

NEW BEGINNING

VOLUME 36 ISSUE 3

MAY/JUNE 2023

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

OLDER AMERICANS MONTH



AGING UNBOUND: MAY 2023

**Honoring Older Adults
In Our Community!**

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From the Director's Desk

By Lori Jennings-Harris, Director

May is Older Americans Month

The 2023 theme is Aging Unbound, which offers an opportunity to explore diverse aging experiences and discuss how communities can combat stereotypes. Join us in promoting flexible thinking about aging – and how we all benefit when older adults remain engaged, independent, and included.



Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

This May, join us as we recognize the 60th anniversary of OAM and challenge the narrative on aging. Here are some ways we can all participate in Aging Unbound:

- **Embrace the opportunity to change.** Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.
- **Explore the rewards of growing older.** With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.
- **Stay engaged in your community.** Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior center or elsewhere in the community.

Continued on page 4

NEW BEGINNING

The Commissioners of
St. Mary's County
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Editorial submissions should
be sent to:

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

or visit the website at:

www.stmaryscountymd.gov/aging

Our Mission

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

Continued from page 4

- **Form relationships.** *As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.*

The Department of Aging & Human Services wants to acknowledge and thank older Americans for their contributions to our community.

Retrieved 3/16/2023 from <https://acl.gov/oam/2023/older-americans-month-2023>



St. Mary's County Commission on Aging

The Commission on Aging is your voice to advise and assist the Commissioners of St. Mary's County concerning county programs and resources offered for the senior residents of our county.

Upcoming Meetings:

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

Monday, May 22, 2023
1 p.m.

Monday, June 26, 2023
1 p.m.

*At the time of publication, meetings are open to the public to attend.
A call-in option is also available for members of the public to attend this meeting.*

Attend Meetings to:

- * Meet your St. Mary's Commission on Aging members
- * Provide comments on the Department of Aging & Human Services
- * Obtain information on topics of senior interest

For more information, contact Mercedes Jones at 301-475-4200, ext. 1051, or Mercedes.Jones@stmarysmd.com.
Visit the Commission on Aging website at <https://www.stmaryscountymd.gov/boards/groups/default.aspx?board=11>
Call-in option - dial 301-579-7236. Enter the participant pin 985097 when prompted.



Nutrition Corner

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

Welcome to the season of being outdoors more and with that comes more picnics and BBQs. While food safety is important all year round, the summer months bring increased risk factors for food borne illnesses.

According to the Center for Disease Control (CDC), there are four steps to food safety: Clean, Separate, Cook, and Chill.

Clean refers to yourself- wash your hands for 20 seconds with soap and water before, during, and after preparing food as well as before consuming that food. You should also wash your utensils, cutting boards and countertops with hot soapy water, Finally, wash your fruits and vegetables by rinsing them well under running water. It is not recommended to wash them with soap, detergent or commercial produce wash. Don't rinse raw meat, poultry or eggs since that can actually spread germs through the splashing.

Separate raw meats to prevent cross contamination. Always keep raw meat, poultry, seafood and their juices away from other foods. Use separate cutting boards for raw meats versus vegetables and other things that will not be cooked.

Next is **Cook** and this refers to cooking foods to their proper internal temperatures, which can only be determined by a food thermometer.

Fish - 145 degrees

Ground meats - 160 degrees

All poultry - 165 degrees

Leftovers, casseroles - 165 degrees

Whole cuts of beef, veal, lamb, and pork - 145 degrees and then allow to rest 3 minutes

Chill food by getting it into the refrigerator as soon as possible since bacteria can multiply rapidly at room temperature or in the Danger Zone of 40-140 degrees. It is important to make sure your refrigerator and freezer are working properly. The refrigerator should be at 40 degrees or less and the freezer at zero or less.

Refrigerate perishable foods within two hours. If the air temperature is greater than 90 degrees (i.e. a hot car or picnic) this time is cut to one hour.

Always remember to thaw food in the refrigerator, in running cold water or a microwave. NEVER thaw foods on the counter.

Please visit www.foodsafety.gov for more information. On that site you can also sign up for the Foodkeeper app which can help you maximize the freshness and quality of your foods.

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Upcoming Nutrition Education Presentations:

Fighting Inflammation with Food

Garvey - Wednesday, May 3, 10 a.m.

Garvey - Thursday, May 11, 6 p.m.

Loffler - Monday, May 8, 10 a.m.

Northern - Monday, May 15, 12 p.m.

Brain Food for Older Adults

Garvey - June 7, 10 a.m.

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

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

Northern - Monday, June 12 12 p.m.

Home & Community-Based Services

Rebecca Kessler, HCBS Division Manager

Step through advance care planning

1



THINK

What are your **values, wishes, and beliefs**?

What's your understanding of your current health condition and specific care needs?



2

LEARN

...about **medical procedures** you may be facing and what they can and can't do

...about your options for preparing **legal documents**

3



DECIDE

Who will make decisions for you?

Someone who is willing and able to speak for you if you can't speak for yourself

4



TALK

...about **your wishes** with

- your family and friends
- substitute decision-maker
- care providers

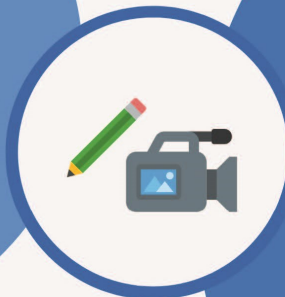
5

RECORD

...your wishes

It's a good idea to write down or make a recording your wishes

This includes creating legal documents



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Law Day



Friday, May 5, 2023

9 a.m.-4 p.m.

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

An Advance Health Care Directive will:

- Name your Health Care Agent, the person or persons who will make your health care decisions for you.
 - Decide when your Agent's power becomes effective.
- State your desires concerning the administration or withholding of life sustaining procedures if you are unable to give instructions regarding your care due to an end of life condition (incurable disease, terminal condition, persistent vegetative state, end stage condition, injury). This includes the choice(s) of artificial nutrition and hydration and/or all available interventions.
 - Customize with your personal instructions and statements.
 - Choose pain relief to relieve pain and suffering.
 - State your wishes concerning organ donation or the donation of your body.
- State your desires and preferences regarding funeral and burial, cremation, memorial service, or other final instructions.

Registration required.

Contact Community Programs & Outreach Manager Sarah Miller at Sarah.Miller@stmaryscountymd.gov or 301-475-4200, ext. 1073, to schedule an appointment at your local Senior Activity Center!

Appointments will be available at the Loffler, Northern, and Garvey Senior Activity Centers. All attorneys are members of the St. Mary's County Bar Association and are donating their time for Law Day to fill out Advance Care Directives ONLY. This is a free service.



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



Men's Health Day: A Blueprint for Wellness

The Department of Aging & Human Services
is pleased to offer the first annual

Men's Health Day: A Blueprint for Wellness!

Garvey Senior Activity Center

23630 Hayden Farm Lane

Leonardtwn, MD

Saturday, June 3, 2023

9 a.m.-1 p.m.

Pre-Registration is strongly encouraged.

