

NEW BEGINNING

VOLUME 36 ISSUE 1

JANUARY/FEBRUARY 2023

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



A New Year - A New Start!

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From the Director's Desk

By Lori Jennings-Harris, Director

New Beginning is here and the start of another year! To help move us away from the stress and doldrums of the pandemic, the Department of Aging & Human Services is eager to continue providing services and programs that serve the needs of our community's older adults. To recap some of the activities and events we again initiated fully in 2022, we resumed our in-person Law Enforcement Appreciation (LEA) Day in May; we hosted the long-awaited RSVP (Retired and Senior Volunteer Program) luncheon in August; held our Community Health Fair in October; celebrated our veterans during Veterans Resource Day in November; a Welcome to Medicare presentation in December; as well as the resumption of the ever-popular Christmas celebration and gathering, just to name a few. We also implemented our plan for providing evening hours at the Garvey Senior Activity Center in Leonardtown. Please check out what the Garvey SAC has to offer as our evening programming. The Wrapping Arms Round Many (WARM) program was able to again provide shelter to homeless individuals during the winter months in cooperation with area churches.

Looking toward the year ahead, we are steadily and consistently providing support and programming from every area of our Department to address the needs of seniors, whether in the home, through the senior activity centers, by way of our community events, with counseling on insurance benefits, supporting homeless individuals or matching volunteers with agencies in need of help. The valuable work we do it always intended to enhance the lives of our older adult population, children, and families.

Returning in March of this year is *Keys to Senior Independence*. This is a 4-week series of classes held at the College of Southern Maryland, planned, and implemented by our Department, to help inform the community about some benefits and resources available to people as they grow older. The idea is for the community to learn what is available and how to access resources before the need arises!

We are also excited to bring back the celebration of our elders who have the unique distinction of reaching their 100th birthday as we honor them during our Centenarian Luncheon planned for April!

Happy New Year!

Sadly, our Department lost a colleague, co-worker, and friend last year. Debbie Barker is known for her attentiveness to the people we serve and giving older adults the benefit of her vast experience and knowledge on Medicare coverage, as well as other types of insurance. Debbie gave much of herself over many years. We thank Debbie for her dedication and years of service, and she will be missed.

NEW BEGINNING

The Commissioners of
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Editorial submissions should
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**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.

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, January 23, 2023

1 p.m.

Monday, February 27, 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.stmarysmd.com/boards/groups/default.aspx?board=11> Call-in option - dial 301-579-7236. Enter the participant pin 985097 when prompted.

WARM (Wrapping Arms 'Round Many) Volunteer Drivers Needed

With colder weather settling in, the Department is seeking additional volunteer drivers for WARM, a winter emergency shelter program for homeless individuals in St. Mary's County.

Volunteer Drivers Must:

Be 18 or older

Possess a valid drivers license

Volunteers will use a county-owned van for transportation.

Volunteer slots are open 7 days per week while WARM is operational.

This year's program ends on March 27, 2020.

Volunteer drivers are divided into evening and morning shifts:

Evening drivers pick up WARM guests at the Three Oaks Center at 5:30 p.m. for transportation to the selected church for the evening.

Morning drivers arrive at the church by 7 a.m. the next morning to transport guests back to Three Oaks.



For more information or to volunteer, contact Ursula Harris at: Ursula.Harris@stmaryscountymd.gov or 301-475-4200, ext. 1658.





Nutrition Corner

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

Hello and Happy New Year! Can you believe it is already 2023? Did you make any New Year's resolutions? Are you still working on them, or have you already given up? It is not an easy task. The top resolutions for many Americans are to eat healthier, exercise more and lose weight. While these are important goals, we often try to change our behaviors by getting motivated and exerting sheer willpower. Healthier eating practices can become a habit, but it can take time.

Habits are actions or behaviors that are preformed automatically without even thinking about it. They are internalized behaviors learned through experience. They must be repeated over and over until they become automatic. A healthy eating habit won't happen overnight but eventually will be effortless. So here is how to start. Keep a food journal where you write down what you eat, how much, when, and where. This will help you begin to identify eating behaviors you need to change. Pick one of these eating behaviors and think of ways you can do it differently. For example, if you want to add more fruits and vegetables to your diet and you have a habit of snacking from an open refrigerator, place fruit and cut up veggies in the front.

Try to make it fun and easy to help a habit stick. Again, with the habit of eating more fruits and vegetables, buy cut up vegetables to make it easy.

Another simple way of making eating healthy easy, try swaps. Lean meat for fatty ones, sparkling water for soda, oatmeal for sugary cereals, popcorn, or nuts for cookies!

Adding new habits are never easy but the rewards of eating healthy are worth it.



Upcoming Nutrition Education Presentations:

Getting Back on Track!

Garvey - Wednesday, Jan. 4, 10 a.m.

Garvey - Wednesday, Jan. 12, 6 p.m.

Loffler - Monday, Jan. 9, 10 a.m.

Northern - Monday, Jan. 9, 12 p.m.

Heart Health

Garvey - Wednesday, Feb. 8, 10 a.m.

Garvey - Thursday, Feb. 9, 6 p.m.

Loffler - Monday, Feb. 13, 10 a.m.

Northern - Monday, Feb. 13, 12 p.m.

Welcome New Staff Members!

Ashlie Boyd - AIM Database Specialist

My name is Ashlie Boyd and I am the new AIM Database Specialist for the Department of Aging & Human Services. I grew up in Cincinnati, Ohio, with my mom and ten siblings. As one of the eldest children, I helped my mom take care of my younger siblings. Helping to care for my siblings has given me an instinct for helping people, which led to my career in healthcare. Working in healthcare administration, I have been able to help many people by connecting them to resources within the community.

I've recently developed an interest in computers and technology, which led me to pursue a degree in Computer Science. When the Database Specialist position became available, I knew it was meant for me. It combined both my passion for helping people, and my love of technology.

This position allows me to utilize previous skills, as well as practicing new skills. I am very excited to start this chapter with the Department of Aging & Human Services, working together to better our community.



TJ Hudson - MAP/I&A Caseworker



Greetings! My name is Theron Hudson; however, I prefer TJ. I am the new MAP I & A Caseworker here at the Department of Aging & Human Services. I have my office at the Northern Senior Activity Center in Charlotte Hall.

