

NEW BEGINNING

VOLUME 36 ISSUE 2 MARCH/APRIL 2023

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



Celebrating National Volunteer Month!

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From the Director's Desk

By Lori Jennings-Harris, Director

Volunteers, what more is there to say...?

THOSE WHO CAN DO, DO. THOSE WHO CAN DO MORE, VOLUNTEER.
AUTHOR UNKNOWN

Volunteers don't get paid, not because they're worthless, but because they're priceless.
Sherry Anderson

The smallest act of kindness is worth more than the greatest intention.
Oscar Wilde

Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain love for one another.
Erma Bombeck

It is not enough to be compassionate; you must act.
Dalai Lama

Life's most persistent and urgent question, 'What are you doing for others?'
Dr. Martin Luther King, Jr.

The best way to find yourself is to lose yourself in the service of others.
Mahatma Gandhi

Volunteer! Start where you are. Use what you have. Do what you can.
Arthur Ashe

Volunteering makes a difference.
Author unknown

To all the volunteers, from the Department of Aging & Human Services, our most sincere thank you for everything you do, helping those who need the help of someone.



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.

LIFE Program Returning this Spring!

The Department of Aging & Human Services is proud to announce that the Learning is ForEver (LIFE) program will return this spring!

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 are now available for pick-up at the county's three senior activity centers and online at www.stmaryscountymd.gov/aging/life. 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.



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, March 27, 2023
1 p.m.

Monday, April 24, 2023
1 p.m.

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

Attend Meetings to:

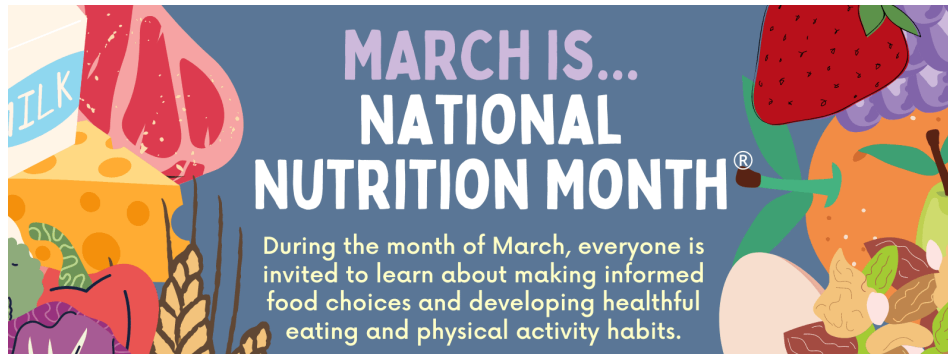
- * Meet your St. Mary's Commission on Aging members
- * Provide comments on the Department of Aging & Human Services
- * Obtain information on topics of senior interest

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



Nutrition Corner

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



Did you know that National Nutrition Month has been celebrated in March since 1973? It was started by the Academy of Nutrition and Dietetics as a way to raise awareness about the profession of dietetics while educating the public on good nutrition. It continues to this day to focus attention on the importance of making informed food choices and developing healthful eating and physical activity habits. This year's theme is Fuel for the Future.

The statistics are grim. According to Produce for Better Health Foundation's State of the Plate, most Americans currently eat a fruit or vegetable on 1 occasion or less each day. However, it has been found that eating 9-11 servings of fruits and vegetables are linked with positive health benefits. Sadly, the current Dietary Guidelines for Americans show similar patterns. Studies show 75 percent of Americans are low in their consumption of fruits and vegetables, 63 percent exceed the recommended limit of added sugars, 77 percent exceed the limit for saturated fats, and 90 percent exceed the limits for sodium.

So, what can be done? I suggest visiting the website DietaryGuidelines.gov. It is our nation's science-based guidance on how to eat for good health. It has recommendations for each life stage from birth to older adulthood. Here you can learn how to build a healthy eating routine that in turn can lead to a healthier life. Even small changes can make a big difference. Also MyPlate.gov can provide healthy eating tips and recipes.

Finally, the Department on Aging & Human Services here in St Mary's County provides a registered dietitian to assist you in this endeavor. What is a Registered Dietitian? A RD spends years in school to acquire the knowledge and skills to guide others on diet and nutrition. As part of maintaining their certification, they keep up on the latest research, so you don't have to try to figure out what is fact versus fiction.

Remember, it is never too late to improve your food and beverage choices. Help is available!

Upcoming Nutrition Education Presentations:

Bone Health

Garvey - Wednesday, March 1, 10 a.m.

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

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

Northern - Monday, March 20, 12 p.m.

The Sleep/Nutrition Connection

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

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

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

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

Home & Community-Based Services

Rebecca Kessler, HCBS Division Manager

SAVE THE DATE!

You're invited to the 30th Anniversary

Southern Maryland Caregivers Conference

Where: Richard R. Clark Senior Center
1210 Charles Street
La Plata, MD, 20646

When: Friday, April 28, 2023

Time: 8 a.m.-2:30 p.m.

Contact: Cindy Olmsted
301-934-0128
olmstedc@charlescountymd.gov



Law Enforcement Appreciation Day

Tuesday, May 2

11:30 a.m.

The White Rose

21030 Point Lookout Road, Callaway, MD

The community is invited to join the Commissioners of St. Mary's County, the Department of Aging & Human Services, and the Triad/SALT Council to honor this year's Law Enforcement Officers of the Year and remember the men and women who gave their lives in service to their community.

The Officer of the Year from each agency will receive citations from the Office of the Governor, the Maryland Senate and House of Delegates, as well as plaques and/or certificates of appreciation from the Commissioners of St. Mary's County, the Department of Aging & Human Services, and the Triad/SALT Council.

The community is invited to congratulate the Law Enforcement Officers of the Year and join them for lunch, free of charge, following the ceremony.