Register at www.stmaryscountymd.gov/aging/MensHealth

Presentations

You Are What You Eat - Nutrition Forum

Presented by: Rihana Bouhoussein & Kelly Condron

9:30-10:30 a.m.

The Care and Keeping of YOU: The Importance of Self Care

Presented by: Theron Hudson

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

11 a.m.-12 p.m.

Lunch provided by Mission BBQ - 12:30 p.m.

Informational Displays & Health Screenings include:

St. Mary's County Recreation & Parks

MedStar St. Mary's Hospital - Blood Pressure and Body Composition Screenings

St. Mary's County Health Department

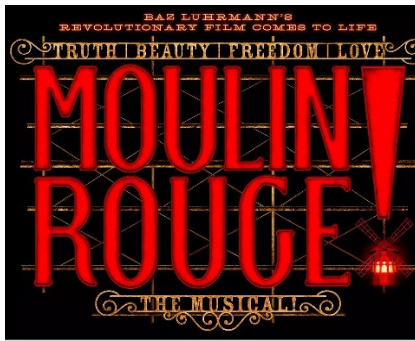
Seedco

UnitedHealthcare

For more information, contact Sarah Miller

Phone: 301-475-4200, ext. 1073 - Email: sarah.miller@stmaryscountymd.gov

Moulin Rouge at the Kennedy Center



Garvey Senior Activity Center

Thursday, September 21

Cost: \$155

Enter a world of splendor and romance, of eye-popping excess, of glitz, grandeur, and glory! A world where Bohemians and aristocrats rub elbows and revel in electrifying enchantment.

Welcome to Moulin Rouge! The Musical! Baz Luhrmann's revolutionary film comes to life onstage, remixed in a new musical mash-up extravaganza. Directed by Tony Award winner Alex Timbers, Moulin Rouge! The Musical is a theatrical celebration of Truth, Beauty, Freedom, and—above all—Love. With a book by Tony Award winner John Logan; music supervision, orchestrations, and arrangements by Tony Award winner Justin Levine; and choreography by Tony Award winner Sonya Tayeh, Moulin Rouge! is more than a musical—it is a state of mind. The cost for this trip includes luxury bus transportation, center seat orchestra tickets, snacks & water on the bus, a tour of the Kennedy Center and gratuities. Lunch will be at your own cost and there is a full-service café onsite for your enjoyment. The bus will leave from the Garvey Senior Activity Center promptly at 9:30 a.m. and return at 6:30 p.m. The performance will begin at 1:30 p.m. Registration for this trip will begin on June 20 at 8 a.m. using the online registration at www.stmaryscountymd.gov/aging. Please call the Reservation Request Line at 301-475-4200, ext. 1075, if you need assistance with registration. Contact Kathy Creswell at 301-475-4200, ext. 1062, with any questions.

Enter a world of splendor and romance, of eye-popping excess, of glitz, grandeur, and glory! A world where Bohemians and aristocrats rub elbows and revel in electrifying enchantment. Welcome to Moulin Rouge! The Musical! Baz Luhrmann's revolutionary film comes to life onstage, remixed in a new musical mash-up extravaganza. Directed by Tony Award winner Alex Timbers, Moulin Rouge! The Musical is a theatrical celebration of Truth, Beauty, Freedom, and—above all—Love. With a book by Tony Award winner John Logan; music supervision, orchestrations, and arrangements by Tony Award winner Justin Levine; and choreography by Tony Award winner Sonya Tayeh, Moulin Rouge! is more than a musical—it is a state of mind. The cost for this trip includes luxury bus transportation, center seat orchestra tickets, snacks & water on the bus, a tour of the Kennedy Center and gratuities. Lunch will be at your own cost and there is a full-service café onsite for your enjoyment. The bus will leave from the Garvey Senior Activity Center promptly at 9:30 a.m. and return at 6:30 p.m. The performance will begin at 1:30 p.m. Registration for this trip will begin on June 20 at 8 a.m. using the online registration at www.stmaryscountymd.gov/aging. Please call the Reservation Request Line at 301-475-4200, ext. 1075, if you need assistance with registration. Contact Kathy Creswell at 301-475-4200, ext. 1062, with any questions.

Book Club Corner

Book Discussion Groups

Garvey Senior Activity Center

Wednesdays, May 10 & June 14, 11 a.m.

Thursdays, May 25 & June 22, 6 p.m.

Cost: Free

We want you to join us! If you have a love for reading and are enthusiastic about sharing your thoughts about what you've read, this is the group for you. In May the group will discuss *Before We Were Yours* by Lisa Wingate. In June the group will discuss *To Kill a Mockingbird* by Harper Lee. To learn more, call 301-475-4200, ext. 1080.

Loffler Senior Activity Center

Fridays, May 5, June 2, & July 7, 2 p.m.

On Friday, May 5, discuss *A Man Called Ove* by Fredrik Backman

On Friday, June 2, discuss *Wuthering Heights* by Emily Bronte

On Friday, July 7, discuss *Educated: A Memoir* by Tara Westover

The discussions are friendly and honest- everyone's thoughts are appreciated. The Lexington Park Branch Library has been very helpful by holding several copies of the books for us. Contact Sheila.Graziano@stmaryscountymd.gov to learn more about joining this casual group.

Senior Information & Assistance

By Melissa Craig, Senior I&A Division Manager

Get Help On Your Medicare Costs

Effective March 1, 2023, the Medicare Savings Programs known as Qualified Medicare Beneficiary (QMB) and Specified Low Income Medicare (SLMB) have updated the income and asset limits to qualify for assistance with their Medicare Part B premium.

The QMB program pays the Medicare Part B premium, deductibles and co-insurance, while the SLMB program pays the Part B premium. Considering most individuals pay \$164.90 for their Part B premium these programs add up to a savings of at least \$1,978.80 per year. Listed below are the financial qualifications for each program:

Program	Gross Monthly Income	Assets
QMB	\$1,235 (individual)	\$9,090
	\$1,663 (couple)	\$13,630
SLMB	\$1,660 (individual)	\$9,090
	\$2,239 (couple)	\$13,630

Need Help With Your Water Bill?

The Low-Income Household Water Assistance Program (LIHWAP) is a new program providing benefits for water and wastewater costs for low-income households experiencing hardship with their water bills. LIHWAP will assist Maryland families who are behind on their drinking water and wastewater bills focusing on arrearage accounts that are 30 days or more past due.

Eligibility is based on gross household income. For a single individual gross income can not exceed \$3,121 per month and a two-person household can not exceed \$4,081 per month.

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

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

TJ Hudson
Senior Information & Assistance Caseworker
Northern Senior Activity Center
301-475-4200, ext. 3104
Theron.Hudson@stmaryscountymd.gov

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

Visit us online at:

www.stmaryscountymd.gov/aging/senior-information-overview/

Senior Rides Seeking Drivers

Are you looking for a way to
get involved in your community?

Become a volunteer driver for Senior Rides!

