when you sign up). This month the craft will be in two parts: the first day we will learn how to press flowers. Then during the week we will choose flowers and press them at home using the technique we learned. The next week we will bring our pressed flowers and use them to create a framed masterpiece! This project makes a sweet gift. Call 301.737.5670, ext. 1658 or stop by the reception desk to sign up by Wednesday, June 20.



Ongoing Arts and Crafts Classes

Location	Title	Instructor	Day(s)	Time	Cost
Garvey Senior Activity Center Leonardtown 301.475.4200, ext. 1050	Pins & Needles Stitching Group	Self-directed	Fridays	12:30 p.m.	Free
Loffler Senior Activity Center Great Mills 301.737.5670, ext. 1658	Knit & Crochet Too	Linda Graham	Mondays & Thursdays	10 -11:30 a.m.	Free
	Decorating Committee	Shellie Graziano	1 st & 3 rd Mondays	2 p.m.	Free
	Appliqué Tutor	Kit Spading	Mondays	1 p.m.	Free
	Art Classes	Shonne Farrell	Tuesdays (Full) Fridays	9 a.m.-noon 10 am.-noon	Sup- plies
	Honey Bee Quilters	Jan Goings	1 st & 3 rd Wednesdays	10 a.m. - noon	Free
	Monthly Craft	Toni Axtel	May 18; June 22 & 29	10 a.m.	Free
	Theater Group	Millie Coryer-Dhu	Thursdays	1 p.m.	Free
	Project Linus	Debbie Ruple	3rd Fridays	10 a.m.	Free
	One-on-One Tutoring	Toni Axtel	Call 301.737.5670	For Appointment	Free
	Art With Faith Workshop	Faith Gaillot	May 17 & 18; June 14 & 15	1-4 p.m. 1-4 p.m.	\$50
Northern Senior Activity Center Charlotte Hall 301.475.4002, ext. 1001	Simply Crafty	Self-directed	Daily	Open	Free
	Open Pottery Studio	Wrenn Williams	Mondays & Fridays	9-noon	Fee
	Whimsie Works Pottery	Pam King	2nd & 4th Tuesdays	2-4 p.m.	Fee
	Scrapbook Marathon	Barbara Sterling & Linda Brock	3 rd Thursday	10 a.m.	Free
	Quilting	Gina Alexander	2nd & 4th Wed.	12:30 p.m.	Free
	Dynamic Ceramics	Mary Parry	Wednesdays	9:30 a.m.- noon	Fee
	Northern Stars Theater Group	Wrenn Williams	1 st Friday	10 a.m.	Varies

Ongoing Social Events at the Northern Senior Activity Center

Location	Title	Day(s)	Time	Cost
Northern Senior Activity Center Charlotte Hall 301.475.4002, ext. 1001	“Beat Your Buddy” Billiards	Mondays	1-3 p.m.	Free
	Hand & Foot	3rd Tuesday	10 a.m.	Free
	“Oh, Heck”	Tuesdays and Fridays	9:30 a.m.	Free
	Double Pinochle	Tuesdays Fridays	11 a.m. Noon	Free
	Breakfast & Newsbreak	1 st Wednesday	9 a.m.	\$1
	Pizza Party	4 th Wednesday	Noon	\$1
	Western Mahjong	Wednesdays	1 p.m.	Free
	Bridge	Thursdays	10 a.m.	Free
	Eastern Mahjong	Thursdays	1 p.m.	Free
	Bingo	Fridays	10 a.m.	\$1.50

Blue Crabs Baseball Game

Wednesday, May 9, 2012, Game Time: 10:35 a.m.

Fun at the ballpark! A ticket to the Senior Day Brunch includes entrance to the game, access to the air conditioned Legends Club Room, and all you can eat buffet of *Hot Dogs, BBQ Pulled Pork, Potato Salad, Cole Slaw, Fruit Salad, and Soft Drinks*. The cost is \$23.00 per person. Reservations can be made by calling Brandy at the Garvey Senior Activity Center at 301.475.4200, ext. 1062. Payment is due by Friday, May 4. Make checks payable to St. Mary's County Department of Aging and Human Services. Limited transportation is available; inquire when making your reservations. Those providing their own transportation should meet at Regency Furniture Stadium no later than 9:45 a.m.



