

# **NEW BEGINNING**

**VOLUME 38 ISSUE 1**

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



**A New Year, a Fresh Start!**

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# From the Director's Desk

By Lori Jennings-Harris, Director

## A New Year, a Fresh Start!

With the start of a New Year comes an opportunity for a Fresh Start! To usher in the year, the Department of Aging & Human Services wants to affirm its commitment to serving the older adults, children, youth, and families in the best ways possible.



Having a fresh start and a clean slate for the Department means providing ways in which the people of our community may choose to start anew. For those who have the notion of starting an exercise routine, becoming involved in craft-making, joining card-playing enthusiasts, learning the most popular line dances, creating art using different mediums, enjoying lunch, and more, we have three senior activity centers for that, and our Division of Senior Center Operations staff members are ready to help. Make sure you consult your physician prior to starting an exercise program.

If your needs involve assistance in the home with supportive services, we have our Home and Community-Based Services Division for that, as well as the Aging and Disability Resource Center (ADRC), also known as MAP (Maryland Access Point). The ADRC “is a free information and referral service that links the community to health and support services. It is open to the public and to individuals of all income levels. The St. Mary's County Department of Aging & Human Services is working to provide older adults, persons experiencing a disability and caregivers with a single point of entry for services and information.”

If you have attended one of our major community events, such as Law Enforcement Appreciation Day, the Way to Wellness: Community Health and Wellness Fair, or Veterans Resource Day, our Community Programs and Outreach Division is responsible for their planning and implementation. We also do outreach to help educate the community about the programs and services we offer.

*Continued on page 4*

## NEW BEGINNING

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### NEW BEGINNING

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of Aging & Human Services  
P.O. Box 653  
Leonardtwn, MD 20650**

or visit the website at:

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

### Our Mission

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

*Continued from page 3*

Do you need help with information in the areas of housing, Social Security, Medicare, other benefits programs, and transportation? How about help finding resources or referrals to Department of Aging & Human Services programs, public and private community resources, and information regarding assistance programs? If so, our Division of Senior Information & Assistance (Senior I&A), including the Senior Rides Program, can help.

Now, if you have a calling to serve others and help the community, the Retired and Senior Volunteer Program (RSVP) may be for you. RSVP “helps to place persons 55 years of age and older in rewarding, challenging, and fulfilling volunteer opportunities with local county agencies, non-profit groups, and community organizations.” It is a fulfilling program that matches volunteers with local non-profit agencies according to the volunteers’ interests, skills and availability.

The Department provides for more than older adults. We also coordinate programs and services that support the needs of children, youth, and families. “The Division facilitates the Local Management Board (LMB) and Local Care Team (LCT) to support youth in need of behavioral health services, the Teen Court and Christmas Caring programs, monitors grants focused on homelessness prevention efforts and is a partnering agency with the WARM (Wrapping Arms ‘Round Many) initiative.”

As one of the largest Departments in St. Mary’s County Government, our fiscal staff also manage a variety of federal and state grants, as well as county funds.

Along the way, we will explore new and creative ideas that help people continue to grow, thrive, rejuvenate, and maintain their independence.

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**NEW BEGINNING**





## Nutrition Corner

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

As we find ourselves in the throes of winter, you might be considering a hot bowl of oatmeal. Oats are considered as one of the original “superfoods”. First they contain a unique fiber called beta- glucan. This fiber can help manage blood sugars after a meal, can lower total blood cholesterol and can boost gut health. In addition, fiber can help you feel full for longer, which is especially helpful in weight management.

Oats are naturally gluten free but because of growing and harvesting conditions, some may have traces of gluten. To be safe, look for a gluten free label.

Oats are a whole grain and begin as groats. When these kernels are chopped, they are steel cut oats, having a coarser, chewier texture which take longer to cook. Rolled, or old fashioned oats are the oat groats that have gone through a steaming and flattening process. They are milder to taste and cook within minutes. Quick oats are the most processed, being precooked, dried and then rolled and pressed thinner than rolled oats, thereby having the shortest cooking time. One surprising thing that the various oats have in common is that they basically have the same nutritional profile since they all are from groats. Texture, taste, and cooking time vary so it may just be an individual preference. Of course, instant oatmeal packets can have significant amounts of sodium, the other forms have none unless you add it to the cooking water. Also many instant oatmeal packets have a large amount of added sugar, usually more than if you were to add sugar to your cooked oats. One suggestion is to consider adding your own fruit, nuts and spices for deliciousness without added sugars.

If you are in a hurry in the morning and don’t want to wait on cooking the oats there are several options. One works well for steel cut oats that normally take over 30 minutes to cook. Place ¼ cup of the oats to 1 cup of water in a small crockpot and cook on low overnight. Depending on the size of your pot, you can cook several servings and store in the refrigerator to reheat on future mornings. Another popular dish is making overnight oats, using either steel cut or old fashioned plus milk. There are lots of combos with various ingredients but regardless, it is a great grab and go breakfast that takes minimal prep time the night before.

So if you don’t already enjoy oatmeal I hope this article will convince you to give it a try.



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### Upcoming Nutrition Education Presentations:

#### **Are Meal Kits Healthy for Seniors?**

**Garvey** - Wednesday, January 8, 12:45 p.m.

**Garvey** - Thursday January 9, 6:30 p.m.

**Loffler** - Monday , January 13, 10 a.m.

**Northern** - Monday, January 13, 12 p.m.

#### **Heart Healthy Month**

**Garvey** - Wednesday, February 5, 12:45 p.m.

**Garvey** - Thursday, February 13, 6:30 p.m.

**Loffler** - Monday, February 10, 10 a.m.

**Northern** - Monday, February 10, 12 p.m.

# Home & Community-Based Services

Rebecca Kessler, HCBS Division Manager

## New Year's Resolution for Caregivers

Submitted by Lisa Berry, HCBS Program Coordinator  
Reprinted from: <https://caregiver.com/articles/top-ten-new-year/>



**1. Keep records of all medications and reactions:** make notes about what works, what doesn't and when you informed the physician of any problems.

**2. Keep records of all doctor appointments:** the reason for the visit, the doctor's responses to our concerns, any procedures performed, etc.

**3. Start or continue to maintain copies of medical records for your loved one, and for yourself, as well.** These will be beneficial should

a grievance arise or if there are questions about medical histories.

**4. Plan for the unexpected: discuss plans and wishes of everyone involved in the caregiving family.** Talk about final resting places and what arrangements your family will want.

**5. Have an Advance Directive** filled out and given to the primary physician and all relatives who may need the form.

**6. Have a Last Will and Testament completed or updated:** without a signed Will, the courts will decide how to distribute the possessions of your loved ones.

**7. Keep a record of where all-important documents are kept.** When an emergency or tragedy occurs, locating information should not be where we spend our thoughts and energies.

**8. Record all monetary involvements:** investments, resources creditors, debtors, business transactions, etc.

**9. Have an insurance analysis done:** is your home, life and health insurance still appropriate for your family's needs? What about the insurance policies for your loved ones? Do you all have enough coverage to take care of any eventuality? Do you have provisions for Long Term Care? For respite care? Is your house adequately covered given the state of the weather patterns?

**10. Clean out the medicine chest.** Look for expiration dates on all medicine, and check with your doctor about previous medications which will either be harmful with current prescriptions or which are no longer effective for your or your loved one. Not only will you save space, you might also save a life.



