

NEW BEGINNING

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JULY/AUGUST 2023

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



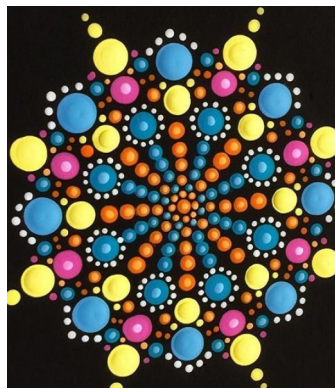
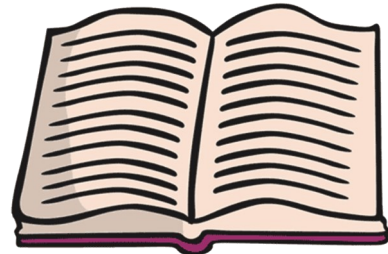
**Celebrating Your
Independence!**

In This Issue...



Community Health & Wellness Fair Make sure to put the health fair on your calendar! This year's event will be on Friday, October 13, from 9 a.m.-3:30 p.m. at the University of Maryland - Southern Maryland!*Page 8*

Looking for a good read? If you're looking for a good book and a fantastic group to read it with, then look no further! Check out the book clubs at the Garvey and Loffler Senior Activity Centers!.....*Page 9*



Arts & Crafts with Cat Join the evening Program Specialist Cat Prophet to for creative crafts every week at the Garvey Senior Activity Center!.....*Page 19*

Two Days to a Rag Quilt Join us at the Loffler Senior Activity Center on Wednesday, July 12, & Friday, July 14, 9:30 a.m. -1:30 p.m., to make your very own Rag Quilt!.....*Page 21*



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Coloring Book Day Seniors and school-aged grandchildren are invited to join us at the Northern Senior Activity Center on Wednesday, August 2, from 1:30-4 p.m.!.....*Page 26*

Save the Date! The 2023 RSVP Volunteer Appreciation Banquet will take place on Friday, August 25, from 11 a.m.-1 p.m. at the University of Maryland - Southern Maryland!...*Page 28*



From the Director's Desk

By Lori Jennings-Harris, Director

Independence is Freedom... Freedom is Independence

What does it mean to be independent? Independence carries different meanings for different people. For the Department of Aging & Human Services, Independence means offering options for our county's older adults and families that allow them to have freedom from dependence!



Providing or coordinating programs and services that reach every segment of our community including seniors, children, youth, and families, is what our Department is all about. The variety of programs and services we offer is extensive. Whether you are interested in getting involved with one or more of our exercise classes; learning about proper nutrition from our dietician; meeting with friends at one of our senior activity centers for a meal and a game of cards; becoming involved as a volunteer; receiving in-home assistance with meals or personal care; seeking assistance with your medical insurance benefits; attending one of our signature events, like the annual health fair; or seeking support for children and their families, our Department can address your needs and questions. If we do not directly provide the program or service, we will connect you with the right person or organization that may be of benefit.

Our mission is to help the people we serve remain independent and active for as long as possible, while helping them maintain their dignity. Recognizing the importance of having physical independence is more obvious. Preserving our cognitive, mental, and emotional independence is just as significant and worth nurturing for overall good health.

As you review our July-August *New Beginning*, take note of all the programs and services being provided to you over the summer and into the fall months. Though we may tend to have a greater focus on Independence during the month of July, our freedom from dependence should be celebrated throughout the entire year!

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.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.

Did you Know?



The 2023 Maryland General Assembly (MGA) passed several laws in support of veterans and their families. One bill in support of certain veterans with disabilities (Senate Bill #32) changes the application requirements for property tax credits.

For more information on bills passed in support of veterans and their families, please check with MD Department of Veterans Affairs website (<https://veterans.maryland.gov>) or call 410-260-3838.

Additionally, the MGA passed the Health and Human Services Transportation Improvement Act of 2023, which establishes a State Coordinating Committee for Health and Human Services Transportation in the Maryland Department of Transportation (MDOT) and repeals the limits on annual funding for the Maryland Senior Rides Program (MSRP) and the Job Access and Reverse Commute Program (JARCP) administered by the Maryland Transit Administration (MTA). The MD Senior Rides Program provides door-to-door transportation to medical appointments, social engagements, and shopping for low-income to moderate-income seniors.

For more information on St. Mary's County's Senior Rides Program, call 301-475-4200, ext. 1066, or visit www.stmaryscountymd.gov/aging/seniorrides.

St. Mary's County Commission on Aging

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

Upcoming Meetings:

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

Monday, July 24, 2023

1 p.m.

Monday, August 28, 2023

1 p.m.

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

Attend Meetings to:

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

For more information, contact Mercedes Jones at 301-475-4200, ext. 1051, or Mercedes.Jones@stmarysmd.com. Visit the Commission on Aging website at <https://www.stmaryscountymd.gov/boards/groups/default.aspx?board=11>



Nutrition Corner

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

Roughly 96 million American adults have pre-diabetes and of those more than 80 percent do not know they have it. Just what is pre-diabetes and what are the risk factors?

Pre-diabetes is a condition in which one's blood sugars are elevated but not high enough for the diagnostic criteria for type 2 diabetes. The risk factors includes being overweight, being 45 years or older, having a parent or sibling with type 2 diabetes, being physically active less than 3 times a week, having had gestational diabetes or given birth to a baby weighing more than 9 lbs, having polycystic ovary syndrome or race or ethnicity: African American, Hispanic/Latino, Pacific Islanders, and some Asian Americans. One may have pre-diabetes for years and have no clear symptoms.

What can you do to prevent pre-diabetes and diabetes? First, maintain regular appointments with your primary care physician. They will run blood work that can indicate pre-diabetes. Try to become more active; at least 30 minutes of physical activity on most days. Find something you enjoy doing, perhaps a partner to exercise with who can help you stay committed. Even getting a good night's sleep can help.

Finally, take a close look at your diet. Is it loaded with a lot of refined carbohydrates like cookies, cakes, pies, sweets, and sugary beverages? Replace those empty calories with nutrient-packed foods like whole grains, fruits, vegetables, beans, nuts and lean proteins and healthy fats. It will make a big difference in how you feel and may keep diabetes at bay. There are classes offered at the senior activity centers as well as Health Connections at Medstar St. Marys. In addition, I am a Certified Diabetes educator and can meet with you one on one. My contact number is 240-538-6539 or dtaggert26@hotmail.com



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Upcoming Nutrition Education Presentations:

Mason Jar Salad Workshop

Garvey - Wednesday, July 5, 10 a.m.

Garvey - Thursday, July 13, 6 p.m.

Loffler - Monday, July 10, 10 a.m.

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

Spend Less, Eat Better!

Garvey - Wednesday, August 2, 10 a.m.

Garvey - Thursday, August 10, 6 p.m.