*For more information, contact Sarah Miller at:
301-475-4200, ext. 1073, or sarah.miller@stmaryscountymd.gov*



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. If you or a loved one needs assistance, please contact

Jenny Beyer, Aging & Disability Resource Coordinator.

For more information, contact:

Jenny Beyer

Aging & Disability Resource /Maryland Access Point Coordinator

23115 Leonard Hall Drive, Leonardtown, MD

301-475-4200, ext. 1057

Jennette.Beyer@stmaryscountymd.gov

www.stmaryscountymd.gov/aging/MAP

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 Unexpected

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

A representative from the Sheriff's Office will teach community members 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



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



NEW BEGINNING



MEDICATION TAKEBACK DAY

Saturday
April 8, 2023
9 am – 1 pm

SYRINGE COLLECTION
CONTAINERS ONSITE

DROP-OFF LOCATION:

St. Mary's County
Government Campus
41780 Baldrige Street
Leonardtown, MD



SHREDDING SERVICES
also available!

FOR MORE INFO: smchd.org/disposal
or call: 301-475-4200, ext. 1073

Funded by SAMHSA and MDH



Senior Information & Assistance

By Melissa Craig, Senior I&A Division Manager

State Homeowners' Property Tax Credit

The State of Maryland Department of Assessments and Taxation provides a credit towards the property tax bill for homeowners who qualify based on gross household income, net worth, and their property tax liability. Previous applicants must submit a new application each year.

To have your application considered for a tax credit the home must be your principal residence, where you reside or expect to reside for more than six months of the tax year; have a legal interest in the property; have a gross household income (including Social Security) less than \$60,000 and your net worth, excluding the value of the property for which application is being made, must not exceed \$200,000 as of December 31, 2022. Your net worth includes the value of other properties owned, CDs, investments, etc. The credit also takes into consideration the gross income in comparison to the 2023 property tax bill, i.e., a household income of \$30,000 must have a tax bill over \$1,680 to be eligible for the credit.

Income information must be reported for the resident homeowner(s), spouse or co-owner, and all other occupants of the dwelling unless these occupants can be claimed as dependents or unless they are paying reasonable fixed charges such as rent or room and board.

The deadline for filing a 2024 Homeowner's Property Tax Credit is October 1, 2023. However, applicants are encouraged to file their applications prior to May 1, to receive a credit directly on their July property tax bill.

Applications are available to download on-line at www.dat.maryland.gov or can be filed on-line. Applications are available at the Senior Activity Centers. For assistance with the application process call 301-475-4200, ext. 1654, 1064 or 3104.

St. Mary's County Property Tax Credits

St. Mary's County offers property tax credits for residents starting at age 65. To qualify for a tax credit at age 65 you must have lived on your current property for at least 40 years or have received an honorable retirement from military service and have an adjusted gross income of less than \$80,000 for tax year 2022. This credit provides a 10 percent reduction towards the County portion of the tax bill.

Residents over the age of 70 who have an adjusted gross income of less than \$80,000 for tax year 2022 can apply for the Senior Tax Credit which freezes the County portion of the tax bill from increasing each year.

Lastly, for persons age 70 and over who qualify to receive a Maryland Homeowners' Property Tax Credit (see above article) may also receive a matching credit from St. Marys County equal to the amount provided by the State. The Treasurer's Office will determine which credit is most beneficial. Previous applicants will receive an application by mail, can apply on-line at www.stmarysmd.com/treasurer, or pick up an application at the Treasurer's Office or one of the Senior Activity Centers. The deadline to apply is May 1, 2023.

Income Tax Preparation

AARP tax aide service is now providing free income tax preparation services! In-person appointments are available. To schedule an appointment, call 240-466-1740.

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
- Attend driver safety course
- Attend driver orientation class

For more information, contact Melissa Beauvais

301-475-4200, ext. 1066

Melissa.Beauvais@stmarysmd.com

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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/

Men's Health Day: A Blueprint for Wellness

Save the Date!

The Department of Aging & Human Services
is pleased to offer the second annual
Men's Health Day: A Blueprint for Wellness!

Garvey Senior Activity Center

23630 Hayden Farm Lane

Leonardtown, MD

Saturday, June 3, 2023

9 a.m.-1 p.m.

Doors open at 8 a.m.

Pre-Registration is strongly encouraged

Visit us at www.stmaryscountymd.gov/aging/MensHealth

For more information, contact Sarah Miller:

301-475-4200, ext. 1073 or Sarah.Miller@stmaryscountymd.gov



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



Focus on Fitness

By Brandy Tulley, Senior Center Operations Division Manager

A Matter of Balance – Coming soon!

Each year, millions of older adults—those 65 and older—fall. In fact, more than one out of four older adults fall each year, but less than half tell their doctor. Falling once doubles your chances of falling again. Did you know that falls among adults 65 and older caused over 34,000 deaths in 2019, making it the leading cause of injury death for that group? (CDC, 2021)

Falls can cause broken bones, like wrist, arm, ankle, and hip fractures. Falls can cause head injuries. These can be very serious, especially if the person is taking certain medicines (like blood thinners). Many people who fall, even if they're not injured, become afraid of falling. This fear may cause a person to cut down on their everyday activities. When a person is less active, they become weaker, and this increases their chances of falling.

I share this information not to scare you, but to highlight the importance of taking action to reduce your risk of falling and the good news is that there are actions you can take including:

- Talking with your doctor to evaluate your fall risk and medications,
- Doing strength and balance exercises,
- Having your eyes checked, and
- Making your home safer and free of fall hazards

This winter some senior activity center staff and volunteers received training in an award winning, evidence-based fall prevention program, Matter of Balance. Matter of Balance is a program designed to reduce the fear of falling and increase activity levels among older adults. Matter of Balance uses a variety of activities to address the fear of falling and teach fall prevention strategies. Activities include group discussion, problem-solving, skill-building, assertiveness training, videos and exercise training. Participants receive a workbook to use during the sessions, and to keep as a reference when the class is over. The program is designed to benefit older adults who:

- Are concerned about falls
- Have sustained falls in the past
- Restrict activities because of concerns about falling
- Are interested in improving flexibility, balance and strength
- Are age 60 or older, community-dwelling and able to problem solve

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Continue to keep a watch on future editions of the New Beginning for offerings of a Matter of Balance in the senior activity centers!