Volunteer Driver Recruitment/Benefits:

Drivers are not required to volunteer a minimum number of
hours per month and are offered the following benefits:

Mileage reimbursement

Supplemental accident insurance

CPR/First Aid Certification

Volunteer Recognition

Driver Safety Training

Driver Qualifications

- Patience and genuine love of helping others
- Be 21 years of age or older
- Own personal vehicle
- Have an automobile insurance policy with a minimum personal liability limit of \$100,000

Driver Requirements

- Completed Application & volunteer driver waiver release
- Participate in informal interview
- Pass criminal background check
- Pass annual MVA driving record check

For more information, contact Melissa Beauvais

301-475-4200, ext. 1066

Melissa.Beauvais@stmarysmd.com

Coffee with the Sheriff



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

Thursday, July 20, 2023
10 a.m.

Free of Charge!

Registration required - call 301-475-4200, ext. 1073

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



Focus on Fitness

By Brandy Tulley, Senior Center Operations Division Manager

6 Ways to Sit Less and Why It's so Important

Experts say that a sedentary lifestyle can be as dangerous as smoking. In fact, early mortality is directly impacted by how much time a person spends sitting every day. Sitting for prolonged periods is linked to obesity, Type 2 Diabetes, high blood pressure, heart disease, stroke, and depression.

Research shows that middle-aged and older adults who sat for 30 minutes or less at a time had the lowest risk for early death. However, that doesn't mean you have to spend the whole day exercising. You just need to avoid sitting for prolonged periods of time.

There are many ways to move more and sit less and what is conducive to one individual may not be for another. Below are a few tips that may be of interest.

Invest in a fitness tracker. Some step counting devices come with another beneficial feature – a movement sensor. If you have been sitting too long, it will alert you that it's time to get up and get moving again.

Move when you are on the phone. If you spend time catching up with adult children or grandchildren and friends every day, it might be tempting to sit down while you talk. Instead, keep moving. Whether it is walking around your living space or even marching in place, staying in motion is good for you.

Set goals for daily steps. It might be helpful to talk to your physician for a recommendation on how much walking you should be doing each day. Don't be discouraged if you have to start slow and work up. The overall objective is to simply keep moving.

Adopt a senior dog. Having a pet to love and care for is good for the body, mind, and spirit. Canine companions keep us active and encourage us to walk more. Adopting an older dog might be more manageable for an older adult than an overactive puppy. Note: dogs require constant attention and are a financial investment. Be sure bringing a canine into your family is amendable to your individual lifestyle before considering adoption.

Rethink how you watch TV. Watching the news or a few favorite game shows can be a great way to unwind, just be sure not to get in a rut and spend too much sitting on the sofa or recliner. When you do watch TV, consider getting up to stretch and take a brisk walk every half hour.

Volunteer. Volunteering helps us stay active and engaged in our community. You'll likely also enjoy a boost in spirit when assisting with a cause you are passionate about. The Department of Aging and Human Services' Retired and Senior Volunteer Program (RSVP) can help you find a good volunteer opportunity based on your skills, interest, and availability.

The list of ways to keep moving is endless. If you are struggling with resources to move more, visit your nearby senior activity center for additional information!

Garvey Senior Activity Center

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

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



Reiki & Reflexology with Sarah Strain

Garvey Senior Activity Center

Tuesdays & Thursdays: May 2, 4, 16 & 18

June 6, 8, 20 & 22, 10 a.m.-4 p.m.

Cost: \$45 for 45 minutes

Sarah Strain will be offering Reflexology or Reiki sessions. Cancellation policy applies.

Reflexology

Reflexology is designed to bring the body into balance through gentle pressure applied to the feet, hands, and ears. Are you experiencing issues with circulation,

digestion, or elimination? Would you like to improve your sleep or reduce pain? Is stress taking its toll and you simply need to relax? Sit back in a zero-gravity chair and experience gentle pressure applied to your feet, hands and/or ears. Each pressure point is directly related to specific organs of the body. Stimulation of these areas will help to release tension in that specific area of the body. Sign up for a session to begin your wellness journey.

Reiki (Ray-Key)

Reiki originated in Japan and is a form of energy balancing. Using light or no touch, the hands of the practitioner capture and deliver the universal life energy to the consumer. Combined with crystals, Reiki can help to clear the mind and shift one into a state of clarity. Reiki is known as a healing modality which will go to where it is needed. A Reiki session can help to bring the chakras (energy centers) of the body into balance, reduce stress and calm the mind. Reiki assists in returning the body, mind & spirit to a state of wellness.

4 Easy Steps to Transition Your Wardrobe for Spring and Warmer Weather

Garvey Senior Activity Center

Monday, May 8, 10 a.m.

Cost: Free

Join Robbie Loker, personal stylist & wardrobe consultant, for a session on how to transition your wardrobe to spring and the warmer weather months. She will give you tips on what are the best ways to combine items of clothing and the essentials you need in your closet. To learn more, call 301-475-4200, ext. 1080.

Advanced Registration is required.





Luncheon with Patricia Armstrong
Garvey Senior Activity Center
Friday, May 12
Doors Open: 11:30 a.m.
Lunch Served: 12 p.m.
Music: 12:30 p.m.

The Garvey Senior Activity Center is happy to present the musical stylings of Patricia Armstrong. Patricia is an avid member of the Garvey Senior Activity Center Council, Inc. She plays a variety of genres and accompanies herself on her guitar. Come enjoy her sweet singing voice while enjoying a delicious meal. Cost for lunch is by donation for those ages 60 and above and \$6 for those under the age of 60. Advanced Registration is required.

Hope and Healing

Garvey Senior Activity Center
***Ways to Enjoy Life* - Tuesday, May 16 , 1 p.m.**
***PTSD/Trauma* - Tuesday, June 20, 1 p.m.**
Cost: \$5 (suggested donation)

As we age life's events can often become overwhelming, both mentally as well as physically. We have collaborated with Hope & Healing Psychotherapy, LLC to bring you a Mental Health Series. Each month we will hear a presentation on a new topic. The topic for May will be *Ways to Enjoy Life* and June the topic will be *PTSD/Trauma*. Advance sign up is required and a suggested donation of \$5 for each series is requested.



Flag Presentation
with Mike Barbour
Garvey Senior Activity Center
Wednesday, May 17, 1:30 p.m.
Cost: Free

The United States flag stands for our nation and the shared history, pride, principles, and commitment of its people. When we properly display this powerful symbol, we signal our respect for everything it represents. Come join Mike Barbour as he presents on all things flag related! He will discuss

the history behind the development of the flag, proper displaying of the flag, proper disposal of the flag and many more subjects related to our United States flag. This is a free educational presentation. Advanced Registration is required.



Watercolor with T.L. Ford

Garvey Senior Activity Center

Tuesday, May 9, 1:30 p.m.

Cost: \$10

Funding provided by the Garvey Senior Activity Center Council, Inc., and the St. Mary's Art Council

Come learn the basics of watercolor painting in a relaxing, informal setting. No experience or drawing skills are necessary and everything you need is provided. The theme of the painting for May will be Roses. Advanced Registration is required.

