

NEW BEGINNING

VOLUME 37 ISSUE 6

NOVEMBER/DECEMBER 2024

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



A Season of Thanksgiving!

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From the Director's Desk

By Lori Jennings-Harris, Director

Giving thanks, especially during the month of November is a tradition held dear by many. We often celebrate Thanksgiving with family and friends. The month of November is also National Family Caregivers Month. The National Council on Aging (NCOA) website reads, "November is a time to show support and to honor our nation's vital caregivers during National Family Caregivers Month. Join us in acknowledging and honoring families who are often caregiving "around the clock". That means around-the-clock dedication, organization, responsibility, scheduling, and hands-on care." Let us thank the family members who spend time, unselfishly, caring for their loved ones. Family caregivers help their relatives by providing whatever assistance is needed to keep them in their homes for as long as possible.



NCOA goes on to point out, "Families are often the primary source of support for older adults and people with disabilities. In fact, today in America, more than 53 million family caregivers provide unpaid care¹. That's an economic value totaling more than \$470 billion."²

It is easy for family caregivers to lose sight of the importance of care for themselves. Taking time to care for ourselves is important any time of year, but it may be even more important during the holiday season. The fast pace of preparing for visiting family and friends, holiday shopping and preparing holiday meals takes its toll.

Caregivers also need to take time for themselves. As an opportunity for caregivers to do that, our Department is planning our next Caregivers' Breakfast. This is one small way we show our appreciation for caregivers, and hope it helps to encourage them for their "hard work". Look for information about its details soon.

My staff and I are happy supporting the older adults of our community. We are honored to provide all the programs and services we offer. We thank you for having confidence in us and for allowing us to serve you.

NEW BEGINNING

The Commissioners of
St. Mary's County
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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.



Loffler Senior Activity Center

21905 Chancellors Run Road
Great Mills, MD 20634
Phone Number:
301-475-4200, ext. 1658



Northern Senior Activity Center

29655 Charlotte Hall Road
Charlotte Hall, MD 20622
Phone Number:
301-475-4002, ext. 3101



Garvey Senior Activity Center

23630 Hayden Farm Lane
Leonardtown, MD 20659
Phone Number:
301-475-4200, ext. 1080



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, Nov. 25, 2024
1 p.m.

No Commission on Aging Meeting
in December

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

The holidays are approaching once more and often our healthy eating plans go askew. If you have been trying to eat more plant based foods, no worry, you don't have to give that up during the holidays. Most any dish can easily be made without meat and many holiday favorites are already vegetarian, like cranberry relish, stuffing, mashed potatoes, green bean casserole, and sweet potato casserole.

Whether you are serving no meat or just cutting back, here are some plant- based swaps for meat that can be kept handy to make "meaty" recipes- mushrooms, nuts, whole grains, legumes, root veggies, tofu, seitan and jackfruit. You can find lots of recipes online but a great website is oldwayspt.org.

Of course the biggest challenge of the holidays is portion control even if it is plant based. Sweet potato casserole is not low calorie! Neither is a big plateful of mashed potatoes covered with gravy! So here are some tips to manage all those calories from our beloved favorites.

- Eat balanced meals throughout the day....never go hungry to a party.
- Continue with your physical activities...even a short 10 minute walk after each meal will be beneficial.
- Don't neglect sleep- try to keep to your usual sleep pattern. People overeat especially unhealthy carbs, when they are tired.
- Manage the stress that will come with the holidays- don't overbook, don't try to do everything and be everything for everyone (delegate).
- Keep non perishable snacks in your car or carryall, i.e. nuts, dried fruit to manage hunger.
- Plan shopping trips, eating before you go out or research restaurants for healthy options.
- Stay hydrated-of course water is always a good option but there are lots of low or no calorie beverages. If you drink alcohol remember to keep it to 1 drink / day for women , 2 for men. Many of the fancy alcoholic drinks can be quite high in added sugars and calories.

Enjoy the season! January will be here before we know it!

Upcoming Nutrition Education Presentations:

| National Diabetes Awareness Month | Tips to Get Through Holiday Eating |
|--|--|
| Garvey- Wednesday, November 6, 12:45 pm | Garvey- Wednesday, December 4, 12:45 pm |
| Garvey- Thursday, November 14, 6 p.m. | Garvey- Thursday, December, 12 6 p.m. |
| Loffler- Monday, November 4, 10 a.m. | Loffler- Monday, December 9, 10 a.m. |
| Northern- Monday, November 18, 12 p.m. | Northern- Monday, December, 16 12 p.m. |

Home & Community-Based Services

By Rebecca Kessler, HCBS Division Manager

November is National Family Caregiver Month! Celebrate the Caregivers in your Life.

30 Heartfelt Ways to Thank Your Family Caregiver during National Family Caregiver Month

Celebrate National Family Caregiver Month with 30 fun, easy, and meaningful ways to express gratitude to the family caregivers in your life.

November is National Family Caregiver Month, a time to recognize the ones who devote their time and energy to taking care of loved ones in need. Family caregivers often give selflessly, facing physical, emotional, and financial challenges in their daily routines. This month, and always, it's crucial to show our appreciation for the invaluable role they play. Here are 30 heartfelt ways to thank your family caregiver and celebrate their dedication during this special month.

1. Say “thank you” in small ways every day: A simple thank you can go a long way in expressing your appreciation.
2. Write a heartfelt letter: Put your feelings into words and let them know how much their care means to you.
3. Give them a spontaneous and warm hug! Hugs are scientifically proven to help people feel better and lift their spirits.
4. Organize a “Thank You” surprise party or gathering in their honor.
5. Offer to give them a break: Arrange for a respite caregiver so they can take a day off.
6. Bake their favorite cookies or cook their favorite meal.
7. Give them a hand with household chores, such as cleaning or grocery shopping.
8. Take care of their to-do list for a change.
9. Treat them to a spa or a massage to help them relax.
10. Offer to drive or help arrange transportation, whether it's for appointments or personal trips.
11. Create a Caregiver's Relaxation Kit: Assemble items like scented candles, soothing music, and a good book.
- 6 12. Plan a fun weekend escape to help them recharge.
13. Join a support group together: If they're open to it, attend a caregiver support group with them.
14. Attend a caregiver event with them: You can find tons of events for caregivers near you on sites like Eventbrite.
15. Know a movie they've been wanting to see? Plan a movie night at home or go to the movies for a fun night out.
16. Send them a bouquet of their favorite flowers.
17. Compile pictures and memories of your time together and take time to flip through the memories together.
18. Care and appreciation isn't just about flowers and gifts, but also respecting and supporting their boundaries.
19. Help with long-term planning or financial matters.