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

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.

Watercolor with T.L. Ford

Garvey Senior Activity Center

Tuesdays, March 14 & April 11, 1:30 p.m.

Cost: \$25 (Advanced registration required)

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 March will be a Butterfly and for April the theme of the painting will be a Chickadee. The cost for each class will be \$25.



Annual Wearin' of the Green Bash at O'Garvey

Garvey Senior Activity Center



Friday, March 17

Doors Open: 11:30 a.m.

Lunch Served: 12 p.m.

Music: 12:30 p.m.

For the luck of the Irish, join us at our Annual St. Patrick's Day bash! Enjoy a traditional Irish meal. Irish tunes to be

performed by John Pomerville, singer of traditional Irish pub tunes. Cost for lunch is by donation for those ages 60 and above and \$6 for those under the age of 60. Remember to wear your lucky green! Advanced registration is required. To learn more, call 301-475-4200, ext. 1080.

Expressions by Terry

Garvey Senior Activity Center

Tuesday, March 21, 2 p.m.

Cost: \$25 (Advanced registration required)

Terry Tabor was born in Alexandria, VA, and currently resides in the Maryland area. She is a self-taught artist who began drawing at an early age. She inherited her

talent from her father, Lee Edward Tabor, Sr., who was also an artist in his own right. After many years away from her artistry she found her niche! She enjoys painting on canvas as well as the art of hand painting on silk. She successfully completed the Silk Art Painting Courses at the Harmony Hall Regional Center in Fort Washington, MD. She has also studied silk painting under Diane Tuckman, an artist and author who was born in Egypt. She will be teaching the art of silk scarf painting at the Garvey Senior Activity Center. The art experience starts as Terry guides the group with a few techniques used to dye their two scarves which will be provided in two different sizes as well as types of silk. The cost for the class will be \$25 per person. Space is limited so make sure to sign up quickly! Call 301-475-4200, ext. 1080, to learn more.



**Presented by Hope & Healing
Garvey Senior Activity Center
Tuesdays, March 21 & April 18,
1 p.m.**

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. The topic for March will be *Stress Management & Resilience* and April the topic will be *Financial Concerns*. Advance sign up is required and a suggested donation of \$5 for each series is requested.



Book Discussion Group

**Garvey Senior Activity Center
Wednesdays, March 8 & April 12, 11 a.m.
Thursdays, March 23 & April 27, 6 p.m.
Cost: Free**

We want you to join us. If you have a love for reading and are enthusiastic about sharing your thoughts about what you've read, this is the group for you. In March the group will discuss *The First Thing He Told Me* by Laura Dave. In April the group will discuss *The Book of Lost Names* by Kristin Harmel. To learn more, call 301-475-4200, ext. 1080.

Floral Arranging with Sunnyside Florals

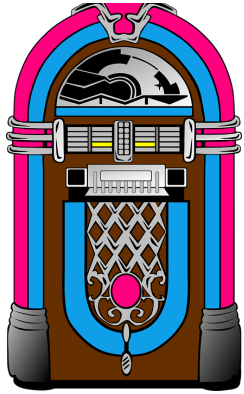
**Garvey Senior Activity Center
Wednesday, April 19, 1:30 p.m.**

Cost: \$45 (Advanced registration required)

It's about that time of year for beautiful spring flowers! The Garvey Senior Activity Center is continuing to collaborate with the local community florist Sunnyside Florals! Shelley Russell, owner, and lead designer of Sunnyside Florals will be instructing the class. Shelley grows her own flowers and plants locally here in Southern MD.

If you have been lucky enough to receive one of her designed floral arrangements, you know that every one of them is unique and beautiful. Explore the basics of floral arrangement and design in this hands-on session with Shelley. Freshly cut, locally grown fall flowers and foliage, provided by the instructor, will be identified along with suggestions for their application in this project. Shelley will provide pruners and a simple vase for each person. All you need to bring is something that you can transport your arrangement in for the ride home. Take home a beautiful, finished bouquet to display or give away!





Sock Hop Luncheon
Garvey Senior Activity Center
Friday, April 28
Doors Open: 11:30 a.m.
Lunch Served: 12 p.m.
Music: 12:30 p.m.

Let's go back in time! DJ Rob will be in the house spinning the '50's records! Grab those poodle skirts and pedal pushers to join us for a very special lunch. We will be running the music from 12:30-2:30 p.m. Make sure to wear your dancing shoes! Advanced registration is required. To learn more, call 301-475-4200, ext. 1080.

Reiki or Reflexology with Sarah Strain

Garvey Senior Activity Center
Tuesday, April 18 & Thursday, April 20
Appointments available on the hour from 10 a.m.-3 p.m.
Cost: \$45 for 45 minutes (Advanced registration required)
Sarah Strain will be offering Reflexology or Reiki sessions.
Cancellation policy applies.

Reflexology

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

Reiki (Ray-Key)

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



Cognitive Function Yoga Session

Garvey Senior Activity Center
Thursday, April 27, 2 p.m.
Cost: \$15 (Advanced registration required)

A 90-minute accessible yoga practice to improve multiple domains of cognitive function, including attention, processing speed, executive function, and memory. Engaging both hemispheres of the brain with cross-lateral movements and coordination tasks, making it ideal for anyone who wishes to sharpen their mental function, as well as individuals with a traumatic brain injury (TBI) or stroke. The class will be 90 minutes long and \$15.

Pouring Paint Class
Garvey Senior Activity Center
Thursday, April 27, 2 p.m.