Prior to working for DAHS, I was the Bereavement Coordinator at a hospice agency in the county. I settled down in St Marys County following my retirement from the military. I am a husband, father, and grandfather.

In my spare time, I enjoy traveling and volunteering in many different capacities through several organizations.

Jeanie Wood - RSVP Senior Office Specialist

My name is Marilyn Wood, but everyone calls me Jeanie, (I answer to both). I am the new RSVP Senior Office Specialist at the Loffler Senior Activity Center. Prior to working for the St. Mary's County Department of Aging & Human Services, I worked for the South Central Correctional Facility in Clifton, Tenn., as a Reentry Specialist, helping inmates prepare for release on parole or rejoining the Free World. I am the mother to two sons, mother-in-law to two lovely daughters-in-law, and the memaw to six beautiful grandchildren and one grandpup, who I love with all my heart!



LIFE Program Returning this Spring!

The Department of Aging & Human Services is pleased to announce the return of the Learning is ForEver (LIFE) program!

The LIFE program is an educational program designed by a committee of volunteers and includes local excursions and presentations with an educational focus.

LIFE booklets outlining offerings for Spring 2023 will be available for pick-up at the county's three senior activity centers and online at the Department's webpage beginning Thursday, Feb. 23.

Registration opens Thursday, March 9. Programs are expected to fill fast, so do not delay! For more information, contact Brandy Tulley at 301-475-4200, ext. 1063, or Brandy.Tulley@stmaryscountymd.gov.



Volunteers Needed

Are you looking for a volunteer opportunity? Consider Home-Delivered Meals!

The Home-Delivered Meals Program with the St. Mary's County Department of Aging & Human Services delivers well-balanced meals and a friendly visit to seniors who are homebound and cannot shop or cook for themselves.

Meals are delivered Monday -Friday, 11:15 a.m. -1:30 p.m.

No meals will be delivered on days that the Senior Activity Centers are closed.

Volunteers pick up meals at one of three Senior Activity Centers in St. Mary's County and deliver to homebound consumers.



Driver Qualifications and Requirements:

Valid Drivers License

Access to reliable mode of transportation

21 years of age or older

Participate in training provided by HDM coordinator

Mileage Reimbursement Available

For more information, contact Danielle Manalansan at:

301-475-4200, ext.1060

Danielle.Manalansan@stmarysmd.com

www.stmarysmd.com/aging/homedeliveredmeals



Celebrating Centenarians

*Do you know someone living in St. Mary's County who
will be 100 years of age or older this year?*

We want to honor them!

*The second annual
Department of Aging & Human Services
Centenarian Luncheon
will be held*

Monday, April 10, 2023

11 a.m.-1 p.m.

at the

*Elks Lodge 2092
45779 Fire Dept Lane
California, MD 20619*

Family, Companions, and Caregivers welcome!

Due to space constraints, honorees are limited to three guests.

RSVP Required by Friday, March 17, 2023

For more information, contact Sarah Miller at:

301-475-4200, ext. 1073

Sarah.Miller@stmaryscountymd.gov

Virtual Healthy Cooking Demos 2023



Join us in the new year for free virtual healthy cooking demonstrations via Zoom! Sherry L. Reed, Sports Nutritionist and Fitness Instructor, will present a series of healthy cooking demonstrations on the 3rd Wednesday of the month at 4 p.m. Each hour-long session will show you the steps from start to finish to help you cook a healthy meal with a different focus each month! Handouts and a Zoom link will be provided via e-mail prior to the start of class. Pre-registration is required for each session and can be done online by visiting www.stmarysmd.com/aging/ and clicking “View & Sign Up For Activities & Programs” from there

you will find the sessions listed under the Virtual Classes. If you require assistance with registering online you can call, 301-475-4200, ext. 1660.

Quick and Healthy Meals Wednesday, January 18, 4 p.m.

Start the new year out right with this quick and healthy meal cooking class. Sherry will share delicious recipes for breakfast, lunch, and dinner that are quick and easy to prepare, but also healthy. Keeping healthy foods on hand so you can whip up a meal any time of day for one or two people is a great way to keep your energy levels up all day.

Healthy Italian Wednesday, February 15, 4 p.m.

Do you love Italian food? Sherry will share her favorite ways to enjoy Italian cooking, the healthy way, using fresh ingredients. You will learn practical culinary ideas that will be sure to please you and your entire family.

Vegan Cooking Wednesday, March 15, 4 p.m.

One of the big myths about veganism is that the food can be a letdown. However, this Vegan Virtual cooking class will dispel that myth when Sherry shares her ideas for recipes and cooking skills. By the end of this class, you will be whipping up plant-based cuisine with ingredients that you probably already have at home. Wait until you make and taste the Vegan Mac and Cheese.

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Around the World Cooking Wednesday, April 19, 4 p.m.

It's easy to get stuck in a rut with meal ideas. Sherry will help expand your culinary horizons and demonstrate a few dishes from different regions for a culturally diverse meal. In this class, Sherry will feature an appetizer from Japan, the main dish from Italy, and a dessert from France. Tasting new foods are the next best thing to traveling!

Senior Information & Assistance

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

2023 Social Security/Medicare Updates

The Social Security Administration announced there will be an 8.7 percent cost of living increase for Social Security and Supplemental Security Income (SSI) recipients effective January 2023.

Additionally, the Centers for Medicare and Medicaid Services announced the following Medicare Part A & B changes for 2023:

Part B Medical Premium: \$164.90
Part B Medical Deductible: \$226
Part A Hospital Deductible: \$1,600



In most cases, persons who have over 30 quarters of Social Security coverage or were married to someone who does will not have a Medicare Part A premium. For those who do not have enough quarters, there is a minimum premium of \$278 or \$506 per month.

Beneficiaries who filed a 2021 income tax return of over \$97,000 if single and \$194,000 if married will be subjected to higher monthly Medicare Part B and Part D premiums based on income. Persons who have experienced a significant change in income due to retirement, death of a spouse, etc. may appeal the income-related monthly adjustment by filing form SSA-44.