20. Show appreciation for their family: Extend your gratitude to their entire family, acknowledging the sacrifices made by all.
21. If you're an employer, discuss with them how you can provide a flexible schedule that integrates their caregiving duties.
22. Create a custom playlist of songs for them. This shows that you've thought of them and when they listen to it, it'll remind them of how you're thinking about them.
23. Make them a gratitude jar. In a jar, fill it with little notes of appreciation. You can write one note a day and put it in the jar, and give it to them at the end of National Family Caregiver Month.
24. Create a funny and heartwarming "Thank You" video message. Bonus points if you do a funny rap.
25. Arrange a surprise visit from their distant friends or family.
26. Family caregivers are usually caring for their whole family, offering to babysit or pet-sit for them will give them a few hours to focus on themselves.
27. Give them a shoutout on social media. Make sure to tag them!
28. Treat them to coffee or drinks. Small gestures go a long way.
29. Send them a fun GIF or meme to say "thanks for all you do!" Let them know that you're thinking of them.
30. Surprise them with a gathering of their favorite people together - whether it's a family dinner or a picnic, it's a great way to get everyone together so they can feel the love.

Family caregivers work tirelessly behind the scenes, to ensure the well-being of their loved ones. By acknowledging their dedication and expressing your gratitude in real meaningful ways, you're helping make a significant difference in their lives. Remember that appreciation and support should be continuous, just as their caregiving efforts are. When you put in the effort to show your family caregiver how much you appreciate them, you are supporting their wellbeing while strengthening the bonds of your family.



<https://www.aidaly.com/post/30-heartfelt-ways-to-thank-family-caregiver-during-national-family-caregiver-month#:~:text=30%20HEARTFELT%20WAYS,of%20your%20family.>

Upcoming Events for Caregivers:

1. **November 5, 2024, 900 AM**
A Proclamation recognizing National Family Caregiver's Month is scheduled with the Commissioners of St. Mary's County. Community members are welcome to attend.
2. **November 27, 2024, 6:00 -7:00 PM**
Caregiver Support Group, Garvey Senior Activity Center
All Caregivers are encouraged to attend. Walk-ins are welcome!
3. **December 3, 2024, 9:00– 11:00 AM**
Caregivers Breakfast, Dr. James A. Forrest Career & Technology Center. Complimentary breakfast offered to caregivers. Registration required. Call 301-475-4200, ext. 1056.

New Employee Spotlight!

Evan Deahl



Evan Deahl is the new Program Specialist at the Garvey Senior Activity Center. He holds a bachelor's degree from Shepherd University. Evan was born and raised here, in Southern Maryland in the California/Great Mills area. He previously worked with the St. Mary's County Recreation & Parks Department and coached soccer at Patuxent High School. His hobbies include video games, pickleball, basketball, soccer, tennis, more recently golf, and spending time with friends and family.

Evan is thrilled to serve older adults in the St. Mary's County Community.



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1-844-627-5465
INFORMATION • PLANNING • ACCESS
for Long Term Services & Supports

<https://www.stmaryscountymd.gov/Aging/MAP/>

CONTACT US

St. Mary's County Department of
Aging & Human Services MAP

 301-475-4200, ext. 1057 or 1058



Veterans Resource Day



ST. MARY'S COUNTY

DEPARTMENT OF AGING & HUMAN SERVICES
Working Together ~ Caring About You

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

**Friday, November 8, 2024
9 a.m. - 2 p.m.**

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

Presentations:

Suicide Awareness & Prevention

**Greg Reuss - American Foundation for Suicide Prevention
10-11 .am.**

Financial Literacy & Fraud Prevention

**Ronney A. Wright, Force Master Chief, (E-9), USN, (Ret) - USAA
12:30-1:30 p.m.**

Lunch Provided by:

Claims processing with:

MISSION BBQ®
The American Way.



For more information, contact Sarah Miller

Phone: 301-475-4200, ext 1073

Email: sarah.miller@stmaryscountymd.gov

Website: www.stmaryscountymd.gov/aging/veterans/

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

Senior Information & Assistance

By Melissa Craig, Senior I&A Division Manager

Medicare Part D Open Enrollment

Open Enrollment for Medicare Part D prescription drug plans will continue through December 7. By now everyone enrolled in a Part D drug plan should have received their 2025 annual notice of changes, which states the changes in premiums, co-pays, and Extra Help status. To compare your options for 2025 visit www.Medicare.gov.

Medicare

Assistance with the cost of Medicare Part D drug costs is available through the Maryland Senior Prescription Drug Assistance Program and the Social Security Extra Help Program.

If you need assistance call one of our SHIP Counselors: Northern Senior Activity Center 301-475-4200, ext. 3104; Loffler Senior Activity Center 301-475-4200, ext. 1654; or Garvey Senior Activity Center 301-475-4200, ext. 1064.

Dear State of Maryland Retiree: What's Changing?

- The State's current prescription drug plan will end on December 31, 2024.
- The State has partnered with Via Benefits to offer expert guidance to help you find and enroll in the plan that is the right fit for your needs.
- You must continue your group medical coverage through the State of Maryland in order to have access to the financial assistance programs from the State, if eligible.
- You must enroll in an individual Part D prescription drug plan through Via Benefits in order to have access to the financial assistance programs from the State, if eligible.

**Call Via Benefits now at 1-855-556-4419 (TTY: 711)
to schedule an enrollment appointment.**

(No other State-sponsored health care coverage will be affected by this change.)

The purpose of this letter is to provide you with more details about the change to the State of Maryland prescription drug plan for Medicare-eligible participants that will go into effect on January 1, 2025.

You Must Take Action!

- The State will not automatically enroll you in an individual plan so you must take action to avoid a gap in coverage.
- Medicare-eligible retirees and/or their Medicare-eligible dependents should enroll in a new Medicare Part D prescription drug plan between October 1 and December 31, 2024.
- This is a Special Enrollment Period which offers you more time to find and enroll in a plan than Medicare's standard Open Enrollment period which is from October 15 through December 7.
- If you are eligible for the financial assistance program(s) from the State of Maryland, you must enroll in a new individual Part D prescription drug plan through Via Benefits AND continue your medical coverage through the State's group medical plan in order to have access to these programs.
- Coverage elected will be effective on January 1, 2025.

