

NEW BEGINNING

VOLUME 37 ISSUE 2

MARCH/APRIL 2024

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



Recognizing Our Volunteers

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From the Director's Desk

By Lori Jennings-Harris, Director

In just a few days, on March 19th we will see the first day of spring! And so, a chance to explore new things!

April is National Volunteer Month and what better time to consider making time for others who may be in need by volunteering? According to the National Day Calendar website¹, "Volunteer Recognition Day [April 20] is the annual celebration of those who selflessly benefit the lives of others. By providing a helping hand to those in need, humans and animals alike, we are all naturally working towards making the world a better place".



While there are many ways across the country for seniors to volunteer, the way in which the Department of Aging & Human Services supports senior volunteers is through the Retired and Senior Volunteer Program, better known as RSVP. If now is the time for you to share your experiences and compassion for others, there are numerous volunteer opportunities in our community. Whatever your interest and passion, if an issue is important to you, any amount of time you devote to volunteering is time well spent and very much appreciated!

There are many things I can point to that make the Department of Aging & Human Services special, one of which is the continued support and endearing compassion we have in the volunteers who make the difference in the lives of so many people. Their commitment makes the challenge of providing programs and services to scores of individuals a less difficult task. The addition of volunteers to the numerous areas of interest involving our Department makes it possible for us to reach so many more people with the help of the volunteers, than without their help. The Department has come to depend on the level of generosity we receive from volunteers, and we take pride in the excellence and magnitude of their giving in the true spirit of volunteerism.

The Department of Aging & Human Services celebrates all the contributions of the volunteers who support our Department and beyond. Thank you for all you do!

¹ <https://www.nationaldaycalendar.com/national-day/volunteer-recognition-day-april-20>

NEW BEGINNING

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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

Our mission is to provide an
array of programs and services
that promote healthy aging
within the senior community and
foster quality of life for children
youth and families

Law Enforcement Appreciation Day

Tuesday, May 7

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

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 25, 2024

1 p.m.

Monday, April 22, 2024

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@stmaryscountymd.gov.
Visit the Commission on Aging website at <https://www.stmaryscountymd.gov/Boards/11/>



Nutrition Corner

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

March is National Nutrition Month. It is the annual campaign started in 1973 by the Academy of Nutrition and Dietetics. Its purpose was then and continues now to be to help people to learn about making informed food choices and developing healthful eating and physical activity habits.

Here are some health tips from the Academy of Nutrition and Dietetics:

1. Eat a healthy breakfast that includes a lean protein, whole grains, fruits and/or vegetables.
2. Make half your plate fruits and vegetables, trying for a goal of at least 2 cups of fruit and 2 ½ cups of vegetables.
3. Watch portion sizes.
4. Be active by trying to get at least 2 ½ hours a week of some type of activity.
5. Fix healthy snacks to keep your energy levels up. Some examples are some nut butter with an apple or banana, raw vegetables with some hummus or yogurt.
6. Drink more water to quench your thirst in place of sweetened drinks.
7. Reduce added sugars often found in sweetened drinks. Try to limit to no more than 6 tsp/day for women and 9 tsp/ day for men. By reading the nutrition facts label you can see how many teaspoons of added sugars are in that food.
4g of added sugars = 1 tsp.
8. Try to eat seafood twice a week. Fish and shellfish are full of nutrients, especially the healthful omega-3 fatty acids.
9. Explore new foods and flavors while experimenting with plant-based meals.
10. Slow down at mealtimes - try sitting down and focusing on the food that you are about to eat.



There are many more health tips from the Academy of Nutrition and Dietetics.

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Visit eatright.org to learn more and also come join me at the senior centers for my monthly nutrition presentations.

Upcoming Nutrition Education Presentations:

National Nutrition Month

Garvey- Wednesday, March 6, 12:45 pm

Garvey- Thursday, March 14, 6 p.m.

Loffler- Monday, March 11, 10 a.m.

Northern- Monday, March 18, 12 p.m.

Eye Health and Safety Month

Garvey- Wednesday, April 3, 12:45 pm

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

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

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

Home & Community-Based Services

By Rebecca Kessler, HCBS Division Manager

National Family Caregiver Support Program

The National Family Caregiver Support Program (NFCSP) provides grants to states and territories to fund various supports that help family and informal caregivers care for older adults in their homes for as long as possible.

Established in 2000, the NFCSP provides grants to states and territories, based on their share of the population age 70 and over, to fund a range of supports that assist family and informal caregivers to care for their loved ones at home for as long as possible.

(Note: Authorizing legislation is Section 371 of the Older Americans Act of 1965, as amended, Title III E)

NFCSP grantees provide five types of services:

- Information to caregivers about available services
- Assistance to caregivers in gaining access to the services
- Individual counseling, organization of support groups, and caregiver training
- Respite care; and
- Supplemental services on a limited basis.

These services work in conjunction with other state and community-based services to provide a coordinated set of supports. Studies have shown that these services can reduce caregiver depression, anxiety, and stress as well as enable caregivers to provide care longer, thereby avoiding or delaying the need for costly institutional care.

Eligible Program Participants

While the Aging Network has always been involved in meeting the needs of care recipients and caregivers, by creating the NFCSP, Congress explicitly recognized the important role that family caregivers occupy in our nation's long-term services and supports system. As of the 2016 Reauthorization of the Older Americans Act, the following specific populations of caregivers are eligible to receive services:

- Adult family members or other informal caregivers aged 18 and older providing care to individuals 60 years of age and older;
- Adult family members or other informal caregivers aged 18 and older providing care to individuals of any age with Alzheimer's disease and related disorders;
- Older relatives (not parents) age 55 and older providing care to children under the age of 18; and
- Older relatives, including parents, age 55 and older provide care to adults ages 18-59 with disabilities.

Family caregivers present their unique needs and preferences for the types of programs and services they wish to receive at any given point in time. Further, available programs and services vary among states and communities. Fortunately, a number of national organizations and programs exist to inform and support program development and innovation.