Important Documents

January kicks off the mailing of important documents such as 1099s and Social Security benefit statements. These documents are mailed from places such as Social Security, banks, former employers, etc. It is important to keep this information in a safe place to be used to file your 2022 income tax return. For those who do not file income taxes these documents are still important to keep in order to file for benefits such as property tax credits and energy assistance.

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

Melissa Craig
Division Manager
Loffler Senior Activity Center
301-475-4200, ext. 1654
Melissa.Craig@stmaryscountymd.gov

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

Visit us online at:

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

NEW BEGINNING

In Memoriam



In September 2022, St. Mary's County Government was devastated by the loss of Debbie Barker, Senior Information & Assistance Division Manager.

Debbie worked with the Department of Aging & Human Services for 25 years, helping countless individuals navigate county, state, and federal programs, including Senior Rides and Medicare. The assistance she offered was invaluable.

Debbie will be very missed by her family, her co-workers, and in the community as a whole.

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:

Divers 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
- Attend driver safety course
- Attend driver orientation class

For more information, contact Melissa Beauvais

301-475-4200, ext. 1066

Melissa.Beauvais@stmarysmd.com

Keys to Senior Independence

Hosted by the
St. Mary's County Department of Aging & Human Services
at the
College of Southern Maryland - Leonardtown Campus
Tuesdays, March 7-28, 2023
Four Classes - 6-9 p.m.

**What are your plans for retirement?
Do you know how to access Medicare, Medicaid, or other
programs and services?
Are you seeking volunteer opportunities within the
St. Mary's County Community?
Find all that and more with the Department of Aging & Human Services!**

Tuesday, March 7 - Aging Actively

Join the Department of Aging & Human Services and St. Mary's County Recreation & Parks and learn about the various ways you can be physically active and activity involved in the St. Mary's County community!

Tuesday, March 14 - Planning for the Worst

Learn about emergency plans, Advance Health Care Directives, Medicare planning, and other things to have in place in case of emergency.

Tuesday, March 21 - Protecting Your Identity

Learn about scams that are directed toward the aging population and how to detect, avoid, and report them.

Tuesday, March 28 - Aging in Place

Aging in place is important. Learn about programs that provide support for family caregivers, provide mobility equipment, and learn how to make your home more user-friendly overall!

Sign up for one presentation or all four!

For more information, or to register, contact:

Sarah Miller, Community Programs & Outreach Division Manager

Phone: 301-475-4200, ext. 1073

Email: Sarah.Miller@stmaryscountymd.gov

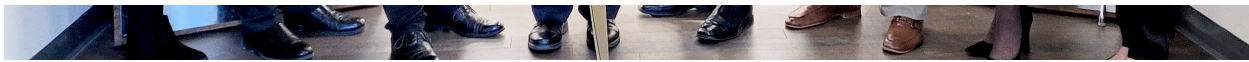
Focus on Fitness

By Brandy Tulley, Senior Center Operations Division Manager

Happy New Year! What a better way to start the New Year than with an exciting space addition to the Northern Senior Activity Center! Ground was broken in February 2022 for the expansion construction project. Roughly 2,400 square feet was added to the Northern Senior Activity Center with the spotlight on a 1,600 square foot Group Fitness Studio for classes. This will serve seven existing group fitness classes and provide opportunities for adding more. The studio will be solely for group activity/fitness programs. Floor to ceiling mirrors and double barres are provided. Storage space will stock weight racks and balls for Drums Alive® which will be offered for the first time at the Northern Senior Activity Center. A separate storage area and two restrooms are included. We are excited about the opportunities this new space presents and look forward to providing group fitness opportunities in a space designed for this purpose.



The Commissioners of St. Mary's County and local dignitaries joined the Department of Aging & Human Services for a ribbon cutting ceremony to open the Northern Senior Activity Center expansion on Tuesday, Dec. 13!



The Northern Senior Activity Center expansion adds roughly 2,400 square feet to the building.



After nearly a year of work, participants are excited to get moving and grooving in the new expansion!

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

Thursdays, Jan. 5 & 19, 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 and third Thursday of the month from 10 a.m.-4 p.m. Cancellations will be accepted with 24-hour notice. If cancellation is made the day of, you will be asked to reschedule. Advanced registration is required.

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 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.



Beginner Ukulele Classes

Garvey Senior Activity Center

Fridays, Jan. 6-20, 1:30 p.m.

Cost: 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 3-week class she will teach you simple chords, strumming, tuning and much more to get you started.

Ukulele's will be available to check out at the St. Mary's County Library in Leonardtown for the duration of the class. Advanced registration is required.

7 Easy Steps to Clean Your Closet

Garvey Senior Activity Center

Monday, Jan. 9, 10 a.m.

Cost: Free

Personal stylist & wardrobe consultant, Robbie Loker, will give tips on how to tackle your closet, clear out clutter and get organized. Even more, find out how to purge unflattering items, help others with the cast-offs, and create new outfits from an existing wardrobe. Advanced registration is required.



Watercolor with T.L. Ford

Garvey Senior Activity Center

Tuesdays, Jan. 10 & Feb. 14, 1:30 p.m.

Cost: \$25

Come learn the basics of watercolor painting in a relaxing, informal setting. No experience

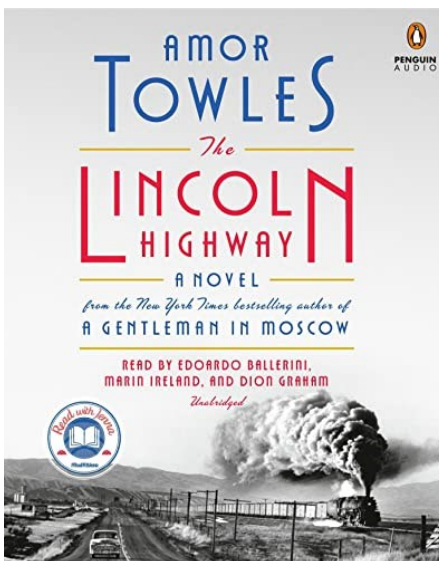


or drawing skills are necessary and everything you need is provided. The theme of the painting for January will be *Blue Jay in the Snow* and for February the theme of the painting will be *Jungle Leaves*. The cost for each class will be \$25.