Source:

https://dbm.maryland.gov/benefits/Documents/Maryland_2024_Retiree_Intro_LetterADA.pdf



The Maryland Legal Aid Bureau, Inc. has in-person appointments available at the Garvey Senior Activity Center. A representative will be available on Fridays, November 15 and December 6.

Appointments are required and can be scheduled by calling 301-475-4200, ext. 1064.

Maryland Legal Aid can assist with landlord/tenant disputes, denial of public benefits, consumer and credit problems, and medical advance directives.

Maryland Legal Aid may NOT assist with any fee generating cases, disputes with neighbors, property issues, adult guardianship or trusts/estates.



Medicare Presentations

Learn about current Medicare topics at the Garvey Senior Activity Center!
Call 301-475-4200, ext. 1654, to reserve your seat at the table.

Presentations start at 9 a.m.

November 27: Medicare Preventive Services- Learn Medicare's coverage of preventative services and review the screenings, vaccines, and counseling that can help you stay on top of your health.

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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

Northern Senior Activity Center
301-475-4200, ext. 3104

Loffler Senior Activity Center
301-475-4200, ext. 1654



Teen Court Program Seeking Adult & Teen Volunteers



St. Mary's County Teen Court is a youth diversionary program for first-time misdemeanor criminal and traffic offenders ages 11 – 17, designed to teach responsibility and appropriate decision making while restoring a sense of safety in the community.

Adult volunteer opportunities include:

- Jury Monitor**
- Bailiff**
- Court Session Administrative Support**
- Exit Interviewer**
- Community Judge**

Teen volunteer opportunities include:

- Juror**
- Bailiff**
- Defense Attorney**
- Prosecutor**

Teen Court sessions are held at 5:30 p.m. every second and fourth Monday in the District Courthouse, Carter Building, Leonardtown, MD.

Contact Us

Gregory Jones

301-475-4200, ext 1852

teencourt@stmaryscountymd.gov

<https://www.stmaryscountymd.gov/teencourt/>



Division of Senior Center Operations

By Candice Nelson, Senior Center Operations Division Manager

Virtual Fitness Classes on Zoom

As we age, exercise becomes paramount to prevent most diseases, to lower the risk of falls, to improve cognitive functions, to relieve stress, and in general to maintain a strong sense of well-being.

The CDC recommends that adults 65 and older get at least 150 minutes of moderate-intensity aerobic activity each week, or 75 minutes of vigorous-intensity aerobic activity, or an equivalent combination of both.

Can't make it to the senior activity centers but still want to participate in fitness classes? Sign up for one of our virtual fitness sessions offered via Zoom.

All classes are taught by a certified fitness instructor and offer the same benefits of in person classes. Participants will need high speed internet access and a laptop, tablet, or smartphone to view the class via Zoom. Each session will run for 8 weeks at \$4 per class and participants are required to sign up for the entire series, drop-ins are not permitted. The following classes will be offered:



Monday - EnhanceFitness® - 9-10 a.m.

Tuesday - Chair Yoga- 10-11 a.m.

Chair Pilates - 3-4 p.m.

Wednesday- EnhanceFitness® - 9-10 a.m.

Thursday - No Classes

Friday- Chair Yoga - 10-11 a.m.



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Online registration for the next 8-week session will begin at 8 a.m. on December 20.

Classes will run from January 6 through February 28, 2025.

For more information visit our website, www.stmaryscountymd.gov/aging.

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, November 5 & December 3

1:30 p.m.

Cost: \$5

This card-making method creates stunning gifts or greeting cards suitable for framing.

The technique uses single-strand embroidery thread and a fine needle to make 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. Bring

your scissors, tape, and a needle. The price includes the material to make the card. Advanced registration is required.

Reiki & Reflexology with Sarah Strain, ARCB Board Certified

Garvey Senior Activity Center

Tuesday, November 5 & November 19, 10 a.m.-3 p.m.

Wednesday, November 6 & November 20, 1 p.m.-6 p.m.

Thursday, November 7 & November 21, 11 a.m.-2 p.m.

Monday, December 2, 10 a.m.-4 p.m.

Tuesday, December 3, 10 a.m.-4 p.m.

Wednesday, December 4, 12 p.m.-6 p.m.

Thursday, December 5, 10 a.m.-4 p.m.

Cost: \$45 for 45 minutes

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 48 hours in advance for a refund.

****Health Warning: Those scheduling this service must be able to get in and out of the chair without assistance. If your loved one requires assistance, please attend the session with them. This is not for those with severe edema, gout, open wounds, or vascular disease of the legs or feet. Please clean your feet before your appointment.****



Holiday Iris Folding Gift Bags
Garvey Senior Activity Center
Wednesday, November 6, 1:30 p.m.
Wednesday, November 20, 5:30 p.m.
FREE

Create two holiday Iris Folding projects, a stocking and Santa hat to decorate a gift bag. Iris folding is done by arranging and layering strips of paper 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.



Watercolor with T.L. Ford
Garvey Senior Activity Center
Tuesday, November 12 & December 10
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 and everything you need is provided! Advanced registration is required.

Belly Dance: Intensive 25-Yard Tribal Skirt
Garvey Senior Activity Center
Tuesday, November 12-December 3
2 p.m.
Cost: \$40

Come join Geno Rothback as she teaches this intensive 4-week course. The art of Tribal Belly Dancing centers around originality and group improvisation. Giving one freedom of expression through dance. From the enchanting 25-yard tribal belly dance skirt one displays its stunning colors and movement as one learns a fun original choreography. Advanced registration is required.

Luncheon with Suzette Prichett
Garvey Senior Activity Center
Tuesday, November 12
Doors Open: 11:30 a.m.
Lunch Served: 12 p.m.
Performance: 12:30 p.m.

Come join us to hear special guest vocalist Suzette Prichett perform at the Garvey Senior Activity Center. Suzette has been singing professionally for 30 years and has a beautiful sultry voice. We are excited to have her back at the Garvey Senior Activity Center as requested! Space is limited and this performance will fill up fast! Cost for lunch is by donation for those ages 60 and above and \$7 for those under the age of 60. Please visit www.stmarysmd.com/aging and click on the “View Sign Up for Activities and Programs” button for this special luncheon. Advance registration is required.