# Caregivers' Support Group

Tuesday, January 28, 2025

Tuesday, February 25, 2025

6-7 p.m.

*Garvey Senior Activity Center*

*23630 Hayden Farm Lane, Leonardtown, MD*

The St. Mary's County Caregivers' Support Group meets at 6 p.m. on the fourth Tuesday of each month at the Garvey Senior Activity Center.

The St. Mary's County Caregivers' Support Group is a safe space for caregivers to share their experiences and learn about resources.

We want each person to feel welcome to attend and be encouraged through their caregiving journey.

For more information or to register -

Call: 301-475-4200, ext. 1057

Email: [Jennette.Beyer@stmaryscountymd.gov](mailto:Jennette.Beyer@stmaryscountymd.gov)

Visit: [www.stmaryscountymd.gov/Aging/HCBS-Overview/](http://www.stmaryscountymd.gov/Aging/HCBS-Overview/)

## Save the Date

the

*32nd Annual*

*Southern Maryland Caregivers Conference*

*will be held on*

*Friday, April 11, 2025*

*at the*

*Southern Pines Senior Center*

*20 Appeal Lane*

*Lusby, MD*

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

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

# New Employee Spotlight!



**Rebecca Ali**

Rebecca Ali is the new Evening Program Specialist at the Garvey Senior Activity Center, bringing over a decade of experience in event planning and coordination from her previous role as owner of a local tabletop game store. With an extensive array of social and professional connections, she is passionate about fostering community engagement and creating enriching programs for seniors. When she's not planning events, Rebecca enjoys exploring museums with her children, gardening, and painting miniatures.




## Let us **guide** you!

**CONTACT US**

 **MARYLAND ACCESS POINT**  
**1-844-627-5465**  
**INFORMATION • PLANNING • ACCESS**  
*for Long Term Services & Supports*

**St. Mary's County Department of Aging & Human Services MAP**

 **301-475-4200, ext. 1057 or 1058**



<https://www.stmaryscountymd.gov/Aging/MAP/>



**NEW**



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

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

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

Learn more about our memory café, get the upcoming meeting schedule, meet the staff, and enjoy light refreshments.

RSVP preferred but not required.



**Garvey Senior Activity Center**



**Tuesday, February 11, 2025**

**2 - 3 PM**

*free*

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

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

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



# Senior Information & Assistance

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

## 2025 Social Security/Medicare Updates

The Social Security Administration announced that there will be a 2.5% cost of living increase for Social Security and Supplemental Security Income (SSI) recipients effective January 2025. Additionally, the Centers for Medicare and Medicaid Services announced the following Medicare



### Part A & B increase for 2025:

Part B Medical Premium: \$185.00  
Part B Medical Deductible: \$257.00  
Part A Hospital Deductible: \$1,676.00

## Medicare

In most cases people who have over 30 quarters of Social Security coverage or were married to someone who does will not have a Medicare Part A premium. For those who do not have enough quarters there is a minimum premium of \$285 or \$518 per month.

Beneficiaries who filed a 2022 income tax return of over \$103,000 if single and \$206,000 if married will be subjected to higher monthly Medicare Part B and Part D premiums based on income. Persons who have had a significant change in income due to retirement, death of a spouse, etc. may appeal the income-related monthly adjustment by filing form SSA-44.

## Important Documents

January kicks off the mailing of important documents such as 1099's and Social Security benefit statements. These documents are mailed from places such as Social Security, banks, former employers, etc.

It is important to keep this information in a safe place to be used to file your 2024 income tax return. For those who do not file income taxes these documents are still important to keep in order to file for benefits such as property tax credits and energy assistance.







Maryland Legal Aid has in-person appointments available at the Garvey Senior Activity Center for those age 60 and older. A representative will be available on **Fridays, January 10, and February 14**. Appointments are required and can be made by calling 301-475-4200, ext. 1064.

Maryland Legal Aid can assist with power of attorney, landlord/tenant disputes, denial of public benefits, consumer and credit problems, medical advance directives, and denial of the following types of public benefits: Medical Assistance, Medicare, Social Security/SSI, SNAP food benefits and subsidized housing.

Maryland Legal Aid can NOT assist with any fee generating cases, disputes with neighbors, property issues, adult guardianship or trusts estates.

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

Melissa Craig  
Senior Information & Assistance Division Manager  
Garvey Senior Activity Center  
301-475-4200, ext. 1064  
[Melissa.Craig@stmaryscountymd.gov](mailto:Melissa.Craig@stmaryscountymd.gov)

Northern Senior Activity Center  
301-475-4200, ext. 3104

Loffler Senior Activity Center  
301-475-4200, ext. 1654

**VOLUNTEERS NEEDED**

**SENIOR RIDES PROGRAM**

**DRIVER BENEFITS**

- Mileage Reimbursement
- Flexible Schedule
- Volunteer Recognition
- CPR/ First Aid Certification
- Supplemental Insurance

**DRIVER QUALIFICATIONS**

- Love Helping Others
- Own Personal Vehicle
- Pass Criminal Background Check
- Pass Annual MVA Driving Record Check

**CONTACT US:**  
301-475-4200, ext. 1066  
[Rachel.Kinder@stmaryscountymd.gov](mailto:Rachel.Kinder@stmaryscountymd.gov)  
[www.stmaryscountymd.gov/aging/seniorrides/](http://www.stmaryscountymd.gov/aging/seniorrides/)

# Coffee with the Sheriff



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

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

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

*Free of Charge!*

*Registration required*

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

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

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



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

**NEW BEGINNING**



# Division of Senior Center Operations

*By Candice Nelson Senior Center Operations Division Manager*

## Fitness Instructors Wanted



ENHANCE®

The St. Mary's County Department of Aging & Human Services is seeking certified fitness instructors to teach EnhanceFitness (EF), a nationally recognized evidence-based fitness

program for older adults. These classes are taught in our three Senior Activity Centers throughout St. Mary's County, Monday-Friday.

EF instructors have a specific and important role in ensuring a safe, effective, and fun class for older adults. For that reason, everyone who leads an EF class (including assistant and substitute instructors) must successfully complete the EF New Instructor Training (EF New Instructor Training is provided). EF Instructor Candidates must have a foundational fitness certification such as Group Exercise Instructor or Personal Trainer, or a background in exercise science or physiology (such as nursing, occupational therapy, or physical education). EF instructors must hold a current CPR/AED certification.

In addition to the above-mentioned requirements, EF instructors for St. Mary's County Department of Aging & Human Services are required to complete the Letter of Agreement (LOA) process for St. Mary's County Government and keep current general liability insurance for group fitness instructors.

EF instructors are compensated \$35/1-hour class during their first-year teaching, then \$40/1-hour class for subsequent years.

We encourage you to learn more about the EnhanceFitness, evidence-based, group fitness program by visiting <https://projectenhance.org/>.

For more information or to submit a resume, contact Candice Nelson, at [Candice.Nelson@stmaryscountymd.gov](mailto:Candice.Nelson@stmaryscountymd.gov) or call 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](http://www.stmaryscountymd.gov/aging) and click on the "View & Sign Up for Activities & Programs" button. Accommodations can be made for those requiring registration assistance by leaving a message at 301-475-4200, ext. 1080.*

## Collaborative Art "Home is Where the Heart Is"

Garvey Senior Activity Center

Mondays, January 6-February 24 (except January 20 & February 17)

5 p.m.