Ongoing Social Events at the Garvey and Loffler Senior Activity Centers

Location	Title	Day(s)	Time	Cost
Garvey Senior Activity Center Leonardtown 301.475.4200, ext. 1050	Bingo	1 st & 3 rd Mondays	10 a.m.-noon	\$1-3
	Pitch	Weds. & Fridays, 2nd., 4th Mondays	10 a.m.-noon	Free
	Senior Vibes	1 st Tuesday	9:30-11:30 a.m.	Free
	Pokeno	3 rd Wednesday	10:30 a.m.	Pennies
	Bridge Club	Thursdays	10 a.m.-3 p.m. (call for info)	Free
Loffler Senior Activity Center Great Mills 301.737.5670, ext. 1658	Pinochle	Monday, Wednesday & Friday	9 a.m.-12:30 p.m.	Free
	Canasta /Pitch Club	Tuesdays	9:30 a.m.-2 p.m.	Free
	Contract Bridge	Tuesdays	10 a.m.-noon	Free
	Dollar Bingo	Tuesdays, except: May 8 & June 12	12:30-1:30 p.m.	\$1.00
	Pitch	Tuesdays	1 p.m.	Free
	Canasta	2 nd & 4 th Wednesdays	1-4 p.m.	Free
	Bunco	Thursdays	12:30 p.m.	Free
	Penny Bingo	May 9 & June 13	10:30 a.m.-Noon	Pennies
	Chess Club	Wednesdays	9:30-10:30 a.m.	Free
	Line Dance	Fridays	11 a.m.-12 Noon	Free
	Tai Chi for Arthritis	Wednesdays May 29-June 27	9 a.m. Required Pre-registration	Free

Ongoing Physical Fitness Activities At The Garvey and Loffler Senior Activity Centers

Location	Title	Day(s)	Time	Cost
Garvey Senior Activity Center Leonardtown 301.475.4200, ext. 1050	Fitness Equipment	Daily	8 a.m.-5 p.m.	Free
	Wii Sports	Call for availability	8 a.m.-5 p.m.	Free
*F.C. = Fitness Card , available at all Senior Activity Centers. The first session of activities is a free trial, with F.C. required thereafter.	Low Impact Aerobics	Mondays	8:30-9:30 a.m.	F.C.
	Men's Strength Training	Mondays & Thursdays	9:30-10:30 a.m.	F.C.
	EnhanceFitness	Mon., Wed., & Fri.	10:45-11:45 a.m.	F.C.
	Open Table Tennis	Tuesdays except 1st. Thursdays	10-noon 2:15 p.m.	Free
	Clogging	Mondays	1:30 p.m.	Free
	Arthritis Foundation Exercise	Tuesdays & Thursdays	9-9:30 a.m.	Free
	Yoga For Everyone	Tuesdays & Fridays	1-2 p.m.	F.C.
	Line Dancing	Wednesdays	1:30-2:30 p.m.	Free
	Clogging	Wednesdays	2:30-3:30 p.m.	Free
	Parkinson's Disease Exercise Group	Thursdays	1:15-2 p.m.	Free
	Zumba	Thursdays	10:45-11:45 a.m.	F.C.
	Video Aerobics	Fridays	8:30-9:30 a.m.	Free
32 Loffler Senior Activity Center Great Mills 301.737.5670, ext. 1658 * F.C. = Fitness Card , available at all Senior Activity Centers. The first session of activities is a free trial, with F.C. required thereafter.	Fitness Equipment Available	Daily	8 a.m.-5 p.m.	Free
	Wii Sports	Daily	8 a.m.-5 p.m.	Free
	Zumba	Mondays	Noon	F.C.
	Walking Club	Mon., Wed., & Fri.	10 a.m.	Free
	Arthritis Foundation	Mondays & Fridays	1-2 p.m.	Free
	EnhanceFitness	Mondays & Fridays Wednesdays	2-3 p.m. 1-2 p.m.	F.C.
	Strength Training	Tuesdays & Thursdays	10-11 a.m.	F.C.
	Yoga	Wednesday & Fridays	10-11 a.m.	F.C.
	Core & Abs	Wednesdays	2-3 p.m.	F.C.

NEW BEGINNING

Ongoing Physical Fitness Activities At The Northern Senior Activity Center

Location	Title	Day(s)	Time	Cost
Northern Senior Activity Center Charlotte Hall 301.475.4002, ext. 1001 * F.C. = Fitness Card , available at all Senior Activity Centers. The first session of activities is a free trial, with F.C. required thereafter.	Fitness Equipment Available	Daily	8 a.m.-5 p.m.	Free
	Wii Sports	Daily	Noon-5 p.m.	Free
	'Trailblazers Walking Group'	Daily	Open	Free
	Yoga for Everyone	Mondays & Fridays	Mondays, 9:30 a.m. Fridays, 8 a.m.	F.C.
	Total Body Strength	Mondays & Thursdays	3:30-4:30 p.m.	F.C.
	Zumba	Tuesdays	10-11 a.m.	F.C.
	Arthritis Foundation Exercise	Tuesdays & Thursdays	10-11 a.m.	Free
	EnhanceFitness	Tuesdays, Thursdays, and Saturdays	Tues. & Thurs., 9 a.m., Sat. 10 a.m.	F.C.
	Indoor Bowling	Wednesdays	9:30-10:30 a.m.	Free
	Line Dancing	Wednesdays	1-2:30 p.m.	Free
	YES Cycling Program	Call for Appointment	TBD	Free



We'll Read to You; Audio Version of the New Beginning Newsletter And Calendars Are Online

33

Thanks to volunteer readers Anne and Jim Tennison, and Barbara Homan, an audio version of this bi-monthly New Beginning newsletter is available on the Department of Aging website. To have New Beginning read to you, go online to "Older Adult Programs" under "Residents" on the county web page www.stmarysmd.com/aging. Click on "Forms and Publications" in the left sidebar. This will take you to past newsletters, and a "speaker" icon. Click on the speaker icon to the left of the monthly edition you want to hear.