Aromatherapy Workshop
Garvey Senior Activity Center
Tuesday, November 12 & December 10
4 p.m.
Cost: \$15

Join Professional Aromatherapy Practitioner, Glori VanBrunt for some creative holistic fun and learning!



November: “Aromatherapy for Skin and Beauty”
Join us for beauty-creating fun and learn how to use aromatherapy to support healthy glowing skin at any age!

In this 60-minute workshop, you will:

- Learn about using aromatherapy to support healthy skin from head to toe.
 - Learn about the benefits of using aromatherapy to address common skin challenges (dryness, sensitivity, sagging, thinning, redness, etc.).
- Learn how to make your custom all-natural face wash and skin-nourishing lotion, sample several essential oils, and create your all-natural custom-created face wash **and** age-defying lotion blend to take home.

December: “Holiday Cheer Aromatherapy Workshop”

Join us to harness your Holiday Cheer! Learn how aromatherapy can significantly impact energy issues by uplifting the mind and body so you can enjoy this holiday season.

In this 60-minute workshop, you will:

- Learn about the art and science of aromatherapy and the benefits of using aromatherapy for boosting energy in mind and body.
- Sample several essential oils.
- Choose your favorite oils based on your specific needs.

Create a custom aromatherapy blend to take home and use when needed!

Thankful Banner
Garvey Senior Activity Center
Tuesday, November 12
5:30 p.m.
FREE



Using pre-cut paper to create a 3D layered Thankful Banner to hang for the holidays. Mandala designs are perfect for creating unique and eye-catching papercrafts. The 3D design is cut - all you must do is stack them and attach them. Advanced registration is required.

Gingerbread Wreath Mandala
Garvey Senior Activity Center
Monday, November 18
5:30 p.m.
FREE

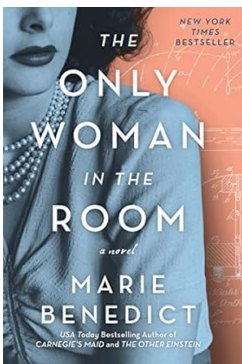
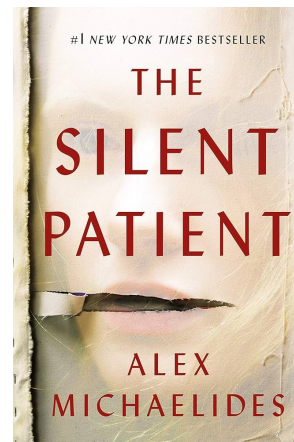
Using pre-cut paper create a 3D layered Gingerbread Wreath mandala design. The 3D design is cut - all you must do is stack them and attach them. Advanced registration is required.

Book Discussion Group
Garvey Senior Activity Center
Wednesdays, November 13 & December 11
11 a.m.
Cost: Free

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

November: *Silent Patient*

Alicia Berenson's life is seemingly perfect. A famous painter married to an in-demand fashion photographer; she lives in a grand house with big windows overlooking a park in one of London's most desirable areas. One evening her husband Gabriel returns home late from a fashion shoot, and Alicia shoots him five times in the face, and then never speaks another word.



December: *The Only Woman in the Room*

Her beauty almost certainly saved her from the rising Nazi party and led to marriage with an Austrian arms dealer. Underestimated in everything else, she overheard the Third Reich's plans while at her husband's side and understood more than anyone would guess. She devised a plan to flee in disguise from their castle, and the whirlwind escape landed her in Hollywood. She became Hedy Lamarr, screen star. But she kept a secret more shocking than her heritage or her marriage: she was a scientist. And she had an idea that might help the country fight the Nazis and revolutionize modern communication...if anyone would listen to her.

Sweetheart Cupcake Decorating

Garvey Senior Activity Center
Tuesday, November 19, 2 p.m.
Tuesday, December 3, 4 p.m.
Cost: \$30

Join Rebecca of Sweetheart Cupcakes to learn to decorate cupcakes for events, holidays, or that special someone. You will complete 4 cupcakes to take home or share. All supplies are Provided; so bring an apron and make some great cupcakes! Advanced registration is required.



Senior Planet Presentation

Garvey Senior Activity Center
Wednesday, November 20
10 a.m.
Cost: Free

Curious about Facebook but concerned about privacy? Interested in learning how to set up a profile or a page? Want to learn more about Facebook Live? This lecture offers an overview of Facebook's evolution, its most popular features, and tips for getting in on the action. It will also cover privacy settings as well as the role of advertising on Facebook. Advance registration is required.



Movie Nights
Garvey Senior Activity Center
Thursdays, November 21 & December 19
5 p.m.

Cost: The 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 can bring your dinner, but a meal will not be provided. Advance registration is required.

November: *Back to the Future* (PG-13)

In this 1980s sci-fi classic, small-town California teen Marty McFly (Michael J. Fox) is thrown back into the '50s when an experiment by his eccentric scientist friend Doc Brown (Christopher Lloyd) goes awry. Traveling through time in a modified DeLorean car, Marty encounters young versions of his parents (Crispin Glover, Lea Thompson), and must make sure that they fall in love, or he'll cease to exist. Even more dauntingly, Marty has to return to his own time and save the life of Doc Brown.

December: *Christmas with the Kranks* (PG)

Finally, alone for the holidays, Luther (Tim Allen) and Nora Krank (Jamie Lee Curtis) plan to eschew the Christmas traditions and take a cruise in the Caribbean instead. This doesn't sit well with their Christmas-obsessed neighbors Vic Frohmeyer (Dan Aykroyd) and Walt Scheel (M. Emmet Walsh), who are determined to win the annual "best decorated street" competition, and the Kranks soon find themselves social outcasts because of their lack of Christmas spirit.



Floral Arranging with Sunnyside Florals

Garvey Senior Activity Center
Monday, November 25

1:30 p.m.
Cost: \$50

Would you like a beautiful handmade arrangement for your home or to give to a loved one? Shelley Russell, owner, and lead designer of Sunnyside Florals will be instructing the class. Shelley grows her own flowers and plants locally here in Southern MD. Explore the basics of floral arrangement and design in this hands-on session with Shelley. Freshly cut, locally grown flowers and foliage, provided by the instructor, will be identified along with suggestions for their application in this project. All supplies provided. Take home a beautiful, finished bouquet to display or give away! Advanced registration is required



Fraud Financial Awareness

Garvey Senior Activity Center

Tuesday, December 10

10 a.m.