Cost: \$5

For our first collaborative art project, each participant will create a painting representing the home they grew up in on a 3" canvas using acrylic paints to be included in a larger display. These tiles will be arranged and attached to a larger backboard in the shape of a heart. This first collaboration will be titled "Home is Where the Heart Is". The finished piece will be displayed at the St. Mary's County Arts Council gallery in downtown Leonardtown, once it is complete. All necessary materials will be provided. Advanced registration is required.

## Embroidery Card-Making Class

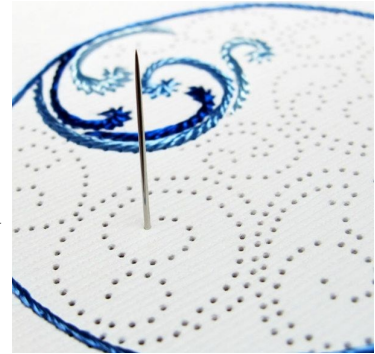
Garvey Senior Activity Center

Tuesdays, January 7 & February 4

1:30 p.m.

Cost: \$5

This card-making method uses single-strand embroidery thread and a fine needle to make line designs on quality card stock. Omega will teach you everything you need to know to create these cards. Bring your scissors, tape, and a needle. The price includes the material. Advanced registration is required.



## Pitch Card Game Day

Garvey Senior Activity Center

Thursday, January 9 (will meet every Thursday)

10 a.m. - 12 p.m.

Cost: Free

We are excited to announce the formation of a new Pitch card game group. Players of all skill levels are welcome to join, and there will be experienced players available to train beginners. Pitch is a popular trick-taking game with a long history in St. Mary's County. Advanced registration is not required, but seating is limited.

## Silhouette Painting with Chris

Garvey Senior Activity Center

Thursdays, January 9 & February 13

5 p.m.

Cost: \$5, supplies included

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

**Aromatherapy Workshop**  
**Garvey Senior Activity Center**  
**Tuesdays, January 14 & February 4**  
**4 p.m.**  
**Cost: \$15**

Join professional Aromatherapy practitioner and licensed mental health therapist, Glori VanBrunst for some creative, holistic fun and learning! Advanced registration is required.



**January: “Light’s Out Sleep”**

Calm your mind and body for a restful night's sleep. In this 60-minute session, you'll sample and explore the benefits of various relaxing and sedative oils. You'll create and take home a custom Sleep Blend roll-on made from your favorite oils. Each workshop is unique, featuring new oils, fresh content, and personalized creations!

**February: “Managing Mood with Essential Oils”**

Explore how Aromatherapy can help with mood in this 60-minute workshop. You will learn about the basics of mental health and discover how Aromatherapy can help mood balance, boost positivity, and reduce stress and anxiety. You will have the opportunity to sample

several mood-supporting essential oils and create a custom Aromatherapy inhaler tailored to your specific "mood goal".

**Sound Bath with Angel**  
**Garvey Senior Activity Center**  
**Tuesday, January 14: “Restorative Sound Bath”**  
**Tuesday, February 11: “Self-Care Sound Bath”**  
**6 p.m.**  
**Cost: \$20**

Immerse yourself in harmonious sound vibrations to calm the nervous system and leave feeling refreshed and renewed. Sound baths can help you achieve deep relaxation, balance your energy, and reduce stress. Please bring a yoga mat, small pillow, and blanket to help build your comfy nest. May not be recommended for those with pacemakers. Please consult with your physician before attending. Advance registration is required.



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**Luncheon with Bushmill Band**

**Garvey Senior Activity Center**

**Friday, January 17**

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

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

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

The Bushmill Band is an acoustic, 4-piece band featuring guitar, banjo, dobro, and bass, playing folk, bluegrass, and old-time country music.

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



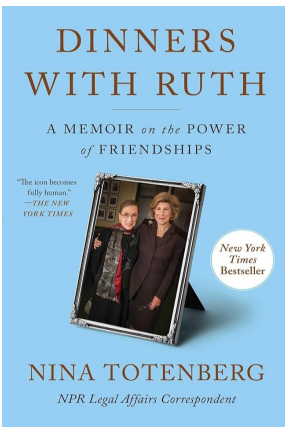
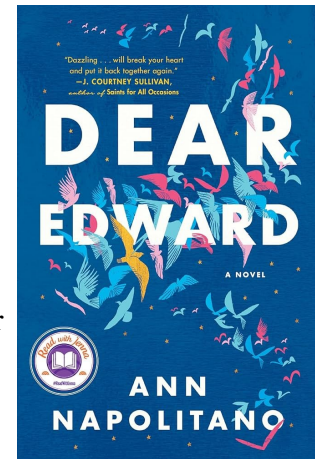
**Book Discussion Group**  
**Garvey Senior Activity Center**  
**Wednesdays, January 15 & February 12**  
**11 a.m.**  
**Cost: Free**

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

**January: *Dear Edward* by Ann Napolitano**

One summer morning, twelve-year-old Edward Adler, his beloved older brother, his parents, and 183 other passengers board a flight in Newark headed for Los Angeles. Halfway across the country, the plane crashes. Edward is the sole survivor. Edward's story captures the attention of the nation, but he struggles to find a place in a world without his family.

But then he makes an unexpected discovery--one that will lead him to the answers of some of life's most profound questions.



**February: *Dinners with Ruth: A Memoir on the Power of Friendships* by Nina Totenberg**

Four years before Nina Totenberg was hired at NPR, where she cemented her legacy as a prizewinning reporter, and nearly twenty-two years before Ruth Bader Ginsburg was appointed to the Supreme Court, Nina called Ruth. A reporter for The National Observer, Nina was curious about Ruth's legal brief, asking the Supreme Court to do something revolutionary: declare a law that discriminated "on the basis of sex" to be unconstitutional. In a time when women were fired for becoming pregnant, often could not apply for credit cards or get a mortgage in their own names, Ruth patiently explained her argument. That call launched a remarkable, nearly fifty-year friendship.

**Easel Flower Cart Card**  
**Garvey Senior Activity Center**  
**Tuesday, January 21**  
**10 a.m. - 12 p.m.**  
**Cost: Free**

Have you always admired Anna Griffin's cards and wanted to create one yourself? Our volunteer, Martha, will guide you through the process using a die-cut machine. All materials and embellishments will be provided from an Anna Griffin card kit. You can customize your card for a birthday, get well soon, or thinking of you occasion. Please bring your own scissors and a tape runner. Advance registration is required.



**Recipe Round-Up**  
**Wednesdays, January 22, February 12 & 26**  
**5 p.m.**  
**Cost: \$10**

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

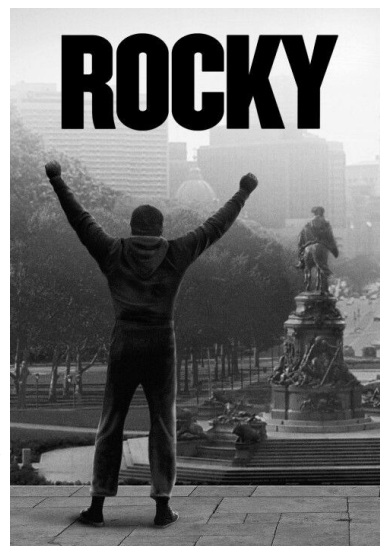
**Movie Night**  
Garvey Senior Activity Center  
Thursdays, January 16 & February 20  
5 p.m.  
Cost: Free

**\$3 optional snack pack/popcorn purchase**

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

**January: Rocky (PG)**

Rocky Balboa (Sylvester Stallone), a small-time boxer from working-class Philadelphia, is arbitrarily chosen to take on the reigning world heavyweight champion, Apollo Creed (Carl Weathers), when the undefeated fighter's scheduled opponent is injured. While training with feisty former bantamweight contender Mickey Goldmill (Burgess Meredith), Rocky tentatively begins a relationship with Adrian (Talia Shire), the wallflower sister of his meat-packer pal Paulie (Burt Young).



