

NEW BEGINNING

VOLUME 35 ISSUE 5

SEPTEMBER/OCTOBER 2022

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



National
Preparedness Month

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From the Director's Desk

By Lori Jennings-Harris, Director

When emergencies arise managing may be a little easier if we have a plan, especially for seniors. According to [cdc.gov](https://www.cdc.gov), older adults living in the community may face some unique challenges during an emergency. For example, seniors may have mobility problems, or chronic health conditions, or they may not have any family or friends nearby to provide help. Support services that are usually available, such as help from caregivers or in-home health care and meal delivery services, may be unavailable for a period of time. In addition, older adults may experience challenges that come with advanced age, such as hearing or vision problems or cognitive impairment, which may make it difficult to access, understand, and respond to emergency instructions.



“You or the person you care for can be prepared for emergency situations by creating a plan, reviewing or practicing it regularly, and keeping an emergency supply kit.”

“The first step in preparing for an emergency is creating a plan. Work with your friends, family, and neighbors to develop a plan that will fit your needs.”

- Choose a contact person who will check on you during a disaster, and decide how you will communicate with each other (for instance, by telephone, knocking on doors).
- Create a list of contact information for family members and friends. Leave a copy by your phone(s) and include one in your Emergency Supply Kit.
- Plan how you will leave and where you will go during an evacuation. If you are living in a retirement or assisted living community, learn what procedures are in place in case of emergencies.
- If you have medical, transportation, or other access needs during an emergency, consider signing up for SMART911, Code Red, or your local county registry, depending upon which service your area uses to help first responders identify people who may need assistance right away.

“After an emergency, you may not have access to clean water or electricity. Make sure you are prepared with your own supply of food, water, and other items to last for at least 72 hours.”

Continued on page 7

NEW BEGINNING

The Commissioners of
St. Mary's County
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NEW BEGINNING

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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.stmarysmd.com/aging

Our Mission

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

COA Briefed on Charlotte Hall Veterans Home

The Commission on Aging (COA) recently had the pleasure of receiving an informational brief from the Michelle Cariaso, Director of Charlotte Hall Veterans Home. She provided the commission with information relating to the facility, its purpose, the composition of the workforce, and its most critical challenges.

In addition to the operational information about the facility, the Director discussed the impact of the COVID-19 pandemic not only impacted her workforce and residents at Charlotte Hall Veterans Home. During the pandemic, the facility placed restrictive limitations on the residents and their visitors to contain and minimize the spread of the virus. While the measures taken were effective, they ultimately had adverse consequences on the residents due to isolation, lack of physical and mental stimulation, and visits from the community. Fortunately, restrictions on the Veteran's Home began to ease as the national pandemic mandates were relaxed.

The Veterans Home works with the Department of Aging & Human Services and other local agencies to allow Veteran Home residents to take advantage the local Senior Activity Centers and other facilities in the area as they are able.

The Charlotte Hall Veterans Home is a Retired & Senior Volunteer Program (RSVP) volunteer station and, with pandemic restrictions easing, Director Cariaso is working to identify programs that can safely utilize community volunteers.

During the meeting, Director Cariaso shared that the Department of Veterans Affairs is currently developing plans to open an additional veteran's home in Maryland. She also discussed the multiple funding aspects that support the Veterans Home, including cost-shares between the federal government, the State of Maryland, and the United States Department of Veterans Affairs.

For more information about the Charlotte Hall Veterans Home, please visit:
<https://www.charhall.org/>.

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:

Monday, September 26, 2022

1 p.m.

Monday, October 24, 2022

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.stmarysmd.com/boards/groups/default.aspx?board=11>

Call-in option - dial 301-579-7236. Enter the participant pin 985097 when prompted.



Nutrition Corner

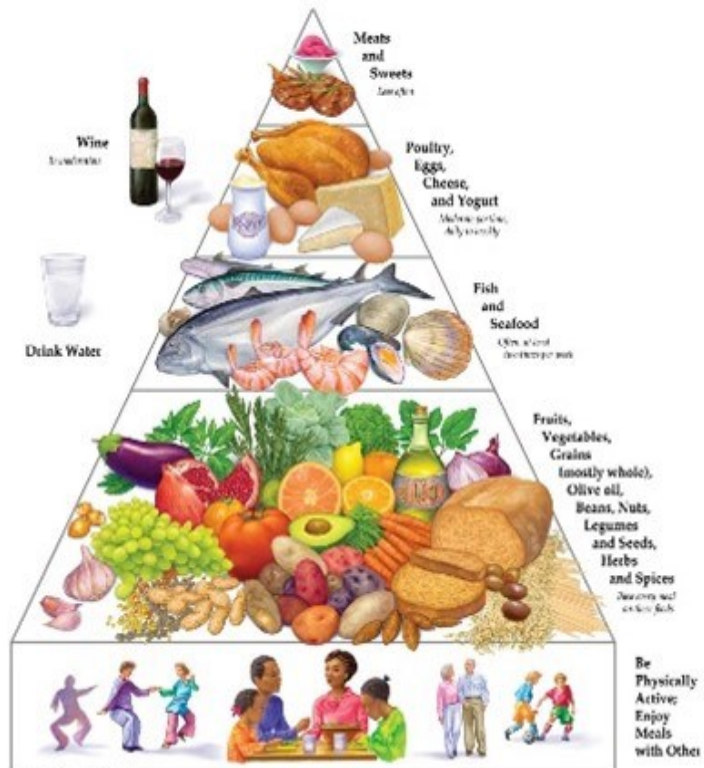
By Donna Taggert, RD/LD/CDE
Email: dtaggert26@hotmail.com

Anyone who comes to my presentations or listens on YouTube knows that I am always mentioning the Mediterranean diet. Why is that? Well, the traditional Mediterranean diet is considered one of the most healthful dietary patterns in the world, ranked #1 best overall diet by US News & World Report since 2018. It is the traditional dietary pattern of the countries that surround the Mediterranean Sea and is predominantly plant based; focusing on whole grains, fruits, vegetables, legumes, nuts, seeds, herbs and spices. Olive oil is the main source of added fats. Fish, seafood, poultry and dairy are included in moderation with red meats eaten only occasionally.

Many studies have shown a strong relationship between adherence to the Med diet and a reduced risk of cardiovascular disease, type 2 diabetes, several cancers, Alzheimer’s Disease, rheumatoid arthritis, and osteoarthritis. Other studies show beneficial changes to the gut microbiome. An even more recent study found that diets rich in plant foods may add as much as 13 years to a person’s life if the pattern had begun at an early age. But no matter when you start, the benefits are there.

While the Med diet can be flexible for many, it can’t be customized for some diets such as keto or Whole30 which restrict carbohydrates. For some, adopting the Med diet will be easy with only minor adjustments but for others it may require drastic changes. A good resource of information regarding the Mediterranean diet is Oldways, a nonprofit organization dedicated to improving public health. You can visit www.Oldwayspt.org to learn more!

Mediterranean Diet Pyramid



Upcoming Nutrition Education Presentations:

Fruits & Veggies- More Matters

Garvey - Monday, September 7, 10 a.m.

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

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

Eat More of This, Less of That

Garvey - Monday, October 5, 10 a.m.

Loffler - Monday, October 3, 10 a.m.

Northern - Monday, October 17, 12 p.m.