Cost: Free

Fraud can take many forms, including identity theft, bank fraud, investment scams, and more. Join Joseph Anderson from WesBanco Bank for a presentation on Fraud Awareness. Advance registration is required.

Luncheon with Drama Speaks

Garvey Senior Activity Center

Tuesday, December 10

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 an afternoon of comedy with Drama Speaks! Cost for lunch is by donation for those ages 60 and above and \$7 for those under the age of 60. Advance registration is required.

Please visit www.stmarysmd.com/aging and click on the "View Sign Up for Activities and Programs" button for this special luncheon

Wreath Making with Sunnyside Florals

Garvey Senior Activity Center

Wednesday, December 11

3 p.m.

Cost: \$60

Would you like a beautiful handmade wreath for your home or to give to a loved one? Shelley Russell, owner, and lead designer of Sunnyside Florals will be instructing the class. Shelley grows her own flowers and plants locally here in Southern MD. Explore the basics of floral wreath design. All supplies provided. Advanced registration is required

Chair Dance Connection "Jingle Bell Rock" with Judi Lyons & Patty Masson

Garvey Senior Activity Center

Thursday, December 12

2:30 p.m.

Cost: \$15

Happy holidays! Join Judi Lyons & Paty Massón for a fun afternoon of dancing to your favorite holiday hits. Engaging movement sequences that are full of life and passion will revitalize and lift your spirit while enhancing blood flow and mind-body coordination. All movements are supported by a chair in seated and standing positions. Chair Dance begins with a warm-up, follows with several exciting selections to spice up your mind, body, and spirit, then concludes with a centering cool down. Judi Lyons/Mindful Motions Md. is YACEP[®], E-RYT[®] 200, EMYoga[®] & GSYoga Certified, RYT[®] 500 Therapeutic. Paty Massón is certified in YACEP[®] & RYT[®] 500, CBT, and Qigong. 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.

Neurographic Art with Rose

Loffler Senior Activity Center

Tuesday, November 5

1 p.m.

Cost: \$5

Neurographic art is a captivating form of artistic expression that allows one to tap into their creativity and imagination. Use markers, pens or fine-tipped brushes to draw curves, lines, and shapes then embellish the lines with color. All supplies provided.

Advance registration required.



Art with Jamie

Loffler Senior Activity Center

Tuesdays, November 5, 12, 19 – Autumn Art

Cost: \$25 per session, supplies provided

Each week you will work on small Autumn Art pieces. You will use acrylic, ink, and watercolor paints. Each week will be an art lab where you will be able to choose the medium and design. Come all three weeks or just choose one as a make and take. Come create a unique piece of art that celebrates the fall season. All supplies will be provided.

All skill-levels are welcome. You will have the ability to mat and frame all pieces you create. Advance registration required.

Veterans Day Celebration

Loffler Senior Activity Center

Thursday, November 7

9-11 a.m.

Cost: \$4 for civilians, FREE for veterans

To honor all Veterans, active duty, and former service members the Loffler Senior Activity Center invites everyone- especially Veterans- to gather for this touching tribute to those who have served our country and those who serve today. A hot breakfast will begin at 9:30 a.m., opening ceremony at 10 a.m. Advance registration is required. Limited space is available.



Creative Writing

Loffler Senior Activity Center

Thursdays, November 7, 14, 21 & December 5

2 p.m.

Cost: Free

Creative writing begins with a blank page and the courage to fill it with a story only you can tell. In this workshop, Joyce Haderly will teach the ins & outs of creative writing. Please bring your favorite pen & journal. For more information, call 301-475-4200, ext. 1658.

Massage Therapy with Renika Watson, LMT

Loffler Senior Activity Center

Monday, November 4-9, a.m.-2:30 p.m.

Tuesday, November 12 & 19, 10 a.m.-4 p.m.

Tuesday, December 3, 9 a.m.-2:30 p.m.

Tuesday, December 10 & 17, 10 a.m.-4 p.m.

Cost: \$50 for 45 minutes

\$65 for 60 minutes

The Loffler Center is excited to have Massage Therapy back! Renika Watson is a licensed massage therapist and owner of Renika Marie's Therapeutic Massage with specialty in Swedish and Deep Tissue massage.

Swedish Massage

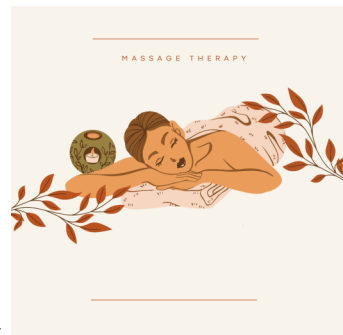
A gentle full-body massage that is great for people new to massage and want to release tension or desire a gentle touch. It can help release muscle knots, and it's a good choice for when you want to fully relax during a massage. Therapist will use a combination of kneading, long flowing strokes in the direction of the heart, deep circular motions, vibration, tapping, and passive joint movement techniques.

Deep Tissue

A deep tissue massage consists of slow strokes and deep finger pressure to relieve tension from the deepest layers of your muscles and connective tissues. Deep tissue massage encompasses a variety of therapeutic techniques designed to reach and manipulate the layers of soft tissue beneath the skin's surface. This approach to massage therapy is designed to relax and lengthen these tissues, promoting injury recovery, pain relief and the restoration of proper posture and body mechanics.

****Refunds will be considered if a consumer cancels their appointment with at least 24 business hours in advance, and if a replacement is found.**

****Health Warning: Those scheduling this service must be able to get on and off of the table without assistance. If your loved one needs assistance, please attend the session with them. Please wait at least 8 weeks after surgery to schedule a massage. Please consult with your doctor to make sure that you are cleared for massage. This is not for those with extreme edema, gout, open wounds, or vascular disease of the body. Thank you.**



Fraud Prevention – St. Mary's County Sheriff's Office

Loffler Senior Activity Center

Friday, November 8

10 a.m.

Cost: Free

Join the St. Mary's County Sheriff's Office in a discussion on fraud. Losing money or property to scams and fraud can be devastating. Learn best practices to prevent and identify fraud from Lt. Edward Evans. Advance registration is required.