For more information about the NFCSP and to be assessed for eligibility, contact Lisa Berry, Program Coordinator at 301-475-4200 x1056, or via email at lisa.berry@stmaryscountymd.gov or Maryland Access Point Aging & Disability Resource Center at 301-475-4200 x1057.

For additional information, visit the Administration on Community Living website: <https://acl.gov/programs/support-caregivers/national-family-caregiver-support-program>.

2024 Caregivers Conference

Save the Date!

31st Annual

Southern Maryland Caregivers Conference

Friday, April 12, 2024

University System of Maryland

at Southern Maryland

44219 Airport Road,

California, MD

We anticipate over 250 attendees including family caregivers, home care providers, professional service providers and other individuals connected to serving caregivers.

Guest speakers will address important topics such as: planning for successful caregiving, understanding Medicare & Medicaid, medication management options, Coping with Challenging Behaviors Associated with Dementia, Body Mechanics & Mobility, Safe Caregiving in the Home, Getting your Affairs in Order, Aging & Disability Resources and Assistive Technology.

Brochures coming soon!

For Participant Inquiries, call:

301-475-4200, ext. 1050

For Vendor Inquiries, call:

301-475-4200, ext. 1061

or email

Rebecca.Kessler@stmaryscountymd.gov



New Employee Spotlight!



Candice Nelson

Candice Nelson was recently promoted to Division Manager of Senior Center Operations. Ms. Nelson has been the Operations Manager at the Loffler Senior Activity Center for the past five years. Prior to that, she worked for the Charles County Local Behavioral Health Authority, a division within the Charles County Health Department. Ms. Nelson worked in several roles during her thirteen-year tenure with the agency and was the Assistant Director upon her departure in 2019.

She is excited to continue expanding her role with the Department of Aging & Human Services and finding new ways to support the seniors of St. Mary's County.

When she is not working, Ms. Nelson enjoys spending time with her family, and cheering her son and daughter on in their sports and extracurricular activities.

Riley Becker

Riley Becker is starting as the new Information and Assistance Caseworker at the Loffler Senior Activity Center. Riley is originally from Gettysburg, Pennsylvania, and is so excited to serve the St. Mary's County Community. She holds a Bachelor's Degree in Political Science and Minor in Sociology from Elizabethtown College. Riley finds great joy in being able to help and serve older adults and is looking forward to meeting new faces!

When she is not working, she loves spending time with her family, going on walks with friends, and baking cookies.



ST. MARY'S COUNTY

DEPARTMENT OF AGING & HUMAN SERVICES

Working Together ~ Caring About You

NEW BEGINNING

Keys to Senior Independence

Hosted by the
St. Mary's County Department of Aging & Human Services
at the
College of Southern Maryland - Leonardtown Campus
Building C-Room 204
Tuesdays, March 19 & 26 and April 2 & 9, 2024
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 19 - Here and There: From Transportation to Medicare

Join us to learn about the St. Mary's Transportation System (STS) and programs offered through the Department of Aging & Human Services' Senior Information & Assistance Division, such as Senior Rides!

Tuesday, March 26 - Mental Health

This evening will cover several facets of mental health, including a presentation on Alzheimer's Disease and Dementia, Substance Abuse Treatment and Prevention, and Suicide Prevention.

Tuesday, April 2 - Supporting Caregivers

Learn about the programs and services that support caregivers in our community in several aspects, including the Home & Community-Based Services Division St. Mary's County Hospice, and A Community that Shares (ACTS).

Tuesday, April 9 - Financial Health/Identity Protection

Speakers this week will teach community members about scams directed toward the aging population and how to detect, avoid, and report scams, along with legal information and financial options for older adults!

**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*



Senior Information & Assistance

By Melissa Craig, Senior I&A Division Manager



Maryland Legal Aid

Attorneys from the Maryland Legal Aid are available at the Garvey Senior Activity Center once a month by appointment. The types of cases they can assist with are eviction, landlord/tenant disputes, credit problems, consumer complaints, denial of public benefits, power of attorney, and Advance Directives. To schedule an appointment for March 8, 2024, or April 5, 2024, please call 301-475-4200, ext. 1064.

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 on the basis of 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, 2023. Your net worth includes the value of other properties owned, CD's, 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 2023 Homeowner's Property Tax Credit is October 1, 2024.

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/Pages/sdatforms.aspx or can be filed on-line. Applications are also available at the Senior Activity Centers. For assistance with the application process, please call 301-475-4200, ext. 1654, 3104, or 1064.

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 2023. This credit provides a 10% 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 2023, can apply for the Senior Tax Credit which freezes the County portion of the tax bill from increasing each year. Lastly, for persons aged 70 and over who qualify to receive a Maryland Homeowners' Property Tax Credit (see above article) may also receive a matching credit from St. Mary's 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, 2024.



Income Tax Preparation

As of the publication of this newsletter, it is unknown where the AARP tax aide service will be providing free income tax preparation services. To schedule an appointment, please call 240-466-6393. Additional information is available at <http://www.smctaxaide.org/>.

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

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

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

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

Spring Into Volunteering

Volunteers strengthen communities but also benefit themselves by giving back. This is especially true for older adults. Volunteerism is a great way to socialize, stay physically active, and maintain a sense of purpose.

Are you an older adult thinking about helping out in your community? Here are three volunteer opportunities available at the Department of Aging & Human Services:

Teen Court Program



The St. Mary's County Teen Court is designed to reduce the number of youthful offenders and educate youth in an actual court environment. Teen Court is a juvenile justice diversion program offering first-time misdemeanor offenders, ages 13-17, and first-time civil traffic offenders under the age of 18, the opportunity to accept accountability for their minor crimes without having to incur a permanent criminal record or traffic court fines and points.