Walk Maryland Day 2022

**Wednesday, October 5, 2022
9-11 a.m.**

Win Prizes

1 Mile: Prize
Value \$25

2 Miles: Prize
Value \$50

3 Miles: Prize
Value \$75

**The first 25
attendees at each
location will receive a
surprise giveaway!**

All entries will be
combined from all 3
Centers and prizes
awarded in each
distance category!



The St. Mary's County Department of Aging & Human Services will participate in a one-day event to promote healthy lifestyles. Choose a Center to visit that day and join us and friends on a morning walk promoting health, activity and socialization.

Refreshments Available.

Garvey Senior Activity Center

Center campus, Leonardtown

Loffler Senior Activity Center

Chancellors Run Park, Great Mills

Northern Senior Activity Center

Three Notch Trail, Charlotte Hall

Tracking of distance will be done for entry into
prize categories.

For more information contact
Division of Senior Center Operations Manager Brandy Tulley at:
Brandy.Tulley@stmarysm.com or 301-475-4200, ext. 1073

Visit www.Ready.gov for a list of basic items to gather for your Disaster Supply Kit.

Medical-Related Items include:

- A 3-day supply of medicine, at a minimum. If medications need to be kept cold, have a cooler and ice packs available.
- ID band (full name, contact number for family member/caregiver, and allergies)
- Hearing aids and extra batteries
- Glasses and/or contacts and contact solution
- Medical supplies like syringes or extra batteries
- Information about medical devices such as wheelchairs, walkers, and oxygen including model numbers and vender.

Documents (Keep physical copies in a waterproof bag and take photos of each document for backup)

- Your Care Plan (www.cdc.gov/aging/caregiving/pdf/Complete-Care-Plan-Form-508.pdf)
- Contact information for family members, doctors, pharmacies and/or caregivers
- List of all medications, including the exact name of the medicine and the dosage, and contact information for pharmacy and doctor who prescribed medicine
- List of allergies to food or medicines
- Copies of medical insurance cards
- Copies of a photo ID
- Durable power of attorney and/or medical power of attorney documents, as appropriate.

The Department of Aging & Human Services wants to encourage everyone to take time to become prepared as much as possible for an emergency.

Information retrieved from:

<https://www.cdc.gov/aging/publications/features/older-adult-emergency.html> on July 18, 2022.

<https://www.ready.gov/seniors>

<http://www.fema.gov/>



Where do I begin to access needed services & resources?

The ADRC/MAP is a free information and referral service. It is open to the public and to individuals of all income levels. If you or a loved one needs assistance, please contact Jenny Beyer, Aging & Disability Resource Coordinator.

For more information, contact:

Jenny Beyer
Aging & Disability Resource /Maryland Access Point Coordinator
23115 Leonard Hall Drive, Leonardtown, MD
301-475-4200, ext. 1057
Jennette.Beyer@stmarysmd.com
www.stmarysmd.com/aging/MAP.asp



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

at the
University of Maryland - Southern Maryland
44219 Airport Rd, California, MD
Friday, October 14, 2022
9 a.m.-3:30 p.m.
Free Community Event

A shred truck will be on site for document disposal from 9:30 a.m.-1:30 p.m.

Medication Collection services will be available all day!

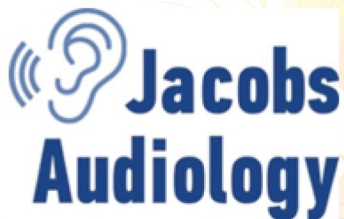
**Health Screenings, Demonstrations, Presentations
and vaccinations will be offered.**

For more information, contact Sarah Miller
Website: www.stmarysmd.com/aging/healthfair.asp

Phone: 301-475-4200, ext. 1073

Email: sarah.miller@stmarysmd.com.

Thanks to our generous sponsors!



EMERGENCY PREPAREDNESS

FOR OLDER ADULTS AND PEOPLE WITH DISABILITIES

CREATE A NETWORK OF SUPPORT

TO HELP YOU IN CASE OF AN EMERGENCY.

PREPARE FOR A POWER OUTAGE IF YOU USE ELECTRIC MEDICAL DEVICES.



talk to a health care provider about what to do



identify an alternative power source for devices



inform your emergency contacts of the plan



Plan how you will **communicate** if you have a communication disability.



Plan for your **transportation** if you need help evacuating.



Plan how you will evacuate with any **assistive devices**.

WHAT TO INCLUDE IN AN EMERGENCY PREPAREDNESS KIT

- Contact information for important people and care providers
- A list of medicines you need, dosage instructions, and any allergies
- Styles and serial numbers of all medical and assistive devices
- Need-to-know information for first responders and others who might need to help you



Food, water, and essentials for you and pets or service animals



Medicines, medical supplies, batteries, and chargers



Copies of Medicaid, Medicare, and other insurance cards



Learn more: acl.gov/programs/emergency-preparedness

Senior Information & Assistance

By *Debbie Barker, Senior I&A Division Manager*




Medicare Part D Open Enrollment

Each year between, October 15 – December 7, Medicare beneficiaries who have or need to enroll in Medicare Part D should review their plan options. For those who are already enrolled in Part D it is important they take time to review information received from their plan in September. The following are important questions to ask:

- √ Are my medications covered next year?
- √ Will I have a deductible to meet?
- √ Are my co-pays increasing?
- √ Has the premium increased?

If there are no concerns regarding your coverage in 2023 then no further action is required, and the policy will automatically renew in January. For those who have concerns about policy changes, now is the time to compare other coverage options. To do so, go to www.medicare.gov and follow the instructions to compare all available Part D plans. The Department has trained counselors available to provide comparison assistance.

WHAT IS MEDICARE PART D?
INSURANCE FOR PRESCRIPTION DRUGS

- 
1 You pick your plan through a private insurance carrier in your state.
- 
2 Pick up your prescriptions from a pharmacy that is in-network with your plan.
- 
3 If you want to shop your Part D plan, you can change plans each year during the Fall Open Enrollment.

10

For more information, or to schedule a time to come in and talk about Medicare, contact:

Debbie Barker, Division Manager
301-475-4200, ext. 1064
Debbie.Barker@stmarysmd.com

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

Melissa Craig
Senior Information & Assistance Caseworker
Loffler Senior Activity Center
301-475-4200, ext. 1654
Melissa.Craig@stmarysmd.com



FEELING WORRIED, LONELY OR STRESSED? YOU ARE NOT ALONE.

Talking with a professional can significantly improve your health

📞 Please call: 1-301-284-0032




 Our services are covered by Medicare and most other insurances

LET US TALK

We are here for you

Let us talk is a program designed for adults to successfully cope with these challenges and move forward to living a worry free healthy life.

WE PROVIDE

-  Private and confidential talks with health care professionals.
-  Personalized Care: Together we'll find what works best for you whether that's counseling, medication or just a chat.
-  Caring support staff to help coordinate available resources for meals, transportation, appointments and more.

We Are Available By



Phone
or
Video Chat



Via Cell Phone



or Computer

Give Us A Call Today.
We Are Always Here
To Listen.

*Co-pays and Deductibles are being waived due the Covid-19 Public Health Emergency.

Please Call:
1-301-284-0032

Visit Us:
www.letustalk.org

LIFE Program Seeking Volunteers

The Learning is ForEver (LIFE) Program is seeking volunteers! LIFE volunteers support the St. Mary's County Department of Aging & Human Services by providing educational activities and tours for adults ages 50 and above.