You can now use the online registration at

www.stmaryscountymd.govaging. 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

Wednesdays, Jan. 11 & Feb. 8, 11 a.m.

NEW! Evening Book Discussion Group

Thursdays, Jan. 26 & Feb. 23, 6 p.m.

Cost: Free

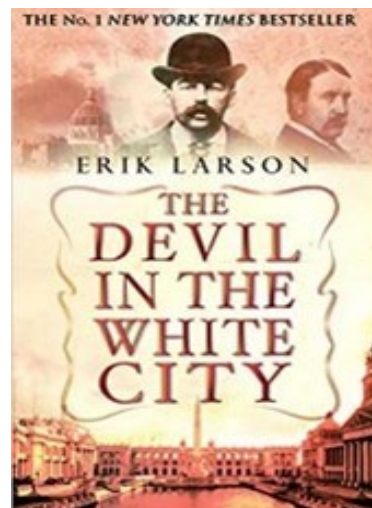
We want you to join us. If you have a love for reading and are enthusiastic about sharing your thoughts about what you've read, this is the group for you.

The book for January will be *The Lincoln Highway* by Amor Towles, historical fiction set back in the 1950's Midwest.

The book for

February will be *The Devil in*

the White City by Eric Larson, a nonfictional book set at the 1893 Chicago World's Fair.



Presented by Hope & Healing

**Garvey Senior Activity Center
Tuesdays, Jan. 17 & Feb. 21,
1 p.m.**

Cost: \$5

As we age life's events can often become overwhelming, both mentally as well as physically. Especially during this time it's even more

important to take care of your mental wellness. 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 January will be *Depression & Coping Skills* and February the topic will be *Trust & Relationships*. Advance sign up is required and a suggested donation of \$5 for each session is requested.



Parron Coin Symposium

Garvey Senior Activity Center

Thursday, Jan. 12, 1-6 p.m. (by appointment)

Cost: Free

If you have coins or currency and would like to know the history and worth of them, come join us! William E. Parron of Parron Coin Co. Parron has been collecting coins for nearly 70 years and appraising them for almost 40. He is a member of the International Numismatic Association and a certified life member of the American Numismatic Association (numismatics is the study of currency and coins). In addition to coins, he appraises medals, tokens, paper currency and clocks. Advanced registration is required. Once registered, staff will contact you to set up a 30-minute appointment time.

Luncheon with Bruce Thomas

Garvey Senior Activity Center

Friday, Jan. 20

Doors Open: 11:30 a.m.

Lunch Served: 12 p.m.

Music: 12:30 p.m.

Guest vocalist Bruce Thomas will be here at the Garvey Senior Activity Center on Friday, Jan. 20, at 12 p.m. Bruce is a diverse performer who can effortlessly move through the musical categories of inspirational, swing, jazz, pop, and R&B. Please join us for his energetic and interactive performance while dining. 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.



“Pieces of the Heart” Patchwork Mosaic Project

Garvey Senior Activity Center

Mondays, Jan. 30 & Feb. 6, 10 a.m.

Cost: \$30

Using colorful porcelain and ceramic quilted tiles, lets create a one-of-a-kind patchwork mosaic art piece together! All supplies are included in this unique class close to Valentine’s Day! Add some unique sparkle to your piece if you have any old pieces of jewelry you’d like to use! Word tiles are optional but will be provided if you chose to use! Wear old cloths as we will be working with a thin layer of grout! Advanced registration is required.



Mardi Gras Celebration with Jimi Simon & Lunch

Garvey Senior Activity Center

Tuesday, Feb. 21

Doors Open: 11:30 a.m.

Lunch Served: 12 p.m.

Music: 12:30 p.m.



Don’t want to pay the travel fees, but still want to have the Mardi Gras experience? Come celebrate at the Garvey Senior Activity Center! The popular and talented Jimi Simon will be here to get you up and dancing. Jimi is the 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. Dress your Mardi Gras best and leave the rest to us! The lunch for the day will be a New Orleans, Cajun inspired dish. Dessert will be King’s Cake all the way from Gambino’s, a local New Orleans bakery. 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.

Card Making

Garvey Senior Activity Center

Tuesdays, Jan. 10 & Feb. 7, 6 p.m.

Cost: \$4

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.

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Dungeons & Dragons

Garvey Senior Activity Center

Mondays, Jan. 9, 23, and 30 (centers closed on Jan. 2 & 16)

Mondays, Feb. 6, 13, and 27 (centers closed on Feb. 20)

5-8 p.m.

Cost: Free

Are you a fan of storytelling? Have you ever wanted to be a character in Lord of the Rings? Are you looking for something new to try out? Have you been playing D&D since the 70s and want a new group to adventure with? This might be just the thing! Join Pete Friesen, to learn about D&D and play a series of one-shot campaigns! D&D will be meeting on Mondays from 5-8 p.m. every Monday. For more information, contact Peter Friesen at: elpasopete@hotmail.com.

Open Art Studio Hours
Garvey Senior Activity Center
Thursdays, 4-7:30 p.m.

Cost: Free

Is there an art project you would like to work on, but don't have the space at home or would like to socialize with others? The Art Studio will be open to use at your leisure from 4 -7:30 p.m. Bring your own supplies. This is a self-directed opportunity; no instruction provided. No sign up is required; space is available on a first come first serve basis. Please call, 301-475-4200, ext. 1080, with any questions or for more information.



No Sew-Fleece Blanket
Garvey Senior Activity Center
Wednesday, Jan. 11, 6 p.m.

Cost: Free

Stay warm with the winter weather by making your very own fleece blanket! No sewing skills required, as we will be tying the fabric together after making little cuts in it. Keep it for yourself or give it as a gift! Pick out a "No Sew Fleece Blanket Kit" from Amazon and bring it with you to class. Materials will not be provided.

Q-Tip Painting
Garvey Senior Activity Center
Wednesday, Jan. 25, 6 p.m.

Cost: \$10

Want to try an easy painting technique? Using Acrylic paint and q-tips as a paint brush we will be painting a cherry blossom tree. This is a beginner friendly craft, and no prior painting experience is necessary. All materials will be provided. Advanced registration is required.