Cost: \$10 (Advanced registration required)

Come join us as Kathy Creswell teaches you a new pouring paint technique! We will have supplies for pouring paint and the instructor will help you along the way. This is a great class for those who don't have any painting experience. Please make sure to wear clothing that you aren't afraid to get paint on.



Card Making Class
Garvey Senior Activity Center
Tuesdays, March 14 & April 11, 6 p.m.

Cost: \$4 (Advanced registration required)

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 create your cards.

Dungeons and Dragons
Garvey Senior Activity Center
Mondays, March 6-April 24, 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.



Pressed Flower Lanterns
Garvey Senior Activity Center
Wednesday, March 1, 6 p.m.

Cost: \$10 (Advanced registration required)

Let's make some beautiful home DIY décor, using mason jars, flowers, and fairy lights. The class is suitable for any skill level. We will press flowers onto the glass and paint over them with Mod Podge to seal them. All materials will be provided.

Button Wire Sculpture
Garvey Senior Activity Center
Wednesday, March 8, 6 p.m.

Cost: \$10 (Advanced registration required)

Would you like to try out sculpture? For this project we will be using wire to create a tree like shape and use buttons as decorative pieces to represent leaves. The class is suitable for any skill levels and both materials and instructions will be provided.



3D Acrylic Flower Painting

Garvey Senior Activity Center

Wednesday March 15, 6 p.m.

Cost: \$10 (Advanced registration required)

In this beginner friendly class, we will be painting flowers using a palette knife. You do not need painting skill to do this class. All materials will be provided.



Beginner Fine Arts Acrylic Painting Class

Garvey Senior Activity Center

Wednesdays, March 29 & April 26, 6 p.m.

Cost: \$15 (Advanced registration required)

Come try a beginner painting class using acrylic medium on canvas. In March, we will learn how to create a painting of clouds. In April, we will paint a galaxy night sky. Materials and instruction will be provided.

Beginner fine arts acrylic classes will be held once a month on the last Wednesday of each month.

Spring Yarn Hanging

Garvey Senior Activity Center

Wednesday, April 5, 6 p.m.

Cost \$15 (Advanced registration required)

Would you like something to hang on your wall to celebrate spring? Using spring themed colored yarns, we will create a wall hanging piece. You do not need to know how to do yarn crafts, this is a beginner friendly craft that anyone can do. We will hang the yarn from a wooden dowel to create the finished piece. Materials will be provided.



Painted Flowerpots

Garvey Senior Activity Center

Wednesday, April 12, 6 p.m.

Cost: \$10 (Advanced registration required)

Let's decorate a flowerpot using patio paints and the eraser side of a pencil to make a perfect dotted pattern. We will be using spring colors to create the design. All materials will be provided.



Flower Painted Wine Glasses

Garvey Senior Activity Center

Wednesday, April 19, 6 p.m.

Cost: \$15 (Advanced registration required)

Would you like to create a beautiful hand painted wine glass? We will be painting petals and stems of flowers on wine glasses. Your glasses will be one of a kind and made by you! Class is beginner friendly, and all materials will be provided.

Beginners Pickleball

Garvey Senior Activity Center

Tuesdays, April 11, 18, 25, 12 p.m.-2 p.m.

Cost: Free (Advanced registration required)

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



***NEW* Crochet Club**

Garvey Senior Activity Center

Tuesdays, March 7 & 21, 5 p.m.

Tuesdays, April 4 & 18, 5 p.m.

Cost: Free

Is there a crochet project you would like to work on, but the thought of housework is distracting, and you would like to socialize with others? Come join us! The Activity Room will be open to use at your leisure from 5-7 p.m. This is a self-directed opportunity; materials and instruction are not provided. The Crochet Club will meet on the first and third Tuesday of each month. Please call, 301-475-4200, ext. 1080, with any questions or for more information.

Stronger Memory

Garvey Senior Activity Center

Mondays, March 6-April 10, 11 a.m.

Cost: Free

Garvey Senior Activity Center is offering Stronger Memory, a program of Goodwin House, Inc., again. The brain health program consists of simple daily activities to engage the working memory & trigger brain activity for those with mild cognitive impairment and those wanting to ensure better brain health. This will be a 6-week program with weekly check-ins. Workbooks will be provided, and you can earn incentives along the way! Pick up your participant workbooks at the first check-in on Monday, March 6.



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.

Art with Jamie

Loffler Senior Activity Center

Tuesdays, March 7, 14, 21, 28, 10 a.m.-12 p.m.

Tuesdays, April 4, 11, 18, 25, 10 a.m.-12 p.m.

Cost- \$25 per session

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

Memoirs for Your Grandchildren

Loffler Senior Activity Center

Thursdays, March 16-April 13, 12:30 p.m. (6 sessions)

Cost: Free

In this six-week course, Joyce Haderly will show you how to choose special memories from your lifetime and write about them so that your stories can be passed down to current and future generations. What may have been everyday events to you will be fascinating knowledge to great-great grandchildren- what better way for them to gain that knowledge than to read your very own words? Register for this course at www.stmaryscountymd.gov/aging or leave a message on our reservation line at 301-475-4200, ext. 1660.

March Health Watch: Let's Talk about Colon Rectal Cancer

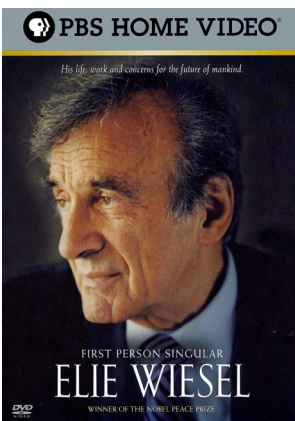
Loffler Senior Activity Center

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

Cost: Free

March is Colon Rectal Cancer Month so that will be this month's topic during our Health Watch presentation. Advance registration is required for this presentation. Go to www.stmaryscountymd.gov/aging or leave a message on our reservation line at 301-475-4200, ext. 1660.