Tips for Thrift, Resale and Consignment Deals

Garvey Senior Activity Center

Monday, June 5, 10 a.m.

Cost: Free

Curious about the terms thrift store, resale boutique and consignment shop and not sure how they are different? Are you interested in learning how to shop at these second-hand stores to get the best bang for your buck? Do you want to know the details when you consign items to be sold? Local image consultant, Robbie Loker, will guide you on how to find good deals (for buying and selling) while sorting through the good, the bad and the ugly. To learn more, call 301-475-4200, ext. 1080. Advanced registration is required.

Floral Arranging with Sunnyside Florals

Garvey Senior Activity Center

Wednesday, June 7, 1:30 p.m.

Cost: \$15

Funding provided by the Garvey Senior Activity Center Council, Inc., and the St. Mary's Art Council

Would you like a beautiful handmade arrangement for your home or to give to a loved one? Shelley Russell, owner, and lead designer of Sunnyside Florals will be instructing the class. Shelley grows her own flowers and plants locally here in Southern MD. If you have been lucky enough to receive one of her designed floral arrangements, you know that every one of them is unique and beautiful. Explore the basics of floral arrangement and design in this hands-on session with Shelley. Freshly cut, locally grown flowers and foliage, provided by the instructor, will be identified along with suggestions for their application in this project. Shelley will provide pruners and a vase for each person. All you need to bring is something that you can transport your arrangement in for the ride home. Take home a beautiful, finished bouquet to display or give away! Advanced Registration is required.

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Luncheon with Jason Bishop

Garvey Senior Activity Center

Tuesday, June 13

Doors Open: 11:30 a.m.

Lunch Served: 12 p.m.

Music: 12:30 p.m.

The Garvey Senior Activity Center is happy to present the musical stylings of Jason Bishop. Jason Bishop is a traditional country singer, songwriter born to the Lone Star State in the small town of Sherman, Texas. Later in life after moving to Louisiana, Jason realized his love of music and God given talents and began playing frequently in some of New Orleans most popular clubs located on the world-famous Bourbon Street! Jason now performs here in the local area. You can often find him at Killarney House, Pirates Cove Restaurant, Dock Bar, and as our very own Stoney's Clarke's Landing Restaurant. Jason is a charismatic performer and often enjoys a song challenge from his audience. If you are looking for an enjoyable lunch with an engaging performer this is the performance for you! Cost for lunch is by donation for those

ages 60 and above and \$6 for those under the age of 60. Advanced Registration is required.

Beginner Pickleball

Garvey Senior Activity Center

Wednesdays, May 3, 10, 17

12 p.m.-2 p.m.

Cost: Free (Advanced registration required)

If you are new to the sport of Pickleball, it is highly suggested that you begin with this course. This beginner's class is facilitated by an experienced pickleball player and volunteer who will teach the rules of the game as well as offer additional pointers. You will learn basic shot techniques, rules, scoring, court positioning and basic strategy. Loaner paddles and balls will be provided. Attendees should wear comfortable clothing and tennis shoes and bring a bottle of water. Your love for the game starts now!



AARP Safe Driving Class

Garvey Senior Activity Center

Thursday, May 18, 9 a.m.-2 p.m.

\$20 for AARP Members, \$25 for non-members

An AARP Safe-Driving course will be held at the Garvey Senior Activity Center on Thursday, May 18, from 9 a.m. to 2 p.m. There will be an hour lunch break at 11:30 a.m. This program includes emphasis on roundabouts, pavement markings, stop-sign compliance, red-light running, and safety issues such as speeding, seat belt and turn signal use. Pre-registration is required at www.stmarysmd.com/aging, or leave a message on our reservation line at 301-475-4200, ext. 1075. If you wish to order a lunch from the center, the cost is \$6 if you are under 60 and by donation for those 60+ years of age. Lunch can be reserved by calling 301-475-4200, ext. 1080.

Matter of Balance

Garvey Senior Activity Center

Mondays & Thursdays, May 1 - May 25, 5:30 p.m.-7:30 p.m.

Cost: Free

Many older adults experience concerns about falling and restrict their activities. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels. This program emphasizes practical strategies to manage falls. You will learn to view falls as controllable and make changes to reduce risk of falls at home. Who should attend this course? Anyone who is concerned about falls, anyone interested in improving balance, flexibility, and strength, anyone who has fallen in the past, or anyone who has restricted activities because of falling concerns. Advanced registration and a commitment to attend all classes are required.

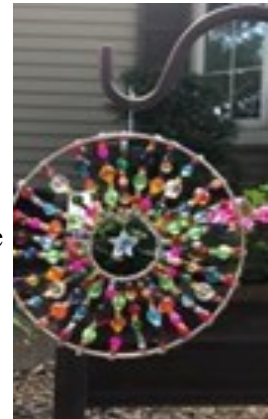
Beaded Sun Catchers

Garvey Senior Activity Center

Wednesday, May 3, 6 p.m.

Cost: \$15

In this beginner friendly craft class, we will make beaded sun catchers for you to hang on your porch! No prior experience is required, and you will be able to take home your work of art. We will use wire and beads to create the sun catcher. The beads will sparkle in the sunlight! Advanced Registration is required.



Watermelon Wooden Coasters

Garvey Senior Activity Center

Wednesday, May 10, 6 p.m.

Cost: \$15

In this class we will be painting round wooden slices to look like watermelons. It will be a fun beginner friendly craft that you can impress your friends with! You will be able to use these wooden slices as coasters! Advanced Registration is required.

Card Making Class

Garvey Senior Activity Center

Tuesdays, May 9 & June 13, 6 p.m.

Cost: \$4 per class

Would you like to make handmade cards to give to your loved ones? Are you looking for a new hobby or social activity? Come to Garvey Senior Activity Center the 2nd Tuesday of each month at 6 p.m. for a beginner friendly card making class. Materials and instruction will be provided. You will have a variety of punches, stamps, embellishments, and more to decorate your cards. Advanced Registration is required.

Pouring Paint Class

Garvey Senior Activity Center

Wednesday, May 17, 6 p.m.

Cost: \$10

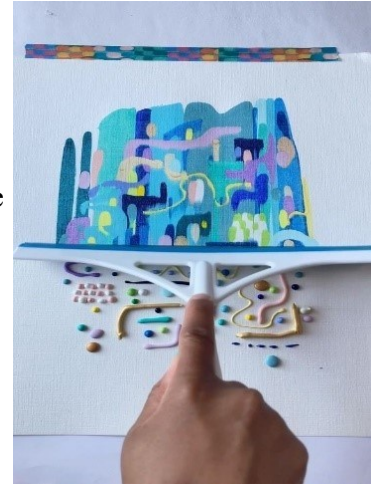
Would you like to learn how to make beautiful works of art without needing any special skills? This is a beginner friendly class, and all materials and instruction will be provided. Please wear clothes that you don't mind getting paint on since it may be messy! Advanced Registration is required.