Loffler - Monday, August 14, 10 a.m.

Northern - Monday, August 21, 12 p.m.

Meet the DAHS Fiscal Division!

The Department of Aging & Human Services is funded through a combination of county, state and federal funds. As part of this funding, there are more than 30 grants that need to be coordinated. There are seven divisions in the Department, all of which have unique funding needs. Helping to keep everything on track to best serve the St. Mary's County is the Department's Fiscal Division!

Gauri Apte - Fiscal Manager



My name is Gauri Apte. I am the Fiscal Manager for the Department of Aging & Human Services. I joined this Department last year in July and I have thoroughly enjoyed working in this Department with all the friendly and supportive staff. I enjoy the nature of work, which involves managing the different grants, preparing reports and budgets, and providing fiscal assistance to the different department divisions. Prior to joining this department, I have had several years of accounting experience working in different industries.

I am originally from India, came to the United States 20 years ago and settled down in St. Mary's County with my husband. We have two children. In my spare time I enjoy cooking, painting, and spending time with my family.

Jessica Woodburn - Fiscal Specialist

My name is Jessica Woodburn, I joined the Department of Aging & Human Services as a Fiscal Specialist in January 2023. Before joining the Department of Aging & Human Services, I worked for St. Mary's County Public Schools Head Start program for eight years as the Secretary to the Coordinator. I am excited for this new challenge in my new position.

I am the mother of two sons - my youngest graduated in June 2023. I have lived in St. Mary's County my entire life and love it here. I have also been doing photography in my spare time for over 10 years. My favorite is sports photography. Capturing a great action shot and seeing the player's face when they see the photo is something special!



Blanca Saravia - Fiscal Specialist



My name is Blanca Saravia. I attended St. Joseph's College for accounting while working at an accounting office in New York. My daughters and I moved to Maryland last year to explore new opportunities. In January, I joined the Department of Aging & Human Services as a Fiscal Specialist. I have enjoyed working with the staff, and I look forward to developing and expanding my skills here in the future!

Farmers Feeding St. Mary's



The annual Farmers Feeding St. Mary's County Program will offer free, farm fresh produce at two community events, free of charge!

Thursday, August 17

**Bay District Volunteer Fire Department
46900 S Shangri-La Dr, Lexington Park, MD
1-7 p.m.***

Saturday, September 16

**UHaul Parking Lot
46041 Signature Lane, Lexington Park, MD
9 a.m.-1 p.m.***

**Food distributions will continue until indicated event end time or until supplies run out*

*The Commissioners of St. Mary's County,
the St. Mary's County Department of Aging & Human Services,
the St. Mary's County Department of Economic Development,
and the University of Maryland College of Agriculture and Natural Resources
are pleased to offer these valuable community events!*

UNIVERSITY OF
MARYLAND
EXTENSION



LIFE Program Fall 2023 Registration

The Department of Aging & Human Services' 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 Fall 2023 will be available for pick-up at the county's three senior activity centers and online at the Department's webpage beginning Thursday, August 3. Registration opens Thursday, August 17. Programs are expected to fill fast so do not delay! For more information, contact Brandy Tulley at 301-475-4200, ext. 1063.



Save the Date!

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 13, 2023
9 a.m.-3:30 p.m.
Free Community Event

Health Screenings, Demonstrations, and Presentations will be offered.

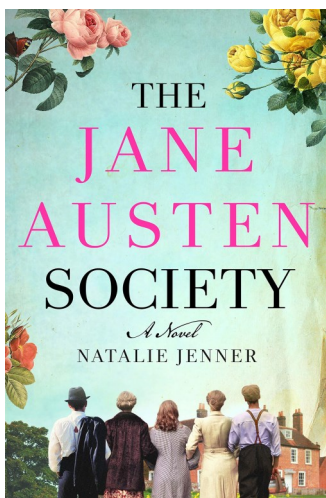
For more information, contact Sarah Miller
Website: www.stmaryscountymd.gov/aging/healthfair
Phone: 301-475-4200, ext. 1073
Email: sarah.miller@stmaryscountymd.gov

Book Discussion Groups

Garvey Senior Activity Center
Wednesdays, July 12 & August 9, 11 a.m.

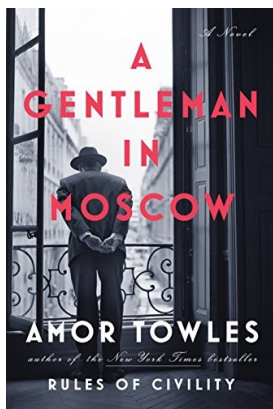
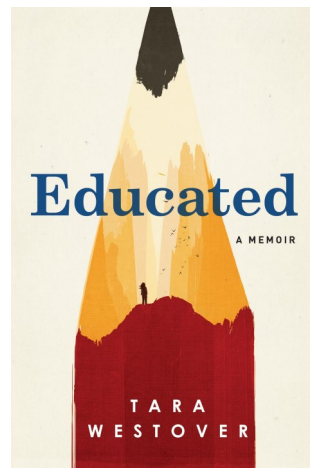
Cost: Free

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



In July, read *The Jane Austen Society* by Natalie Jenner. One hundred and fifty years ago, Chawton was the final home of Jane Austen, one of England's finest novelists. Now it's home to a few distant relatives and their diminishing estate. With the last bit of Austen's legacy threatened, a group of disparate individuals come together to preserve both Jane Austen's home and her legacy. These people—a laborer, a young widow, the local doctor, and a movie star, among others - could not be more different and yet they are united in their love for the works and words of Austen.

In August, read *Educated* by Tara Westover. An autobiographical memoir about the struggle for self-invention where the author recounts leaving her secluded, survivalist Mormon family to go to college. It is a tale of fierce family loyalty and of the grief that comes with severing the closest of ties. With the acute insight that distinguishes all great writers, Westover has crafted a universal coming-of-age story that gets to the heart of what an education is and what it offers: the perspective to see one's life through new eyes and the will to change it.

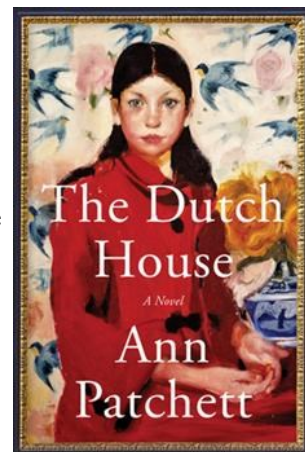


Loffler Senior Activity Center
On July 7, discuss *Educated: A Memoir* by Tara Westover, 2 p.m.

In July, read: *The Dutch House*
by Ann Patchett
Discuss on August 4, 2 p.m.

In August, read *A Gentleman in Moscow*
by Amor Towles
Discuss on September 1, 2 p.m.