**February: The Proposal (PG-13)**

Faced with deportation to her native Canada, high-powered book editor Margaret Tate (Sandra Bullock) says she's engaged to marry Andrew Paxton (Ryan Reynolds), her hapless assistant. Andrew agrees to the charade, but imposes a few conditions of his own, including flying to Alaska to meet his eccentric family. With a suspicious immigration official always lurking nearby, Margaret and

Andrew must stick to their wedding plan despite numerous mishaps.

**Afternoon Trivia**  
Garvey Senior Activity Center  
Wednesdays, January 22 & February 19  
4 p.m.  
Cost: \$5

**January: New Years Resolution Trivia**

Kick off the New Year with an exciting afternoon of trivia! Gather your friends and compete for prizes that will help you start the year off right. We'll cover everything from pop culture and history to New Year's traditions. Let's come together to make those resolutions last and win some fun prizes. Advanced registration is required.

**February: 60's & 70's Trivia**

Join us for a groovy afternoon of trivia focused on the iconic music, TV shows, games, and historical events of the 60s and 70s! Whether you're a flower child or a disco enthusiast, this trivia event promises to be far out. Dress in your best retro attire and get ready to boogie down memory lane. It's going to be a blast from the past, so don't miss your chance to showcase your trivia skills and win some funky prizes! Advanced registration is required.

## Doily Dream Catcher

Garvey Senior Activity Center  
Wednesday, January 29

5:30 p.m.

Cost: Free

In this activity, you will create a unique dreamcatcher using donated crocheted doilies. The dreamcatcher functions like a spider's web, trapping bad dreams while allowing the good ones to pass through. All necessary supplies will be provided, but you're welcome to bring your favorite pair of scissors.

Advanced registration is required.

## "Playful Pages" Playing Card Scrapbook

Garvey Senior Activity Center  
Friday, January 31

2 p.m.

Cost: Free

Join us for "Playful Pages," a creative and fun-filled event where we transform ordinary playing cards into extraordinary scrapbook pages! Whether you're a seasoned scrapbooker or a complete beginner, this event is perfect for anyone looking to unleash their creativity. Enjoy a relaxing afternoon of crafting, laughter, and inspiration. Don't miss out on this chance to make beautiful keepsakes. Supplies will be provided, but feel free to bring wallet-size pictures (2.5 x 3.5 inches).

Advanced registration is required.



## Maryland's Military History

Garvey Senior Activity Center  
Wednesday, February 5

10 a.m.

Cost: Free

Join us for an insightful event featuring Johnathan Beasley who will present "Maryland Military History." This presentation will delve into Maryland's rich

military past, highlighting key battles, notable figures, and the state's significance during various conflicts, including the French and Indian War, the Revolutionary War, the Civil War, and World War II.

Advanced registration is required.

## Seasonal Bookmarks

Garvey Senior Activity Center  
Tuesday, February 11

5:30 p.m.

Cost: Free

Life is too short to settle for a boring bookmark. Create four beautiful 3D layered bookmarks using precut paper. These bookmarks capture the essence of the upcoming seasons and are perfect for your own books or as gifts. All materials will be supplied.

Advanced registration is required.





## **Meditation Workshop: The Art of Meditation & Mindfulness**

**Garvey Senior Activity Center**

**Tuesday, February 18**

**6 p.m.**

**Cost: \$15**

In this beginner workshop, you will learn the art of meditation and mindfulness. These powerful tools can enhance overall well-being and happiness. You will be introduced to specific techniques that can improve focus, concentration, mental health, and sleep quality. Through these practices, you will gain a deeper understanding of how to sharpen your awareness, connect with the present moment, and achieve inner peace. This workshop is facilitated by Angel Willer, a Certified Meditation Coach. Advance registration is required.

## **Backyard Pets Iris Folding**

**Garvey Senior Activity Center**

**Wednesday, February 19**

**5:30 p.m.**

**Cost: Free**

Join us for three Iris Folding projects featuring popular backyard pets! You'll create adorable cards that are perfect for adding a personalized message. In this workshop, you'll learn the art of Iris Folding by arranging and layering strips of paper to form a spiraled pattern that resembles the iris of a camera lens—hence the name of the craft. All supplies will be provided, but feel free to bring your favorite scissors! Advanced registration is required.



## **Pawsitive Vibes: A Day with Pets on Wheels**

**Garvey Senior Activity Center**

**Wednesday, February 19**

**3 p.m.**

**Cost: Free**

Join us for a heartwarming event designed to bring joy, comfort, and connection to all attendees. This event is brought to you by Pets On Wheels. Pets on Wheels shares the love of friendly therapy pets to help improve life, connecting pets with people to make a profound impact daily. These specially trained animals provide emotional support, reduce stress, and spread happiness. If you want to relax, connect with others, or enjoy the company of adorable animals, this event is perfect for you. There will be opportunities to pet and interact with the animals, as well as learn about the incredible benefits of animal-assisted therapy. Advanced registration is required.

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## **Framed Carnival Mask Mandala**

**Garvey Senior Activity Center**

**Tuesday, February 25**

**5:30 p.m.**

**Cost: Free**

Let the Good Times Roll while creating a framed, 3D layered carnival mask using pre-cut paper. Mandala designs are perfect for creating unique and eye-catching papercrafts. The 3D design is pre-cut and ready to be stacked and attached together. 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](http://www.stmaryscountymd.gov/aging) and click on the “View & Sign Up for Activities & Programs” button. Accommodations can be made for those requiring registration assistance by leaving a message at 301-475-4200, ext. 1660.*

## Massage Therapy with Renika Watson, LMT

Loffler Senior Activity Center

Tuesdays, January 7, 14, 21, & 28, 10 a.m.-4 p.m.

Tuesdays, February 4, 11, 18, & 25, 10 a.m.-4 p.m.

Cost: \$50 for 45 minutes

\$65 for 60 minutes

The Loffler Center is excited to have Massage Therapy back! Renika Watson is a licensed massage therapist and owner of Renika Marie’s Therapeutic Massage with specialty in Swedish and Deep Tissue massage.

### *Swedish Massage*

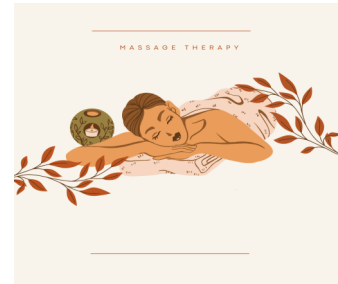
A gentle full-body massage that is great for people new to massage and want to release tension or desire a gentle touch. It can help release muscle knots, and it’s a good choice for when you want to fully relax during a massage. Therapist will use a combination of kneading, long flowing strokes in the direction of the heart, deep circular motions, vibration, tapping, and passive joint movement techniques.