Holiday Bazaar: Craft & Vendor (Open to the Public)

Loffler Senior Activity Center

Friday, November 15

10 a.m. – 3 p.m.

OPEN TO THE PUBLIC

The seniors have been busy creating items to sell. Find some great Fall/Thanksgiving/Christmas gifts and décor for yourself or a loved one and support local merchants! Invite your friends & family to shop with you- this event is open to the public.

No registration is needed to attend. Crafters & vendors can purchase a table for \$10. Limited vendor space available. To reserve a table, call 301-475-4200, ext. 1658.



Iris Folding Holiday Gift Bags- Santa Hat & Stocking

Loffler Senior Activity Center

Thursday, November 14, 1- 3 p.m.

Cost: Free

Join Toni in creating two holiday Iris Folding projects, a stocking and Santa hat to decorate a gift bag. Iris Folding is done by arranging and layering strips of paper or fabric in a spiral 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.

Art with Chris – Christmas Scene on Cards using Watercolors

Loffler Senior Activity Center

Tuesday, November 19

1 p.m.

Cost: \$5

Create 4 winter wonderland-themed Christmas cards using watercolors. These can be used to send as cards to friends and family or as decorations for the holidays.

All supplies will be provided. Advance registration is required.



Giving Thanks Fall Luncheon

Loffler Senior Activity Center

Tuesday, November 19

Doors Open: 11 a.m.

Lunch: 11:30 a.m.

Entertainment: 12 p.m.

Cost: Lunch donation for 60+; \$7 for under 60

Enjoy a beautiful Thanksgiving themed luncheon with your friends followed by live holiday music featuring local group, Just Us 2.

Sign up for the special event! Advance registration is required. Limited space is available.

Make & Take Projects with Jamie

Loffler Senior Activity Center

Tuesday, December 3- Holiday Card

Tuesday, December 10- Penguin Rock & Wood Sign

10 a.m. – 12 p.m.

Cost: \$25 per session

December 3 - Make white resist snowflake cards using masking fluid and inks to use as gift tags or holiday cards. All supplies provided.

Advance registration required.

December 10 - Fun project painting cute little penguins on rocks & creating a happy little family that will be attached to wood. All supplies provided. Advance registration required.



Art with Chris - Christmas Wreath

Loffler Senior Activity Center

Tuesday, December 3

1 p.m.

Cost: \$5

Chris will assist you in making a beautiful Christmas wreath that you can use every year. All supplies will be provided. Advance registration is required.

Crafts with Mimi – Christmas Cards

Loffler Senior Activity Center

Tuesday, December 10, 1 p.m.

Cost: \$10

Create four nautical-themed Christmas cards that reflect the rich, boating heritage of St. Mary's County with Mimi. All supplies are provided. Advance registration is required.

Home for Christmas: Christmas Party

Loffler Senior Activity Center

Friday, December 13, 10 a.m. – 2 p.m.

Cost: \$15 suggested ticket donation

Come join in the fun at the annual county-wide Christmas Party! Dance to the music of Crow Entertainment. They were named the Best of the Best in southern Maryland for 2023. Enjoy a

fully catered meal while enjoying the company of good friends, party favors and door prizes. This year's theme is "Home for Christmas". The feast will be provided by Mission Bar-b-que.

On the menu: Smoked Turkey, rolls, Mac-N-Cheese, Green Beans with Bacon, Honey Glazed Carrots, and Caramel Bread Pudding for Dessert.

Advanced registration is required.



Movie Madness at Loffler

Loffler Senior Activity Center

Thursday, November 21, 1 p.m.- *Planes, Trains & Automobiles*

Thursday, December 19, 1 p.m.- *Polar Express*

Cost: Free; \$3 Optional Snack Pack

Come join us on the third Thursday of the month to enjoy a movie. There is no charge for the movie, but there will be snack packs available for purchase. You can also bring your own snacks! No registration needed.

November: *Planes, Trains & Automobiles*

An 1987 American road trip comedy (starring Steve Martin & John Candy) that tells the story of Neal, a high-strung marketing executive, and Del, a good-hearted but irritating salesman, who become travel companions when their flight is diverted, and embark on a three-day odyssey of misadventures trying to reach Chicago in time for Neal's Thanksgiving Day dinner with his family.

December: *Polar Express*

The Polar Express is a 2004 American animated Christmas adventure fantasy film. It tells the story of a young boy who sees a mysterious train bound for the North Pole stop outside his window and is invited aboard by its conductor. He joins other children as they embark on a journey to visit Santa Claus preparing for Christmas.

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.

Santa's Stocking Stuffers

Northern Senior Activity Center

Stockings are provided for those who need or would like some added holiday cheer. Stocking pickup is before Christmas (Date TBA). Want to sponsor a stocking? Please contact the Center before Dec. 1 for a list of suggested items. Call the front desk at 301-475-4200, ext. 3101.



Pottery Throwing: Santa Belly Crock

Northern Senior Activity Center

Friday, November 1 & 15, 10 a.m.-12 p.m.

Cost: \$10

Pam King, our pottery group leader, will provide instruction on how to use the potter's wheel to "throw" clay. You'll create a small crock piece and paint it to resemble Santa's belly. The fee includes instruction, supplies, and kiln firing. See top of this page for how to register.

Therapeutic Motions Private Sessions

Northern Senior Activity Center

Mondays, November 4-December 30* & Tuesdays, November 5-December 31*

12:45-1:35 p.m. & 1:45-2:35 p.m.

Cost: \$50 per session

Judi Lyons's Therapeutic Motions Private Sessions. Judi uses a unique blend of self-myofascial release, gentle somatic movements, and energy medicine techniques; to improve day-to-day functionality. Advance registration is required. A double session can be booked.

*Cancelled on Mondays, November 11 & 18 and Tuesday, December 24.

See top of this page for how to register.

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Southern Maryland History in Story & Song

Northern Senior Activity Center

Tuesday, November 12, 10-11 a.m.

Cost: Free (sponsored performance)

Enjoy a special presentation by Joseph Norris focusing on the history of Native American tribes in the Southern Maryland region prior to European colonization. This will include original songs as well as interactive activities for participants. There is no charge to participants; performance supported by Senior Center Operating Funds.

See top of the page for how to register.

Memory Screenings

Northern Senior Activity Center

Wednesday, November 13, 8:30 a.m.-12:30 p.m.