Adult volunteers are welcome to be a part of this program. Adult volunteer opportunities include Jury Monitor, Bailiff, Court Session Administrative Support, Exit Interviewer, and Community Judge. For more information, contact Teen Court Coordinator, Gregory Jones at 301-475-4200, ext. 1852, or at teencourt@stmaryscountymd.gov.

Home-Delivered Meals Program

St. Mary's County is fortunate to have a diversified Home-Delivered Meals program that helps seniors who are in need, age in place. Home-Delivered Meals delivers well-balanced meals and a friendly visit to seniors who are homebound and cannot shop or cook for themselves.

Volunteers give our meals their wheels! The Home-Delivered Meals Program is always happy to welcome new volunteer meal delivery drivers. For more information, contact Home-Delivered Meals Program Coordinator, Danielle Manalansan, at 301-475-4200, ext. 1060, or at Danielle.manalansan@stmaryscountymd.gov.



Senior Rides Program



The Senior Rides Program provides older adults with door-to-door transportation to medical appointments, social engagements, shopping, etc. In order to sustain the Senior Rides program there is an ongoing effort to recruit volunteer drivers. Drivers are not required to volunteer a minimum number of hours and will receive mileage reimbursement. For more information, contact the Senior Ride Program Coordinator, at 301-475-4200, ext. 1066, or Melissa Craig, Senior Information & Assistance Division Manager, at Melissa.Craig@stmaryscountymd.gov.

We hope you check out these volunteer opportunities; you never know, you may develop a passion you never knew you had!

Division of Senior Center Operations

By Candice Nelson, Senior Center Operations Division Manager



Celebrate the Senior Nutrition Program 2024 · CONNECTION IN EVERY BITE

Since 1972, the national Senior Nutrition Program has supported nutrition programs for older adults across the country. Funded by the Older Americans Act, local senior nutrition programs serve as hubs for older adults to access nutritious meals and other vital services that strengthen social connections and promote health and wellbeing. Each year, during the month of March, the Administration for Community Living celebrates the Senior Nutrition Program. The theme for 2024 is “Connection in Every Bite” which highlights one of the most important aspects of the Senior Nutrition Program: the profound relationship between food and social connection. When local nutrition programs serve and build their communities through meals and fellowship, they provide a powerful reminder that the act of coming together over a meal transcends sustenance – it fosters a sense of belonging, contributes to the health of participants, and creates an opportunity for connection in every bite.

Senior Nutrition Program in St. Mary’s County

The St. Mary’s County Department of Aging & Human Services serves as the Senior Nutrition Program provider for our community. We are proud of the services we offer older adults through the congregate meals program and nutrition education seminars at the senior activity centers, and the Home-Delivered Meals programs.

Our senior activity centers offer daily, dietician approved meals in welcoming, social environments. Meals are available to those ages 50 and above. For those 60 and above donations are appreciated; the cost of the meal for those under 60 is \$6. Additionally, the senior activity centers offer free monthly presentations given by a Registered Dietician on topics of relevance to healthy, nutritious eating for older adults.

The Home-Delivered Meals Program provides well-balanced meals and a friendly visit to adults 60 and above who are homebound and cannot shop or cook for themselves. Home-Delivered Meal recipients are not charged for the delivered meals; however, donations are appreciated.

We hope you will join us in making a connection by enjoying a meal at one of our senior activity centers or by sharing information about our Home-Delivered Meals program with a family member, friend, or neighbor, if the need presents itself.

To make a lunch reservation at one of our senior activity centers, call at least 24-hours in advance:

Garvey Senior Activity Center	301-475-4200, ext. 1080
Loffler Senior Activity Center	301-475-4200, ext. 1657
Northern Senior Activity Center	301-475-4200, ext. 3105

To learn more about the Home-Delivered Meals program, please call the Program Coordinator at 301-475-4200, ext. 1060.

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.

Embroidery Card-Making Class **Garvey Senior Activity Center** **Tuesdays, March 5 & April 2, 1:30 p.m.**

Cost: \$5

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 personalized cards for those important people in your life! Omega will teach you everything you need to know to create these cards. The price includes supplies!

Advanced registration is required.

Reiki & Reflexology with Sarah Strain

Garvey Senior Activity Center

Tuesday, April 23, 10 a.m.-3 p.m.

Wednesday, April 24, 1 p.m.-6 p.m.

Thursday, April 25, 10 a.m. 3- p.m.

Cost: \$45 for 45 minutes

The Garvey Senior Activity Center is excited to welcome back Sarah Strain, 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. Each pressure point is directly related to specific organs of the body. Stimulating these areas will help release tension in that specific area of the body.

Reiki (Ray-Key)

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 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 a refund.



Crafts with Maggie: “Watercolor Trees”

Garvey Senior Activity Center

Tuesday, March 5, 5:30 p.m.

Cost: \$5

Come join our volunteer Maggie as she guides you through this beginner watercolor class.

No experience is needed, and supplies are provided. Advance registration is required.

Iris Folding Clover & Bunny Cards

Garvey Senior Activity Center

Wednesday, March 6, 1:30 p.m.

Cost: Free

Create two Iris Folding projects, a lucky shamrock, and bunny cards. By arranging and layering strips of paper you will create two crafts while learning the art of Iris Folding. Iris Folding is done by arranging and layering strips of paper or fabric in a spiraled pattern that resembles the iris of a camera lens—that's how this craft got its name. Supplies will be provided, but feel free to bring your favorite scissors. Advanced registration is required.



St. Patrick’s Mandala

Garvey Senior Activity Center

Tuesday, March 12, 5:30 p.m.

Cost: Free

Using pre-cut paper create a 3D layered St. Patrick’s Day mandala design and a paper shadowbox frame. Mandala designs are perfect for creating unique and eye-catching papercrafts. The 3D design is cut, all you must do is stack them up and attach them.

Advanced registration is required.

Watercolor with T.L. Ford

Garvey Senior Activity Center

Tuesday, March 12 & April 9, 1:30 p.m.