### *Deep Tissue*

A deep tissue massage consists of slow strokes and deep finger pressure to relieve tension from the deepest layers of your muscles and connective tissues. Deep tissue massage encompasses a variety of therapeutic techniques designed to reach and manipulate the layers of soft tissue beneath the skin’s surface. This approach to massage therapy is designed to relax and lengthen these tissues, promoting injury recovery, pain relief and the restoration of proper posture and body mechanics.

\*\* Refunds will be considered if a consumer cancels their appointment with at least 24 business hours in advance, and if a replacement is found.

\*\* Health Warning: Those scheduling this service must be able to get on and off the table without assistance. If your loved one needs assistance, please attend the session with them. Please wait at least 8 weeks after surgery to schedule a massage. Please consult with your doctor to make sure that you are cleared for a massage. This is not for those with extreme edema, gout, open wounds, or vascular disease of the body.



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## Art with Jamie

Loffler Senior Activity Center

Tuesdays, January 7, 14, 21 – Monet-like Winter Scenes

Tuesdays, February 4, 11, 18 – All About Texture  
10 a.m.

Cost: \$25 per session, supplies provided

Join Jamie in January for this 3-part series as we use acrylic and/or oil colors to paint our own inspired Monet winter scenes.

In February, the class will explore different textures in art. Come explore Gelli Plate Printing and Linocut Printing. You can come to one class or come to all three. Advance registration is required.

**NEW BEGINNING**

## **Make a Dreamcatcher with Toni**

**Loffler Senior Activity Center**

**Tuesday, January 14**

**1:30 – 3:30 p.m.**

**Cost: Free**

Join Toni in creating a whimsical dreamcatcher using doilies. People all around the world regard dreamcatchers as beautiful and interesting objects. Using crocheted doilies you will create a unique dreamcatcher. Supplies will be provided. Advance registration is required.



## **Senior Planet: Computer Basics for Older Adults**

**Loffler Senior Activity Center**

**Tuesdays, January 14-March 18**

**9:30 a.m. – 11:30 a.m.**

**Cost: Free**

In this 10-week, PC-based course, you'll learn the basics of how to operate a computer and navigate the internet in ways that can enrich your life. During the course, you'll learn how to use email, search the internet for information, access sources of entertainment, and connect to people, organizations and interests that matter to you. Prerequisites: None. This course is designed for people who have never used a computer or have very little experience and want a solid introduction. Class will be held in Computer Lab. Advance registration is required.

## **Celebrate the New Year Luncheon with Bruce Thomas**

**Loffler Senior Activity Center**

**Friday, January 17**

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

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

**Entertainment: 12 p.m.**

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

Come enjoy the energy of Bruce Thomas' tunes with your friends and put on your dancing shoes. What a way to celebrate the New Year! Advance registration is required. Limited space is available. Entertainment sponsored by a grant through the Maryland Department of Aging.

## **Movie Madness at Loffler**

**Loffler Senior Activity Center**

**Thursday, January 16, 1 p.m.- Arsenic & Old Lace**

**Thursday, February 20, 1 p.m.- Groundhog Day**

**Cost: Free**

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

**January: *Arsenic & Old Lace* starring Cary Grant**

Cary Grant and a stellar cast romp through this classic farce based on Joseph Kesselring's 1941 Broadway hit. An easy-going drama critic is shocked to discover that his elderly aunts, the seemingly gentle-natured Abby and Martha, have a habit of poisoning gentlemen callers and burying them in the cellar of their old Brooklyn mansion.

**February: *Groundhog Day* starring Bill Murray & Andie MacDowell**

An American 1993 romantic comedy that tells the story of a cynical television weatherman covering the annual Groundhog Day event in Punxsutawney, Pennsylvania, who becomes trapped in a time loop, forcing him to relive February 2 repeatedly.



**Make & Take Projects with Jamie**  
**Loffler Senior Activity Center**  
**Tuesday, January 28 – Watercolor Birch Trees**  
**Tuesday, February 25 – Textured Flower Art**  
**10 a.m.-12 p.m.**

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

**January** – Watercolor winter birch trees ready to frame and display proudly. Advance registration required.

**February** – With just a single piece of lumber, a drop cloth, joint compound, and a few paint samples, you can create monochromatic, textured pieces of art that friends and family will love to receive.

They'll also look great on the walls of your own home.

Advance registration required.



**Crafts with Penny – Valentine's Heart Wreath**

**Loffler Senior Activity Center**  
**Thursday, February 6, 1-3 p.m.**

**Cost: \$30**

Join Penny in making a beautiful heart shaped wreath decorated with red, pink, and white roses. Just in time to hang on your door for Valentines Day or gift to a friend.

All supplies will be provided. Advance registration is required.

**Aromatherapy Winter Workshop – Healthier Alternatives**

**Dryer Ball & Spray**

**Loffler Senior Activity Center**  
**Monday, February 10**

**1 p.m.**

**Cost: \$20**

Join local small business owner Natalie Kravitz of Happier Habits in using locally sourced natural, pure, organic botanicals and essential oils to create healthier alternatives to commercial chemical products. All supplies will be provided. Advance registration is required.

In this workshop you will:

- Learn about the benefits of using botanicals and essential oils in daily life.
- Mix your own spray using essential oils
- Create a Dryer Ball Snowman

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**Valentine's Luncheon with Folk Salad**

**Loffler Senior Activity Center**  
**Friday, February 14**

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

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

**Entertainment: 12 p.m.**

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

Enjoy a lovely Valentine Day themed luncheon with your friends followed by music with local duo, Folk Salad. Sign up for the special event!

Advance registration is required. Entertainment is sponsored by a grant through the Maryland Department of Aging.



## Embroidery on Paper with Omega Taylor

Loffler Senior Activity Center

Mondays at 12:30 p.m.

Cost: \$5

This method of card making is used to create gifts or greeting cards that will be suitable for framing. The technique uses single strand embroidery thread and a fine needle to make simple line designs on quality card stock. Omega Taylor will teach you everything you need to know to create these cards. All supplies included. No need to register- drop ins are welcome.

## Current Events

Loffler Senior Activity Center

Mondays at 10 a.m.

Cost: Free

Grab your favorite beverage and join the Current Events group at the Loffler Senior Activity Center on Monday mornings. They discuss current events and happenings in the world, as well as in our local community. This group is respectful of each other's opinions and ideas and offers a welcoming atmosphere. No need to register, drop-ins are welcome.

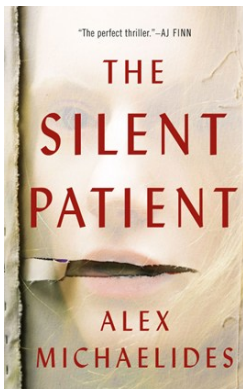
## Loffler Book Club

Loffler Senior Activity Center

First Friday of each month at 2 p.m.

Cost: Free

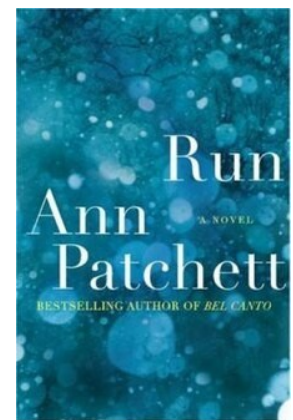
Each month, members of the book club come together to talk about the book of the month. The discussion is friendly and honest- everyone's thoughts are appreciated. Copies of the books are on hold at the Lexington Park Library. No need to register.