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Educational Video: *Elie Wiesel: First Person Singular*

Loffler Senior Activity Center

Thursday, March 9, 10 a.m.

Cost: Free

Description Nobel Peace Prize laureate Elie Wiesel reflects upon his life, work, and concerns for mankind's future. The celebrated author of "Night" reconstructed his life after surviving Auschwitz to write, teach, and campaign for human rights. As a journalist, prolific author, and human rights activist, Wiesel focuses on how human beings dehumanize others in order to kill with impunity and reflects on the re-emergence of terrorism after 9/11. Producer: Robert Gardner

Register for this video at www.stmaryscountymd.gov/aging or leave a message on our reservation line at 301-475-4200, ext. 1660. 16 seats available. 120 min.

NEW BEGINNING

Loffler Sunshine Singers
Loffler Senior Activity Center
Thursdays, March 7-April 25, 10 a.m.

Cost: Free

Every week at the Loffler Senior Activity Center a casual group of singers and musicians come together to lift their spirits and voices in song. Led by long-time music/choir director Joyce Haderly and accompanied by electronic keyboard and guitars, this group sings out for fun. More singers are always welcome- if you want to add your voice to the mix, stop in on a Thursday and share in the joy! Contact Sheila.graziano@stmaryscountymd.gov for more information.

Learn to Play Pinochle
Loffler Senior Activity Center
Thursdays March 23, 30, April 6, 13 (4 Sessions), 9-10:30 a.m.

Cost: Free

Pinochle is a beloved daily event at the Loffler Senior Activity Center. Would you like to learn to play? Maggie Thompson is offering this class to show you the ropes and bring you up to speed- then you will be able to play with the big guys! Pre-registration is preferred but not required. You can register at www.stmaryscountymd.gov/aging or leave a message on our reservation line at 301-475-4200, ext. 1660. If you have questions, you can call 301-475-4200, ext. 1658.

Mah Jong is on!
Loffler Senior Activity Center
Thursdays, March 2, 16, 23 & April 6, 20, 27, 10 a.m.

Cost: Free

We've started a Mah Jong group and will welcome learning as well as experienced players. Games take place on the 1st, 3rd and 4th Thursday of each month at 10 a.m. If interested, leave a message on our reservation line at 301-475-4200, ext. 1660 or e-mail Sheila.Graziano@stmaryscountymd.gov .



Watercolors with T.L. Ford
Loffler Senior Activity Center
Sunrise - Wednesday,
March 8, 1 p.m.
Chickadee - Wednesday,
April 12, 1 p.m.

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



Nutrition Education

Loffler Senior Activity Center

Cost- Free

Monday, March 13, 10 a.m. *Bone Health*

Monday, April 11, 10 a.m. *The Sleep-Nutrition Connection*

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

St. Patrick's Day Lunch 'n' Fun

Loffler Senior Activity Center

Friday, March 17, 11 a.m.

Cost: \$9 for those under 60, \$3 plus lunch donation for 60+

On this day, wear your best (or most outlandish) green! Let's celebrate the Irish with Fish 'n' Chips (It's Friday during Lent after all) and a good ole singalong. We'll tell a few jokes and offer Irish blessings while toasting to each other with a secret recipe Irish Punch. Sign up for this bit o' fun at www.stmaryscountymd.gov/aging or leave a message on our reservation line at 301-475-4200, ext. 1660. Limited seating available.



Beginning Tai Chi for Arthritis and Fall Prevention

Loffler Senior Activity Center

Tuesdays & Thursdays, March 21-April 13 (8 sessions), 11 a.m.

Cost: Free

Beginner classes for Tai Chi for Arthritis and Fall Prevention will meet on Tuesdays and Thursdays at 11 a.m. beginning March 21. In this class we will learn to do some core movements on each side in a graceful routine while applying basic Tai Chi principles. There is no fee for this class, but a commitment to attendance and practice is necessary for success. Pre-registration is required. Since space is limited to 20 new participants, we ask that you sign up only if you are sure that you will be able to attend regularly. Register at www.stmaryscountymd.gov/aging or leave a message on our reservation line at 301-475-4200, ext. 1660.

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Maryland Insurance Administration - Insurance 101

Loffler Senior Activity Center

Wednesday, April 12, 10 a.m.

Cost: Free

The primary role of the Maryland Insurance Administration (MIA) is to protect consumers from illegal insurance practices by ensuring that insurers and producers that operate in Maryland act in accordance with State insurance laws. Find out what you need to know about insurance and the many types available from the agency that is designed to protect you. Register for this presentation at www.stmaryscountymd.gov/aging or leave a message on our reservation line at 301-475-4200, ext. 1660. Limited seating available.

AARP Safe Driving Class

Loffler Senior Activity Center

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

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

An AARP Safe-Driving course will be held at the Loffler Senior Activity Center on Thursday, April 13, from 9 a.m. to 2 p.m. (with an hour lunch break at 11:30). This program includes emphasis on roundabouts, pavement markings, stop-sign compliance, red-light running, and safety issues such as speeding, seat belt and turn signal use. Pre-registration is required. Go to www.stmaryscountymd.gov/aging or leave a message on our reservation line at 301-475-4200, ext. 1660. If you wish to order a lunch from the center, the cost is \$6 if you are under 60 and by donation for those 60+ years of age. Lunch can be reserved by calling 301-475-4200, ext. 1657.

April Health Watch: Spring Gardening Safety

Loffler Senior Activity Center

Wednesday, April 19, 9:30 a.m.

Cost: Free

Nature is emerging from the long sleep - time to enjoy early gardening! But watch out - grass and flowers are not the only things waking up! Be on the lookout for dangerous creatures and while you're at it- watch your back, not just for creatures but for safe movement practices as well! Advance registration is required for this presentation. Go to www.stmaryscountymd.gov/aging or leave a message on our reservation line at 301-475-4200, ext. 1660.