Volunteers will:

- Work with the planning committee to explore, identify, plan, and organize local trips, tours, and educational programs.
- Prepare and oversee all program logistics.

Qualifications:

- Possess an interest in the well-being of the 50+ population
- Possess organizational and planning skills to ensure a quality program
- Be able to give clear and accurate directions for the participants
- Be able to communicate effectively with participants and staff

To learn more about this volunteer opportunity, contact Division of Senior Center Operations Manager Brandy Tulley at 301-475-4200, ext. 1063.



Fitness Programs in Your Home!

With the start of the COVID-19 pandemic over two years ago and the temporary closure of many businesses and public buildings, many older adults found themselves looking for alternative ways to exercise. Closures of gyms, senior centers, and other popular fitness venues forced people to get creative with their workouts. St. Mary's County Senior Activity Centers explored ways to continue to engage older adults in physical fitness programming. Virtual fitness programming began in the fall of 2020 and was so well received that it continues today! If you have not tried virtual fitness programming, here are some reasons to consider this popular fitness option.

Convenient and Easy Access

All you need is a digital device, WiFi, and space to move around. That means you can work out just about anywhere. Other commitments and cost may be reasons why many find it difficult to commitment to a regular physical fitness routine. Our virtual fitness classes are offered at convenient times and for the time being, virtual classes are free of charge.

Privacy to Explore and Grow

Have you ever wanted to try a new move or pose but feel that you might embarrass yourself in front of others? With virtual workouts, you are in a private space so you are free to stretch your limits and try new routines.

Best of Both Worlds

There's something to be said for exercising in a group environment just as there are benefits to working out solo. Virtual workouts are a combination of both: You are part of a group that is working to improve their health, but in the privacy of your own space.

The senior activity centers offer a variety of group fitness options in the centers and remotely via a virtual platform with live, engaging instructors, most who also teach at the senior activity centers. If you have never tried one of our virtual fitness classes and think this may be a good fit for you, explore the schedule below and call 301-475-4200, ext. 1080, to sign-up.

Focus on Fitness

By Brandy Tulley, Senior Center Operations Division Manager

Are you interested in joining one of our fitness classes right from the comfort of your own home? Join us for one of our upcoming Remote Fitness Programs!



Awakening (Mat) Yoga with Judi via Zoom

Thursdays, Sept. 8 – Oct. 27

10:45-11:45 a.m.

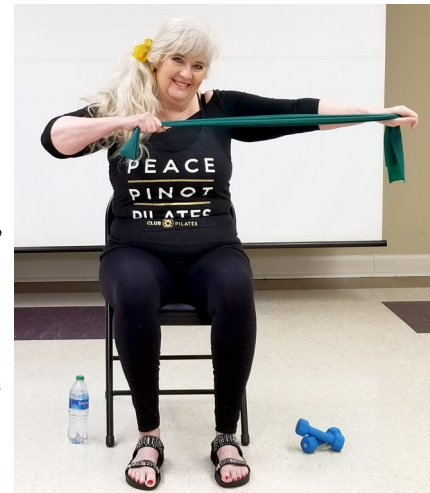
This gently active mat yoga class focuses on whole-health well-being of mind, body and spirit by engaging in mindful poses to improve flexibility, strength and range of motion while boosting mood, energy, brain function, circulation and immunity. Participants should have 1 or 2 blankets (or floor mats), 2 yoga blocks (or thick

sturdy books), a strap (or old tie or towel) and water.

Chair Pilates with Sherry via Zoom

Tuesdays, Sept. 6 – Oct. 25 (no class Sept. 13), 3-4 p.m.

Pilates is based on three principles: Breath, Whole-Body Health, and Whole-Body Commitment that encompasses mind, body, and spirit. Through breath, concentration, centering, using control, precision, and flow, Pilates exercises can be performed in a chair and without any equipment. Learning to move correctly in the chair as well as standing will not only increase your strength and balance but improve your efficiency of movement throughout your daily activities.



Chair Assisted Yoga via Zoom

Tuesdays and Fridays, Sept. 6 – Oct. 28 (no class Oct. 14), 10-11 a.m.

Boost your immunity, strengthen your bones, reduce stress, and increase your flexibility. These are just some of the scientifically proven benefits of yoga. Join Karen Weaver on Tuesdays and Judi Lyons on Fridays for a gentle chair assisted class to help you in your pursuit of better health. Classes will consist of seated postures that focus on opening the joints, standing postures to increase strength and flexibility, and a relaxation/meditation that will help to reduce stress. **Sign up for one or both days.**

EnhanceFitness

Mondays and Wednesdays, Sept. 7 – Oct. 26 (no class Sept. 14 & Oct. 10), 9-10 a.m.

OR

Tuesdays and Thursdays, Sept. 6 – Oct. 27, 8:30 – 9:30 a.m.

This evidence-based, nationally recognized fitness program incorporates low-impact aerobics, strength training, stretching and balance exercises to provide a full-body workout. A sturdy chair, hand weights and exercise band are recommended for participation. Please sign up for the Monday/Wednesday session *or* the Tuesday/Thursday session.

Garvey Senior Activity Center

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

Reiki & Reflexology with Sarah Strain

Garvey Senior Activity Center

Thursdays, September 1 & October 6

10 a.m.-4 p.m.

Cost: \$45 for 45 minutes

The Garvey Senior Activity Center is excited to welcome back Sarah Strain who is ARCB Board Certified. She will be offering Reflexology and Reiki sessions the first Thursday of the month, starting on September 1, from 10 a.m.-4 p.m.

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 form of energy balancing. Using light or no touch, the hands of the practitioner capture and deliver the universal life energy to the client. 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. You can now use the online registration at www.stmarysmd.com/aging. Please call the Reservation Request Line at 301-475-4200, ext. 1075, if you need assistance with registration. Cancellations will be accepted with 24-hour notice. If cancellation is made day of you will be offered to reschedule.



Mosaic Art

Garvey Senior Activity Center

Tuesday, September 6

Monday, October 17

10 a.m.

Cost: \$30 per workshop

In this workshop, led by Cheryl Hiller, you will create a beautiful, tempered glass mosaic artwork printed imagery, shiny tempered glass, and plenty of sparkle. This workshop guides you

step-by-step to create a unique mosaic work of art! No prior mosaic experience is necessary! You can now use the online registration at www.stmarysmd.com/aging. Please call the Reservation Request Line at 301-475-4200, ext. 1075, if you need assistance with registration.





Nutrition Education
Garvey Senior Activity Center
Wednesday, September 7 & October 5
10 a.m.
FREE

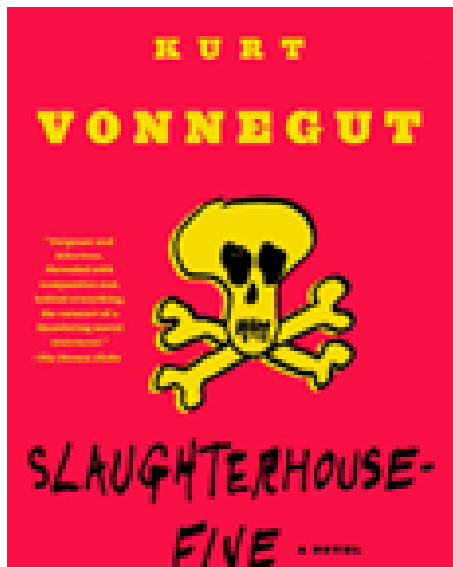
Donna Taggart, Certified Diabetes Educator and Registered Dietician, will be at the Garvey Senior Activity Center to help answer your healthy eating questions. The topic for discussion in September is Fruits and Veggies More Matters and in October Eat More of This, Eat Less of that! You can now

use the online registration at www.stmarysmd.com/aging. Please call the Reservation Request Line at 301-475-4200, ext. 1075, if you need assistance with registration.