Discussion on January 3rd: *Run* by Ann Patchett

Read *The Silent Patient* by Alex Michaelides for discussion on February 7, 2 p.m.

Alicia Berenson's life is seemingly perfect. A famous painter married to an in-demand fashion photographer; she lives in a grand house with big windows overlooking a park in one of London's most desirable areas. One evening her husband Gabriel returns home late from a fashion shoot, and Alicia shoots him, and then never speaks another word.



## Chatter Corner

Loffler Senior Activity Center

Thursdays 12:30 p.m.

Cost: Free

Here's an opportunity to discuss interesting topics and ideas with friends. Moderated by Joyce Haderly, this will be a friendly, non-controversial zone. Hot button topics like politics, religion, and volatile issues of the day are off limits. Respectful listening and speaking among friends are rewarding ways to reach out, connect, and be heard. If this gentle approach to conversation appeals to you, then feel free to stop in on any Thursday. No need to register – drop-ins are welcome. For more information, call 301-475-4200, ext. 1658.

# Northern Senior Activity Center

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

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

## Therapeutic Motions Private Sessions

Northern Senior Activity Center

Mondays, January 6-February 10\* & Tuesdays, January 7-February 4\*

12:45-1:35 p.m. & 1:45-2:35 p.m.

Cost: \$50 per session

Judi Lyons's Therapeutic Motions Private Sessions. Judi uses a unique blend of self-myofascial release, gentle somatic movements, and energy medicine techniques; to improve day-to-day functionality. Advance registration is required. A double session can be booked.

\*Cancelled on Monday, January 20 & Tuesday, January 28.

See top of this page for how to register.

## Zen Barre® – Yoga, Ballet, & more!

Northern Senior Activity Center

Mondays, January 13-February 10\* (4-sessions), 11 a.m.-12 p.m.

Cost: \$38 for series

Join certified instructor Paty Massón for this 4-session fitness series! Zen Barre® is an effective choice for building muscular strength, particularly in your legs, glutes, and core, while helping with balance and flexibility. This low impact exercise is considered a cardiovascular practice which improves bone density and metabolism. IMPORTANT: This is recommended for people who can exercise standing up. It will include usage of the barre, mats, and balancing balls.

\*NO CLASS ON JANUARY 20. See top of this page for how to register.

## Cupcake Decorating: Floral Theme

Northern Senior Activity Center

Friday, January 17, 1-2 p.m.

Cost: \$15

Join Rebecca Smith of Sweetheart Cupcakes to learn how to decorate cupcakes for events, holidays, or just for fun! You will complete two cupcakes with a floral theme. All skill levels are welcome. Supplies will be provided.

See top of this page for how to register.



## Watercolor with T.L. Ford

Northern Senior Activity Center

Tuesday, January 21

9-11 a.m.

Cost: \$25

Want to learn watercolor painting on a smaller scale? Come join T.L. Ford of Cattail.Nu, LLC as she teaches you basic watercolor techniques in a relaxing, informal setting. No experience or drawing skills are necessary. Everything you need is provided! Canvas used is approximately 5.5 x 7.5 inches. See top of this page for how to register.



**Freedom Hearing Screenings**  
**Northern Senior Activity Center**  
**Wednesday, January 22, 9-11:45 a.m.**

**Cost: Free**

Regular hearing screenings can help you identify gradually developing hearing problems before they can significantly impact your hearing and your quality of life. Dr. Becky Guy, Clinical Audiologist, of Freedom Hearing center is providing free hearing screenings. Pre-registration is required to secure an appointment slot. See page 24 for how to register.

**Pitch Card Day**

**Northern Senior Activity Center**  
**Thursday, January 30 & February 27, 12:30-3:30 p.m.**

**Cost: \$10**

Ready to play Pitch? This is played in a progressive game style (like the card parties). All signups are done in advance online. At that time fees will be collected. Enrollment means you'll be on the roster to play. When you arrive that day, you'll get the traditional game tally sheet and materials needed (this is not a tournament). Drop-ins will not be accommodated unless we need a substitute to fill in or round out a table. Must be an experienced Pitch card player. The fee will be \$10 per person and there will be a cash prize of \$40 for the top winner & descending prizes thereafter. Advanced registration is required. See page 24 for how to register.



**Bunco!**

**Northern Senior Activity Center**  
**Friday, January 31 & February 28**  
**12:30-3:30 p.m.**

**Cost: \$5**

Bunco is back for those who like a recreational and lively game of fun. Winning categories will be awarded prize money that day! Let's roll the dice and enjoy an afternoon together. All sign-ups are done in advance online. Drop-ins will not be accommodated unless we need a substitute to fill in or round out a table. Want lunch before the game? Reserve a meal by calling Penny Ellingwood at 301-475-4200, ext. 3105, by Noon the day before Bunco. See page 24 for how to register.

**Movement Safety Education: Be Your Injury Prevention Advocate**

**Northern Senior Activity Center**  
**Tuesday, January 28**

**1-3 p.m.**

**Cost: \$20**

Join instructor Judi Lyons for this new workshop as she demonstrates how to move safely through various daily activities & fitness classes. Learn how age-related changes affect the way we move in the world. Plus, special considerations, like what not to do if you have high blood pressure or glaucoma. Become your own advocate for promoting safety, function, and independence. Practice proper alignment, modification suggestions, suitable progressions, and incorporate props. See page 24 for how to register.



## **Hands-Only CPR with American Red Cross**

**Northern Senior Activity Center  
Thursday, February 6, 10-11 a.m.**

**Cost: Free**

Many people who survive a cardiac emergency are helped by a bystander. Learning hands-only CPR (or compression-only CPR) will help you to deliver life-saving care until professional responders arrive. Staff from the American Red Cross will provide an informative presentation explaining the 8 simple steps needed for this technique. See page 24 for how to register.



**Drums Alive®:  
Golden Beats®**  
**Northern Senior  
Activity Center**  
**Tuesdays,  
February 11-  
March 18**  
**(6-sessions),  
2-3 p.m.**  
**Cost: \$12**

**for series**

Drums Alive® uses drumming, music, and movement, to make the most of

health and wellness in a fun & engaging way. Golden Beats® emphasizes & enhances the fitness and lives of older adults – stimulating those young at heart. This version will be less intensive and accommodating to most participants. Mainly seated, standing optional. Great for first timers or returning participants! Program Specialist and Certified Trainer, Keilan Ruppert, will lead this program for a limited group over the course of 6 weeks. See page 24 for how to register.



## **Cupid's Party with Bruce Thomas**

**Northern Senior Activity Center  
Wednesday, February 12  
11 a.m.-12:15 p.m.**

**Cost: Free (with sponsored performance)**

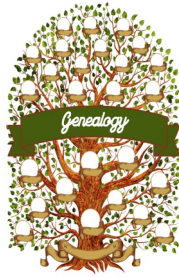
Everyone is invited – singles, friends, neighbors, and couples – all who will LOVE a fun day of lunch and live entertainment with Bruce Thomas. Mr. Thomas' music style has been described as "Michael Bublé or Frank Sinatra with the gymnastics and vocal agility of Al Jarreau and the soulfulness of Gregory Porter." Door prizes, games and a sweet treat should also hit the mark. There is no charge; performance supported by Senior Center Operating Funds. See page 24 for how to register.

## Rock Painting

Northern Senior Activity Center  
Tuesday, February 18, 9:30-11 a.m.