Cost: \$25

Would you like to learn how to paint with watercolor on a smaller scale? Come join T.L.Ford of Cattail.Nu, LLC as she teaches you the basics of watercolor painting in a relaxing, informal setting. No experience or drawing skills are necessary. Supplies will be provided. Advanced registration is required.





Aromatherapy Workshops with Glori VanBrunt
Tuesday, March 12, “Allergy”
Tuesday, April 9, “Digestion”
4 p.m.

Cost: \$15 per session

Join Licensed Mental Health Therapist and Certified Professional Aromatherapy Practitioner, Glori VanBrunt for some creative

holistic fun! Advanced registration is required.

In March, learn how Aromatherapy can help navigate allergy season by boosting immunity and antihistamines naturally!

In this 60-minute workshop, you will:

- Learn about the art and science of aromatherapy.
- Discover the benefits of using aromatherapy during allergy season to help boost immunity and deactivate your body’s response to allergens naturally.
- Sample several essential oils.
- Choose your favorite oils based on your specific seasonal challenge.
- Create a custom aromatherapy blend to take home!

Come back in April to learn how Aromatherapy can help address digestive issues. Create your custom blend to address gas, bloating, slow digestion, IBS, bacteria overgrowth, and more!

In this 60-minute workshop, you will:

- Learn about the art and science of aromatherapy.
- Discover the benefits of using aromatherapy to address common digestive issues.
- Sample several essential oils.
- Choose your favorite oils based on your specific digestive challenge.
- Create a custom aromatherapy blend to take home!

Chair Dance Connection: Latino Style! With Judi Lyons & Paty Massón

Garvey Senior Activity Center

Thursday, March 14, 2 p.m.

Cost: \$15

Latino Dancing? Salsa? Si Gracias! Explore Merengue, Bachata, and Salsa rhythms with Paty Massón and Judi Lyons. With the most popular, familiar, and new Latino songs! Plus, engaging movement sequences - full of life and passion - to 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 selections to spice up your mind, body, and spirit, then concludes with a centering cool down.

Advance registration is required.

Presented by Hope & Healing

Garvey Senior Activity Center

Tuesday, March 19 “Financial Concerns”

Tuesday, April 16 “Stress Management & Resilience”

1 p.m.

Cost: \$5 (suggested donation)

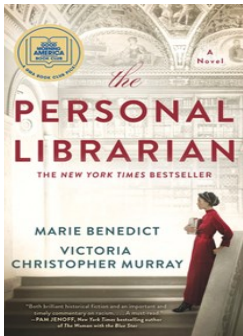
As we age life’s events can often become overwhelming, both mentally as well as physically. Especially during this time, it’s even more important to take care of your mental wellness.

Advance registration is required. A donation of \$5 for each series is requested.



**Luncheon with Drama Speaks
Garvey Senior Activity Center
Tuesday, March 19
Doors Open: 11:30 a.m.
Lunch Served: 12 p.m.
Performance: 12:30 p.m.**

Drama Speaks is Garvey Senior Activity Center’s very own Reader’s Theater group. Join us for lunch and enjoy the humor of Drama Speaks. Lunch will be served before the performance starts. The cost for lunch is by donation for those ages 60 and above and \$6 for those under the age of 60. Advanced registration is required.



**Book Discussion Group
Garvey Senior Activity Center
Wednesdays, March 13 & April 10, 11 a.m.
March: *The Personal Librarian* by Marie Benedict
April: *The Nature of Fragile Things* by Susan Meissner
Cost: Free**

If you love reading and sharing your thoughts about what you’ve read, this is the group for you. Advance registration is NOT required.

***The Personal Librarian* by Marie Benedict**

The remarkable story of Belle da Costa Greene, J. P. Morgan's librarian—who became one of the most powerful woman in New York despite the dangerous secret she kept to make her dreams come true.

***The Nature of Fragile Things* by Susan Meissner**

April 18, 1906: A massive earthquake rocks San Francisco just before daybreak, igniting a devouring inferno. Lives are lost, lives are shattered, but some rise from the ashes forever changed.



**Edward Jones Seminars
Garvey Senior Activity Center
Tuesday, March 19, 10 a.m.
Tuesday, April 16, 10 a.m.
Cost: Free**

Brought to you by Wilman Cheung, AAMST™, CRPC™, ABFP™ a financial advisor from Edward Jones. Advanced registration is required.

March - *Time Matters: A Women's Retirement Outlook Seminar*

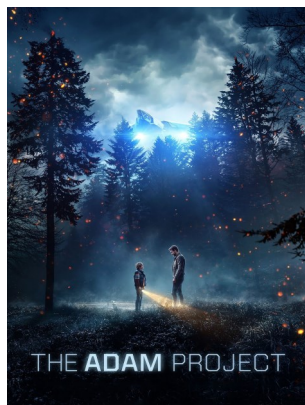
This educational program shares perspectives on financial concerns facing women who are getting ready for or have recently transitioned to retirement. It discusses retirement income strategies, including perspectives around Social Security, withdrawal, and reliance rates. It also addresses how to prepare for the unexpected, including market and inflation risks, and the rising costs of health care and long-term care.

April - *What Happens After the Paychecks Stop*

A Retirement Income Primer Seminar. This presentation will examine how to budget for retirement expenses, potential sources of retirement income, and potential risks to retirement income such as LTC and health care costs.

Bridge for Beginners Class
Garvey Senior Activity Center
Mondays, March 18-April 22, 9 a.m.
Cost: Free

Are you interested in learning how to play Bridge? This course will cover all the basic aspects of Contract Bridge including Bridge terminology, Bridge etiquette, evaluating the hand, bidding the hand, playing the hand, and scoring. We will be using, *Bridge Basics I - An Introduction* by Audrey Grant. Anyone who plans on attending should purchase the book and read the first chapter before the first class. Each class session should last about three hours. Advanced registration is required.