Swipe Painting

**Garvey Senior Activity Center
Wednesday, May 24, 6 p.m.**

Cost: \$10

Come try a different painting technique that is beginner friendly and requires no special skills! Using acrylic paints, we will decorate the canvas with blobs of paint then swipe the paint to create a beautiful abstract painting. Instruction and materials will be provided. Advanced Registration is required.



Beginner Fine Arts Acrylics Class

**Garvey Senior Activity Center
Wednesday, May 31 & June 28, 6 p.m.**

Cost: \$15 per class

Would you like to learn more about fine arts? Do you want to start painting? It's not too late! Come join our beginner Fine Arts Acrylics class to learn the basics of acrylic painting! The class is meant for beginners, so you do not need to have any prior experience. For May we will be painting a Sunset over the horizon. In June we will be painting a beach scene. Advanced Registration is required.

Beaded Bracelet Making

**Garvey Senior Activity Center
Wednesday, June 7, 6 p.m.**

Cost: \$10

Come join us in the art studio to make your own stretch beaded bracelets! No prior jewelry making experience is required. Come make a few bracelets that you can keep for yourself or give to a loved one! Various charms and beads will be available for you to choose from. Advanced Registration is required.



Seashell Art

**Garvey Senior Activity Center
Wednesday, June 14, 6 p.m.**

Cost: \$15

Would you like to create a summer themed piece of art to hang on your walls? We will use seashells to create a heart shape on a board. The class is beginner friendly, and all instruction and materials will be provided. Advanced Registration is required.

Ladybug Painted Rocks

**Garvey Senior Activity Center
Wednesday, June 21, 6 p.m.**

Cost: \$10

We will paint smooth river rocks to make them look like lady bugs. You can place them in your house or in your garden! This is a beginner friendly class, and no experience is necessary! All materials and instruction will be provided. Advanced Registration is required.



Loffler Senior Activity Center

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

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

Zumba Gold

Loffler Senior Activity Center

Mondays at 12:30 p.m.

Cost: Fitness Card

Geno teaches this exciting class which gets you groovin' with exciting dance-fitness workouts, featuring upbeat world rhythms designed to provide a total-body wellness program that feels like a party while it revitalizes your mind and body. Are you a beginner? A high burner? Somewhere in the middle? Perfect- you can move at a pace comfortable for you! If you've never tried this class, you can check it out for free the first time. If you decide to keep it going, purchase a fitness card which is good for 10 fitness classes at any of the three senior activity centers in St. Mary's County. Stop by any Monday in time for the 12:30 p.m. class armed with a water bottle and wearing comfortable fitness clothes!



Art with Jamie

Loffler Senior Activity Center

Tuesdays, 10 a.m.-12 noon

Study of Claude Monet - May 2, 9, 16, 23

Pen and Ink Architecture - June 6, 20, 27

Cost: \$25 per session (Includes all materials)

In May, we will be doing a study of Claude Monet and his use of light and color in paintings. Our work will recreate his style with a Southern Maryland flare.

During the month of June, we will study Pen and Ink Architecture. Learn line work and texture as we create some fun architecture. We will use light and dark to add depth and perspective.

Advance registration and payment are required for these classes. Go to www.stmaryscountymd.gov/aging or leave a message on our reservation line at 301-475-4200, ext. 1660.

Nutrition Presentations by Donna Taggert

Loffler Senior Activity Center

Fighting Inflammation with Food - Monday, May 8, 10 a.m.

Brain Food for Older Adults - Monday, June 12, 10 a.m.

Cost: Free

Donna presents nutrition topics at the Loffler Senior Activity Center usually on the second Monday of each month at 10 a.m. Register for this talk by going to www.stmaryscountymd.gov/aging or leave a message on our reservation line at 301-475-4200, ext. 1660. Additionally- Donna offers free personal nutritional education at 11 a.m. on the day she is here if you make an appointment with her by text message or calling 240-538-6539.



Educational Videos

Loffler Senior Activity Center

Escape from a Nazi Death Camp

Thursday, May 11, 10 a.m., 54 min

Cost: Free

The secret Nazi death camp at Sobibor was created solely for the mass extermination of Jewish people. But on October 14, 1943, in the biggest and most successful prison

revolt of the Second World War, the inmates fought back. Using dramatic reenactments four survivors; Toivi Blatt, Philip Bialowitz, Selma Engel-Wijnberg, and former Russian POW Semjon Rozenfeld, tell firsthand accounts of the day they escaped certain death to freedom.

John Denver, Country Boy

Thursday, June 8, 10 a.m., 60 min.

Cost: Free

This definitive documentary explores the private life and public legacy of John Denver. Exclusive accounts from those closest to him reveal the man behind the music in an intimate profile to mark the anniversary of his 70th birthday. Featuring pivotal people in Denver's life, from his former managers to his son, brother, and former wives. Bonus features include never-before-seen extended interviews!

Register for these videos at

www.stmaryscountymd.gov/aging or leave a message on our reservation line at 301-475-4200, ext. 1660. 16 seats available. 60 min.



Sing for your Health

Loffler Senior Activity Center

Thursdays at 10 a.m.

Cost: Free

Research has shown that singing can be good for you on many levels. It may help lower stress, boost immunity and lung function, enhance memory, improve mental health, and help you cope with physical and emotional pain. The Loffler Sunshine Singers gathers every Thursday at 10 a.m. Led by long-time music/choir director Joyce Haderly and accompanied by electronic keyboard (Tina Watts) and guitars (Mary DeLima and Mary Ludwig), this group lifts the spirits. Stop in and sing your heart out! Contact Sheila.graziano@stmaryscountymd.gov for more information.

Health Watch Series

Loffler Senior Activity Center

***Arthritis* - Wednesday, May 17, 9:30 a.m.**

***Skin Cancer Screening* - Wednesday, June 21, 12-3:30 p.m.**

Cost: Free

In May Health Watch Coordinators Elaine Green and Kathy Blanchette will address a topic familiar to many of us- arthritis. They will mention some of the different types, but focus will be on the most common as well as possible treatments and ways to cope.

Since summer officially starts June 21, let's check up on your skin. You can get a free screening on this day from 12 p.m. to 3:30 p.m. sponsored by Mid-Atlantic Skin. To make a 15-minute appt. go to www.stmaryscountymd.gov/aging.

Stronger Memory
Loffler Senior Activity Center
Fridays, May 26, June 2, 16, 23, 30, & July 7
6 Sessions - 10:30 a.m.

Cost: Free

Stronger Memory sessions will start Friday, May 26, at 10:30 a.m. and continue through July 7. This is a program designed to improve your memory by stimulating your prefrontal cortex using simple activities - math, reading aloud and writing. The activities are done at home - 20-30 minutes of daily work recommended. On Fridays at 10:30 a.m., we will have check-ins at the center. (For those who cannot make a check-in session, you can alternatively e-mail or call Shellie at

Sheila.graziano@stmaryscountymd.gov or 301-475-4200, ext. 1655.) All materials will be provided including a workbook, timer and composition book for the journaling activities. Because of a generous grant, there is no cost to participate; however, registered participants are asked to commit to completing the program. Register online at www.stmaryscountymd.gov/aging or leave a message at 301-475-4200, ext. 1660.