This group now has a discussion leader- meet Becca Newton on discussion day! Each month members of the book club gather to talk about the book. The discussions are friendly and honest- everyone's thoughts are appreciated. The Lexington Park Branch Library has been very helpful by holding several copies of the books for us. Contact Sheila.Graziano@stmaryscountymd.gov to learn more about joining this casual group.



Senior Information & Assistance

By Melissa Craig, Senior I&A Division Manager

Legal Aid Appointments Available

The Legal Aid Bureau, Inc., has in-person appointments available at the Garvey Senior Activity Center. A representative will be available on Fridays, July 14 and August 11. Appointments are required and can be made by calling 301-475-4200, ext. 1064. Legal Aid can assist with landlord/tenant disputes, denial of public benefits, consumer and credit problems, and medical advance directives.



MARYLAND
LEGAL AID

Help Available for Electricity and Heating Expenses!

The Southern Maryland Tri-County Community Action Committee, Inc., Office of Home Energy will begin accepting applications for the 2024 program year on Saturday, July 1. This program provides financial assistance to residents, who meet program requirements, with their electric and heating expenses.

Eligibility is determined by the gross household income for everyone living in the residence. Income criteria is based on the age of household residents. Learn income criteria for those aged 60 and over by calling the Department of Aging & Human Services at 301-475-4200, ext. 1064. Those under 60 can call the Southern Maryland Tri-County Community Action Committee at 301-475-5574, ext. 200#, for more information.

Countable income is based on all income received within 30 days prior of making application including, Social Security, annuities, pensions, IRA distributions, wages, child support, etc. The value of assets such as bank accounts, real estate, IRAs, CDs, etc. are not considered to determine eligibility.

In addition to meeting income criteria, applicants must also be a Maryland resident, a U.S. citizen, or a qualified immigrant. And must provide the following information:

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- 1 - Copy of Applicant's photo identification
 - 2 - Proof of Residency
 - 3 - Copies of Social Security cards for the entire household (including children)
 - 4 - Proof of your household's total Gross income for the last 30-day period
 - 5 - A copy of your most recent Utility bill, termination notice (if applicable)
 - 6 - A copy of your most recent heating fuel bill or receipt (if applicable)

Persons aged 60 or over and consumers with a disability may make an appointment for in-person assistance at the Senior Activity Center closest to you - Loffler (Great Mills) 301-475-4200, ext. 1654; Northern (Charlotte Hall) 301-475-4200, ext. 3104; Garvey (Leonardtown) 301-475-4200, ext. 1064.

Persons under the age of 60 may contact Southern Maryland Tri-County Community Action Committee by calling 301-475-5574, ext. 200# for application information.

Senior Rides Seeking Drivers

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

Become a volunteer driver for Senior Rides!

Volunteer Driver Recruitment/Benefits:

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

Mileage reimbursement

Supplemental accident insurance

CPR/First Aid Certification

Volunteer Recognition

Driver Safety Training

Driver Qualifications

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

Driver Requirements

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

For more information, contact Melissa Beauvais

301-475-4200, ext. 1066

Melissa.Beauvais@stmarysmd.com

News from the Garvey Council



Dale Taylor (left), Gail Murdock, and Margaret Forrest celebrate the Garvey Council!

The Garvey Council is proud to recognize one of its founding members, Mr. Gail Murdock for his never-ending support, especially while serving as the Chairman of our Fundraising Committee. He has since retired from our Council, but we want to acknowledge his guidance and support throughout the early years from 2014, through our development into a 501(c)3 Nonprofit organization in December 2015; and the final ribbon cutting ceremony in 2020.

In 2014, the Commission on Aging held a meeting seeking support for a new Garvey Senior Activity Center. Dale Taylor and Margaret Forrest left the meeting as the only volunteers to get the movement started. Mr. Murdock heard we were volunteering our services and offered his services as well. We were the three musketeers

venturing into the unknown. We traveled in his truck to Charles, Calvert, Montgomery, Prince Georges, and Frederick Counties visiting senior centers to help with the design of the new Garvey Senior Activity Center. Gail's knowledge of our county and surrounding counties and experience having served on many boards and committees locally and at the state level served us well. We collected 3,288 signatures and presented them to the County Commissioners in support of a new Garvey Senior Activity Center. We attended the weekly County Commissioners meetings and the budget meetings to present our findings and recommendations. The three musketeers became the first President (Dale Taylor); Vice President (Margaret Forrest), and Parliamentarian (Gail Murdock).

Our Council has grown to 13 board members and several associate members and continues to provide fundraising activities in support of the Garvey Senior Activity Center programs and events. We are forever grateful for his guidance and support! A bulletin board about the Council members and their activities are located in the main hallway.



Aging & Disability Resource Center

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.

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@stmaryscountymd.gov
www.stmaryscountymd.gov/aging/MAP

Focus on Fitness

By Brandy Tulley, Senior Center Operations Division Manager

July is an excellent time for National Picnic Month! The fresh air stirs the appetite, and garden vegetables and fruits make outdoor eating easier. Picnics provide an excellent way to enjoy the company of friends and family away from home. Many times, the focus of these events becomes the food, and who can blame us, but this year, consider adding some physical activities to your usual picnic or cookout celebration with families and friends. While most seniors aren't up for the vigorous picnic games of their youth, such as volleyball or softball, they can enjoy dozens of other games that are suitable for all ages. At your next outdoor picnic, consider trying one of the below activities.

Tossing Games

Games that utilize tossing skills are popular and can easily be modified to accommodate people with limited mobility. Set up a horseshoe set – maybe even a lightweight plastic version – in an easily accessible area. Cornhole is popular and can also be easily enjoyed by older adults. Or how about a good old fashion water balloon toss game. Everyone likes to cool off on a warm July day!

Croquet

Croquet is a simple but still challenging golf-style game that can be played by anyone who has good hand-eye coordination and decent motor skills, including older adults!

This outdoor game will require some time for set up, but once it's all put together there are countless ways to enjoy croquet. The basic idea is that the players take turns hitting the ball through a series of wickets in order to end up with the most points.

Croquet can be played as singles or doubles and there are also some variations on how many balls, hoops, and stakes are used during the playtime. It's an easy game to learn but has a lot of complexity, making it perfect for seniors who want to stay active and enjoy a challenge.

Volleyball with a Beach Ball – can even be played seated!

This game is a great alternative to indoor volleyball but still want the lower-impact option of beach volleyball.

The court size in this game can be adjusted depending on the players' skill level and how much space you have available – which makes it perfect for everyone from younger children to elderly adults!

Giant Games

There are so many on the market nowadays! Giant Jenga, Bowling, Chess, Checkers, and Connect Four are all great options and are perfect for outdoor spaces considering their giant size.

There are a number of outdoor games that can be enjoyed by older adults. Some require more physical activity than others and some may require modifications to be safer for those with physical challenges, but all offer an opportunity to enjoy the outdoors with friends or family while getting in some physical and/or mental exercise at the same time!