Intergenerational "National Hot Chocolate Day"

Garvey Senior Activity Center

Tuesday, Jan. 31, 6 p.m.

Cost: \$5

Let's celebrate national hot chocolate day together! Treat your grandchild or child to hot chocolate, cookies, and a craft. For this special event, you do not have to be over 50 to attend. Please call the Reservation Request Line at

301-475-4200, ext. 1075, if you need assistance with registration. Advanced registration is required.





Penguin Pebble Painting
Garvey Senior Activity Center
Wednesday, Feb. 1, 6 p.m.

Cost: \$10

In this beginner friendly class, we will be painting river rocks to look like penguins. All materials will be provided. Advanced registration is required.

National Pizza Night
Garvey Senior Activity Center
Thursday, Feb. 9, 6 p.m.

Cost: \$5 per person

Let's celebrate national pizza day by eating pizza together and socialize! Come enjoy some pizza and beverages. Advanced Registration is required, and the fee covers the cost of the pizza.



Beaded Bracelet Making
Garvey Senior Activity Center
Wednesday, Feb. 15, 6 p.m.

Cost: \$10

This class is for any skill level, whether you have experience making jewelry or not. Come make some beaded bracelets decorated with charms and other beads! All materials will be provided. Advanced registration is required.



Geometric Tape Painting
Garvey Senior Activity Center
Wednesday, Feb. 22, 6 p.m.

Cost: \$10

In this beginner level painting class, we will be using acrylic paint to create a geometric pattern, using tape as a guide. You do not need painting ability to do this class and this class is suitable for any skill level. All materials 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.



Winter Gardening and Activities with Theresa

Loffler Senior Activity Center

Thursdays beginning Jan. 19, 10 a.m.-12 p.m., 12 Sessions

Cost: Free

"A garden is a love story...a duet between a human being and Mother Nature," according to television gardening host and author Jeff Cox. Let Theresa Rohaly bring you indoors for a multitude of nature-based activities throughout the winter months. There will be weekly discussions about the different plant materials, gardening experiences, plus making something to take home. No garden space is necessary.

You can look forward to making a succulent terrarium, a variety of indoor mini gardens, insect hotels, wildflower seed balls, pressed flower bookmarks, and more! All materials will be supplied. Pre-registration preferred but not required. For more information, contact Sheila.Graziano@stmaryscountymd.gov

Trouble Hearing on the Phone?

Loffler Senior activity Center

Wednesday, Feb. 8, 1 p.m.

Cost: Free

No need to struggle hearing on the phone if you can see your callers' words displayed in real time. Thanks to a federally managed program, ClearCaptions is available for free to those who have hearing loss that necessitates use of captioned phone calls. For home use, you will not need a landline, but you will need internet access. For mobile use, you will need a mobile data plan and an iPhone or iPad device. Rupali Dewan Tetrick will be discussing and demonstrating the latest ClearCaptions device. Pre-registration required.



20



Art with Jamie

Loffler Senior Activity Center

Tuesdays, 10 a.m.-12 p.m.

Jan. 10, 17, 24

Special Make and Take on Jan. 31

Feb. 7, 14, 21, 28

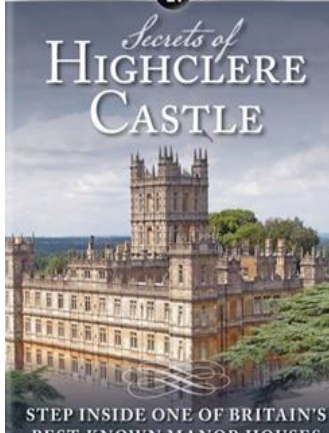
Cost: \$25 per session

January's art classes will focus on observational drawing- learn the fine art of taking any object and drawing it using observation, points of reference, basic shape then adding high lights and low lights. On Jan.

31, there will be a make and take project featuring a cardinal in a winter setting.

In the gloomy days of February, learn about the wonderful world of color! A different medium each week learning color theory and creating bright works of art! Each week is a make and take! Join for one day this February or explore the world of color all month! Pre-registration required.

NEW BEGINNING



Educational Video: Secrets of Highclere Castle

Loffler Senior Activity Center

Thursday, Jan. 12, 10 a.m.

Cost: Free

It may be more famous now than any time in its 1,300-year history as the setting of Downton Abbey, but England's Highclere Castle has its own stories to tell. In its heyday, Highclere was the social epicenter of Edwardian England. See how all the inhabitants of Highclere lived, from the aristocrats above to the army of servants toiling 'below stairs'. Also find out from the current inhabitants, Lord and Lady Carnarvon, what life in a fairytale castle is like today. Pre-registration required.

January Health Watch: Cold Weather Safety for Older Adults

Loffler Senior Activity Center

Wednesday, Jan. 18, 9:30 a.m.

Cost: Free

Older adults can lose body heat faster than when they were young plus changes in the body can make it harder to even be aware of getting cold. Learn about the signs and steps you can take to stay safely warm during these cold days. Pre-registration is required for this presentation.

Scam Alert: Can You Be Hypnotized Over the Phone?

Virtual Presentation on Zoom Hosted by Loffler Senior Activity Center

Wednesday, Jan. 18, 2 p.m.

Cost: Free

Faye Jones is a retired professional with a medical background who lives in an affluent community in SC. She is smart, logical and wise. Artistically talented and up to date on current events, including the latest scams, she nevertheless ended up being swindled out of thousands of dollars following outlandish directions over the phone by a man who was "helping" her remove malware from her computer. Finally at one point she seemed to snap out of it and realized that what she was doing was bizarre and was horrified by her own actions! Shocked, shaken and out \$11,000, she could not fathom why she'd felt so compelled. She spent the next few days researching the internet looking for possible answers. Finally, she came across this article: www.latimes.com/business/story/2021-03-30/column-amazon-hypnosis-scam. Chilled by the similarities, she found other people who'd lost money in a similar manner. She would like to create awareness to prevent it from happening to anyone else. Hear her tell her story live during a Zoom presentation. There will be an opportunity for questions. Pre-registration required - you must have an e-mail account to receive the link.

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Mah Jong? Yes, Please!