Movie Nights at Garvey
Garvey Senior Activity Center
Thursdays, March 21 & April 18
5:30 p.m.

Cost: Movie is free; \$3 (optional snack pack purchase)

Come join us in the dining room on the third Thursday of the month to enjoy a movie on the large screen! There is no charge for this program, but there will be snack packs available for purchase. You are welcome to bring your dinner, but a meal will not be provided.

Advance registration is required.

March: *The Adam Project* starring Ryan Reynolds (PG-13)

Adam Reed, age 12 and still grieving his father's sudden death the year before, walks into his garage one night to find a wounded pilot hiding there. This mysterious pilot turns out to be the older version of himself from the future, where time travel is in its infancy. He has risked everything to come back in time on a secret mission. Together they must embark on an adventure into the past to find their father, set things right, and save the world.

April: *Star Wars: The Empire Strikes Back* starring Mark Hamill (PG)
 The legendary saga continues as the Rebel Alliance faces increasing challenges from the powerful Galactic Empire. Luke Skywalker, Han Solo, and Princess Leia Organa find themselves confronting new trials that test their courage, friendships, and beliefs.



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Pickleball Clinic with ProFlex Physical Therapy
Garvey Senior Activity Center
Wednesday, March 27, 9 a.m.-11 a.m.

Cost: Free

Pickleball is the new hottest game, but if not done properly injuries can occur. Join ProFlex Physical Therapy as they guide you through proper form and ways to prevent injury.

This is a specialized group meant for preventing injury and they will not be teaching how to play the game. There are a small number of spots available for this program. Advanced registration is required.

Crafts with Maggie “Essential Oil Candles”

Garvey Senior Activity Center

Tuesday, April 2, 5:30 p.m.

Cost: \$10

Come join our volunteer Maggie as she guides you through creating your very own candle. Using essential oils, wax, and a jar you will create an oil candle that is made just for you. Supplies will be provided. Advance registration is required.

Iris Folding Gift Bags

Garvey Senior Activity Center

Wednesday, April 10, 1:30 p.m.

Cost: Free

Create two Iris Folding projects, a party hat, and a bow to decorate a gift bag. By arranging and layering strips of paper you will create two crafts while learning the art of Iris Folding. Iris Folding is done by arranging and layering strips of paper or fabric in a spiraled pattern that resembles the iris of a camera lens—that's how this craft got its name. Supplies will be provided, but feel free to bring your favorite scissors.

Advance registration is required.



Luncheon with Will Yeckley

Garvey Senior Activity Center

Tuesday, April 16

Doors Open: 11:30 a.m.

Lunch Served: 12 p.m.

Performance: 12:30 p.m.

Will Yeckley plays acoustic guitar and sings popular light rock, country, and Motown tunes from the late 50s to the 80s. Among other venues, he has performed at the Charles County Fair, Port Tobacco Historical Society, and Senior Centers across Southern Maryland. Get ready to sit back, relax, and enjoy a delicious lunchtime meal. Lunch will be served before the performance starts. The cost for lunch is by donation for those ages 60 and above and \$6 for those under the age of 60. Advanced registration is required.



Pouring Paint Ornaments

Garvey Senior Activity Center

Tuesday, April 16, 5:30 p.m.

Cost: Free

Join Toni as she shows you how to create beautiful pouring paint ornaments. Supplies are provided. Use pouring paint to create one-of-a-kind holiday ornaments for yourself or give as gifts. Advance registration is required.

Loffler Senior Activity Center

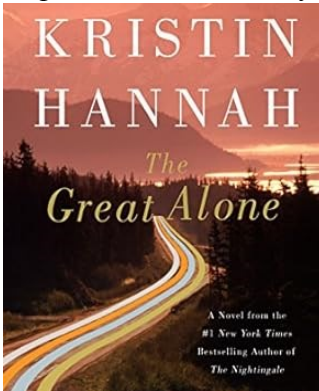
In Great Mills, 301-475-4200, ext. 1658

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

Loffler Book Club News Loffler Senior Activity Center

Cost: Free

On Friday, March 1, at 2 p.m. discuss *The Lighthouse Effect- How Ordinary People Can Have an Extraordinary Impact on the World* by Steve Pemberton



In March, read *Lady Tan's Circle of Women* by Lisa See

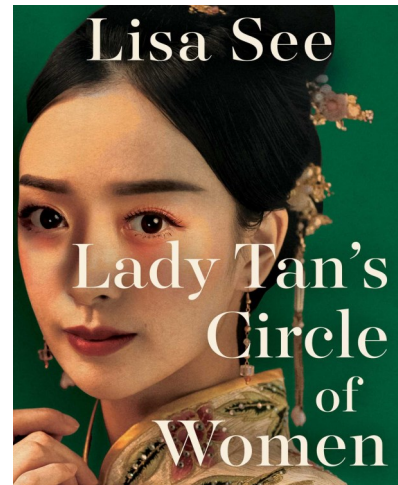
Discuss on Friday, April 5, at 2 p.m.

In April, read *The Great Alone* by Kristin Hannah

Discuss on Friday, May 3, at 2 p.m.

Enjoy a friendly discussion on the first Friday of every month! Everyone's thoughts are appreciated. The Lexington Park Branch Library has

been very helpful by holding several copies of the books for us. Call 301-475-4200, ext. 1658 to learn more about this group.



Mobile Library Starting Up Loffler Senior Activity Center 2nd Thursday of each month March 14, April 11, 11 a.m. –12 p.m.

Cost: Free

St. Mary's County Library's new Mobile Library will be visiting the Loffler Senior Activity Center on the 2nd Thursday of each month starting on March 14.

The Mobile Library will be open for tours as well as browsing the collection, checking out books, free wi-fi, and knowledgeable Library staff available to assist.



Canasta Players Wanted! Loffler Senior Activity Center Tuesdays, 9 a.m.