CRAFT: Seashells in the Water

Loffler Senior Activity Center

Friday, May 12, 10 a.m.

Cost: 15

Take a deep picture frame, fill a corner with local shells and sea glass set in clear material, then finish off with a piece of netting and you have a lovely coastal-inspired piece of art that will brighten any spot in your home. Cost includes all supplies including local seashells and sea glass. Advance registration and payment are required - go to www.stmaryscountymd.gov/aging or leave a message on our reservation line at 301-475-4200, ext. 1660.

Mom & Pop Breakfast
Loffler Senior Activity Center
Friday, June 9, 9:30 a.m.

Cost: Free; Advanced Registration is Required

At Loffler, we have found that combining the celebration of moms and dads to be extra fun! We will serve you a simple but lovely breakfast and offer a playful tribute to the role you played in your life as a parent. Friday, June 9, at 9:30. Limited seats available. Advance registration is required and can be accomplished beginning June 20 by going to www.stmaryscountymd.gov/aging. If you do not have access to e-mail and the internet, you can still leave a message at 301-475-4200, ext. 1660. This activity is being offered free of charge thanks to a generous donation to the senior activity center.



Crafts with Penny: Patriotic Posies

Loffler Senior Activity Center

Friday, June 23, 10 a.m.

Cost \$20

Liven up your 4th of July holiday with wood-based flowers that are hand dyed, tucked into a fabric vase, then mounted onto wood to become a hanging or desk-top display. You can sign up to make these cuties at www.stmaryscountymd.gov/aging . Advance registration and payment required. Class is limited to 10 but must have 3 to take place. Cost includes all materials and supplies needed to complete the project.

Living Well with High Blood Pressure

Loffler Senior Activity Center

Friday, June 2 9:30 a.m. to Noon

Cost: Free

The Living Well with High Blood Pressure workshop is meant for people who have been diagnosed with hypertension or high blood pressure wanting to learn how to better manage their condition. This is an interactive 2.5 hour educational module that uses peer-led format similar to the Stanford Self-Management suite of programs. Module activities/topics covered during the workshop include: What is High Blood Pressure, Problems with Salt/Sodium Intake, Home Monitoring Tips, Where's the Salt and Knowing Your Numbers. Advanced registration is required and can be done online by visiting www.stmaryscountymd.gov/aging. Space is limited. For more information or if you require assistance signing up, please call 301-475-4200, ext. 1660.

Stars & Stripes Celebration-An Intergenerational Event

Loffler Senior Activity Center

Thursday, July 6 11 a.m.-1 p.m.

Cost: \$3 per adult; Plus, lunch donation for 60+ and \$6 for under 60

Invite your (grown) children and grandchildren here to extend the celebration of our nation's origins with you for some patriotic fun! We'll have a hot dog lunch, sing some songs with our chorus group, host a Hall Parade and finish off with ice cream. Be sure to wear red, white and blue! Sign up and prepay \$3 fee at www.stmaryscountymd.gov/aging or leave a message at 301-475-4200, ext. 1660, for assistance. Lunch payment shall be paid on the day of event. Preregistration is required, limited seating available.



Northern Senior Activity Center

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

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

Lyme Support & Discussion Initiative

Northern Senior Activity Center

May 2023

You shouldn't miss these important activities concerning Lyme disease and related tick-borne diseases. The month of May will include various events with updates on the recent LivLymeVirtual Summit, documentary showings, updated Lyme Action Tool Kits for pickup, and more. Please check in with the Center for a full listing of activities and events.

Any questions may be directed to MarieNoelle Lautieri at MarieNoelle.Lautieri@stmaryscountymd.gov.

Cinco de Mayo Celebration

Northern Senior Activity Center

Friday, May 5, 9-11:15 a.m.

Cost: \$3 activity fee

Let's have a Friday fiesta! Join us for a fun game of Lotería – a traditional Mexican game of chance, similar to bingo, but uses images on a deck of cards instead of numbered ping pong balls. Each winner will pick a prize from the table and get one whack at a piñata. Start your morning with coffee and churros (authentic Mexican pastry). Be sure to wear bright colors, or red, white, & green - the colors of the Mexican flag. See page 24 for how to register. Lunch is not included in this event.

Extend your fun and reserve a meal by contacting Ginger Quade at 301-475-4200, ext. 3105.



Whole Body Bliss with Self-Myofascial Release

Northern Senior Activity Center

Monday, May 8, 1-2:30 p.m.

Cost: \$20

This workshop explores Self-Myofascial Release (SMR) an easy, targeted, and drug-free self-treatment method that can provide immediate and long-lasting pain relief. SMR techniques can improve posture, mobility, stability, range of motion, blood flow, nerve function, and the immune system. This workshop addresses multiple issues and conditions from head to toe and can be tailored to participants' specific needs. Conditions that benefit from SMR are Arthritis and Joint Pain, Back Pain, Carpal Tunnel Syndrome, Chronic Fatigue Syndrome, Congestion, Fibromyalgia, Frozen Shoulder, Headaches/Migraines, Plantar Fasciitis, and Repetitive Motion Injuries, Restless Leg Syndrome, Sciatica/Piriformis Syndrome, Scoliosis, TMJ Syndrome and more. *Balls and full color illustrated instruction e-handbook included. Judi Lyons/Mindful Motions Md. is YACEP®, E-RYT® 200, EMYoga® Certified, RYT® 500 Therapeutic.

See above for how to register.



Mother's Day Breakfast Café with Will Yeckley

Northern Senior Activity Center

Wednesday, May 10, 9-10 a.m.

Cost: \$2 sponsored event fee (\$5 value)

Happy Mother's Day! Join us for a special edition of Breakfast Café to celebrate mothers and as a tribute to all women. The menu will include ham, scrambled eggs, French toast, and fresh fruit. Local musician, Will Yeckley, will provide a lovely acoustic guitar & vocal performance to accompany the meal. See page 24 for how to register.

Art Pottery: Green Man Mask

Northern Senior Activity Center

Friday, May 12 & 26, 10 a.m.-12 p.m.

Cost: \$10

Pottery craftswoman, Pam King, will instruct how to craft decorative a Green Man mask to use as a garden ornament. These are typically referred to in works on architecture as foliate heads or foliate masks. "The Green Man is a legendary being primarily interpreted as a symbol of rebirth, representing the cycle of new growth that occurs every spring. The Green Man is most often depicted in a sculpture, or other representation of a face which is made of, or completely surrounded by, leaves." (Wikipedia) See page 24 for how to register.

Paint a Beach Watercolor

Northern Senior Activity Center

Tuesday, May 16, 1-3 p.m.

Cost: \$25

Come have fun with watercolors with T.L. Ford, an experienced artist and published author from the area! Using professional grade supplies, learn wet-in-wet and other techniques for the soft, feathery effect that is the trademark of watercolors. You can also learn color mixing and blending. No experience necessary. All supplies provided.

See page 24 for how to register.