Loffler Senior Activity Center

Initial Gathering- Thursday, Jan. 19, 10 a.m.

Cost: Free

Are you interested in helping a Mah Jong group get started OR have you always wanted to learn how to play? We are looking for experienced as well as learning players! If you are one of these and want to get in on this opportunity, there will be an initial gathering on Thursday, Jan. 19, at 10 a.m. Leslie Farrow is an experienced player who will be coordinating play. Games will take place on the 1st, 3rd and 4th Thursday of each month, beginning Jan. 19, at 10 a.m. Drop-ins welcome.



Watercolors with T.L. Ford
Loffler Senior Activity Center
Wednesday, Jan. 11, 1 p.m. - Blue Ridge Mountains
Wednesday, Feb. 8, 1 p.m. - Roses
Cost: \$25 each session

T.L. Ford is a local author and artist. She also teaches fun watercolor classes, that help you develop techniques while working on projects you can finish and take home. The cost of each session includes the use

of professional grade supplies and materials, plus instruction. Classes are suitable for beginners as well as advanced students. Pre-registration and payment required.



Sweetheart Luncheon
Loffler Senior Activity Center
Tuesday, Feb. 14, 11 a.m.

Cost: \$3 plus Lunch donation for 60+; \$6 for under 60

The staff at Loffler welcomes all you sweethearts that come through these doors to a special luncheon dedicated to all who touch our hearts and the hearts of others around us! We will be offering a surprise serenade as you dine and visit with others. The menu will feature Roast Beef with Mashed Potatoes, and Gravy This is the day to celebrate those we

love! Pre-registration and activity fee payment are required.

Educational Video: John Lewis: Get in the Way

Loffler Senior Activity Center

Thursday, Feb. 16, 10 a.m.

Cost: Free

Follow the courageous journey of John Lewis, a civil rights hero, congressional leader, and human rights champion whose unwavering fight for justice spans the past 50 years. The son of sharecroppers, Lewis grew up in the segregated South and rose from Alabama's Black Belt to the corridors of power on Capitol Hill. His humble origins have forever linked him to those whose voices often go unheard. Pre-registration is required. 16 seats available.

22

February Health Watch: Surprising Health Challenges of Aging plus Aging Successfully

Loffler Senior Activity Center

Wednesday, Feb. 15, 9:30 a.m.

Cost: Free

Aging bodies take longer to recover from illnesses and can sometimes make one more vulnerable in unexpected ways. But awareness and knowledge can give you an edge in prevention and quicker recovery. And there is more good news- there are simple, fun ways to stay stronger longer! Pre-registration is required.

Writing a Memoir with Ghostwriter and Author Sherry L. Granader
Virtual Presentation on Zoom Hosted by Loffler Senior Activity Center
Wednesday, Feb. 1, 1 p.m.

Cost: Free

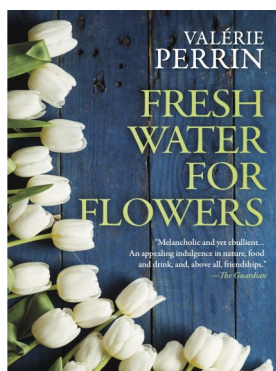
Whether you curl up with memoirs on a frequent basis or pick one up every now and again, you know powerful memoirs have the capacity to take readers for an exhilarating ride. When Sherry teaches people how to write a memoir, she talks about how to tell a compelling story. While all memoirs are different, the best memoirs all have certain elements in common. Knowing what makes a memoir compelling and riveting is key when sitting down to craft your own. A memoir is not an autobiography. In other words, it is not the story of your whole life. A memoir is a slice of life, a story of part of your life, or a story from your life. In this hour-long virtual class, you will learn the benefits of utilizing the skills of a ghostwriter to get your memoir written, but also learn how to hone your own skills as a writer.

Pre-registration is required. A Zoom link and handouts will be sent via e-mail the day before class.

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@stmaryscountymd.gov to learn more about joining this casual group!

Friday, Jan. 6 - Discuss *A Vineyard Christmas* by Jean Stone, 2 p.m.



In January read: *Fresh Water for Flowers* by Valérie Perrin, Discuss on Friday, Feb. 3, 2 p.m.

Violette Toussaint is the caretaker at a cemetery in a small town in Bourgogne. Random visitors, regulars, and, most notably, her colleagues—three gravediggers, three groundskeepers, and a priest - visit her as often as possible to warm themselves in her lodge, where laughter, companionship, and occasional tears mix with the coffee that she offers them. Her daily life is lived to the rhythms of their hilarious and touching confidences. Author Valérie Perrin has given readers a funny, moving, intimately told story of a woman who believes obstinately in happiness. A #1 best-seller in France, *Fresh Water for Flowers* is a delightful,

atmospheric, absorbing fairy tale full of poetry, generosity, and warmth

In February read *American Rust* by Philipp Meyer Discuss on Friday, March 3, 2 p.m.

Set in a beautiful but economically devastated Pennsylvania steel town, *American Rust* is a novel of the lost American dream and the desperation—as well as the acts of friendship, loyalty, and love—that arise from its loss. From local bars to trainyards to prison, it is the story of two young men, bound to the town by family, responsibility, inertia, and the beauty around them, who dream of a future beyond the factories and abandoned homes.

Left alone to care for his aging father after his mother commits suicide and his sister escapes to Yale, Isaac English longs for a life beyond his hometown. But when he finally sets out to leave for good, accompanied by his temperamental best friend, former high school football star Billy Poe, they are caught up in a terrible act of violence that changes their lives forever.



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.

Nutrition Education

Northern Senior Activity Center

Monday, Jan. 9 & Feb. 13, 12-1 p.m.

Cost: Free

Join us for Nutrition Education with Donna Taggert, Certified Diabetes Educator and Registered Dietician. January’s topic is “getting back on track” – resetting your health habits for the new year. “Heart Health” is the topic for February. Discover how certain foods can improve your cardiovascular well-being. See page 24 for how to register. One-on-one nutrition education appointments are also available by contacting Donna Taggert at dtaggert26@hotmail.com or 240-538-6539.



Wii Game Showdown: Wii Sports - Tennis

Northern Senior Activity Center

Thursday, Jan. 12, 1-3 p.m.