Watercolor with T.L. Ford
Garvey Senior Activity Center
Tuesday, September 13 & October 11
1:30 p.m.

Cost: \$25 per class

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 September will be Old Barn and for October the theme of the painting will be Fall Leaves. The cost for each class will be \$25. You can now use the online registration at www.stmarysmd.com/aging. Please call the Reservation Request Line at 301-475-4200, ext. 1075, if you need assistance with registration.



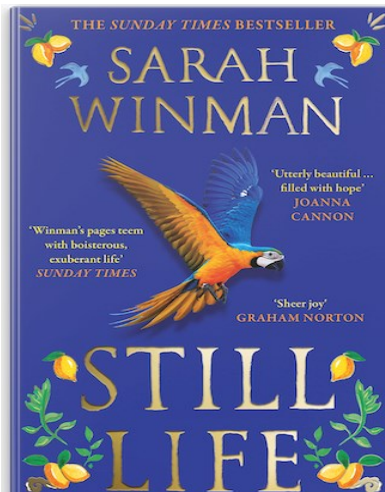
Book Discussion Group
Garvey Senior Activity Center
Wednesday, September 14 & October 12
11 a.m.
FREE

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 September, the group will discuss *Slaughterhouse Five* by Kurt Vonnegut an American classic, is one of the world's great antiwar books.

Centering on the infamous firebombing of Dresden, Billy Pilgrim's odyssey through time reflects the mythic journey of our own fractured lives as we search for meaning in what we fear most.

In October, the group will discuss *Still Life* by Sarah Winman. *Still Life* is a sweeping portrait of unforgettable individuals who come together to make a family, and a deeply drawn celebration of beauty and love in all its forms.

To learn more please call 301-475-4200, ext. 1080.





Luncheon with Patricia Armstrong

Garvey Senior Activity Center

Friday, September 16

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 talents 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. You can now use the online registration at www.stmarysm.com/aging and click

“Online Senior Activities Centers Registration”. Please call the Reservation Request Line at 301-475-4200, ext. 1075, if you need assistance with registration.

Beginner Ukulele Classes

Garvey Senior Activity Center

Fridays, September 30-October 14

1:30 p.m.

FREE

Come join Patricia Armstrong as she teaches you the basics of beginner Ukulele. Patricia has been playing guitar and singing for the last few years and has taken on Ukulele as well. In this 4-week class she will teach you simple chords, strumming, tuning and much more to get you started. You can now use the online registration at www.stmarysm.com/aging. Please call the Reservation Request Line at 301-475-4200, ext. 1075 if you need assistance with registration. Ukuleles will be available to check out at the St. Mary’s County Library in Leonardtown for the duration of the class. Please note: ukulele checkouts are not included with class registration and must be done separately.

Floral Arranging with Sunnyside Florals

Garvey Senior Activity Center

Wednesday, October 19

1:30 p.m.

Cost: \$45

Would you like a beautiful handmade arrangement for your home or to give to a loved one? We are so excited to announce that the Garvey Senior Activity Center is collaborating with the local community florist Sunnyside Florals! 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 carved pumpkin 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! You can now use the online registration at www.stmarysm.com/aging. Please call the Reservation Request Line at 301-475-4200, ext. 1075, if you need assistance with registration.





Luncheon with Jimi Simon
Garvey Senior Activity Center
Friday, October 7
Doors Open: 11:30 a.m.
Lunch Served: 12 p.m.
Music: 12:30 p.m.

Jimi Simon, former leader and featured performer from the Fabulous Hubcaps band (1974-2006). For over 30 years he has captivated audiences with his large repertoire of music. Come take a stroll down “memory lane”! Cost for lunch is by donation for those ages 60 and above and \$6 for those under the age of 60. You can now use the online registration at

www.stmarysmd.com/aging and click “Online Senior Activities Centers Registration”. Please call the Reservation Request Line at 301-475-4200, ext. 1075, if you need assistance with registration.

Halloween Drama Speaks Theater Performance
Garvey Senior Activity Center
Tuesday, October 25
Doors Open: 11:30 a.m.
Lunch Served: 12 p.m.
Performance: 12:30 p.m.

It's time to scare up some laughter with your Readers Theatre performers! Join us for lunchtime entertainment that will have you quivering with guffaws that are guaranteed to sneak up on you. It would be frightful if you missed all the fun! Wear your best Halloween outfit. You can now use the online registration at www.stmarysmd.com/aging. Please call the Reservation Request Line at 301-475-4200, ext. 1075, if you need assistance with registration.

Fun Times in the Art Studio!



Loffler Senior Activity Center

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

September is Fall Prevention Month

A fall prevention presentation board with handouts will be on display at the Loffler Senior Activity Center throughout the month of September. This is a simple way to independently determine your risk for a fall and get a few ideas on ways you can decrease your chances of falling.

Nutrition Presentations by Donna Taggert

Loffler Senior Activity Center

Free

Monday, September 12, 10 a.m. - *Fruits & Veggies - More Matters*

Monday, October 3, 10 a.m. - *Eat More of This, Less of That*

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.stmarysmd.com/aging. If you do not have access to e-mail and the internet, you can still leave a message on our reservation line at 301-475-4200, ext. 1660.

ADDITIONALLY- Donna will be offering free personal nutritional education at 11 a.m. on the days she is here if you make an appointment with her by text message or calling 240-538-6539.

Art with Jamie

Loffler Senior Activity Center

Tuesdays 10 a.m.-12 noon

Cost- \$25 per session

September 13, 20, 27 (No class on September 6)

October 4, 11, 18, 25

In September, participants will do oil painting on canvas. It will be a three-week process on the same project as we allow the oils to dry between sessions.

In October, bring a picture of your FAVORITE SUBJECT. Participants will learn the process of being inspired by something we see and love and bring it to life as art using composition and observational drawing techniques. It can be a picture of anything you love- airplanes, birds, a favorite vacation spot, horses - the possibilities are endless! Advance registration and payment are required for these classes.

18



Handpan Music and a Guided Relaxation

Loffler Senior Activity Center

Friday, September 9, 10 a.m.

Free

Get your Zen on! Joel Tuminaro will be at the Loffler Senior Activity Center to introduce us to a recently invented musical instrument- the handpan. It has a mesmerizing sound similar to the steel drum. You can learn about it and its origins and hear the lovely music

it can make. Then sit back and relax while Joel guides you through a 20-to-30-minute relaxation meditation accompanied by his handpan. Register for this musical treat by going to www.stmarysmd.com/Aging. If you do not have access to e-mail and the internet, you can still leave a message on our reservation line at 301-475-4200, ext. 1660. Limited seating available.

NEW BEGINNING

September Health Watch: Simple Ways to Improve Your Balance

Loffler Senior Activity Center

Thursday, September 22, 10 a.m.