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, March 3 - discuss *American Rust* by Phillip Meyer 2 p.m.

In March read: *The Boys in the Boat* by Daniel James Brown

Discussion on Friday, April 14 at 2 p.m.

the dramatic story of the American rowing team that stunned the world at Hitler's 1936 Berlin Olympics. This book tells the story of the University of Washington's 1936 eight-oar crew and their epic quest for an Olympic gold medal, a team that transformed the sport and grabbed the attention of millions of Americans. The sons of loggers, shipyard workers, and farmers, the boys defeated elite rivals first from eastern and British universities and finally the German crew rowing for Adolf Hitler in the Olympic games in Berlin, 1936.

In April read *A Man Called Ove* by Fredrik Backman

Discussion on Friday, May 5 at 2 p.m.

Meet Ove. He's a curmudgeon, the kind of man who points at people he dislikes as if they were burglars caught outside his bedroom window. He has staunch principles, strict routines, and a short fuse. People call him *the bitter neighbor from hell*, but must Ove be bitter just because he doesn't walk around with a smile plastered to his face all the time?

Behind the cranky exterior there is a story and a sadness. So when one November morning a chatty young couple with two chatty young daughters move in next door and accidentally flatten Ove's mailbox, it is the lead-in to a comical and heartwarming tale of unkempt cats, unexpected friendship, and the ancient art of backing up a U-Haul. All of which will change one cranky old man and a local residents' association to their very foundations.

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.

Stepping Up Your Nutrition (Appointments)

Northern Senior Activity Center

Wednesdays, 12 -1:30 p.m. OR Thursdays, 2:15-3:45 p.m.

Cost: Free

Nutrition is more than what's in food... it's what in you. You'll understand more about balanced nutrition for fall prevention and the key factors that contribute to malnutrition and fall risk. Learn the importance of muscles for strength and how key nutrients for older adults (specifically proteins and fluids) give you the most. Debbie Buckler, who is trained for the program and certified by other wellness classes, will spend time with you one-on-one. Participants will be given a consent form, worksheets, handouts, and examples of the types of "good nutrition" foods and how best to read food labels. You'll also come away with your personal nutrition score risk and an action plan to improve your nutritional health. This workshop is a collaboration of MAC (Maintaining Active Citizens) Inc., Living Well Center of Excellence, the Maryland Department of Aging, Abbott Nutrition Care Collaboration, and nutritional professionals who provided guidance through key development roles.



Diamond Dazzle: Maryland Blue Crab

Northern Senior Activity Center

Thursdays, March 2-23, 10 a.m.-2 p.m.

Cost: \$15

Martha Baker, local craft guru, invites all skill levels to create a beautiful Maryland Blue Crab diamond art. Martha will guide throughout the process. This 4-week class ends just before Maryland Day (March 25). You'll have a festive piece of art to display in celebration! All supplies are included in the cost. See above for how to register.

Service Dog Etiquette with AM Dillon

Northern Senior Activity Center

Tuesday, March 7, 1-2 p.m.

Cost: Free

Do you know the difference between emotional support animals and service dogs? Do you know what to do or not do when there's an encounter with a service animal? Do you know there is such a thing as Service Dog Etiquette which allows service dog teams to work and travel effectively and safely? You can expect to leave this presentation understanding the rights and responsibilities of service dogs and their handlers, ready to respond knowledgeably to questions. Attendees will receive handouts and resources, including some things to remember and get to meet a working service dog, seeing some of the tasks he does to support his handler!

Presenter AM Dillon is a wheelchair user and service dog handler. She is Branch Manager of the Charlotte Hall Library and the ADA Coordinator for the St. Mary's County Library system. AM's service dog, Lucky VII will co-present. See above for how to register.



Art Pottery: Garden Gnome
Northern Senior Activity Center
Fridays, March 10 & 24, 10 a.m.-12 p.m.
Cost: \$10

Pottery craftswoman, Pam King, will instruct how to hand-build a Scandinavian-style Home and Garden Gnome with stoneware clay. In session one you will create your gnome, which will dry and be fired by Session two, when it will be glazed. It will be fired again and be ready for pick-up the following Tuesday (March 28). Stoneware clay is weather resistant, so your gnome can protect your home indoors or out. See page 24 for how to register.



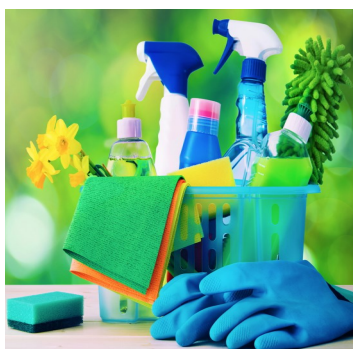
St. Patty's Celebration with Just Us 2
Northern Senior Activity Center
Wednesday, March 15, 11 a.m.-12:30 p.m.
Cost: \$5 Entertainment fee + Lunch Contributions
You're in luck! We're hosting a St. Patrick's Day luncheon. Gather your green gear and join us for a delicious meal, games, special dessert, and musical entertainment from local group Just Us 2. All who attend are entered for a chance to win door prizes. Lunch contributions to be made the day of event. The fee is \$6 for those under 60 years of age, by donation

for anyone 60+. See the top of page 24 for how to register.

Disco Chair Yoga: Dance Connection
Northern Senior Activity Center
Monday, March 20, 2-3:30 p.m.
Cost: \$15

Disco Chair Yoga 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.

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 the top of page 24 for how to register.



Spring Organizing Tips with Wendy Small
Northern Senior Activity Center
Tuesday, March 28, 1-2:30 p.m.
Cost: Free

It's Spring! We all know what that means... it's time to clean the house. Back by popular demand: local professional organizer, Wendy Small of RES Multiservices, will provide tips & tricks to help you organize while cleaning this season! This hour-long presentation will be followed by a Q&A session. Handouts will be made available. See the top of page 24 for how to register.