Cost: Free

Do you love Wii Bowling? Take a swing at Wii Tennis! This game is just as easy to learn and friendly to all skill levels. Join us for casual, competitive fun. Keep in mind that it requires swinging your arm and holding a controller. See page 24 for how to register.

Hips & Emotions Workshop

Northern Senior Activity Center

Tuesday, Jan. 17, 1-3 p.m.

Cost: \$15

Join Paty Massón, Chair Yoga instructor, for a special workshop focused on hip health! Explore different yoga flows and breathing techniques to release tension or pain in the hips. Learn information on the Yogic approach to healing hip issues & Ayurvedic diet tips. Review the anatomy of hip function. See page 24 for how to register.



Mosaic Tile Art: Pieces of the Heart

Northern Senior Activity Center

Friday, Jan. 20, 10 a.m.-12 p.m.

Cost: \$30

Using colorful porcelain and ceramic quilted tiles, let’s create a one-of-a-kind patchwork mosaic art piece together! Join Cheryl Hiller in this unique class close to Valentine’s Day. Add some sparkle to your piece with old jewelry from home. Word tiles are optional but will be provided. Wear old cloths as we will be working with a thin layer of grout. All supplies are included in the cost. See page 24 for how to register.

Timing Your Reverse Mortgage

Northern Senior Activity Center

Tuesday, Jan. 24, 1-3 p.m.

Cost: Free

When is the right time to apply for a reverse mortgage? When is it too late? Local consultant, Robbie Loker, will explain how reverse mortgages work in her informative presentation. Discover the amount of borrowed funds you can receive, and criteria for qualifying. Participants will also gain a basic understanding of the myths & misconceptions of reverse mortgages and learn the right questions to ask. See page 24 for how to register.

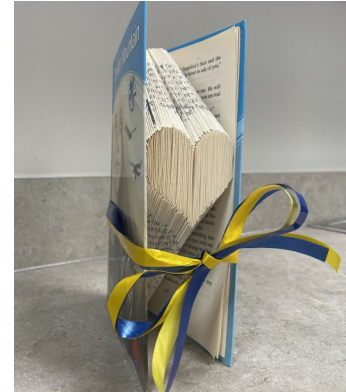
Book Folding: Heart Shape

Northern Senior Activity Center

Wednesday, Jan. 25, 10 a.m.-12 p.m.

Cost: Free

You might be asking yourself, “what’s book folding?” Well, it’s the art of folding the pages within books to create 3D shapes! For the upcoming Valentine’s season, Dawn Olson will guide you through creating a heart shaped book. This is perfect to display as decoration or give to a loved one. See page 24 for how to register.



Book Chatter with Author Kaye Harrison

Northern Senior Activity Center

Thursday, Jan. 26, 11 a.m.-12 p.m.

Cost: Free

Martha Baker’s Book Chatter reading group is welcoming a special guest - Kaye Harrison, author of the supernatural romance trilogy, *Transcendence*. Ms. Harrison will join the group to discuss details of the trilogy’s second book. Kaye will also sign & sell copies of her books. Typically, Book Chatter is a closed group. However, due to the special occasion, anyone is welcome. See page 24 for how to register.

The Power of Healing: Sound & Music + Yoga for Mind, Mood, & Immunity

Northern Senior Activity Center

Monday, Jan. 30, 1-3 p.m.

Cost: \$20

Harmonize body, mind, and spirit by combining accessible yoga movement with the power of Solfeggio healing music. These sounds enhance cognitive function, balance emotions, and strengthen immunity. Enjoy this mat & chair yoga experience with Judi Lyons. Immunity Tea and e-handout included. Judi Lyons/Mindful Motions Md. is YACEP®, E-RYT® 200, EMYoga® Certified, RYT® 500 Therapeutic. See page 24 for how to register.





**Mardi Gras in Charlotte Hall
Northern Senior Activity Center
Tuesday, Feb. 7, 11 a.m.-2:30 p.m.**

Cost: \$3 & Lunch Fees Apply

This New Orleans party experience is sure to delight you. In the spirit of Mardi Gras, we'll have all kinds of fun starting with giving you a supply of beads and coins. As you partake in our indoor parade, you'll find a street corner performer, the Barter (bring one, take one) Room, a Fat Tuesday pancake station with Cafe du Monde coffee, Bourbon Street Mocktails, sounds of jazz and other surprises. Come dressed the part and a chance to win the Creative Carnival Costume contest.

Lunch is \$6 for those under 60 years of age & by donation otherwise - payable that day. See page 24 for how to register for the event.

Black History Month Film Series

**Northern Senior Activity Center
Friday, Feb. 10, 17, & 24, 12-2 p.m.**

Cost: Free

Are you interested in learning more about black history? Join us in the Social Room for our free film series. HBO's *King in the Wilderness* (1hr 51min) will be shown Feb. 10. Netflix's *13th* (1hr 40min) will be shown Feb. 17. Finally, *Lilies of the Field* starring Sidney Poitier (1hr 34min) will be shown Feb. 24. Space is limited for each showing. See page 24 for how to register.

Tech Rescue Class: Create a Gmail Account

**Northern Senior Activity Center
Thursday, Feb. 9, 2-4 p.m.**

Cost: Free

Email is an essential part of today's digital world. It's needed for just about everything – sending documents, signing up for platforms such as Facebook or Netflix, reconnecting with others through email, and much more. Join Northern's Program Specialist and "tech guy," Keilan Ruppert, for a class on creating a free Gmail (Google email) account. Keilan will guide you step-by-step along the simple registration process and answer any questions. Attendees will use a computer in the lab at Northern or any personal smart device/laptop. This is a small group class with limited spots. See page 24 for how to register.

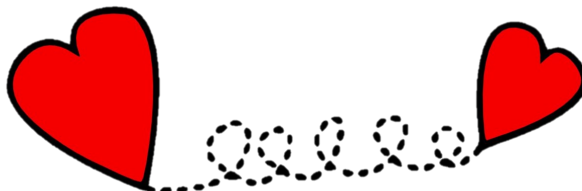
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Valentine's Bingo

**Northern Senior Activity Center
Friday, Feb. 10, 10-11:30 a.m.**

Cost: Free

Bring your special sweetie or dearest friend to Bingo. Enjoy prizes that celebrate the holiday. Prizes will be heart themed, pink, or red, and more. See page 24 for how to register.