Cost: Free

Regular memory screenings can help you identify gradually developing cognitive problems. Act now before they significantly impact your quality of life. Free memory screenings will be facilitated by Terri Verbic-Boggs as a special program for Alzheimer's Awareness Month. Pre-registration is required to secure an appointment slot. See page 24 for how to register.



Coffee with the Sheriff

Northern Senior Activity Center

Thursday, November 14, 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 Questions & Answers session. See page 24 for how to register.

Chair Dance Connection: Holiday Gratitude

Northern Senior Activity Center

Monday, November 18, 1:30-3 p.m.

Cost: \$15

Experience a joyful blend of timeless, upbeat music celebrating food, family, and holiday fun. Enjoy gentle, rhythmic movements that boost your spirit, enhance blood flow, and improve mind-body coordination. This uplifting event will rejuvenate your mind, body, and spirit. Dance in both seated and standing positions (with optional assistance from a chair). Accessible to all skill-levels. See page 24 for how to register.

Turkey & Tunes:

Thanksgiving Luncheon with P.M. Barber

Northern Senior Activity Center

Tuesday, November 19, 11 a.m.-12:30 p.m.

Cost: Entertainment sponsored, with lunch contributions taken that day

Happy Thanksgiving! You're invited to the fun and fellowship of our family-style meal. Join us for a tasty lunch featuring classic Turkey Day dishes, and live tunes from



musician, P.M. Barber. The performance is supported by Senior Center Operating Funds. The lunch meal is \$7 if you are under 60 and by donation for those 60+ years of age; payable that day.

See page 24 for how to register.

Bunco is Back!

Northern Senior Activity Center

Friday, November 22 & December 20, 12:30-3:30 p.m.

Cost: \$5

That's right... Bunco is back for those who like a recreational and lively game of fun. Monthly gathering will be held. Winning categories will be awarded prize money that day!

See page 24 for how to make your payment and register.

Floral Arranging: Thanksgiving Centerpieces, with Ian Tresselt Design

Northern Senior Activity Center

Tuesday, November 26, 1-3 p.m.

Cost: \$45 (fee partially sponsored)

Spruce up your thanksgiving dinner table with a beautiful, floral centerpiece! Ian Tresselt will provide fresh & local blooms and guide you through this process.

See page 24 for how to register.



Northern Stars Movie Club: *It's a Wonderful Life* (1946)

Northern Senior Activity Center

Monday, December 2, 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 the classic Christmas movie *It's a Wonderful Life* (1946, Drama/Holiday, PG, 2 hr. 10 min.) Starring James Stewart & Donna Reed. Directed by Frank Capra. See page 24 for how to register.

Stronger Memory

Northern Senior Activity Center

Tuesday, December 3-January 14 (6 sessions, No class December 24); 11-11:30 a.m.

Cost: Free

This is a program designed to improve your memory by stimulating your prefrontal cortex using simple activities - math, reading aloud, and writing. The activities are done at home - 20-30 minutes of daily work recommended. Participants will meet weekly on Tuesdays for a 30-minute group check-in with Keilan Ruppert, Program Specialist. (Please email Keilan at keilan.ruppert@stmaryscountymd.gov if you are unable to attend a session). All materials will be provided. Due to a generous grant, there is no cost to participate.

See page 24 for how to register.

Basket Weaving: Star Power Basket

Northern Senior Activity Center

Friday, December 6, 10 a.m.-3 p.m.

Cost: \$30

Pam King, will instruct how to weave a rectangular basket with a customizable color accent. Topped with a wire star shape. This basket is perfect décor for the winter months! All materials provided. See page 24 for how to register.



Wii Bowling Day: 100 Pins!
Northern Senior Activity Center
Wednesday, December 4, 11 a.m.-2:30 p.m.

Cost: \$2

Ready to strike up a good time? Join us for Wii Bowling with a twist – 100 pins for 10 times the fun! This is a 1-day competition. You'll bowl one game in the morning, break for lunch, then bowl your final game in the afternoon. Prizes will be awarded to 1st & 2nd place winners. **IMPORTANT:** this is a different game (Wii Sports: Resort, 2009) with slightly more sensitive controllers. It may take a few minutes to get adjusted. We'll use the first 10-15 minutes for practice. See page 24 for how to register. Sign up for lunch by leaving a message at ext. 3105. The meal is \$7 for those under 60 & by donation otherwise. Lunch fees collected upon arrival. Payable by cash, card, or check.



8-Ball Pool Competition Day
Northern Senior Activity Center
Wednesday, December 11, 11 a.m.-2:30 p.m.

Cost: \$2

Magic 8-Ball...are we having a billiards competition? **IT IS CERTAIN!** Get ready for Northern's first ever 8-Ball Pool competition. Show off your skills, have a good time, and play for a chance to win prizes. Rules & more details will be listed on the enrollment page. Please review! See page 24 for how to register. Sign up for lunch by leaving a message at ext. 3105. The meal is \$7 for those under 60 & by donation otherwise. Lunch fees collected upon arrival. Payable by cash, card, or check.



Digital Photography for Beginners
Northern Senior Activity Center
Thursday, December 12, 9:30-11 a.m.

Cost: Free

Want to understand the basic concepts & techniques used in digital photography? Join experienced photographer Orlando Thompson for this great, educational presentation. Orlando will cover topics such as lighting, composition, and emotion. A session of Q&A will follow. This is perfect opportunity for anyone curious about taking better photos – even using a smartphone! See page 24 for how to register.

PHOTO CREDIT: Orlando Thompson Photography.

Veterans Tribute Display

In recognition of Veteran's Day, come see our special exhibit in the month of November. This tribute display is in memory of the many veterans who we are indebted to and we hold eternally dear to us.



Retired and Senior Volunteer Program

By Monika Williams, RSVP Program Manager

In this Season of Thanksgiving, we are thankful for our RSVP volunteers. We are thankful that volunteers provide countless hours of their time, effort, and talents to strengthen our community. Without volunteers we wouldn't be able to reach the large numbers of people who are in need of resources, food, and socialization. RSVP and the St. Mary's County Department of Aging & Human Services celebrated RSVP volunteers who served from April 1, 2023 through March 31, 2024 with an Appreciation Volunteer Banquet on August 22, 2024. Volunteers enjoyed an award ceremony, delicious dinner catered by Flavaz Catering & Food Services, music selections from Folk Salad, gifts, and comments from Commissioner Eric Colvin and Commissioner Scott Ostrow. David Weiskopf, County Administrator and David Yingling, Deputy County Administrator were also in attendance to show their appreciation and support. It was a wonderful and deserving celebration of our volunteers' service to our county. We are very thankful for the recognition and support from the Commissioners of St. Mary's County, Administrator, and Deputy Administrator for our volunteers.