NOTE: For fitness classes that are on the Fitness Card, beginning July 1, the price of the Fitness Card will increase to \$40. The income from the Fitness Card sales pays our wonderful, contracted instructors.

Garvey Senior Activity Center

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

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



Reiki & Reflexology with Sarah Strain

Garvey Senior Activity Center

Tuesdays & Thursdays

July 6, 18 & 20

Friday, July 7 (make-up date for Tuesday, July 4)

August 1, 3, 22, & 24

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. Cancellations will be accepted with 24-hour notice.

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.

Advance registration and payment are required. Cancellations must be made at least 24 hours in advance to be considered for refund.

Watercolor with T.L. Ford

Garvey Senior Activity Center

Tuesday, August 8, 1:30 p.m.

Cost: \$25

Would you like to learn how to paint with watercolor on a smaller scale? Join T.L. Ford of Cat-tail Nu, LLC as she teaches you the basics of watercolor painting in a relaxing, informal setting. During this class you will learn watercolor techniques and choose your own stencil design to paint. No experience or drawing skills are necessary and everything you need is provided! Advance registration and payment are required. See top of the page for registration information.

Floral Arranging with Sunnyside Florals
Garvey Senior Activity Center
Wednesdays, July 12 & August 16, 1:30 p.m.

Cost: \$45

Would you like a beautiful handmade arrangement for your home or to give to a loved one? Shelley Russell, owner, and lead designer of Sunnyside Florals will be instructing the class. Shelley grows her own flowers and plants locally here in Southern MD. If you have been lucky enough to receive one of her designed floral arrangements, you know that every one of them is unique and beautiful. Explore the basics of floral arrangement and design in this hands-on session with Shelley. Freshly cut, locally grown flowers and foliage, provided by the instructor, will be identified along with suggestions for their application in this project. Shelley will provide everything you need to create your arrangement. 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! Advance registration and payment are required. See page 14 for registration information.



Kickboxing with Geno
Garvey Senior Activity Center
Tuesdays, July 11-August 8, 2 p.m.
Cost: \$40

Kickboxing tones muscles through punching and kicking using focus pads and target pads and mitts. Participants may notice an improvement in overall balance and flexibility. The aerobic moves of kickboxing have been shown to improve circulation and offer great stress relief. This specialized class is geared

toward active men and women ages fifty and above. The class has great energy without the high impact exercises that are done during a mainstream kickboxing class. The instructor, Geno Rothback, is a registered nurse, a senior fitness instructor, and is a black belt in Taekwondo and certified Martial Fusion and Kickboxing instructor. Advance registration and payment are required. See page 14 for registration information.

Just Us 2
Garvey Senior Activity Center
Friday, July 14
Doors Open: 11:30 a.m.
Lunch Served: 12 p.m.
Music: 12:30 p.m.

Pat Nutter and Chris Tenney have performed at a wide variety of establishments throughout southern Maryland and most recently at the Saturday Night Live Open Mic in Prince Frederick. They are a duo that performs bluegrass, classic country, gospel, and original music. Their music will get your toes and fingers tapping along with their lively music. Lunch will be served before the music starts. Cost for lunch is by donation for those ages 60 and above and \$6 for those under the age of 60. Advance registration is required. See page 14 for registration information.





Presented by Hope & Healing
Garvey Senior Activity Center
Tuesdays, July 18 & August 8, 1 p.m.
July: "Age Related Memory Loss & How to Cope"
August: "Sleep Health"
Cost: \$5 (suggested donation)

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. Advance sign up is required and a suggested donation of \$5 for each series is requested.

70's Disco Chair Dancing
Garvey Senior Activity Center
Thursday, July 27, 2 p.m.
Cost: \$15

70's Disco Chair Dance combines timeless upbeat music with gentle, rhythmic movements to revitalize and lift your spirit while enhancing blood flow and mind-body coordination. Engaging movement sequences strengthen, tone, and stretch the body while being supported by a chair in seated and standing positions. This fun community connection begins with a warm-up, rejuvenates your mind, body, and spirit, and concludes with a centering cool down. CAUTION: This chair dance session activates JOY!



NEW!!! Embroidery Card Making Class
Garvey Senior Activity Center
Tuesday, August 1, 1:30 p.m.
Cost: \$5

We will be adding a new card making class on the first Tuesday of the month at 1:30 p.m. This method of card-making is used to create stunning gifts or greeting cards that will be suitable for framing. The technique uses single strand embroidery thread and a fine needle to make simple line designs on quality card stock. This would be a great opportunity to make lovely, personalized cards for those important people in your life! Price includes all supplies! Advance registration and payment are required. See page 14 for registration information.

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Folk Salad Luncheon
Garvey Senior Activity Center
Friday, August 4
Doors Open: 11:30 a.m.
Lunch Served: 12 p.m.
Music: 12:30 p.m.

Folk Salad is an eclectic, acoustic band performing folk, light rock, oldies & originals! They have performed all over St. Mary's County including places like Port of Leonardtown Winery, Lotus Kitchen & the Loffler Senior Activity Center. Come and enjoy a delicious lunch and a great performance with Folk Salad. Cost for lunch is by donation for those ages 60 and above and \$6 for those under the age of 60. Advance registration is required. See page 14 for registration information.

Hippy 60's Chair Dancing
Garvey Senior Activity Center
Thursday, August 31, 2 p.m.

Cost: \$15

Hippy 60's Chair Dance combines timeless upbeat music with gentle, rhythmic movements to revitalize and lift your spirit while enhancing blood flow and mind-body coordination.

Engaging movement sequences strengthen, tone, and stretch the body while being supported by a chair in seated and standing positions.

This fun community connection begins with a warm-up, rejuvenates your mind, body, and spirit, and concludes with a centering cool down. CAUTION: This chair dance session activates JOY! Advance registration and payment are required. See page 14 for registration information.



Dungeons and Dragons
Garvey Senior Activity Center
Every Monday, 5 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? 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. To learn more, call 301-475-4200, ext. 1080.

Crochet Club
Garvey Senior Activity Center
Tuesdays, July 18, August 1, and August 15, 5-7 p.m.

Cost: Free

Are you someone who enjoys crocheting or knitting? Come join us to work on your projects and socialize with other fellow crafters. No instruction or materials will be provided, so you will need to bring your own projects. Advanced registration is not required. To learn more, call 301-475-4200, ext. 1080.

Collage Group
Garvey Senior Activity Center
Tuesdays, July 18, August 1, & August 15, 6 p.m.

Cost: Free

Come make collaged postcards to send to your friends and family! In this fun social group, we will be making collages. Collages are the art of cutting pictures from magazines, along with other sources, and gluing them to a surface. Class is drop-in and all materials will be provided. No advanced registration required. Class will meet in the Art Studio. To learn more, call 301-475-4200, ext. 1080.