Cost: Free

Art rocks! Volunteer Karen Bates will guide you through the process of rock painting in this fun & interactive class. Turn every-day, basic rocks into beautiful works of art. Open to all skill levels. Paint will be provided. IMPORTANT: Must bring your own rocks. See page 24 for how to register.



## Genealogy: Exploring AncestryDNA®

Northern Senior Activity Center  
Thursday, February 20

10-11 a.m.

Cost: Free

Have you taken an AncestryDNA® test? Want to discover new features of their website? Join local family-heritage enthusiast, Louise McDonald, for this free & informative event! Learn how to categorize matches, use Ancestry's "Pro Tools" during research, and more. See page 24 for how to register.

## Chair Dance Connection: Brain Building FUN!

Northern Senior Activity Center  
Monday, February 24, 1-3:30 p.m.

Cost: \$15

Join instructors Judi Lyons & Paty Massón for a new edition of their Chair Dance Connection series! This class combines timeless upbeat music and gentle, rhythmic, brain-boosting movements. Revitalize and lift your spirit while enhancing blood flow to the brain, mind-body coordination, memory, focus, and concentration. Chair assisted dance sequences stretch and strengthen mind and body in seated & standing positions. Modifiable to be accessible to all. IMPORTANT: Wear comfortable clothing and bring water! See page 24 for how to register.

## Living Well with Chronic Conditions

Northern Senior Activity Center  
Tuesdays, February 25-April 1, 1-3:30 p.m.

Cost: Free

Start caring for yourself and improving your life while dealing with a chronic health condition. This evidence-based program was developed by Stanford University to help people with chronic conditions take charge of their life through self-management skills - such as dealing with depression and fatigue, pain management, working with health care providers and more. There is no charge for taking this series; however, a commitment to regular attendance is needed for good results. See page 24 for how to register.

**Living Well**  
Chronic Disease  
Self-Management





# Retired and Senior Volunteer Program

By : *Monika Williams, RSVP Program Manager*

Happy New Year! May this be a year of positive beginnings and prosperity. Each New Year brings new possibilities. We can choose to turn a blind eye to things in our life that need to change. We can dare to examine our life and make necessary changes to enhance our mental, emotional, and physical health. Let's choose to be honest with ourselves and be brave enough to let go of the things that hold us back. Decide to be the best you that you could ever be while also encouraging others who are lost and in need of help. Remember this year is your new story and you can write it well.

## RSVP Volunteer Hours Round-Up Last Call for 2024 Volunteer Hours

This is our last call to RSVP volunteers to submit all your 2024 hours on or before January 15th so we can tally year-end totals and order volunteer awards. Every volunteer with 2024 hours will receive an email listing the total number of hours and mileage we have on record for you for the year. If any hours are missing, or if you have additional hours to report, please let us know by January 15 so we can credit you with all the volunteer hours you served in 2024.

Thank you for your service!



RSVP volunteer Paula Ropshaw:  
Gathering volunteer made cards  
to mail to homebound and medically  
ill seniors.

## An Exciting Time to Try a New RSVP Volunteer Service Activity or Two!

The New Year presents new opportunities for personal growth, new horizons, and new ways to serve. We have many exciting RSVP Volunteer Service Opportunities that may be your ticket to a fresh start. As you look at new ways to enliven your life, consider exploring one of these opportunities: Teen Court Program, Bailiff or Courtroom Assistant; A Community That Shares (ACTS) Volunteer to help distribute assistive medical equipment; Virtual Host for Senior Activity Center online activities; Home-Delivered Meals Volunteer; or Senior Rides Volunteer Driver. Volunteering is proven to increase mental awareness, longevity, and physical fitness. We have many volunteer stations who could use your assistance. Please contact the RSVP office at 301-475-4200, ext. 1653 or [RSVP@stmaryscountymd.gov](mailto:RSVP@stmaryscountymd.gov) to learn more. See the list of volunteer opportunities on the next page.

## Volunteer Opportunities

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

### Charlotte Hall Veterans Home

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

### A Community That Shares (ACTS)

- Receiving and dispersing medical equipment
- Repairing Equipment

### Hospice of St. Mary's

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

### St. Mary's County Crime Solvers Board

- Educate the community about Crime Solvers, solicit donations, and arrange fundraisers to obtain funding for rewards.

### Treasurer's Office

- Volunteers assist with mailings in August, November, January, and March. Organize files, data entry and updating documents.

### Friends of the Library

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

### Historic St. Mary's

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

### Northern Senior Activity Center

- Chess Volunteer
- Outdoor Landscaping
- Book Club Leader

### Garvey Senior Activity Center

- Evening activity leaders for art classes, dance classes, card groups and book discussion
- Memory Cafe' Assistant

### Loffler Senior Activity Center

- Zoom Activity Monitor

### Home-Delivered Meals

- Drivers are needed in the Lexington Park, Great Mills, California, and Leonardtown areas.

### Teen Court

- Hearing Support Assistants
- Volunteer Bailiff

### Helpers Overcoming Problems Effectively (HOPE)

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

### Patuxent River Naval Air Museum

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

### Senior Rides

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

### Habitat for Humanity

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

### Literacy Council of St. Mary's

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

## Ongoing Activities - Garvey

<b>CLASS/ ACTIVITY</b>	<b>Dates/Time</b>	<b>DESCRIPTIONS - Materials Needed</b>	<b>Advance Signup</b>	<b>Fee</b>
<b>Arthritis Foundation Exercise Program (AFEP)</b>	Thursdays & Fridays 8:45-9:45 a.m. Tuesdays & Thursdays 9:45-10:30 a.m.	Gentle, range of motion, stretching and flexibility led by certified instructor.	No	No
<b>Art Studio</b>	2 <sup>nd</sup> & 4 <sup>th</sup> Fridays 12:30 – 4 p.m.	Open Art Studio hours. Bring your own supplies. Instruction not provided.	No	No
<b>Billiards</b>	Daily 8 a.m. -4 p.m.	Bring your own or use ours.	No	No
<b>Bingo</b>	Mondays 10-11:30 am	Game with volunteer bingo callers. Pantry items for prizes.	No	No
<b>Book Discussion Group</b>	2 <sup>nd</sup> Wednesdays 11 a.m.	Loaner books provided by St. Mary's Public Library.	No	No
<b>Bridge Club</b>	Wednesdays & Thursdays 10 a.m.-2 p.m.	Best suited for experienced players.	Closed	No
<b>Cardio Lite</b>	Mondays 5:30 p.m.	Light Cardio & low impact class.	No	Fitness Card
<b>Collage Group</b>	1st & 3rd Tuesdays 6 p.m.	In this drop-in class you will learn how to make collages on postcards to send out to your friends and family.	No	No
<b>Cornhole</b>	Daily 8 a.m. -4 p.m.	2 boards, 8 bags.	No	No
<b>Crochet Club</b>	1st & 3rd Tuesdays 5:30 p.m.	This is a social group and you must bring your own projects as there will not be materials available or an instructor.	No	No
<b>Diamond Dots</b>	Every Thursday 2 p.m.	Paint by color with diamonds. No experience needed. Bring your own supplies. Light boards provided.	No	No
<b>EnhanceFitness</b>	Mon., Wed., Fri. 11-12 p.m. Wednesdays 5:30 p.m.	Cardiovascular/weight training exercises to improve flexibility, strength, balance.	No	Fitness Card
<b>Fitness Room</b>	Daily 8 a.m. -4 p.m.	1 Elliptical Trainer; 1 Seated Elliptical. 3 Treadmills; 2 Recumbent Bikes; 1 Row machine, 1 Independent Total Body Trainer.	No	No
<b>Geri-Fit</b>	Monday & Wednesday 2-3 p.m.	Helping to rebuild strength that has been lost.	No	No
<b>Line Dancing</b>	Tuesdays 11 a.m.	No experience necessary. Volunteer leads group in a variety of steps.	No	No
<b>Men's Strength</b>	Mondays 9:30-10:30 a.m.	Low impact strength training class.	No	Fitness Card
<b>Pickleball Courts</b>	Open	Pickleball courts are available daily, dawn to dusk. See staff during hours for access info.	No	No
<b>Ping Pong</b>	Daily 8 a.m. -4 p.m.	1 table, paddles and balls are available.	No	No