Fraud & Scams with Lt. Douglas Mills

Northern Senior Activity Center

Thursday, April 6, 2-3 p.m.

Cost: Free

Unfortunately, folks are being scammed and defrauded out of their life savings at alarming rates. Don't let it happen to you! Lt. Douglas Mills of the St. Mary's County Sheriff's Office will provide crucial information on recognizing fraud/scams (bank, computer, mail, phone) & how to prevent these attacks. See the top of page 24 for how to register.

Raise Your Vibration:

Mood Boosting Yoga & Qigong

Northern Senior Activity Center

Tuesday, April 11, 2-3:30 p.m.

Cost: \$15

The higher the frequency of your energy or vibration, the lighter you feel in your physical and emotional bodies. Join Judi Lyons & Paty Masson in this enthusiastic, spirited experience to feel greater personal power, clarity, peace, love, and joy. This workshop, based on scientific research, blends the best part of each ancient wisdom. With Qigong exercises you will move your "Qi" or vital force to optimize energy within the body, mind, and spirit - opening meridians to improve health and wellbeing. With Yoga postures and flows you will release anxiety and awaken parts of the brain that influence a sense of calm - reducing activity in the limbic system, the part dedicated to emotions - to create a wonderful mood boost. Judi Lyons/Mindful Motions Md. is YACEP®, E-RYT® 200, EMYoga® Certified, RYT® 500 Therapeutic. Paty Masson is certified in RYT® 500, CBT, and Qigong. See the top of page 24 for how to register.



Coffee with the Sheriff

Northern Senior Activity Center

Thursday, April 13, 10-11:30 a.m.

Cost: Free

Would you like to know more about the St. Mary's County Sheriff's Office or discuss issues that affect public/personal safety? Enjoy a cup of coffee and meet Sheriff Steven A. Hall face-to-face in a relaxed group setting. Sheriff Hall will give a brief presentation, followed by a Q&A session. See the top of page 24 for how to register.

Basket Weaving: Spring Basket

Northern Senior Activity Center

Friday, April 14, 10 a.m.-3 p.m.

Cost: \$30

Experienced basket artisan, Pam King, will instruct how to weave a handy basket with a built-in handle, decorated for spring. Lay out a square filled base, then weave some natural and colored rows, as well as a wide strip to embellish. Wrap the handle and rim. Finally paint on some simple spring flowers. Some choice of colored weavers will be available. Approximately 8 inches x 8 inches x 4" high with a handle. See the top of page 24 for how to register.



Breakfast Café

Northern Senior Activity Center

Wednesdays, March 8 & April 19, 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 March 8: Sausage Gravy, Biscuit, Home fries, Fruit

Breakfast for April 19: Bacon, Egg & Cheese on an English Muffin, Potato Cake, Fruit

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

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



Physical Therapy: New Technologies

with Dr. Mike O'Brien

Northern Senior Activity Center

Thursday, April 20, 2-4 p.m.

Cost: Free

The world of physical therapy is ever-changing with new options since you last tried PT. Dr. Michael O'Brien of Freedom Physical Therapy will provide information on today's latest and greatest PT technology. Join us for this in-depth, fascinating presentation on aquatics, laser, cupping, dry needling, and more innovations. A Q&A session will follow. See the top of page 24 for how to register.

April Fool's Bingo

Northern Senior Activity Center

Friday, April 28, 9:45-11:15 a.m.

Cost: Free

Attention pranksters and those who enjoy lighthearted fun; let's play a silly April Fool's themed game of Bingo! We'll have wacky prizes and decorations. Expect the unexpected including fun in the last week of April, not just the first! Walk-ins only. Please arrive early to get your seat!



Watercolor with T.L. Ford

Northern Senior Activity Center

Mondays, March 13 & April 3, 1-3 p.m.

Cost: \$25

Come have fun with watercolors! Using professional grade supplies, learn wet-in-wet and other techniques for the soft, feathery effect that is the trademark of watercolors. You can also learn color mixing and blending. No experience necessary. All supplies provided. T.L. Ford is an experienced artist and published author from the local area. The painting for March is Distant Mountain. April's painting is a Butterfly. See the top of page 24 for how to register.

Retired and Senior Volunteer Program

By : Monika Williams, RSVP Program Manager

Celebrating National Volunteer Appreciation Month!



The definition of volunteering is a voluntary act of an individual or group freely giving time and labor for community service. RSVP volunteers, you have been living out this definition without fail in an era where many people only have time for their own desires and gains. We greatly appreciate every minute you serve and every bit of selfless grace and compassion you provide to our community. Thank you, RSVP volunteers, for all your hard work and dedication

"Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in."

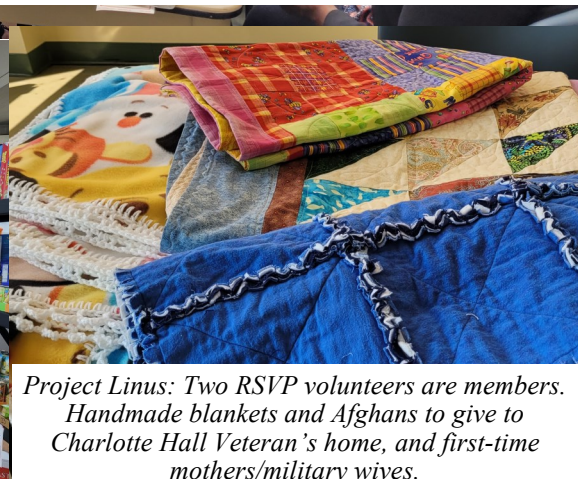
- Author Unknown



Senior Connections: RSVP Volunteers create cards to send to homebound seniors within the community



Helping Hands Pantry: RSVP volunteers packing groceries to distribute to community members in need of food.



Project Linus: Two RSVP volunteers are members. Handmade blankets and Afghans to give to Charlotte Hall Veteran's home, and first-time mothers/military wives.