Card Making Class
Garvey Senior Activity Center
Tuesdays, July 11 & August 8, 6 p.m.

Cost: \$4 per class

Would you like to learn how to make handmade cards to give to your loved ones? Join us in the art studio to learn how to make beautiful cards. All materials and instruction will be provided. Not only is this a craft group, but a social opportunity as well! No experience is required, and the class is beginner friendly. Advanced registration and payment are required. See page 14 for registration information.



Cruet Basket
Garvey Senior Activity Center
Wednesday, August 2, 5:30 – 7:30 p.m.
Cost: \$30/kit

In this beginner level course, you will learn to make your own Cruet Basket to take your oil, vinegar or other dressings to the table. This little basket starts with a wooden handle and is quick to weave using some basic techniques that will be taught. Vintage glass cruets are included. Some choice of colored weavers and cruet styles will be available. Instruction and a complete kit for the project will be provided, along with written directions. Advance registration is required. See page 14 for registration instructions.

VOLUNTEERS NEEDED
Garvey Senior Activity Center

Is there a hobby or something you enjoy doing that you would like to share with others? Please reach out! We are currently seeking volunteers to lead activities or teach classes in the evenings at Garvey. Currently we are looking to find someone to facilitate evening book discussion. If interested, please contact Catherine.Prophet@stmaryscountymd.gov.



Crafts with Cat
Garvey Senior Activity Center
Wednesdays - 6 p.m.

Cost: Varies

Join the evening Program Specialist, Cat Prophet, to do fun arts and crafts! Each week will be a different craft. Specifics of each craft will be listed in the Senior Spotlight and E-News letter. Advanced registration and payment are required. See page 14 for registration information.

The crafts for July are:

- July 5 - Mini Mandala Painting - \$5
- July 12 - Hydro Dipped Rocks - \$10
- July 19- Zentangle - \$5
- July 26 - Beginner Fine Arts Drawing - \$10

The Crafts for August are:

- August 2 - Beaded Bracelet Making - \$5
- August 9 - 3D Acrylic Flower Painting - \$10
- August 16 - Freeform Painting - \$10
- August 23 - Painted Seashells - \$10
- August 30 - Beginner Fine Arts Drawing - \$10



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.

Please Note: No Art with Jamie in July or August

Jamie has a busy summer schedule so she will be taking a much-needed break from teaching classes in July and August. But don't worry- she will be back in September for more great times and lessons!



Nutrition Presentations by Donna Taggart

Loffler Senior Activity Center

Mason Jar Salad Workshop - Monday, July 10, 10 a.m.

Spend Less, Eat Better! - Monday, August 14, 10 a.m.

Cost: Free

For July's presentation, Donna will be offering a special, hands-on workshop- making a salad in a mason jar. The recipe will be based on the Mediterranean Diet. All ingredients and materials will be provided.

In August, Donna will show you how you can eat healthier for less money than you usually spend- it's easier than you think!

Donna presents nutrition topics at the Loffler Senior Activity Center usually on the second Monday of each month at 10 a.m. Register online at www.stmaryscountymd.gov/aging. Limited to 12

participants. Additionally, Donna offers free personal nutritional education at 11 a.m. on the day she is here. Make an appointment with her by text message or calling 240-538-6539.

Educational Videos

Loffler Senior Activity Center

The Mine Wars - Thursday, July 13, 10 a.m. (120 min.)

Cost: Free

At the beginning of the 20th century, coal was the engine of American industrial progress. Nearly three quarters of a million men across the country spent ten or twelve hours a day underground in coal mines. The Mine Wars brings to life the struggle that turned the coalfields of southern West Virginia into a blood-soaked war zone where basic constitutional rights and freedoms were violently contested.



Inside the Court of Henry VIII

Thursday, August 10, 10 a.m. (60 min.)

Cost: Free

Part Renaissance prince, part medieval tyrant, Henry VIII is the most famous of English kings. Venture beyond the facade of his glamorous court to understand the danger and intrigue that routinely cost courtiers their heads.

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

Two Days to a Rag Quilt

Loffler Senior Activity Center

Wednesday, July 12 & Friday, July 14, 9:30 a.m. –1:30 p.m.

Cost- Materials and Supplies

Do you know why rag quilts are all the rage in the quilter's world these days? It's because they are rustic, charming, warm, cozy, and easy to make- even if you only have a little sewing experience. The first day will be spent cutting out your squares, pressing them, then sewing an X across the diagonals. If you have time left in the day, you can start sewing your squares together. The second day will be spent sewing the rest of the blocks together, then snipping the exposed seams to make them nice and raggedy. The finishing up will take place in your washing machine at home. The real magic is when you take it out of the dryer to find a soft quilt with fluffy, exposed seams. Irresistible!

Register for this workshop at www.stmaryscountymd.gov/aging or leave a message on our reservation line at 301-475-4200, ext. 1660. Seating is limited to 8. For additional questions, contact Sheila.Graziano@stmaryscountymd.gov

You will need:

3 patterns of cotton fabric, 1 yard each (recommend 1 light, 1 medium and 1 deep color)

3 yards solid flannel

3 yards print or solid flannel

All-purpose thread

Pins

Sewing machine (We have machines available if needed - let staff know)

Walking foot- (optional but recommended)

Rotary cutter

Cutting mat (large enough to cut 10" squares)

Spring-action scissors





Health Watch Series
Loffler Senior Activity Center
Food Safety
Wednesday, July 19, 9:30 a.m.
Cost: Free

Summer is upon us and that means picnics, cookouts, and other festive food events. Keep the fun in summer with simple preparations to keep food temperatures in the safety zone as well as have proper storage, serving and sanitation on board.

Medication Safety
Wednesday, August 16, 9:30 a.m.
Cost: Free

Medicines are generally safe when used as prescribed or as directed on the label, but there are risks in taking any medicine. Learning about medication safety can reduce and even prevent the risk of harm for you and your loved ones. Know what to look out for and what to do when concerns arise.

Advance registration is required for these presentations.

Go to www.stmaryscountymd.gov/aging or leave a message on our reservation line at 301-475-4200, ext. 1660



Coffee with the Sheriff
Loffler Senior Activity Center
Thursday, July 20, 10 a.m.
Cost: Free

The Triad/SALT Council invites you to have Coffee with the Sheriff! Are you interested in learning about the St. Mary's County Sheriff's Office? Do you want to know more about issues that affect you? This is an opportunity to ask Sheriff Steven Hall directly. Registration required - call 301-475-4200, ext. 1073, or email Sarah.Miller@stmaryscountymd.gov.