Call 301.475.4200, ext. 1073 for more information about this audio availability. Additional volunteer readers and those proficient in other languages are particularly welcome; the time commitment is approximately two hours on a bi-monthly basis.

You can also now view the Senior Activity Center monthly calendars by going to www.stmarysmd.com/aging and clicking on the "Activities & Programs button."

Ongoing Education Classes

Location	Title	Instructor	Day(s)	Time	Cost
Garvey Senior Activity Center Leonardtwn 301.475.4200, ext. 1050	Computer Tutoring	Volunteer	Daily	By appt.	\$5
	Coin Appraisals	John Hankla	1 st Tuesday	9 a.m.-noon	Free
	Book Discussion	Kathy Mather	2 nd Wednesday	10 a.m.	Free
	Nutrition Education	Donna Taggert	2 nd Wednesday	11 a.m.	Free
Loffler Senior Activity Center Great Mills 301.737.5670, ext. 1658	Current Events	Dave Spore	Mondays	10 a.m.	Free
	Book Club	Liz Morris	May 10; June 14	12:30 p.m.	Free
	Health Watch	Varies	May 11		Free
	Nutrition Education	Donna Taggert	May 23; June 27	10:45 a.m.	Free
	Scripture Study	Karen Abbotts	May 11 & 25 June 8 & 22	10 a.m.	Free
	Fun w/E Readers	Thursdays	Thursdays	9-10 a.m.	Free
Northern Senior Activity Center Charlotte Hall 301.475.4002, ext. 1001	Computer Tutoring	Volunteers	Daily	By appt.	\$5
	Nutrition Education	Donna Taggert	1 st Wednesday	10:45 a.m.	Free
	Lyme Disease Support & Discussion Group	MarieNoelle Lautieri	Quarterly: Thursday July 12	1 p.m.	Free
	Diabetes Support Group	Wrenn Williams	Quarterly: Thursday July 19	2 p.m.	Free
	Book Chatter	Joyce Summers	4 th Thursday	11 a.m.	Free
	Adult Study Group	Elizabeth Holdsworth	1 st & 3 rd Tuesdays	10:45 a.m.	Free

34

Adult Study Support Group **Northern Senior Activity Center** **1st and 3rd Tuesdays, 10:45-11:45 a.m.-noon**

The adult study group is returning to the Northern Senior Activity Center. This discussion group was quite popular as a forum for discussing aging in a small group setting. The session will be offered on Tuesdays, twice a month, with facilitator Elizabeth Holdsworth (LCSW-C). Topics will include issues pertinent to Southern Maryland seniors, such as health care, challenges of rural living, emotional issues, advance directives, finance challenges, community resources and more. Learn more or sign up by contacting the center at 301.475.4002, ext. 1001.



NEW BEGINNING

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

Lori Jennings-Harris, Director

Senior Information and Assistance (Senior I&A) – Provides important updated information as it relates to senior services, benefits, and assistance programs. You may reach Debbie Barker, Program Manager, at 301.475.4200, ext. 1064 or Melissa Meatyard at 301.475.4002, ext. 1004, or 301.737.5670, ext. 1654.

Home and Community-Based Services (HCBS) - Consists of six programs providing the following services: Guardianship for individuals age 65 and over, Medicaid Waiver for Older Adults Program, Long Term Care Ombudsman, Senior Care Program, Respite Assistance and Caregiver Support. Call Rebecca Kessler, Division Manager, at 301.475.4200, ext. 1061.

Senior Activity Centers – Three county senior activity centers and one nutrition site are places where adults ages 50 and over can participate in activities, events, exercise programs, and group meal programs. Call Alice Allen at 301.475.4200, ext. 1063.

Meals On Wheels – A service for seniors 60 and over who are home bound and have a moderate to severe disability which prevents them from shopping or cooking for themselves, and who have no one to prepare meals. Bridget Maddox, Program Coordinator, can be reached at 301.475.4200, ext. 1060.

Retired Senior and 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 301.737.5670, 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. 1073.

35

Website: www.stmarysmd.com/aging

Fax: 301.475.4503

Phone: 301.475.4200, ext. 1050

Address: 41780 Baldrige Street, P.O. Box 653, Leonardtown, MD 20650

Senior Activity Centers:

Garvey Senior Activity Center, Leonardtown, 301.475.4200, ext. 1050

Loffler Senior Activity Center, Great Mills, 301.737.5670, ext. 1658

Northern Senior Activity Center, Charlotte Hall, 301.475.4002, ext. 1001



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

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CHANGE SERVICE REQUESTED

Holiday Closings...
(Also, no Meals On Wheels)

Memorial Day, Monday, May 28

NEW BEGINNING