Cost: Free

Do you enjoy playing Canasta or have you ever wanted to learn? This card game from the rummy family of games believed to be a variant of 500 Rum has many variations of play, but typically involves 2-6 players who play in pairs with two decks of cards. The group at the Loffler Senior Activity Center is looking for new members to join them on Tuesday mornings. If you are interested, drop in to see what it's all about or call 301-475-4200, ext. 1658.



Health Watch Series
Loffler Senior Activity Center
Pain Management
Wednesday, March 13, 9:30 a.m.
Healthy and Safe Picnics
Wednesday, April 17, 9:30 a.m.
Cost: Free

What does the Center for Disease Control (CDC) have to say about managing pain safely without opioids? In March, join us to learn about the different types of pain as well as how to develop a safe pain management plan. In April, join us to learn about food safety. With the advent of warm weather and outdoor gatherings, picnic season is just beginning. It is important to learn how to handle and prepare food safely, in order to avoid foodborne illnesses, when eating outdoors. 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.

Educational Video Series
Loffler Senior Activity Center
Thursday, March 14, 10 a.m.
Sam Cooke, Legend (70 min.)
Cost: Free

This Grammy Award-winning feature documentary examines the life and music of Sam Cooke through accounts from family, friends, musical collaborators, and business associates, including Aretha Franklin, L.C. Cooke, and Bobby Womack. The film traces Cooke's professional and personal life and recounts his commitment to the struggle for civil rights. Register at www.stmaryscountymd.gov/Aging or leave a message on our reservation line at 301-475-4200, ext. 1660.



Hearing Screenings with Freedom Hearing
Loffler Senior Activity Center
Thursday, April 18, 9 a.m. to 12 p.m.
Cost: Free

Regular hearing screenings can help you identify gradually developing hearing problems before they can significantly impact your hearing and your quality of life. The audiologist from Freedom Hearing will be at the Loffler Senior Activity Center to offer free hearing screenings and to answer any hearing-related questions you might have. If you would like to schedule a 15-minute appointment, please visit www.stmaryscountymd.gov/aging or leave a message on our reservation line at 301-475-4200, ext. 1660.

Art with Jamie
Loffler Senior Activity Center
Cost: \$25 per session, supplies included
10 a.m. –12 p.m.

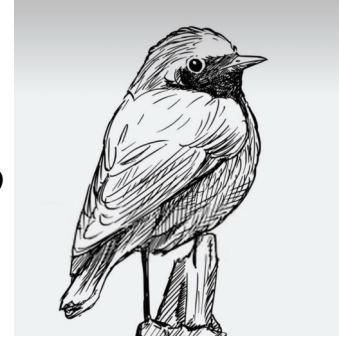
***Pen and Ink Bird Illustrations* -Tuesdays, March 5, 12, 19**

Learn and practice your drawing skills and then take it to the next level as we add texture and detail to create one-of-a-kind pen and ink bird illustrations.

***The Anatomy of a Flower* - Tuesdays, April 2, 9, 16, 23**

All things floral in this month's class. We will learn how to draw basic flowers and then move onto more complex ones. We will use pencil, pen, watercolor and paint as we create eye popping floral art just in time for our beautiful spring weather.

Register and prepay for any of these classes at www.stmaryscountymd.gov/aging.



Make & Take Projects with Jamie
Loffler Senior Activity Center
Striking Yet Simple Painted Birds,
Acrylic on Canvas

Tuesday, March 26

Spring Cherry Blossoms, Watercolor

Tuesday, April 30

10 a.m. – 12 p.m.

Cost: \$25 per session

Jamie's classes are suitable for any skill level.

Supplies will be provided. Register and prepay for either/both of these workshops at www.stmaryscountymd.gov/aging.



Nutrition Presentations by Donna Taggart

Loffler Senior Activity Center

***National Nutrition Month* - Monday, March 11, 10 a.m.**

***Eye Health and Safety Month* - Monday, April 8, 10 a.m.**

Cost: Free

In March, Donna will answer all of your nutrition-related questions.

In April, learn how good nutrition can benefit your eyes.

Register at 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 by calling 240-538-6539.

Chatter Box

Loffler Senior Activity Center

Thursdays at 12:30 p.m.

Cost: Free

Here's an opportunity to discuss interesting topics and ideas with friends. Moderated by Joyce Haderly, this will be a friendly, non-controversial zone- hot button topics like politics, religion and volatile issues of the day are off limits. No need to register- drop-ins are welcome.

Spring Garden Project with Theresa Rohaly
Loffler Senior Activity Center
Thursday, March 21, 10 a.m.
Cost: \$5

Theresa returns to Loffler for another of her fabulous gardening projects. It’s time to create an Easter basket for you or someone special with natural materials and a little bling. We will use plant materials as our foundation and filling. You can use the basket for displaying a few Easter eggs or a planter. You decide. If you want a different look, you can create a nest with the same materials. Come join the fun! Only eight spots are available. Register and prepay for this workshop at www.stmaryscountymd.gov/aging.

Bereavement Support Group
Loffler Senior Activity Center
Thursdays, March 21 & April 18, 10 a.m.
Cost: Free

Losing a friend or family member is never easy and grief can often feel like an invisible injury. We invite you to join us in a safe space to share your grief experience and learn new ways to cope while meeting friends for the journey. This group will be facilitated by the Bereavement Coordinator from Hospice of St. Mary’s, Dr. Patricia Watson. No need to register, drop-ins are welcome.



AARP Smart Driver™ Safety Course
Loffler Senior Activity Center
Thursday, April 11, 9 a.m. - 2 p.m.
Cost: \$20 for AARP Members, \$25 for non-members

The AARP Smart Driver™ Safety Course will be held with an hour lunch break at 11:30 a.m. The AARP Smart Driver™ Safety Course covers:

- Research-based safe driving strategies;
- Information on the effects of medication on driving;
- Preventive measures to reduce driver distractions;
- Proper use of safety belts, air bags, anti-lock brakes, and other new technology;
- Techniques for handling left turns, right-of-way, and roundabouts;
- State-specific rules and regulations in 19 key areas, including construction zones, child safety seats, school buses, cellphone use and more.