## Ongoing Activities - Garvey

<b>CLASS/ ACTIVITY</b>	<b>Dates/Time</b>	<b>DESCRIPTIONS - Materials Needed</b>	<b>Advance Signup</b>	<b>Fee</b>
<b>Readers Theater</b>	Meeting 2 <sup>nd</sup> Tuesdays 11 a.m. Rehearsals as needed	Readers Theater is a form of theater that involves minimal props and no line memorization.	Yes	No
<b>R&amp;B Line Dancing</b>	Mondays 12:30 p.m.	Line Dancing with specific instructions on popular line/party dance styles.	No	No
<b>Scrapbooking Day</b>	1 <sup>st</sup> Friday of the Month. 9 a.m. – 4 p.m.	Open Art Studio Hours. Supplies & Instruction are not provided.	No	No
<b>Walk &amp; Tone</b>	Fridays 9:30-10:30 a.m.	A low impact aerobic class. Strength training using bands, weights and balls is included.	No	Fitness Card
<b>Walking Club</b>	Mon., Wed. & Fri. 9 a.m.	Meet in the lobby of the Garvey Senior Activity Center & walk around surrounding facilities.	No	No
<b>Watercolor with T.L. Ford</b>	2 <sup>nd</sup> Tuesday 1:30 p.m.	Come learn the basics of watercolor painting in a relaxing & informal setting.	Yes	Yes
<b>Yoga (Chair)</b>	Wednesdays 9:30 a.m.	Improves muscle strength & tone. Reduces stress & increases relaxation.	No	Fitness Card
<b>Yoga (Mat)</b>	Tuesday & Fridays 12:30 p.m. Tues. 5:30 p.m.	Improves muscle strength & tone. Reduces stress & increases relaxation.	No	Fitness Card
<b>Zumba Gold</b>	Thursdays 12:30 p.m. 5:30 p.m.	Dance based exercise program led by certified instructor.	No	Fitness Card

### Helpful Links:

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

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

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

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

## Ongoing Activities - Loffler

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

## Ongoing Activities - Loffler

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Nutrition Ed. with Donna Taggart	2 <sup>nd</sup> Mondays 10 a.m.	Nutrition presentations led by a Licensed Dietician.	Yes	No
Open Art Studio	Fridays 9 a.m.	Drop in for guided art practice with volunteer Chris Sisk.	No	Drop in fee
Pinochle	Mon., Wed., & Fri. 9 a.m.	Experienced players welcome.	No	No
Project Linus	3 <sup>rd</sup> Fridays 10 a.m.	Make blankets for children and teenagers who are hospitalized or in shelters.	No	No
Rummikub	Wednesdays 9 a.m.	Fun tabletop game for all levels of experience.	No	No
Sew-It-Alls	Mondays 12:30 p.m.	Bring own supplies.	No	No
Tai Chi/Arthritis & Fall Prevention	Tuesdays & Thursdays 11 a.m. -12 p.m. (scheduled sessions)	Evidence based exercise program suitable for all abilities.	Yes	No
Walking Club	Mon., Wed., Fri. 9 a.m.	All are welcome, group walks laps around the park.	No	No
Wii Games	Daily see staff	Open to new and experienced players.	No	No
Wood Carving	Tuesdays 1 p.m.	Will need to bring own supplies. Volunteer led group.	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. 1st & 3rd 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 Preferred	Bring your own or use ours.	Yes	No
Bingo	Fridays 9:45-11:15 a.m.	Game with volunteer bingo callers. Pantry items for prizes.	Yes	No
Book Club: Book Chatter	4 <sup>th</sup> Thursdays 11 a.m.-12 p.m.	Read & review new books each month. Different books for each club.	Waitlist	No
Breakfast Café	Wednesdays, 9-10 a.m.	Breakfast by signup. Menu and dates vary per month.	Yes	\$5
Bridge	Thursdays 10 a.m.-2 p.m.	Best suited for experienced players.	Preferred	No
Crafty Corner	Mon., Tues., Thurs., Fri. 8 a.m.-4 p.m. Wednesdays, 1-4 p.m.	Open time to work on textile based projects like beads, crochet, and coloring.	No	No
Coloring Group (two groups)	1 <sup>st</sup> & 3 <sup>rd</sup> Wednesdays 10-11:30 a.m. 1-2:30 p.m.	Participants supply coloring utensils if possible; some are provided.	Waitlist	No, work-book if desired



## Ongoing Activities - Northern

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
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
Crochet DIY	Mon. & Wed., 1-4 p.m.	Beginners or experienced.	No	No
Cycling Meetup	POSTPONED UNTIL SPRING. DATE TBD.	Meet at Northern for a group ride on Three Notch Trail.	No	No
Diamond Dazzle (two groups)	3 <sup>rd</sup> Monday 10 a.m.-Noon & 1- 3 p.m.	Diamond and associated bead crafts.	Waitlist	Yes for kits
Double Pinochle	Tuesdays & Fridays 10 a.m.-4:30 p.m.	Moderately experienced players.	No	No
Drums Alive	Tuesdays February 11- March 18 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
Pitch Card Day	Last Thursday of the month 12:30-3:30 p.m.	Experienced players enjoy an afternoon of Pitch. Top players will receive a prize.	Yes	\$10
Northern Quilters	2 <sup>nd</sup> & 4 <sup>th</sup> Wednesday 12:30-4:30 p.m.	Instructor teaches basic skills and techniques. Individual projects.	Preferred- Not required	TBD, Varies
R&B Line Dancing	Fridays 1-2 p.m.	Popular line/party dance styles.	No	No
Scrapbooking	2nd Monday, 10 a.m.-3 p.m.	Organizing photos into a book using artistic skill.	Waitlist	Bring your own materials
S.W.A.G. (Seniors Winning at Games)	Tuesdays & Fridays 1-4:30 p.m.	Various card games like SkipBo, Canasta, Rummy, etc.	No	No
Tech Rescue	Monday-Friday after 2 p.m. By appointment only	15-30 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. 1073.

**Human Services**-Areas of responsibility of the Division of Human Services include: community development, homelessness, supportive services for children and youth, and social, educational and recreational activities for children and families. Call 301-475-4200, ext. 1849.

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

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

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

Phone: 301-475-4200, ext. 1050

Fax: 301-475-4503

## LOCATIONS



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

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

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

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

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



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

PRSR STD  
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Leonardtown, MD  
20650  
PERMIT NO. 102

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

**Wednesday, January 1 - New Year's Day**  
**Monday, January 20 - Martin Luther King, Jr., Day**  
**Monday, February 17- President's Day**

**NEW BEGINNING**