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Using Nature for Unique Fall Decorating
Loffler Senior Activity Center
Thursday, August 24, 10 a.m.
Cost: Free

Theresa Rohaly brightened up our winter and spring with fun indoor gardening activities. Now she would like to help you get set for autumn using nature's bounty in alternative ways to decorate for the season. While traditional mums are beautiful, it might be fun to mix it up and use the unexpected for your seasonal flair! Once again, she is donating her skills, talents and materials for

free. If you'd like to register for this class, go to www.stmaryscountymd.gov/aging or leave a message on our reservation line at 301-475-4200, ext. 1660.



Bird Watching and Identifying

Loffler Senior Activity Center

Thursday, August 3, 10 a.m.-12 p.m.

Cost: Free

Do you love birds and wish to know more about them? In this basic bird-watching course, Dean Newman will show you how to:

- Adjust your binoculars to your eyes
- Use a field guide to identify birds
- Identify local birds on a screen using your field guide

To register for this series, go to www.stmaryscountymd.gov/aging or leave a message on our reservation line at 301-475-4200, ext. 1660.

Basic Photography Class

Loffler Senior Activity Center

Thursdays, August 3, 10, 17, 1-2:30 p.m.

Cost: Free

Dean Newman will teach you some basic photography skills using a digital camera. Participants are encouraged to bring their digital cameras to learn camera functions, plus the essentials of basic photography. Dean will also offer some tips and tricks for how to take pictures with your cell phone.



To register for this series, go to www.stmaryscountymd.gov/aging or leave a message on our reservation line at 301-475-4200, ext. 1660

UPCOMING TRIP

79th Waterford Fair - Crafts & Historic Homes Tour - A Celebration of Americana

Keep Sunday, October 8, available to attend the 79th Waterford Fair - Crafts & Historic Homes Tour - A Celebration of Americana!

Shop, play, tour and make memories during this 79-year-old tradition - the Waterford foundation's "Waterford Fair"! The Fair is the mid-Atlantic's quintessential fall festival demonstrating fine heritage & contemporary craft artisans, living historians, a juried art show, historic properties tour, local libations, Waterford Craft School talks & workshops, and entertainment for all ages. Located in the National Historic Landmark of Waterford (f. 1733), this unique village is situated in Western Loudoun County, VA.

St. Mary's County Department of Aging & Human Services will be sponsoring a trip to this fair. 50 seats will be available. Cost is TBD, but will include luxury motorcoach transportation, snack and water on the bus, tickets to attend the fair (which includes tours of historic homes). Be on the lookout for more information as it becomes available!

Northern Senior Activity Center

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

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

Pitch Card Day

Northern Senior Activity Center

4th Thursday of the month, Starting July 2023, 12:30-3:30 p.m.

Cost: \$10

Pitch returns for daytime play - progressive game style (like the card parties)! The popular game is back with a few adjustments. All signups are done in advance online and at that time fees will be collected. Enrollment means you'll be on the roster to play. When you arrive that day, you'll get the traditional game tally sheet and materials needed (this is not a tournament). Drop-ins will not be accommodated unless we need a substitute to fill in or round out a table. The fee will be \$10 per person and there will be a cash prize of \$40 for the top winner & descending prizes thereafter. See the top of this page for how to register.

Art Pottery: Monstrous Planters

Northern Senior Activity Center

Fridays, July 7 & 21, 10 a.m.-12 p.m.

Cost: \$10

Pottery craftswoman, Pam King, will instruct the crafting of a decorative planter featuring cute monster creatures for fun in the garden or home! See the top of this page for how to register.

Make & Paint Paper

Northern Senior Activity Center

Thursday, July 13 & 27, 12-2 p.m.

Cost: Free

Want to learn how to make paper? During the first class (July 13), artist, Kat Mejia, will instruct a method of creating paper by recycling old papers. Kat recommends using papers that hold sentimental value. Breathe new life into them via this recycling process! Once your paper has dried & cured, you'll sketch & paint on July 27. Kat will guide you through creating this unique art piece! All skill levels are welcome. Please bring your own stack of papers to recycle. All other materials will be provided. See the top of this page for how to register.



Intergenerational Bingo

Northern Senior Activity Center

Friday, July 14, 9:45-11:15 a.m.

Cost: Suggested donation of \$3

Who doesn't love Bingo?! This special edition of Bingo allows your friends and family to participate! Start sending out those invites. School-aged grandchildren are highly encouraged to attend. There will be prizes geared towards their age group. See the top of this page for how to register.



Chair Dance Connection: Latino Style!

Northern Senior Activity Center

Tuesday, July 18, 2-3:30 p.m.

Cost: \$15

Latino Dancing? Salsa? Si Gracias! Explore Merengue, Bachata, and Salsa rhythms with Paty Massón & Judi Lyons, with the most popular and new Latino songs! Engaging movement sequences that are full of life and passion will revitalize and lift your spirit while enhancing blood flow and mind-body coordination. All movements are supported by a chair in seated and standing positions. Chair Dance begins with a warm-up, follows with several exciting selections to spice up your mind, body, and spirit, then concludes with a centering cool down. Judi Lyons/ Mindful Motions Md. is YACEP®, E-RYT® 200,

EMYoga® Certified, RYT® 500 Therapeutic. Paty Massón is certified in RYT® 500, CBT, and Qigong. See page 24 for how to register.

Living Well with Chronic Conditions

Northern Senior Activity Center

Tuesdays, July 18- August 22 (6 sessions), 1-3:30 p.m.

Cost: Free

Start doing something wonderful for yourself by improving your life even while dealing with a chronic health condition! This is an evidence-based program that was developed by Stanford University to help people with chronic conditions take charge of their life. There is no charge for taking this class; however, a commitment to regular attendance is needed for good results. See page 24 for how to register.

Breakfast Café

Northern Senior Activity Center

Wednesday, July 19, 9-10 a.m.

Cost: \$5

Make your reservation today to have breakfast with friends and let us do the cooking and clean up. This month's meal is ham & potato casserole, scrambled eggs, fresh fruit, and toast. The cost is \$5 and is due at signup. See page 24 for how to register.

Freedom Rocks! Live with Jimi Simon

Northern Senior Activity Center

Thursday, July 20, 11 a.m.-12:45 p.m.

Cost: Meal contribution made that day

Advanced sign-up required

One of our rockin' favorites, Jimi Simon, is here to provide his musical talents for a post- Independence Day celebration! Come out in your red, white, and blue and show us your best costume. The performance is sponsored so you will only be making a meal contribution on that day. See page 24 for how to register.



Qigong: The 8 Brocades + Meditation & Tea

Northern Senior Activity Center

Tuesday, August 1, 1-2:30 p.m.

Cost: \$15

Qigong is an ancient Chinese method of integrating body, mind, breath, and spirit, to achieve optimum energy and wellness while moving Qi (vital force) through your body. This workshop by Paty Massón will be focused on slow and gentle movements to warm tendons, ligaments, and muscles, to tonify vital organs and connective tissue to promote circulation of body fluids (blood, synovial, lymph). See page 24 for how to register.