Pre-registration is required. Register at 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.



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.

Spring Bazaar: Craft & Vendor Sale

Northern Senior Activity Center

Wednesday, March 27

10 a.m.-3 p.m.

OPEN TO THE PUBLIC!

Our seniors are back with more unique items to sell. The shopping possibilities are endless! Find some Spring/St. Pat's/ Easter décor. Great opportunity to buy gifts for a loved one. Support local merchants. Invite your family & friends to shop with you – this event is open to the public. No registration is needed to attend. See you there!



Art Pottery: Frog Jar

Northern Senior Activity Center

Friday, March 8 & 22, 10 a.m.-12 p.m.

Cost: \$10

Pottery craftswoman, Pam King, will instruct the crafting of a decorative jar featuring a cute frog for fun in the garden or home! All skill levels are welcome. See top of this page for how to register.

Genealogy: Finding Your Irish Roots

Northern Senior Activity Center

Monday, March 11, 10-11 a.m.

Cost: Free

Join Genealogist, Louise McDonald, for this free event! March is the Irish-American Heritage Month. Louise will provide key information about finding Irish records. Compare free & premium websites/ locations. Practice reading Latin birth/baptismal recordings, important patterns, etc. Learn some of the historical events that caused migration. Discover if you're an Irish citizen. This session begins with a presentation on the topic and progresses to a workshop environment of discussion and assistance. See top of this page for how to register.





**Cupcake Decorating with Sweetheart Cupcakes
Northern Senior Activity Center
Friday, March 15, 1-2 p.m.**

Cost: \$15

Join Rebecca of Sweetheart Cupcakes to learn how to decorate cupcakes for events, holidays, or just for fun! You will complete 2 cupcakes with a Spring/St. Patrick's Day theme. Supplies will be provided.

See page 24 for how to register.

**St. Patty's Day Breakfast Café
Northern Senior Activity Center
Wednesday, March 20
9-10 a.m.**

Cost: \$5

You're in luck! We're hosting a special edition of Breakfast Café for St. Patty's Day! Gather your green gear and join us for a delicious homestyle breakfast. We'll have a game, and musical entertainment from local musician Will Yeckley. All in attendance are eligible for a chance to win door prizes. See page 24 for how to register.



**Qigong & Tea: Improve Vitality, Bone Density, and Balance
Northern Senior Activity Center
Thursday, March 21, 2:30-4:30 p.m.**

Cost: \$20

Join certified instructor Paty Massón for a relaxing and uplifting afternoon. This workshop will focus on slow stretches to warm your muscles, stimulate bone density, and improve balance. Practice breathing techniques to reinvigorate your mind and body. Learn relaxation techniques to improve awareness. The workshop will finish with a tea ceremony to share energy among participants. Paty is certified in RYT® 500, CBT, and Qigong. See page 24 for how to register.



**Starting an Herb Garden with
Theresa Rohaly
Northern Senior Activity Center
Thursday, March 21, 2-4 p.m.**

Cost: Free

Our favorite gardening expert, Theresa Rohaly, is visiting the center to start this year's annual Center community herb garden. Assist Theresa in planting seeds such as lavender, thyme, parsley, dill, chives, basil, sage, oregano and take one home with you. Learn how best to

nurture, harvest, and use these herbs. The herb garden will be maintained by seniors and is a perfect resource when a specific herb is needed for cooking or other projects. All supplies are provided free of charge. See page 24 for how to register.

Movie Showing: *Breaking Away* (1979)

Northern Senior Activity Center

Monday, March 25, 1-3 p.m.

Cost: Free

This event was curated by Cycling Meetup volunteer, Dan Donahue! Join us for a showing of the movie *Breaking Away* (1979, PG, Comedy/Drama, 1 hr. 41 min) starring Dennis Christopher & Dennis Quaid. This Golden Globe-winning film follows a student named Dave with a dream of competing in his university's annual bicycle endurance race. Dave and his three best friends face opposition from all corners as they strive to make his dream come true. See page 24 for how to register.



**Cycling Meetup: Spring Kickoff
Northern Senior Activity Center
Wednesday, April 10 & 24, 10 a.m.**

Cost: Free

Ready to ride? Join Dan Donahue and fellow cyclists for fun group rides on the Three Notch Trail! This group will meet monthly on the second and fourth Wednesday at 10 a.m. The cycling season kicks off on April 10, followed by “Searching for Signs of Spring” on April 24. Registration is not required. Must bring a helmet, your phone, and water. Please arrive 10-15 minutes early to check-in and fill up water bottles

before the group departs. (Need a bike? We have a few options. Limited availability. Call 301-475-4200, ext. 3103, for more information.)

Tips for Thrift, Resale & Consignment

Northern Senior Activity Center

Monday, April 8, 10-11 a.m.

Cost: Free

Curious about the terms thrift store, resale boutique and consignment shop and not sure how they differ? Have you wondered how to shop them? Local personal stylist Robbie Loker will clear up the confusion and give you hints on how to find good deals and, in some cases, absolute steals while sorting through the goods! See page 24 for how to register.



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Fraud & Scams with Lt. Evans

Northern Senior Activity Center

Thursday, April 11, 10-11 a.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. Ed Evans 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 page 24 for how to register.

Basket Weaving: Spring Basket
Northern Senior Activity Center
Friday, April 12, 10 a.m.-2 p.m.
Cost: \$30

Experienced basket artisan, Pam King, will instruct how to weave a unique, spring-themed basket! All skill levels are welcome. See page 24 for how to register.



Breakfast Café with PM Barber
Northern Senior Activity Center
Wednesday, April 17, 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, with good company. See page 24 for how to register.