Free

This is National Fall Prevention Day so we would like to focus on one of the elements that can deteriorate as we age. Mary Tennyson will be showing you some exercises and activities that you can practice on your own to improve your balance and hopefully, help prevent a fall.

Advance registration is required at www.stmarysmd.com/aging. If you do not have access to e-mail and the internet, you can still leave a message on our reservation line at 301-475-4200, ext. 1660.

Wills and Advance Directives

Loffler Senior Activity Center

Thursday, September 22, 1 p.m.

Free

Don't miss the chance to get updated on what you need to know related to wills, advance directives, and powers of attorney. This will be a free presentation from Maryland Legal Aid, the largest provider of free, direct legal services in Maryland and the state's 3rd largest law firm. Advance registration is required at www.stmarysmd.com/aging, or by calling 301-475-4200, ext. 1660

Fall Bird Feeding

Loffler Senior Activity Center

Thursday, October 6, 9 a.m.

Free

Join Barb Whipkey, owner of Wild Birds Unlimited of Lexington Park, as she shares tips on how we can attract a larger variety of birds to our feeders. Studies have shown that birds with access to feeders during the cold months have a higher survival rate than those without access to feeders. Take part in this talk and learn how you can help the birds prepare for the cooler weather ahead to create a refuge in your yard. Advance registration is required for this presentation. Go to [ww.stmarysmd.com/Aging](http://www.stmarysmd.com/Aging). If you do not have access to e-mail and the internet, you can still leave a message on our reservation line at 301-475-4200, ext. 1660.



AARP Safe Driving Class

Loffler Senior Activity Center

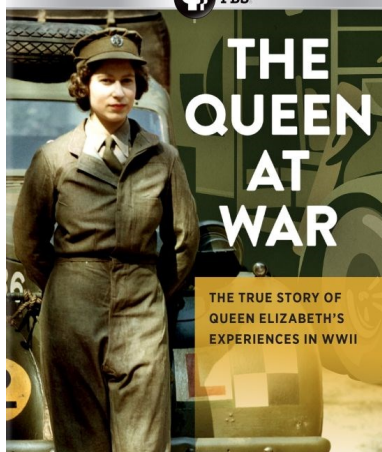
Thursday, October 13, 9 a.m.-2 p.m.

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

An AARP Safe-Driving course will be held at the Loffler Senior Activity Center on Thursday, October 13, from 9 a.m.-2 p.m. (with an hour lunch break at 11:30). 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 and payment in advance are required at www.stmarysmd.com/aging. If you do not have access to e-mail and the internet, you can still leave a message on our reservation line at 301-475-4200, ext. 1660. 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. To reserve a lunch please call 301-475-4200 ext. 1657 by 12 p.m. on October 12.



Educational Video: *The Queen at War*

**Loffler Senior Activity Center
Thursday, October 20, 10 a.m. (60 min.)**

Free

Princess Elizabeth was a child of thirteen on September 3, 1939, when her father King George VI informed the people that Britain was at war. This revelatory documentary tells the story of the Queen's experiences during WWII and how the longest-reigning monarch in British history was shaped by the war. Register for this video at www.stmarysmd.com/aging. If you do not have access to e-mail and the internet, you can still leave a message on our reservation line at 301-475-4200, ext. 1660. 16 seats available.

**Décor and More -
Halloween Party**

**Loffler Senior Activity Center
Friday, October 21, 10 a.m.**

Help us put together decorations, party favors, prizes and center-pieces for our upcoming Halloween Party. We'll provide the materials; you help us put them together! Contact Sheila.Graziano@stmarysmd.com if you are available and would like to help.



**Loffler Halloween Party
Loffler Senior Activity Center
Friday, October 28, 11 a.m.-1 p.m.
\$3 plus lunch donation**

Tricks and treats, dancing feet; dress up or not, fun will be got! Let's have a few laughs (be a good sport if the laugh is on you!) a bit of dancing, a costume contest with several categories and a simple lunch with a spooky dessert. The small fee covers the cost of prizes, decorations and treats and will be paid in advance when you register. But don't forget to bring a donation for lunch on the day

of the party or, if you are under 60 years old, \$6. Sign up at www.stmarysmd.com/aging. If you do not have access to e-mail and the internet, you can still leave a message on our reservation line at 301-475-4200, ext. 1660



**Christmas Trip Coming Up!
Bird in Hand Lunch Smorgasbord
followed by a live musical based on a true
heroic story**

Tuesday, Dec. 13, 7:15 a.m.-6:30 p.m.

Bus departs Loffler Senior Activity Center
7:15 a.m.; Returns approx. 6:30 p.m.

Cost \$150 (includes luxury motor coach

transportation, water and snack each way, full lunch smorgasbord, live musical production, all taxes and gratuities including bus driver tip)

The Christmas Ship-A ship. A storm. And a Christmas tale of heroic proportions. This heart-warming inspirational new musical is based on the true story of Herman Schuenemann, known as Captain Santa, who goes down with his ship on a storm in Lake Michigan – leaving his widow to raise their daughters, run the family shipping business and continue her husband’s mission of giving away thousands of Christmas trees to the less fortunate of Chicago. Can she take on the doubters and naysayers, or will she break under the pressures of widowhood, judgmental people and the restrictive customs of the day? What Barbara Schuenemann and her daughter Elsie do to resurrect Captain Santa’s legacy is nothing short of a holiday miracle. Registration for this trip opens on August 20 at www.stmarysmd.com/aging. Full payment will be required at that time. If you do not have access to e-mail and the internet, you can leave a

Loffler Book Club News

Each month, members of the book club gather to talk about the book of the month. The discussions are friendly and honest- everyone’s thoughts are appreciated. Copies of the book of the month are on hold at the Lexington Park Library. Contact Shellie Graziano at Sheila.Graziano@stmarysmd.com to learn more about joining this casual group!

Discuss *Midnight at the Blackbird Café* by Heather Webber - September 2, 2 p.m.

In September read: *The People We Keep* by Allison Larkin

Book Discussion on October 7, 2 p.m.

Little River, New York, 1994: April Sawicki is living in a motorless motorhome that her father won in a poker game. Failing out of school, picking up shifts at a local diner, she’s left fending for herself in a town where she’s never quite felt at home. When she “borrows” her neighbor’s car to perform at an open mic night, she realizes her life could be much bigger than where she came from. After a fight with her dad, April packs her stuff and leaves for good, setting off on a journey to find a life that’s all hers. Driving without a chosen destination, she stops to rest in Ithaca. Her only plan is to survive, but as she looks for work, she finds a kindred sense of belonging at Cafe Decadence, the local coffee shop. Still, somehow, it doesn’t make sense to her that life could be this easy. The more she falls in love with her friends in Ithaca, the more she can’t shake the feeling that she’ll hurt them the way she’s been hurt. As April moves through the world, meeting people who feel like home, she chronicles her life in the songs she writes and discovers that where she came from doesn’t dictate who she has to be.

In October read *The Haunting of Hill House*

Book discussion on November 4, 2 p.m.

This 1959 gothic horror novel written by American author Shirley Jackson was a finalist for the National Book Award and is considered one of the best literary ghost stories published during the 20th century. Jackson's novel relies on terror rather than horror to elicit emotion in the reader, using complex relationships between the mysterious events in the house and the characters' psyches.