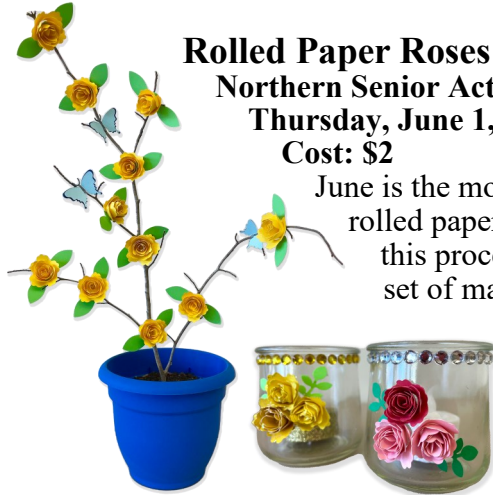
Tech Rescue: RecTrac Registration

Northern Senior Activity Center

Tuesday, May 30, 1-2 p.m.

Cost: Free

You'll have the best chance at getting in the classes you want, by using the Department of Aging & Human Services' online registration system (RecTrac/WebTrac). Keilan Ruppert, Program Specialist & resident tech guy, will teach you the system step-by-step, in time for you to enroll in July/August activities opening June 20 at 8 a.m. Class will be in the computer lab, but personal devices (laptops, smartphones, tablets) are strongly encouraged. See page 24 for how to register.



Rolled Paper Roses

Northern Senior Activity Center

Thursday, June 1, 10-11:30 a.m. & Monday, June 5, 10 a.m.-3 p.m.

Cost: \$2

June is the month of the Rose. What better reason to make beautiful, rolled paper roses?! Martha Baker, local craft guru, will instruct on this process using a quilling tool & hot glue. The result will be a set of matching candle holders embellished with small, rolled paper roses & rhinestone trim. For part two, the creation will be a rose bush (red, pink or yellow color options) in a flowerpot, or arrangement in a vase. Your choice! For this class, you'll bring a flower vase or flowerpot as well as collection of several small tree branches. See page 24 for how to register.

Wii Bowling League – Spring Edition

Northern Senior Activity Center

Thursdays, June 1-29, 1-3:30 p.m.

Cost: \$2

Ready to strike up a good time this Spring with your friends at the Center? Join us for this league-style Wii bowling event with staff-led teams and some fun, good ol' group competition. Individual and team prizes will be awarded on June 29. See page 24 for how to register.



Cornhole Competition (Outdoor)

Northern Senior Activity Center

Monday, June 5, 1-3:30 p.m.

Cost: \$2

Who doesn't love a good round of cornhole? Compete in this casual & fun competition - back by popular demand! Show off your skills or try it out for the first time. Keep in mind that this game requires good dexterity, throwing, and hand-eye coordination. The 1st and 2nd place winners of the tournament will win a prize. See page 24 for how to register.

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CBT Yoga to Cope with Arthritis/Osteoarthritis: Healthy Joints & Bones

Northern Senior Activity Center

Tuesday, June 6, 1-3 p.m.

Cost: \$20

Paty Massón's new workshop demonstrates how "CBT integrates yoga and meditation with traditional and alternative cognitive behavioral therapeutic techniques." (NIH.gov) In the first half of this workshop, expect a slideshow presentation to review kinds of arthritis, bones, muscles, and ligaments. Additional information will include Yogic philosophy introducing breathing techniques and hand gestures to alleviate pain. In the second half, explore different yoga flows & breathing techniques to ease pain in the stiff joints. "Lotion is Motion" concepts of Yoga for Arthritis, inspiring meditations, & Ayurvedic diet tips for improving joint health, can also be expected. Paty is certified in RYT® 500, CBT, and Qigong. See page 24 for how to register.

Basket Weaving: Red, White, & Blue Basket

Northern Senior Activity Center

Friday, June 9, 10 a.m.-3 p.m.

Cost: \$30

Experienced basket artisan, Pam King, will instruct how to weave a basket made with patriotic red, white, & blue colors. This basket is a perfect decorative piece for Independence Day. All supplies are included in cost. See page 24 for how to register.

Legal Aid Seminar: Advance Directives, Powers of Attorney & Wills

Northern Senior Activity Center

Tuesday, June 13, 1-2:30 p.m.

Cost: Free

Don't miss the chance to get updated on what you need to know related to advance directives, powers of attorney, and wills. This will be a free presentation and Q&A session from Margaret Maupin of Maryland Legal Aid, the largest provider of free, direct legal services in Maryland and the state's 3rd largest law firm. Advance registration is preferred for this presentation. See page 24 for how to register.

Breakfast Café

Northern Senior Activity Center

Wednesday, June 14, 9-10 a.m.

Cost: \$5

Start your day with a delicious breakfast made by Ginger! Make your reservation today to have breakfast with friends and let us do the cooking and clean up.

The breakfast for June 14 is creamed chipped beef, biscuit, potato cake, and fruit.

The cost is \$5 and is due at sign up. Space is limited.

Advance registration is required. See page 24 for how to register.



Meal & Motorcycles

Northern Senior Activity Center

Friday, June 16, 11 a.m.-12:30 p.m.

Cost: Lunch donation or \$6 if under 60 yrs.

Happy Father's Day! Guys, come show off your sweet rides at the center. Grab a tasty lunch to bring outside for meeting up with other motorcycle enthusiasts. All are welcome – don't have to own a bike. Come check out the show and enjoy some giveaways. Those interested in displaying their motorcycles can contact Keilan Ruppert via email at keilan.ruppert@stmaryscountymd.gov.

See page 24 for how to register.

Summer Kickoff & Karaoke - Intergenerational

Northern Senior Activity Center

Wednesday, June 21, 11 a.m.-12:30 p.m.

Cost: Lunch donation or \$6 if under 60 years of age

School's out for summer! Celebrate the first official day of summer with a delicious lunch, including chicken tenders, followed by karaoke & fun. Grandparents are encouraged to attend with their school-aged + older grandchildren! See page 24 for how to register.



Retired and Senior Volunteer Program

By : Monika Williams, RSVP Program Manager

Celebrating Older Americans



It is Older Americans Month. Where would we be without older Americans guiding us through tough times? Who would know better how to save and conserve during a time of inflation than the generation who lived through the Great Depression? Who better to teach our society to refrain from erasing history and certain rights than a generation who fought for human rights and racial equality. Who would be a greater group to teach history than those who lived through times of tension and world turmoil? I have learned so much from older Americans throughout the years. I've learned parts of America's history that haven't been taught in schools. I had the honor of learning from a 94-year-old Polish survivor about the plight of Polish people and French prisoners of war during the Holocaust. I learned about the shock of the assassination of President John F. Kennedy from a 101-year-old female navy nurse veteran. The older Americans I have met are resilient, innovators, wise, and compassionate. I continue to learn of their compassion as they serve our community without batting an eye. There is much to learn from them, and they have much to offer this world.

Volunteer Appreciation Banquet

Save the date! The 2023 RSVP Volunteer Appreciation Banquet will be held on Friday, August 25, from 10 a.m. – 1 p.m. at the University of Maryland at Southern Maryland SMART Building.