Northern Stars Movie Club: *Indiana Jones and the Dial of Destiny* (2023)
Northern Senior Activity Center
Thursday, April 25, 1-3:30 p.m.
Cost: Free

Get your snacks and popcorn ready! This bi-monthly film club, led by Program Specialist, Keilan Ruppert explores classic and modern movies. The club reviews each film based on specific criteria, then assigns a rating using 1 to 5 “Northern stars.” This month’s film selection is *Indiana Jones and the Dial of Destiny* (2023, PG-13, Action/Adventure, 2 hr. 34 min), the fifth & final installment in the Indiana Jones franchise. See page 24 for how to register.



Daily Energy Routine: Balancing Emotions
Northern Senior Activity Center
Monday, April 29, 1-2:30 p.m.
Cost: \$15

Join certified instructor Judi Lyons for this brand-new class – the third in her Daily Energy Routine series! Emotions got you down? Frustration, worry, grief, loss of inspiration, anger, fear? Emotions serve an important purpose in guiding and healing us. Emotions that are not dealt with when they occur get stuffed into the physical body. The Energy Medicine movement flows in this workshop teach us how to deal with emotions as they arise (instead of locking them away for later) so that they don’t wreak havoc on our systems. Accessible to all. Judi Lyons/Mindful Motions Md. is YACEP®, E-RYT® 200, EMYoga® Certified, RYT® 500 Therapeutic. See page 24 for how to register.

Retired and Senior Volunteer Program

By Monika Williams, RSVP Program Manager

The theme of this newsletter is one of my favorites. I greatly enjoy recognizing our RSVP volunteers. They are very efficient and diligent in every task they take on. St. Mary's County is fortunate to have such a dedicated group of volunteers stepping in to assist with serving our community. There would be a great deficit of services and programs without them.

RSVP volunteers are involved in countless programs that serve a range of ages from teenagers to older adults. They assist the Teen Court Program to positively change the lives of troubled teenagers. They deliver daily meals to home-bound individuals and provide seniors with transportation to medical appointments and grocery shopping. RSVP volunteers renovate and distribute convalescent and assistive medical equipment to community residents in need. They assist staff and vendors during the Department of Aging & Human Services Community Health Fair. They plan and lead Learning Is ForEver (LIFE) educational trips. They provide free tax assistance and assist retired federal employees in navigating their benefits and services. RSVP volunteers lead many senior center activities and distribute groceries from pantries to persons throughout St. Mary's County. They crochet, knit, quilt, and sew blankets, hats, Afghans, scarfs, and teddy bears for veterans, first-time mothers, hospitals, nursing homes, and ill children. They create beautiful handmade cards to send to sick and shut-in seniors. Last but not least, RSVP volunteers serve in Historical sites and museums educating the community about the rich history of our County.



Donna Sigler, instructing crochet with a loom.

From 2023 to 2024

The RSVP program is continuing to grow. We enrolled 38 new volunteers and added two new Volunteer Stations last year.

We enjoyed another successful Appreciation Banquet to honor our volunteers. We look forward to recruiting more volunteers and volunteer stations within the new year.

There are countless volunteering opportunities to share your talents and skills. Consider joining RSVP to better your life experiences and benefit our community.

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Judy Mattingly leading a Diamond Dots Group session.



A volunteer-led LIFE trip.

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.

Charlotte Hall Veterans Home

- Activity Assistant
- Gift Shop Attendant
- Technical Support
- Read to Residents

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

- Educate the community about Crime Solvers, solicit donations, and arrange fundraisers to obtain funding for rewards.

Treasurer's Office

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

Historic Sotterley

- 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

Northern

Senior Activity Center

- Chess Volunteer
- Outdoor Landscaping
- Book Club Leader

Garvey Senior Activity Center

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

Loffler

Senior Activity Center

- Zoom Activity Monitor

Teen Court

- Teen Court Judge
- Hearing Support Assistants

Home-Delivered Meals

- Drivers are needed in the Lexington Park, Great Mills, California, and Leonardtown areas.

The Old Jail & Leonardtown Visitor Center

- Greet the public
- Conduct tours
- Operate the gift shop
- Share the history of the site.

St. Clement's Island Museum

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

Helpers Overcoming Problems Effectively (HOPE)

- Phone Screener
- Helping county residents connect to needed assistance

Patuxent River Naval Air Museum

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

Senior Rides

- Drivers to transport seniors to doctor appointments, shopping, and social engagements.

Habitat for Humanity

- Receive, sort, price, and place donations on sales floor
 - Office assistance
- Assist committees in selecting partner-families

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.

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
Collage Group	1st & 3rd Tuesdays 6 p.m.	In this drop-in class you will learn how to make collages on postcards to send out to your friends and family.	No	No
Cornhole	Daily 8 a.m. -4 p.m.	2 boards, 8 bags.	No	No
Crochet Club	1st & 3rd Tuesdays 5:30 p.m.	This is a social group and you must bring your own projects as there will not be materials available or an instructor.	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
Enhance Fitness	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 2-3 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

Ongoing Activities - Garvey

CLASS/ ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
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
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	Tuesdays & Thursdays 12:30 p.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
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 & Wednesdays	Bring your own or use ours.	No	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 10:30 -11-30 a.m.	Read & review new books each month. Different books for each club.	Yes	No
Breakfast Café	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
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

Ongoing Activities - Northern

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
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 Meetup	2nd & 4th Wednesdays 10 a.m. STARTNG APRIL 2024	Meet at Northern for a group ride on Three Notch Trail.	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 February 20-March 26 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
Pitch Card Day	Last Thursday of the month 12:30-3:30 p.m.	Experienced players enjoy an afternoon of Pitch. Top players will receive a prize.	Yes	\$10
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 requested 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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***Holiday Closings
(No Home-Delivered or Congregate Meals Served)***

Friday, March 29 - Good Friday

NEW BEGINNING