Northern Senior Activity Center

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



Cycling Without Age

Northern Senior Activity Center

Thursday, September 1 & October 6, 9 a.m.-12 p.m.

Free

We are pleased to announce that the international program, Cycling Without Age, will now be offered at our center. Once per month, Christina Allen will bring her trishaw bicycle to provide rides on Three Notch Trail. These rides are by appointment only with limited availability. To secure your appointment slot, click on the "Online Senior Activities Centers Registration" button at

www.stmarysmd.com/aging. Accommodations can be made for those requiring registration assistance by leaving a message at 301-475-4200, ext. 3115.

Football Kickoff:

Favs, Fans & Fun Day

Northern Senior Activity Center

Friday, September 9, 10 a.m.-12 p.m.

Free

Show your spirit for the start of the season and dress up in your favorite football team's jersey or colors for a day of football fun. Start the day off with a football themed bingo -- OR --- participate in our free football pool game for a chance to win prizes! The pool will follow September 11th, Sunday night game, Commanders vs.

Jaguars, and the winners will collect their prizes that week. Reserve a lunch before noon on Thursday, September 8. To sign up for this event, click on the "Online Senior Activities Centers Registration" button at www.stmarysmd.com/aging. Accommodations can be made for those requiring registration assistance by leaving a message at 301-475-4200, ext. 3115.



AARP Smart Driver Safety Course

Northern Senior Activity Center

Tuesday, September 13, 9 a.m.-2 p.m.

\$20 for AARP Members or \$25 for Non-Members

The AARP Smart Driver Safety Course will be held with 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. To sign up for this event, click on the "Online Senior Activities Centers Registration" button at www.stmarysmd.com/aging. Accommodations can be made for those requiring registration assistance by leaving a message at 301-475-4200, ext. 3115.

Basket Weaving: Antique Bobbin Handle

Northern Senior Activity Center

Friday, September 16, 10 a.m.-2:30 p.m.

\$30

Experienced basket artisan, Pam King, will show you how to make a decorative basket using a repurposed, antique wooden bobbin as the handle. If you're unfamiliar, a bobbin is commonly used to wind yarn, wire, thread, or film. This project is designed for those with a beginner to intermediate skill level. Reasonable hand dexterity is needed if you are trying this for the first time. To sign up for this event, click on the "Online Senior Activities Centers Registration" button at www.stmarysmd.com/aging. Accommodations can be made for those requiring registration assistance by leaving a message at 301-475-4200, ext. 3115.



Watercolor Painting with T.L. Ford

Northern Senior Activity Center

Mondays, September 19 & October 24, 1-3 p.m.

\$25

Come have fun with watercolors! 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. To sign up for this event, click on the "Online Senior Activities Centers Registration" button at www.stmarysmd.com/aging.

Accommodations can be made for those requiring registration assistance by leaving a message at 301-475-4200, ext. 3115.



Autumn Bazaar - Craft Sale

Northern Senior Activity Center

Friday, September 23, 9 a.m.-4 p.m., open to the public

Our crafty seniors are taking over the center to display and sell their creations! Support an artist by purchasing handcrafted items such as crochet hats and paintings. The quilting crew will be displaying their finest work as well. No registration needed to attend.

23

Wii Game Show Showdown: Wheel of Fortune

Northern Senior Activity Center

Tuesday, September 27, 1-3 p.m., Free

I'd like to solve Pat... IT'S GAME SHOW TIME AT NORTHERN! "Wii" now have the Wheel of Fortune videogame. Join us for friendly competition based on the hit TV game show. If you're unfamiliar with how the game works, "contestants guess hidden phrases by guessing letters one at a time. Contestants win money or prizes, as determined by a spin of the wheel, for each correct consonant they guess. But they have to pay to see what vowels are in a puzzle." To sign up for this event, click on the "Online Senior Activities Centers Registration" button at www.stmarysmd.com/aging. Accommodations can be made for those requiring registration assistance by leaving a message at 301-475-4200, ext. 3115.



Pottery Throwing 101

Northern Senior Activity Center

Fridays, October 7 & 21, 10 a.m.-Noon, Free

Are you interested in learning how to use a potter's wheel? Pam King, our pottery group leader, will provide instruction on how to use the potter's wheel to "throw" clay and make beautiful vessels. This class is free and includes instruction and all supplies; firing fee may apply if you chose to fire your piece. Space is limited, advance signup required. To sign up for this event, click the "Online Senior Activities Centers Registration" button at www.stmarysmd.com/aging. Accommodations can be made for those requiring registration assistance by leaving a message at 301-475-4200, ext. 3115.

Pink Bingo – Breast Cancer Awareness

Northern Senior Activity Center

Friday, October 7, 10-11:30 a.m.

Free

Join us for a pink themed Bingo in support of Breast Cancer Awareness month. Sport your best pink outfit, win pink colored-prizes, and more. To sign up for this event, click the "Online Senior Activities Centers Registration" button at www.stmarysmd.com/aging. Accommodations can be made for those requiring registration assistance by leaving a message at 301-475-4200, ext. 3115.

Basket Weaving: Festive Skull

Northern Senior Activity Center

Friday, October 14, 10 a.m.-2:30 p.m.

\$30

Experienced basket artisan, Pam King, will show you how to make a multicolored decorative basket with a "day of the dead" Latin-style skull. Perfect for display during the Halloween season! This project is designed for those with a beginner to intermediate skill level. Reasonable hand dexterity is needed if you are trying this for the first time. To sign up for this event, click the "Online Senior Activities Centers Registration" button at www.stmarysmd.com/aging. Accommodations can be made for those requiring registration assistance by leaving a message at 301-475-4200, ext. 3115.



24

Presentation: Get Organized with Wendy

Northern Senior Activity Center

Thursday, October 20, 1-2 p.m.

Free

Cluttered attic? Living room a mess? Can't find what you need in the pantry? Local professional organizer, Wendy Small, is providing fantastic tips & advice to help organize your life. Join her for a presentation with Q&A and demonstrations.

Boost Your Immune Function Naturally - Workshop

**Northern Senior Activity Center
Monday, October 24, 1-2:30 p.m.**

\$15

As our ever-changing world challenges us, and the seasons turn cooler, it's SO important to bolster our immune systems so that they can effectively protect us from 'dis-ease'. In this interactive workshop, Judi Lyons will teach a variety of unique, natural, and holistic immune boosting techniques including Traditional Chinese Medicine exercises, sound and aroma therapy, and beneficial spices and teas. All levels of mobility and function are welcomed. Resources and handout provided. To sign up for this event, click the "Online Senior Activities Centers Registration" button at www.stmarysmd.com/aging. Accommodations can be made for those requiring registration assistance by leaving a message at 301-475-4200, ext. 3115.

Crafting with Helene

**Northern Senior Activity Center
Thursday, October 27, 1-3 p.m.**

Free

Following her artistic debut this August, Helene is back with a new craft! Spend time with Northern's favorite Office Specialist as you create artwork with unconventional items. The project is currently a secret – you'll have to ask Helene! To sign up for this event, click the "Online Senior Activities Centers Registration" button at www.stmarysmd.com/aging. Accommodations can be made for those requiring registration assistance by leaving a message at 301-475-4200, ext. 3115.