RSVP Announces New Volunteer Station

Good news! Helpers Overcoming Problems Effectively (HOPE) has decided to partner with the RSVP program. HOPE is a non-profit charitable organization which helps those in need to pay for electricity, heating fuel, rent, food, medicine, water, and other emergency needs.

HOPE is located in the Church of Ascension in Lexington Park, MD. For more information about HOPE, visit www.hopesomd.org/



Volunteer Opportunities

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

Teen Court

This program assists teens to make positive changes in their lives. There is a great need for adult volunteers to support this program.

- Teen Court Judge
- Hearing Support Assistants

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

Community Mediation of St. Mary's County

- Mediating
- Promoting fundraisers
- Disseminating brochures
- Office assistance

St. Mary's County Crime Solvers Board

- Volunteers assist in educating the community about the role of Crime Solvers, solicit donations, and arrange fundraisers to obtain funding to be used for rewards.

Historic Sotterley

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

Northern Senior Activity Center

- Chess Volunteer
- Billiard Volunteer
- Outdoor Landscaping,
- Lending Library Assistant
- Book Club Leader

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.

Garvey Senior Activity Center

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

Helpers Overcoming Problems Effectively (HOPE)

- Phone Screener
- 9 a.m.-12 p.m. once a week.

St. Clement's Island Museum

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

Historic St. Mary's

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

Charlotte Hall Veterans Home

- Activity Assistant
- Gift Shop Attendant
- Technical Support

Loffler Senior Activity Center

- Zoom Activity Monitor

Senior Rides

- Drivers to transport seniors to doctor appointments and grocery shopping.

Patuxent River Naval Air Museum

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

Home-Delivered Meals

- Volunteer Drivers to deliver meals to homebound seniors living in the Mechanicsville and 7th District areas.



Ongoing Activities - Garvey

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Arthritis Foundation Exercise Program (AFEP)	Tuesdays & Thursdays 9:45-10:30 a.m. Fridays 8:45 a.m.	Gentle, range of motion, stretching and flexibility led by certified instructor.	No	No
Art Studio	2 nd & 4 th Fridays 12:30 – 4 p.m.	Open Art Studio hours. Bring your own supplies. Instruction not provided.	No	No
Billiards	Daily 8 a.m. -4 p.m.	Bring your own or use ours.	No	No
Bingo	Mondays 10-11:30 am	Game with volunteer bingo callers. Pantry items for prizes.	No	No
Book Discussion Group	2 nd Wednesdays 11 a.m. 4th Thursdays 6 p.m.	Loaner books provided by St. Mary's Public Library.	No	No
Bridge Club	Wednesdays & Thursdays 10 a.m.-2 p.m.	Best suited for experienced players.	Closed	No
Cardio Lite	Mondays 5:30 p.m.	Light Cardio & low impact class.	No	Fitness Card
Cornhole	Daily 8 a.m. -4 p.m.	2 boards, 8 bags.	No	No
Diamond Dots	1 st , 3 rd , & 4 th Thursdays 2 p.m.	Paint by color with diamonds. No experience needed. Bring your own supplies. Light boards provided.	No	No
EnhanceFitness	Mon., Wed., Fri. 11-12 p.m. Wednesdays 5:30 p.m.	Cardiovascular/weight training exercises to improve flexibility, strength, balance.	No	Fitness Card
Fitness Room	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
Geri-Fit	Monday & Wednesday 2:15-3 p.m.	Helping to rebuild strength that has been lost.	No	No
Line Dancing	Tuesdays 11 a.m.	No experience necessary. Volunteer leads group in a variety of steps.	No	No
Men's Strength	Mondays 9:30-10:30 a.m.	Low impact strength training class.	No	Fitness Card
Pickleball Courts	Open	Pickleball courts are available daily, dawn to dusk. See staff during hours for access info.	No	No
Ping Pong	Daily 8 a.m. -4 p.m.	1 table, paddles and balls are available.	No	No
Readers Theater	Meeting, 2 nd Tuesdays 11 a.m. Rehearsals as needed	Readers Theater is a form of theater that involves minimal props and no line memorization.	Yes	No

Ongoing Activities - Garvey

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

Helpful Links:

St. Mary's County
Department of Aging & Human Services
www.stmaryscountymd.gov/aging

Senior Information & Assistance Contacts
www.stmaryscountymd.gov/aging/SeniorIA-Contacts

Department of Aging & Human Services Facebook Page
www.facebook.com/SMCDAHS

Department of Aging & Human Services YouTube Channel
www.youtube.com/c/SMCAgingHumanServices

Ongoing Activities - Loffler

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

Ongoing Activities - Loffler

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Nutrition Ed. with Donna Taggart	2 nd Mondays 10 a.m.	Nutrition presentations led by a Licensed Dietician.	Yes	No
Open Art Studio	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 rd 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. 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 th Thursdays 11 a.m.-12 p.m.	Read & review new books each month. Different books for each club.	Waitlist	No
Breakfast Cafe	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

Ongoing Activities - Northern

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Coloring Group (two groups)	1 st & 3 rd Wednesdays 1-2:30 p.m.	Participants supply coloring utensils if possible; some are provided.	Waitlist	No, workbook if desired
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 Program	Anytime	(2) traditional, (1) recumbent trike.	No	No
Cycling Without Age	1st Thursdays 9 a.m.-12 p.m.	Fun rides on trishaw, by appointment only.	Yes	No
Diamond Dazzle (two groups)	3 rd Monday 10 a.m.-Noon & 1- 3 p.m.	Diamond and associated bead crafts.	Waitlist	Yes for kits
Double Pinochle	Tuesdays & Fridays 10 a.m.-4:30 p.m.	Moderately experienced players.	No	No
Drums Alive	TBD	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
Quilting for Beginners	2 nd & 4 th Wednesday 12:30-4:30 p.m.	Instructor teaches basic skills and techniques. Individual projects.	Preferred- Not required	TBD, Varies
R&B Line Dancing	Fridays 1-2 p.m.	Popular line/party dance styles.	No	No
Scrapbooking	2nd Monday, 10 a.m.-3 p.m.	Organizing photos into a book using artistic skill.	Waitlist	Bring your own materials
S.W.A.G. (Seniors Winning at Games)	Tuesdays & Fridays 1-4:30 p.m.	Various card games like SkipBo, Canasta, Rummy, etc.	No	No
Tech Rescue	Monday-Friday, after 2 p.m. By appointment only	15-30 appointments with Keilan Ruppert to work on specific needs with computers, smartphones, etc.	Yes	No
Workout Room	Open	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

Facebook: www.facebook.com/SMCDAHS

YouTube: www.youtube.com/c/SMCAgingHumanServices

Phone: 301-475-4200, ext. 1050

Fax: 301-475-4503

LOCATIONS



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

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

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

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

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



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

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CHANGE SERVICE REQUESTED

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

**Monday, May 29 - Memorial Day
Monday, June 19 - Juneteenth**

NEW BEGINNING