Volunteer Opportunities

Spring is on the horizon! Beautiful flowers will be budding and calling to the bees. Volunteer opportunities will continue to arise calling to RSVP worker bees. Several volunteer stations have contacted the RSVP office seeking volunteer help. Please see below:

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

Literacy Council of St. Mary's

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

Garvey Senior Activity Center

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

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. 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

Senior Rides

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

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.

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.

Ongoing Activities - Garvey

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

Ongoing Activities - Garvey

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

Helpful Links:

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

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

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

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

Ongoing Activities - Loffler

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Art with Jamie	Tuesdays 4 sessions each month 10 a.m.	Start up materials provided; instructor will notify of other items needed.	Yes	\$25 per class
Arthritis Foundation Exercise Program (AFEP)	Tuesdays & Thursdays 12:30-1:30 p.m.	Gentle, range of motion, stretching and flexibility led by certified instructor.	No	No
Bible Study	Fridays 10:30 a.m.	Non-denominational, Christian-based scripture group led by volunteer Phil Benedict.	No	No
Bingo	Wednesdays 12:30-1:30 p.m.	Game with volunteer bingo callers. Pantry items for prizes.	No	No
Bio/History Series	1 st or 2 nd Thursdays 10 a.m.	Educational films selected and shown by video.	Yes	No
Bridge	Tuesdays 10 a.m.	New & experienced players welcome.	No	No
Canasta & Pitch	Tuesdays 9 a.m.	New & experienced players welcome.	No	No
Charity Crafters	2 nd & 4 th Tuesdays 1 p.m.	Make hats, mittens, scarves, baby blankets, and granny squares for various community outreach programs.	No	No
Contract Bridge Club	Wednesdays 10 a.m.	Best suited for experienced players.	Yes	No
Current Events	Mondays 10 a.m.	Volunteer led discussion group.	No	No
Dice Rummy	Tuesdays & Thursdays 9 a.m.	Suitable for all levels of experience.	No	No
Embroidery on Paper	Mondays 12:30 p.m.	Supply kits will need to be purchased to get started with making embroidered cards and other crafts.	No	Yes
EnhanceFitness	Mondays, 11 a.m. Wednesdays, 12:30 p.m.	Cardiovascular/weight training exercises to improve flexibility, strength, balance.	No	Fitness Card
Exercise Equipment	Daily 8 a.m. -4 p.m.	2 treadmills, 2 seated ellipticals & a recumbent bike.	No	No
Health Watch Presentations	2 nd Wednesdays 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	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 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.	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, 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.	Waitlist	Yes for kits
Double Pinochle	Tuesdays & Fridays 10 a.m.-4:30 p.m.	Moderately experienced players.	No	No
Drums Alive	TBD	Instructor-lead drum and dance class. Helps cognitive function. Program runs for 6-weeks at a time .	Yes	\$12 for 6-week program
Dynamic Ceramics	Wednesdays 9:30 a.m.-12:30 p.m.	Variety of bisque pieces available to purchase. Supplies provided.	Drop-in	Buy items, firing fees
EnhanceFitness	Tuesday & Thursdays 9:30-10:30 a.m. Fridays, 9-10 a.m.	Cardiovascular/weight training exercises to improve flexibility, strength, balance.	No	Fitness Card
Homemakers	2nd & 3rd Thursdays 10 a.m.-12 p.m.	Social time and homemade items made for fun and charity	Yes Call to inquire	No
Line Dancing	Wednesdays 1-2:30 p.m.	Volunteer leads group/variety of steps.	No	No
Lyme Discussion & Support Initiative	TBD ToolKits by pickup	Facilitator-led group with education and support for Lyme Disease.	Yes, all ages	No
Mahjong (Eastern)	Thurs 1-4:30 p.m.	Popular tile game involves skill, strategy & luck. Beginners welcome.	No	No
OH HECK (Cards)	Tuesdays & Fridays 10 a.m. -2 p.m.	Experienced players and beginners welcome.	No	No
Open Studio: Pottery and Ceramics	Mon., Tues., Thurs., & Fri. 8 a.m. -4 p.m.	Crafters continue work on individual clay, pottery, or paint pieces. Some Fridays are reserved for specific art pottery projects/ classes.	Studio orientation	Fee for clay ceramics, fire, supplies
Quilting for Beginners	2 nd & 4 th Wednesday 12:30-4:30 p.m.	Instructor teaches basic skills and techniques. Individual projects.	Preferred- Not required	TBD, Varies
R&B Line Dancing	Fridays 1-2 p.m.	Popular line/party dance styles.	No	No
Scrapbooking	2nd Monday, 10 a.m.-3 p.m.	Organizing photos into a book using artistic skill.	Waitlist	Bring your own materials
S.W.A.G. (Seniors Winning at Games)	Tuesdays & Fridays 1-4:30 p.m.	Various card games like SkipBo, Canasta, Rummy, etc.	No	No
Tech Rescue	Monday-Friday, after 2 p.m. By appointment only	15-30 appointments with Keilan Ruppert to work on specific needs with computers, smartphones, etc.	Yes	No
Workout Room	Open	1 Bow Flex; 1 Standing Elliptical; 1 Seated Elliptical; 2 Pec/Fly; 2 Treadmills; 2 Recumbent Bikes.	No	No
Zumba Gold	Tuesdays 10:45 a.m. -11:45 a.m.	Latin music and dance fitness program.	No	Fitness Card

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

Lori Jennings-Harris, Director

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

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

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

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

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

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

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

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

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

Website: www.stmaryscountymd.gov/aging

Facebook: www.facebook.com/SMCDAHS

YouTube: www.youtube.com/c/SMCAgingHumanServices

Phone: 301-475-4200, ext. 1050

Fax: 301-475-4503

LOCATIONS



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

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

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

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

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



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

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CHANGE SERVICE REQUESTED

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

Friday, April 7 - Good Friday

NEW BEGINNING