Mad Hatter's Tea Party

**Northern Senior Activity Center
Wednesday, October 12, 1-3 p.m.**

\$2

Step into "wonderland"! The Mad Hatter is hosting a tea party, complete with real tea, finger foods, and fun activities! Wear your funkiest, most whimsical hat and outfit. Don't forget your favorite teacup!

To sign up for this event, click the "Online Senior Activities Centers Registration" button at www.stmarysmd.com/aging. Accommodations can be made for those requiring registration assistance by leaving a message at 301-475-4200, ext. 3115.



Halloween Hoedown

**Northern Senior Activity Center
Monday, October 31, 1-4 p.m.**

\$3

We have a super spooky afternoon planned this Halloween. DJ Mean Gene is returning to the center to play some groovy tunes. Wear your best costume and dancing shoes! We'll have light drink and snacks too. To sign up for this event, click the "Online Senior Activities Centers Registration" button at www.stmarysmd.com/aging. Accommodations can be made for those requiring registration assistance by leaving a message at 301-475-4200, ext. 3115. Lunch is not included in this event. If interested, leave a message on 301-475-4200, ext. 3105. Regular lunch fees apply.

Retired and Senior Volunteer Program

By : Monika Williams, RSVP Program Manager

Seeking Tech Savvy Volunteers



RSVP is looking for tech savvy volunteers to teach seniors how to navigate their cell phones, access email, and open email attachments. We're living in a time where it is becoming vital to be able to perform tasks on computers and cell phones. Mostly gone are the days when using the telephone to converse and writing letters or notes to communicate were sufficient. RSVP would like to prepare seniors for a future where computers and cell phones will be the only way to conduct business and communicate socially. Consider joining us to equip our seniors for the fast-approaching digital future.

Volunteer Opportunities

Are you looking for a way to get involved in your community? Consider volunteering with one of the stations listed below! Are you a potential volunteer station seeking helping hands? RSVP is always seeking new avenues to offer volunteering opportunities! Please feel free to contact the RSVP office with any suggestions of potential stations at rsvp@stmarysmd.com or 301-475-4200, ext. 1653.



Home-Delivered Meals

- Meal Delivery Driver

Loffler

Senior Activity Center

- Zoom Activity Monitor

Historic Sotterley

- Tour Guide
- Museum Gift Shop
- Garden Attendant

Hospice of St. Mary's

- Patient Care
- House Patient Cook
- Office Help

Teen Court

- Teen Court Judge
- Hearing Support Assistants
- Administrative Assistant

A Community That Shares (ACTS)

- Receiving and dispersing medical equipment
- Repairing Equipment

Patuxent River Naval Air Museum

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

St. Clement's Island Museum

- Special Event Set-Up
- Front Desk Attendant
- Manifest Assistance

Charlotte Hall Veterans Home

- Activity Assistant
- Gift Shop Attendant
- Technical Support

Habitat for Humanity

ReStore

- Customer Assistant
- Showroom Attendant

RSVP Coffee Corner



Thank you to all RSVP volunteers who have responded to the new “RSVP Coffee Corner” email articles. Your feedback has been very helpful. It’s delightful to feel connected to all of you through this form of communication. Thank you all for your continued support and commitment throughout these hot summer days. Please contact the RSVP office if you are a RSVP volunteer and haven’t received the RSVP Coffee Corner emails.

Are you prepared for Emergencies?

How many of us are prepared for emergencies? We should make sure to have shelf stable meals and jugs of water in case of extended loss of electricity. Many companies sell survivor kits on-line. These kits contain water pouches, food bars, flashlights, emergency radios and many other items. Wouldn’t you rather be prepared for any situation instead of finding yourself in need of these things without promise of finding them. Life is stress free when we are prepared for the unknown.



LIFE Program Seeking Volunteers

The Learning Is ForEver program is seeking volunteers for Spring of 2023. This program offers learning opportunities to seniors through several trips to historical landmarks and educational seminars. Volunteer positions are: LIFE Committee member, tour guide, and presentation coordinator. Please contact the RSVP office, 301-475-4200, ext. 1653, or rsvp@stmarysmd.com for more information.

Send a Ray of Sunshine to Brighten Someone’s Day!

During COVID, the RSVP program created Senior Connections, a group of volunteers to create cards, to reach out to homebound or temporarily ill seniors. These cards are absolutely beautiful and bring much joy to their recipients. If you are aware of any seniors who are ill or homebound, please contact the RSVP office. We would be more than happy to send a ray of sunshine their way!



Save the Date! Veterans Resource Day



ST. MARY'S COUNTY

DEPARTMENT OF AGING & HUMAN SERVICES

Working Together ~ Caring About You

**Hosted by the
St. Mary's County Department of
Aging & Human Services**

Friday, Nov. 4, 2022

9 a.m. - 2 p.m.

**University of Maryland at Southern Maryland
44219 Airport Road, California, MD**

For more information, contact Sarah Miller

Phone: 301-475-4200, ext 1073

Email: sarah.miller@stmarysmd.com

Website: www.stmarysmd.com/veterans

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



Online Registration Now Available

We make it easy to register for activities with our **NEW online registration option!**

The senior activity centers offer many drop-in programs and activities, but for those programs requiring advance registration and payment you can now complete the entire process on-line from the convenience of your own home.

Online registration is as easy as 1-2-3!

We make it easy to register for activities with our NEW on-line registration option!

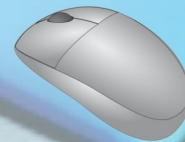
Go to www.stmarysmd.com/aging, click on Online Registration, and use the following steps!

Step 1:
Create your Household Account

(You'll only do this once. If you already have a Household Account, skip to steps 2 and 3!)



Step 2:
Add activities to your cart and checkout



Step 3:
Receive email confirmation

*No computer? No problem!
Use a computer at the Loffler or Northern Senior Activity Centers
or at one of the three St. Mary's County Libraries.*

For more information, contact your local Senior Activity Center

*Note: Accommodations will be made for those requiring registration assistance.
Call the Reservation Request Line at the hosting senior activity center
and a member of our staff will return calls in the order received.*