Coloring Book Day: Activities & Gallery

Northern Senior Activity Center

Wednesday, August 2, 1:30-4 p.m.

Cost: Free

Let's celebrate National Coloring Book Day! Seniors and school-aged grandchildren are invited to join us in the Great Room for an afternoon of coloring fun. Bring your colored pencils, crayons, markers, gel pens, and books! Limited materials will be provided while supplies last. Our center's Coloring Group will be in attendance and have their artwork on display. They will also have a brief awards ceremony starting around 2 p.m.

As a bonus, all attendees are entered to win coloring book door prizes! See page 24 for how to register.

Watercolor with T.L. Ford: Desert

Northern Senior Activity Center

Monday, August 7, 9:30-11:30 a.m.

Cost: \$25

Come have fun with watercolors with T.L. Ford, an experienced artist from the area! Using professional grade supplies, learn wet-in-wet, color mixing and blending. No experience necessary. All supplies provided. Canvas size is 5.5" x 7". See page 24 for how to register.



AARP Smart Driver Safety Course

Northern Senior Activity Center

Thursday, August 10, 9 a.m.-3 p.m.

Cost: \$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. See page 24 for how to register. Payment is due to the instructor on August 10. Payable by cash or check.

Breakfast Café with PM Barber

**Northern Senior Activity Center
Wednesday, August 16, 9-10 a.m.**

Cost: \$5

This special edition of Ginger’s Breakfast Café will feature the sweet tunes of PM Barber – one of the Center’s all-time favorite musicians. Enjoy a delicious and affordable meal of pancakes, scrambled eggs, sausage, and fresh fruit. See page 24 for how to register.



Basket Weaving: Potato Masher

**Northern Senior Activity Center
Friday, August 18, 10 a.m.-3 p.m.**

Cost: \$30

Experienced basket artisan, Pam King, will instruct how to weave a unique basket with a functioning potato masher! See page 24 for how to register.



Daily Energy Routine: Vitality & Balance

**Northern Senior Activity Center
Monday, August 21, 2-3:30 p.m.**

Cost: \$15

This 7-minute daily practice is transformative – especially if you struggle with depression, anxiety, addiction, chronic pain, or would simply like more joy, vitality, and contentment in your life. Combining gentle Energy Medicine movement techniques with clear intention to cleanse subtle energy bodies and systems, balance emotions, and invigorate the mind, body, and spirit. Accessible to all. See page 24 for how to register.

Retired and Senior Volunteer Program

By : Monika Williams, RSVP Program Manager



RSVP Volunteer on his way to deliver meals to homebound seniors.

Celebrating Independence

Happy 4th of July - also known as Independence Day. Thank you to all active military and veterans for protecting our Country's freedom and independence year after year. We, as human beings, also enjoy personal Independence. We want to live a long healthy independent life in our own home for as long as safely possible. We want to be able to make our own decisions about our health and where we live. It is a true freedom we all work hard to achieve and protect. Fortunately, as we become older adults and may need a little help, there are programs and resources that enable us to continue living independently in our home. Many RSVP volunteers are essential players in the community programs that enable people experiencing health crisis and hardships to continue to remain safely in their home environment. RSVP volunteers deliver meals, repair & disperse convalescent equipment, distribute groceries and much more. Thank you RSVP Volunteers!

Save the Date!

The 2023 RSVP Volunteer Appreciation Banquet will take place on Friday, August 25, 2023 from 11 a.m. – 1 p.m. at the University of Maryland at Southern Maryland SMART Building. Registration will begin at 10 a.m. Invitations will be mailed.



RSVP has a new Volunteer Station

The Old Jail & Leonardtown Visitor Center seeks a volunteer to share the history of this site where everyone from regular convicts to brave freedom seekers on the Underground Railroad were incarcerated. Operated by the oldest sheriff's office in the country, this granite block and brick structure retains its original cells and rooms.



Volunteer Opportunities

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

Teen Court

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

- Teen Court Judge
- Hearing Support Assistants

A Community That Shares (ACTS)

- Receiving and dispersing medical equipment
- Repairing Equipment

Hospice of St. Mary's

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

Community Mediation of St. Mary's County

- Mediating
- Promoting fundraisers
- Disseminating brochures
- Office assistance

St. Mary's County Crime Solvers Board

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

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

Helpers Overcoming Problems Effectively (HOPE)

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

Garvey Senior Activity Center

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

Treasurer's Office

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

Senior Rides

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

Literacy Council of St. Mary's

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

St. Clement's Island Museum

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

Historic St. Mary's

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

Charlotte Hall Veterans Home

- Activity Assistant
- Gift Shop Attendant
- Technical Support

Patuxent River Naval Air Museum

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

Loffler Senior Activity Center

- Zoom Activity Monitor

Habitat for Humanity

- Help in the ReStore receiving, sorting, pricing, and placing donations on the sales floor.
- Help with office duties.
- Assist committee in selecting partner families
- Assist with Application Orientation Workshops and homeowner education programs.
- Work with the Board of Directors in obtaining funds for the organization, through grant proposal writing, major donor appeals, capital campaigns, and small fundraising activities.

Ongoing Activities - Garvey

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

Ongoing Activities - Garvey

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

Helpful Links:

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

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

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

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

Ongoing Activities - Loffler

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

Ongoing Activities - Loffler

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Nutrition Ed. with Donna Taggart	2 nd Mondays 10 a.m.	Nutrition presentations led by a Licensed Dietician.	Yes	No
Open Art Studio	Fridays 9 a.m.	Drop in for guided art practice with volunteer Chris Sisk.	No	Drop in fee
Pinochle	Mon., Wed., & Fri. 9 a.m.	Experienced players welcome.	No	No
Project Linus	3 rd Fridays 10 a.m.	Make blankets for children and teenagers who are hospitalized or in shelters.	No	No
Rummikub	Wednesdays 9 a.m.	Fun tabletop game for all levels of experience.	No	No
Sew-It-Alls	Mondays 12:30 p.m.	Bring own supplies.	No	No
Tai Chi/Arthritis & Fall Prevention	Tuesdays & Thursdays 11 a.m. -12 p.m. (scheduled sessions)	Evidence based exercise program suitable for all abilities.	Yes	No
Walking Club	Mon., Wed., Fri. 9 a.m.	All are welcome, group walks laps around the park.	No	No
Wii Games	Daily see staff	Open to new and experienced players.	No	No
Wood Carving	Tuesdays 1 p.m.	Will need to bring own supplies. Volunteer led group.	No	No
Yoga	Mon., Wed., Thurs., Fri., 9:30 a.m.	Gentle range of motion stretches and poses along with meditation.	No	Fitness Card
Zumba Gold	Mondays 12:30 p.m.	Dance based exercise program led by certified instructor.	No	Fitness Card