Breakfast Café

Northern Senior Activity Center

Wednesdays, Jan. 18 and Feb. 15, 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.

Breakfast for Jan. 18: French Toast Casserole, Hash Browns, Biscuit, Fruit, & Sweet Roll

Breakfast for Feb. 15: Bacon, Scrambled Eggs, Fried Potatoes, Fruit, & Toast

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

To sign up and pay for breakfast in advance, visit the front desk.



Indoor Cornhole Tournament

Northern Senior Activity Center

Wednesday, Feb. 22, 1-3:30 p.m.

Cost: Free

Who doesn't love a good round of cornhole? Compete in this casual & fun tournament. 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 winner of the tournament will win a prize. It's currently a secret. You'll have to attend to find out! See page 24 for how to register.

Crafting with Helene

Northern Senior Activity Center

Thursday, Feb. 23, 1-3 p.m.

Cost: Free

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! See page 24 for how to register.

Winter & Spring Well-being:

A 5 Element Qigong & Yoga

Northern Senior Activity Center

Monday, Feb. 27, 1-3 p.m.

Cost: \$20

The Traditional Chinese Medicine 5 Elements represent what is in Nature - Water, Wood, Fire, Earth, Metal - and are associated with the Kidneys, Liver, Heart, Spleen, Lungs, emotions and much more. With a focus on Winter and Spring elements, Paty Massón and Judi Lyons delightfully transform the 5 Element concepts into a lovely movement practice of Qigong and Yoga, to invite more radiant health - emotionally, physically, and spiritually. Paty is certified in RYT® 500, CBT, and Qigong. Judi Lyons/Mindful Motions Md. is YACEP®, E-RYT® 200, EMYoga® Certified, RYT® 500 Therapeutic. See page 24 for how to register.



Retired and Senior Volunteer Program

By : Monika Williams, RSVP Program Manager

RSVP would like to wish everyone a happy new year! May this be a year of good health, prosperity, and new exciting journeys.

It's a new year and a new opportunity to make positive and noticeable differences to our community, county and ourselves. If you want to see a change in these areas, step up to spark the change. RSVP volunteers have been making a difference year after year by donating their time serving our community. They have answered the call faithfully with positive attitudes and smiles that melt the hardest heart. Thank you, RSVP Volunteers!



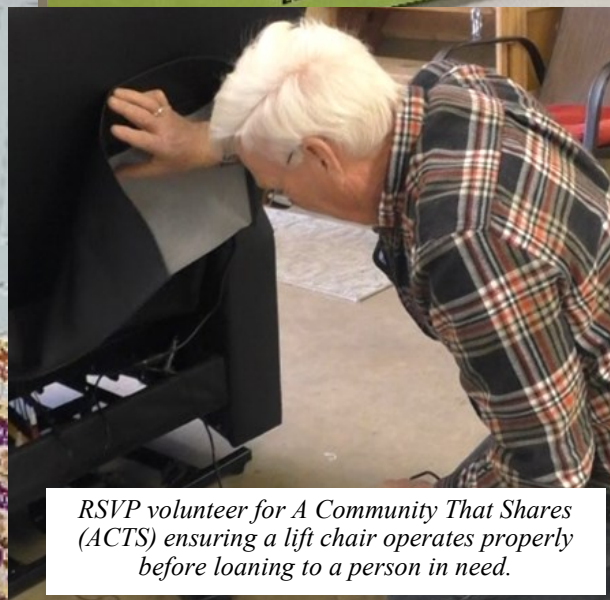
RSVP volunteers serve in The Charity Crafters group to crochet, knit, and quilt blankets, lovies, hats, gloves, and scarves to donate to military wives who are new mothers and to Charlotte Hall Veteran's Home.



RSVP volunteers registering Health Fair attendees for Flu and COVID vaccinations.



RSVP volunteer preparing to deliver food pantry groceries to a St. Mary's County resident needing food.



RSVP volunteer for A Community That Shares (ACTS) ensuring a lift chair operates properly before loaning to a person in need.

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@stmaryscountymd.gov or 301-475-4200, ext. 1653.

Home-Delivered Meals

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

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

Senior Rides

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

Teen Court

- Teen Court Judge
- Hearing Support Assistants
- Administrative Assistant

A Community That Shares (ACTS)

- Receiving and dispersing medical equipment
- Repairing Equipment

Garvey Senior Activity Center

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

Hospice of St. Mary's

- Patient Care
- House Patient Cook
- Office Help

St. Clement's Island Museum

- 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

Patuxent River Naval Air Museum

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

Loffler Senior Activity Center

- Zoom Activity Monitor

Valentine's Day is approaching. Remember to love others and yourself! It is so much easier to show love through kind words, acts, and deeds than it is to be spiteful. Love covers a multitude of wrongs and positively changes things.

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.



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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 Friday 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. | 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. Tuesdays 8:15 a.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 Training | 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 10 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 |
| Nutrition Ed. with Donna Taggart | 2 nd Mondays 10 a.m. | Nutrition presentations led by Licensed Dietician. | Yes | No |
| Open Art Studio | Fridays 9 a.m. | Drop in for guided art practice with volunteer Chris Sisk. | No | No |

Ongoing Activities - Loffler

| CLASS/ACTIVITY | Dates/Time | DESCRIPTIONS - Materials Needed | Advance Signup | 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 |
| QiGong | Tuesdays & Thursdays 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 | 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 |
| Watercolors with T.L. Ford | 2 nd Wednesdays 1 p.m. | No experience needed. Cost covers all supplies and materials. | Yes | \$25 |
| 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 | 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 |
| 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 Wednesdays 1-2:30 p.m. 4 th Thursdays 11 a.m.-12 p.m. | Read & review new books each month. Different books for each club. | On Hold Full | No No |
| Bridge | Thursdays 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 |

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.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, Jan. 2 - New Year's Day (observed)
Monday, Jan. 16 - Martin Luther King, Jr., Day
Monday, Feb. 20 - President's Day

NEW BEGINNING