Garvey Senior Activity Center
301-475-4200, ext. 1075

Loffler Senior Activity Center
301-475-4200, ext. 1660

Northern Senior Activity Center
301-475-4200, ext. 3115

Ongoing Activities - Garvey

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Arthritis Foundation Exercise Program (AFEP)	Tues. & Thurs. 9:45-10:30 a.m.	Gentle, range of motion, stretching and flexibility led by certified instructor.	No	No
Billiards	Anytime the center is open.	Bring your own or use ours.	No	No
Bingo	Mondays 10-11:30 a.m.	Game with volunteer bingo callers. Pantry items for prizes.	No	No
Book Discussion Group	2 nd Wednesdays, 11 a.m.	Loaner books provided by St. Mary's Public Library.	No	No
Bridge Club	Wed. & Thurs. 10 a.m.-2 p.m.	Best suited for experienced players.	Closed	No
Card Making	2 nd Thurs. of the month 2 p.m.	Using different machines and creative items cards are made with instruction.	Yes	\$4
Chair Yoga	Wed. 9:30-10:30 a.m.	Gentle Stretching and Yoga moves using a chair.	No	Fitness Card
Cornhole	Anytime the center is open.	2 boards, 8 bags	No	No
Diamond Dots	Thurs. 2 p.m. Except 2 nd Thurs. of the month.	Paint by color with diamonds. No experience needed. Bring your own supplies. Light boards provided.	Yes	No
EnhanceFitness	Mon., Wed., Fri. 11-12 p.m. Tues. 8:15 a.m.	Cardiovascular/weight training exercises to improve flexibility, strength, balance.	No	Fitness Card
Fitness Room	Anytime the center is open.	1 Elliptical Trainer; 1 Seated Elliptical. 3 Treadmills; 2 Recumbent Bikes; 1 Row machine.	No	No
Geri-Fit	Mon. & Wed. 2:15-3:00 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
Lengthen & Strengthen	Wednesdays 12:30 p.m.	Focus on toning all the major muscle groups, while simultaneously stretching and lengthening the muscles.	No	Fitness Card
Men's Strength Training	Mon. 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	Anytime the center is open.	1 table, paddles and balls are available	No	No
Readers Theater	Meeting, 2 nd Tuesday 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
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 and 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	Tues. & Fri. 12:30 p.m.	Improves muscle strength & tone. Reduces stress & increases relaxation.	No	Fitness Card
Zumba Gold	Thursdays 12:30 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.stmarysmd.com/aging

Senior Information & Assistance Contacts
<https://www.stmarysmd.com/aging/SeniorIA-Contacts.asp>

Virtual Senior Activity Center
<https://www.stmarysmd.com/aging/virtual-senior-center/>

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

Department of Aging & Human Services YouTube Channel
<https://www.youtube.com/c/SMCAgingHumanServices>

Ongoing Activities - Loffler

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Art with Jamie	Tues. (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)	Tues. & Thurs. 12:30-1:30 p.m.	Gentle, range of motion, stretching and flexibility led by certified instructor.	No	No
Bible Study	Fri. 10:30 a.m.	Non-denominational, Christian-based scripture group led by volunteer Phil Benedict.	No	No
Bingo	Wed. 12:30-1:30 p.m.	Game with volunteer bingo callers. Pantry items for prizes.	No	\$1 card/ up to 3 cards
Bio/History Series	1 st or 2 nd Thurs 10 a.m.	Educational films selected and shown by video.	Yes	No
Bridge	Tues. 10 a.m.	New & experienced players welcome.	No	No
Canasta & Pitch	Tues. 9 a.m.	New & experienced players welcome.	No	No
Charity Crafters	2 nd & 4 th Tues. 1 p.m.	Make hats, mittens, scarves, baby blankets, and granny squares for various community outreach programs.	No	No
Contract Bridge Club	Wed. 10 a.m.	Best suited for experienced players.	Yes	No
Current Events	Mon. 10 a.m.	Volunteer led discussion group.	No	No
Dice Rummy	Tues. & Thurs. 9 a.m.	Suitable for all levels of experience.	No	No
Embroidery on Paper	Mon. 12:30 p.m.	Supply kits will need to be purchased to get started with making embroidered cards and other crafts.	No	Yes
EnhanceFitness	Mon. 11a.m. Wed. 12:30 p.m.	Cardiovascular/weight training exercises to improve flexibility, strength, balance.	No	Fitness Card
Exercise Equipment	Mon-Fri 8 a.m. -4 p.m.	2 treadmills, 2 seated ellipticals & a recumbent bike.	No	No
Health Watch Presentations	2 nd Wed. 10 a.m.	Volunteer led informational session on various health topics.	Yes	No
Honey Bee Quilters	1 st , 3 rd , & 5 th Wed. 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
Needle Crafters	Mon. & Thurs. 10 a.m.	Knit & crochet group. Some yarn available at center or bring your own.	No	No
Nutrition Ed. with Donna Taggart	2 nd Mon. 10 a.m.	Nutrition presentations led by Licensed Dietician.	Yes	No

Ongoing Activities - Loffler

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Open Art Studio	Fri. 9 a.m.	Drop in for guided art practice with volunteer Chris Sisk.	No	No
Pinochle	Mon., Wed., & Fri. 9 a.m.	Experienced players welcome.	No	No
Project Linus	3 rd Fri., 10 a.m.	Make blankets for children and teenagers who are hospitalized or in shelters.	No	No
QiGong	Tues. & Thurs. Scheduled sessions 11 a.m.- 12 p.m.	An ancient Chinese exercise and healing technique that involves meditation, controlled breathing, and movement exercises. Suitable for all abilities.	Yes	No
Rummikub	Wed., 9 a.m.	Fun tabletop game for all levels of experience.	No	No
Sew-It-Alls	Mon., 12:30 p.m.	Bring own supplies.	No	No
Tai Chi/Arthritis & Fall Prevention	Tues.-Thurs. 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	Mon. -Fri.- see staff	Open to new and experienced players.	No	No
Wood Carving	Tues., 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	Mon., 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	Zoom Wednesdays 10 a.m. In-person Thursdays 1-2 p.m.	Gentle, range of motion, stretching and flexibility led by certified instructor.	Yes No	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	Wednesday OR Fridays 10-11:30 a.m.	Game with volunteer bingo callers. Pantry items for prizes.	Yes	\$2 to play two cards
Book Clubs Page Turners Book Chatter	4 th Wed; 1-2:30 p.m. 4 th Thu: 11 a.m.-Noon	Read & review new books each month. Different books for each club.	On Hold Full	No No
Bridge	Thu: 10 a.m.-2 p.m.	Best suited for experienced players.	Preferred	No
Coloring Group (two groups)	1 st & 3 rd Wednesdays 1-2:30 p.m.	Participants supply coloring utensils if possible; some are provided.	Yes, Full	No, workbook if desired

SEPTEMBER/OCTOBER 2022

Ongoing Activities - Northern

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Chair Yoga	Wednesdays, 9:30 – 10:30 a.m.	Chair Yoga is a type of yoga that 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, drop-in	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.	Yes, Full	Yes for kits
Double Pinochle	Tuesdays and 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 bisque pieces available to purchase. Supplies provided.	Drop-in	Buy items, firing fees
EnhanceFitness	Tuesday & Thursdays 9:30-10:30 a.m.	Cardiovascular/weight training exercises to improve flexibility, strength, balance.	No	Fitness Card
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
Mealtime Movie	Once per month (date/ time varies)	A movie is played in the dining room during lunch.	No	No
OH HECK (Cards)	Tuesdays & Fridays 10 a.m. -2 p.m.	Experienced players and beginners welcome.	No	No
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
Studio: Pottery and Ceramics	Monday & Fridays 8 a.m. -4:30 p.m.	Crafters continue work on individual pieces. Some Fridays are reserved for specific art pottery projects/classes.	Studio orientation	Fee for clay ceramics, fire, supplies
Scrapbooking	2nd Monday, 10 a.m.-3 p.m.	Organizing photos into a book using artistic skill	Yes, Full	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
Wii Free Play	Fridays, 2-4 p.m.	Casual play on the Nintendo Wii; setup assistance from Keilan Ruppert.	No	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.stmarysm.com/aging
YouTube: SMC Aging & Human Services
Phone: 301-475-4200, ext. 1050

Facebook: www.facebook.com/SMCDAHS
Fax: 301-475-4503

LOCATIONS



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

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

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

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

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

***2022 Holiday Closings
(No Home-Delivered or Congregate Meals Served)***

Monday, September 5 - Labor Day
Monday, October 10 - Columbus Day

NEW BEGINNING