Ongoing Activities - Northern

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Arthritis Foundation Exercise Program	Wednesdays 10:45-11:45 a.m. Thursdays, 1-2 p.m.	Gentle, range of motion, stretching and flexibility led by certified instructor.	No	No
Awakening Yoga	Mondays , 9:30-10:30 a.m.	Gentle range of motion/ meditation.	No	Fitness Card
Basket Weaving	Periodically	Typically, two-part classes offered.	Yes	Varies; \$30
Billiards	Mondays Preferred	Bring your own or use ours.	Yes	No
Bingo	Fridays 9:45-11:15 a.m.	Game with volunteer bingo callers. Pantry items for prizes.	Yes	No
Book Club: Book Chatter	4 th Thursdays 11 a.m.-12 p.m.	Read & review new books each month. Different books for each club.	Waitlist	No
Breakfast Cafe	Wednesdays, 9-10 a.m.	Breakfast by signup. Menu and dates vary per month.	Yes	\$5
Bridge	Thursdays 10 a.m.-2 p.m.	Best suited for experienced players.	Preferred	No
Crafty Corner	Mon., Tues., Thurs., Fri. 8 a.m.-4 p.m. Wednesdays, 1-4 p.m.	Open time to work on textile based projects like beads, crochet, and coloring	No	No

Ongoing Activities - Northern

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Coloring Group (two groups)	1 st & 3 rd Wednesdays 1-2:30 p.m.	Participants supply coloring utensils if possible; some are provided.	Waitlist	No, workbook if desired
Chair Yoga	Wednesdays, 9:30 – 10:30 a.m.	Chair Yoga has been modified to allow participants to safely perform positions with a chair incorporated for ease and stability.	No	Fitness Card
Crochet DIY	Mon. & Wed., 1-4 p.m.	Beginners or experienced.	No	No
Cycling Program	Anytime	(2) traditional, (1) recumbent trike.	No	No
Cycling Without Age	1st Thursdays 9 a.m.-12 p.m.	Fun rides on trishaw, by appointment only.	Yes	No
Diamond Dazzle (two groups)	3 rd Monday 10 a.m.-Noon & 1- 3 p.m.	Diamond and associated bead crafts.	Waitlist	Yes for kits
Double Pinochle	Tuesdays & Fridays 10 a.m.-4:30 p.m.	Moderately experienced players.	No	No
Drums Alive	Tuesdays August 29-October 3 2-3 p.m.	Instructor-lead drum and dance class. Helps cognitive function. Program runs for 6-weeks at a time .	Yes	\$12 for 6-week program
Dynamic Ceramics	Wednesdays 9:30 a.m.-12:30 p.m.	Variety of bisque pieces available to purchase. Supplies provided.	Drop-in	Buy items, firing fees
EnhanceFitness	Tuesday & Thursdays 9:30-10:30 a.m. Fridays, 9-10 a.m.	Cardiovascular/weight training exercises to improve flexibility, strength, balance.	No	Fitness Card
Homemakers	2nd & 4th Tuesdays 10 a.m.-12 p.m.	Social time and homemade items made for fun and charity	Yes Call to inquire	No
Line Dancing	Wednesdays 1-2:30 p.m.	Volunteer leads group/variety of steps.	No	No
Lyme Discussion & Support Initiative	TBD ToolKits by pickup	Facilitator-led group with education and support for Lyme Disease.	Yes, all ages	No
Mahjong (Eastern)	Thurs 1-4:30 p.m.	Popular tile game involves skill, strategy & luck. Beginners welcome.	No	No
OH HECK (Cards)	Tuesdays & Fridays 10 a.m. -2 p.m.	Experienced players and beginners welcome.	No	No
Open Studio: Pottery and Ceramics	Mon., Tues., Thurs., & Fri. 8 a.m. -4 p.m.	Crafters continue work on individual clay, pottery, or paint pieces. Some Fridays are reserved for specific art pottery projects/ classes.	Studio orientation	Fee for clay ceramics, fire, supplies
Quilting for Beginners	2 nd & 4 th Wednesday 12:30-4:30 p.m.	Instructor teaches basic skills and techniques. Individual projects.	Preferred- Not required	TBD, Varies
R&B Line Dancing	Fridays 1-2 p.m.	Popular line/party dance styles.	No	No
Scrapbooking	2nd Monday, 10 a.m.-3 p.m.	Organizing photos into a book using artistic skill.	Waitlist	Bring your own materials
S.W.A.G. (Seniors Winning at Games)	Tuesdays & Fridays 1-4:30 p.m.	Various card games like SkipBo, Canasta, Rummy, etc.	No	No
Tech Rescue	Monday-Friday, after 2 p.m. By appointment only	15-30 appointments with Keilan Ruppert to work on specific needs with computers, smartphones, etc.	Yes	No
Workout Room	Open during normal operating hours	1 Bow Flex; 1 Standing Elliptical; 1 Seated Elliptical; 2 Pec/Fly; 2 Treadmills; 2 Recumbent Bikes.	No	No
Zumba Gold	Tuesdays 10:45 a.m. -11:45 a.m.	Latin music and dance fitness program.	No	Fitness Card

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

Lori Jennings-Harris, Director

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

Senior I&A-Help for seniors in the form of services, benefits and assistance is provided. Access to information and referral services, options counseling, support for caregivers, and more, are provided. Call 301-475-4200, ext. 1057, for information.

Home and Community-Based Services (HCBS)/Maryland Access Point (MAP)- MAP is your link to health and support services providing older adults, persons with disabilities and caregivers with a single point of entry. Consists of multiple programs providing the following services: Medicaid-funded community-based services, Long-Term Care Ombudsman, Senior Care Program, Respite Assistance, and Caregiver Support. To be assessed for services, contact MAP at 301-475-4200, ext. 1057.

Senior Activity Centers-The three county senior activity centers are places where active adults age 50 and over can participate in activities, events, exercise programs, and group meal programs. Call the Division Manager, at 301-475-4200, ext. 1063.

Home Delivered Meals-A service for seniors 60 and over who are homebound and have a moderate to severe disability which prevents them from shopping or cooking for themselves, and who have no one to prepare meals. The Program Coordinator can be reached at 301-475-4200, ext. 1060.

Retired and Senior Volunteer Program (RSVP)-Offering persons 55 years of age or older an opportunity to donate their time, talents, enthusiasm, and expertise in the local community. Call 301-475-4200, ext. 1653.

Senior Rides Program-A program which connects individuals who meet certain criteria and need transportation to important events and appointments with pre-screened, trained volunteer drivers. Call 301-475-4200, ext. 1066, for more information.

Community Programs & Outreach-Communicates timely and topical information to the senior community through a bi-monthly newsletter, website updates, local and state-wide events, and local media. To receive the bi-monthly newsletter, call 301-475-4200, ext. 1073.

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

Website: www.stmaryscountymd.gov/aging

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)***

Tuesday, July 4 - Independence Day

NEW BEGINNING