Presentation of a mock check representing the monetary value of RSVP volunteers to the St. Mary's County Community to Commissioners Eric Colvin and Scott Ostrow. From April 1, 2023, through March 31, 2024, 171 RSVP volunteers provided 21,331.14 hours of service. This services was valued at a total of \$678,330.00.

(From left to right)
Lori Jennings-Harris, St. Mary's County Department of Aging & Human Services Director, Commissioner Scott Ostrow, Commissioner Eric Colvin, RSVP Project Manager Monika Williams.

RSVP Volunteer Deloris Poole (in the middle) received the Presidential Lifetime Achievement Award for serving 4,613.32 hours from 2013 – 2023. Ms. Poole volunteers within the Teen Court Program, County Treasurers Office, Charity Crafters, and Annual Health Fair.



Retired and Senior Volunteer Program
of St. Mary's County

301-475-4200, ext. 1653 or RSVP@stmaryscountymd.gov to learn more. See the list of volunteer opportunities on the next page.

Are you looking for a way to give back to your community? Come join our team. You will make new friends, feel good about the positive effects of your service, and enjoy the fruits of your labor during our appreciation banquets. Volunteering is proven to increase mental awareness, longevity, and physical fitness. We have many volunteer stations who could use your assistance. Please contact the RSVP office at

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

- Gift Shop Attendant
- Technical Support
- Read to Residents
- Play Cards & Board Games
- Painting Nails

A Community That Shares (ACTS)

- Receiving and dispersing medical equipment
- Repairing Equipment

Hospice of St. Mary's

- Watering Flowers
- Making phone calls to family members
- House Patient Cook
- Office Assistance
- Honor Veterans: Volunteer must be retired veteran or active duty.

Community Mediation of

St. Mary's County

- Mediator Apprentice
- Promoting fundraisers
- Disseminating brochures

St. Mary's County Crime Solvers Board

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

Teen Court

- Adult Administrative Volunteers

Historic Sotterley

- Special event set-up
- Front desk attendant
 - Tour guide
- Gift shop attendant
- Flower garden attendant
- Potato Harvester

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

Home-Delivered Meals

- Deliver hot meals to homebound seniors within St. Mary's County.

Friends of the Library

- Currently seeking volunteers to assist with book sale events, organize books, sort donations, and data entry.

St. Clement's Island Museum

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

Habitat for Humanity

- Receive, repair, sort, price, and place donations on sales floor
 - Office assistance
- Assist with grant writing, construction and Boards

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.

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.

Treasurer's Office

- Assist with mailings in August, November, January, and March.

Ongoing Activities - Garvey

| CLASS/ ACTIVITY | Dates/Time | DESCRIPTIONS - Materials Needed | Advance Signup | Fee |
|---|--|---|---------------------------|--------------|
| Arthritis Foundation Exercise Program (AFEP) | Thursdays & Fridays 8:45-9:45 a.m. Tuesdays & Thursdays 9:45-10:30 a.m. | Gentle, range of motion, stretching and flexibility led by certified instructor. | No | No |
| Art Studio | 2 nd & 4 th Fridays 12:30 – 4 p.m. | Open Art Studio hours. Bring your own supplies. Instruction not provided. | No | No |
| Billiards | Daily 8 a.m. -4 p.m. | Bring your own or use ours. | No | No |
| Bingo | Mondays 10-11:30 am | Game with volunteer bingo callers. Pantry items for prizes. | No | No |
| Book Discussion Group | 2 nd Wednesdays 11 a.m. | Loaner books provided by St. Mary's Public Library. | No | No |
| Bridge Club | Wednesdays & Thursdays 10 a.m.-2 p.m. | Best suited for experienced players. | Closed | No |
| Cardio Lite | Mondays 5:30 p.m. | Light Cardio & low impact class. | No | Fitness Card |
| Cornhole | Daily 8 a.m. -4 p.m. | 2 boards, 8 bags. | No | No |
| 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 |
| 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 2-3 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. | 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 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 |
| Bridge | Tuesdays 10 a.m. | New & experienced players welcome. | No | No |
| Canasta & Pitch | Tuesdays 9 a.m. | New & experienced players welcome. | No | No |
| Card Connection | Tuesdays 12:30 p.m. | A drop in class to craft cards with others. | No | No |
| Charity Crafters | Tuesdays 1 p.m. | Make hats, mittens, scarves, baby blankets, and granny squares for various community outreach programs. | No | No |
| Chatter Corner | Thursdays 12:30 p.m. | Volunteer led discussion group. Feel free to bring in an item to show and tell. | 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 |
| Diamond Painting | Wednesdays 2 p.m. | Paint by color with faceted resin or crystal diamonds. No experience necessary. Bring your own project or purchase one at the senior activity center. | 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 |
| Geri Fit | Tuesdays & Thursdays 2 - 3 p.m. | Helping to rebuild strength that has been lost, through resistance exercises. | No | No |
| Health Watch Presentations | 3 rd 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 |

Ongoing Activities - Loffler

| CLASS/ACTIVITY | Dates/Time | DESCRIPTIONS - Materials Needed | Advance Signup | Fee |
|----------------------------------|--|--|----------------|--------------|
| Movie Madness | 3 rd Thursday 10 a.m. | New movie each month. Snack packs available for purchase. | 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 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 |
| R&B Line dancing | Wednesdays 11 a.m. | No experience necessary. Volunteer leads group through the latest party dance steps. | 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 |
| 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.and Fridays 11 a.m.-Noon | This gently active mat yoga class emphasizes holistic wellbeing of the mind, body, and spirit . | 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. | Party Bridge- open to all levels . | 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. | 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 |
| Northern Quilters | 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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20650
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Holiday Closings
(No Home-Delivered or Congregate Meals Served)

Thursday, November 28- Friday, November 29- Thanksgiving Holiday
Wednesday, December 25 - Christmas Day
Wednesday, January 1 - New Year's Day

NEW BEGINNING