

NEW BEGINNING

VOLUME 36 ISSUE 5

SEPTEMBER/OCTOBER 2023

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



Celebrating Your Local Senior Activity Centers!

In This Issue...



Community Health & Wellness Fair Make sure to put the health fair on your calendar! This year's event will be on Friday, October 13, from 9 a.m.-3:30 p.m. at the University of Maryland - Southern Maryland!*Page 7*

Walk Maryland Day Marylanders across the state are preparing for the 2023 celebration of Walk Maryland Day! Join us at the Senior Activity Centers on Wednesday, October 4, to get some steps in!....*Page 13*



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

Trip to Waterford Fair Shop, play, tour and make memories during this 79-year-old tradition -- the Waterford Foundation's "Waterford Fair" on Sunday, October 8!.....*Page 23*



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Halloween Dance with DJ Psyborg Wear your best costume and don't forget your dancing shoes! The Northern Senior Activity Center will host a Halloween party on Tuesday, Oct. 31!....*Page 27*

Celebrating our Volunteers! RSVP volunteers serve in all three Senior Activity Centers as activity leaders teaching art classes, exercise programs, crochet, sewing, knitting groups, line dancing instruction, and much more!....*Page 28*



From the Director's Desk

By Lori Jennings-Harris, Director

Senior Activity Centers - Discover Yours!

The summer seems to have gone by so quickly and here we are into the fall season. To kick off the cooler temperatures and the falling leaves, we celebrate National Senior Center Month during the month of September.



According to the National Council on Aging (NCOA), this year's theme is Discover Yours.

"Discover Yours" encourages us to take an active role in exploring new activities, hobbies, and experiences. It emphasizes that it's never too late to try something new and encourages self-discovery.

"Discover Yours" sets the stage for an inclusive environment where people from diverse backgrounds feel encouraged to explore our personal interests and find activities that resonate with us.

"Discover Yours" invites an opportunity for us to focus on personal growth and self-improvement. The theme "Discover Yours" encourages us to tap into our potential, try new things, and uncover hidden talents or passions.

*"Discover Yours" fosters a sense of community and camaraderie among people. By encouraging us to discover our individual interests, we can share our experiences with others, sparking conversations and connections within the senior center.**

Within the Department of Aging & Human Services, we refer to our centers as senior **activity** centers. Our three senior activity centers (Northern, Garvey and Loffler) offer a wide variety of activities to choose from Monday through Friday. Our Garvey Senior Activity Center even holds evening hours, Monday through Thursday.

We encourage any older adult who wants to age well to join us at any or all of the senior activity centers.

We look forward to seeing you.

*Information quoted from
<https://connect.ncoa.org/products/get-ready-for-senior-center-month-2023-discover-yours>

NEW BEGINNING

The Commissioners of
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NEW BEGINNING

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Editorial submissions should
be sent to:

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

or visit the website at:

www.stmaryscountymd.gov/aging

Our Mission

To provide an array of programs
and services that foster
continued physical and mental
good health, and promote
healthy aging within the senior
community.

Breakfast with the Garvey Council!

The Garvey Senior Activity Center Council, Inc. will sponsor a free continental breakfast at the Garvey Senior Activity Center on Wednesday, September 13, at 9 a.m. All senior activity center participants are welcome!

The Garvey Senior Activity Center Council, Inc., (GSACCI) will offer a presentation during this event, covering mission of the GSACCI, including programs, activities, and special events that are supported by the GSACCI at the Garvey Senior Activity Center, and a recap of the organization's involvement in the journey of the new Garvey Senior Activity Center & Leonardtown Library, from conception to construction and opening!

RSVP no later than 3 p.m. on Tuesday, September 12, by calling 301-475-4200, ext. 1080. Seating is limited.



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, September 25, 2023

1 p.m.

Monday, October 23, 2023

1 p.m.

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

Attend Meetings to:

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

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



Nutrition Corner

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

Many of us want to eat healthy but actually doing it on a daily basis can be difficult. These days, most of us have a smartphone with many apps to help us in this task. There are numerous nutrition-focused apps that can help motivate us and hold us accountable, but there can be limitations.

First, there are the pros - food apps are convenient, affordable, and easy to use. By tracking your food intake, it can bring a whole new level of awareness to how and what you eat. Research has found that, for many people, digital nutrition apps can effectively aid in improving eating habits and contribute to weight loss.

They may also be helpful in pinpointing potential food intolerances and allergies. Some apps can have features such as barcode scanners, meal planners, workout trackers, and dietitian support.

One of the cons is that it is not a perfect science. Some apps focus on calorie counting rather than healthy eating. People may even find the apps tedious to use on a daily basis. Often, the nutritional information of the food database itself may be inaccurate. Those who have a history of disordered eating can become obsessive because of the daily focus on food intake.

If you are interested in trying a nutrition related app, here are a few recommendations by *Environmental Nutrition: The Newsletter of Food, Nutrition & Health* published monthly by Health Information Network, Inc.

MyFitnessPal
Cronometer
MyNetDiary

When choosing a nutrition app first consider your goals and which features are important to you. Of course, you can always go “old school” with a spiral notebook and pen! It has been found that just the act of writing down what you eat can help in weight loss. Just remember, even small changes to what you eat can make a big difference.



Upcoming Nutrition Education Presentations:

Whole Grains- Nutritious and Delicious

Garvey - Wednesday, September 6, 10 a.m.

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

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

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

Healthy Vegetarian Lifestyle

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

Garvey - Thursday, October 12, 6 p.m.

Loffler - Monday, October 16, 10 a.m.

Northern - Monday, October 16, 12 p.m.

Farmers Feeding St. Mary's



*The annual Farmers Feeding St. Mary's County Program will offer free, farm fresh produce at two community events!
Each family will receive a tote full of local fresh produce!*

**Saturday, September 16
UHaul Parking Lot
46041 Signature Lane, Lexington Park, MD
9 a.m.-1 p.m.***

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

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

For more information, call 301-475-4200, ext. 1050, or visit www.stmaryscountymd.gov/aging

UNIVERSITY OF
MARYLAND
EXTENSION





Hosted by:
St. Mary's County
Department of Aging & Human Services
at the
University of Maryland - Southern Maryland
44219 Airport Rd, California, MD

Friday, October 13, 2023
9 a.m.-3:30 p.m.

Free Community Event
This year's event will include:
Free Health Screenings
Interactive Demonstrations
Flu Shots and Vaccinations
A Variety of Health-Based Vendors
and so much more!

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

Thank you to our generous sponsors!



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 3, 2023
9 a.m. - 2 p.m.**

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

**For more information, contact Sarah Miller
Phone: 301-475-4200, ext 1073**

Email: sarah.miller@stmaryscountymd.gov

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

Organizations on-site will include:

**A Community that Shares
Humana Military/TRICARE
Freedom Hearing**

**NAWCAD
US Veterans Affairs
Habitat for Humanity**

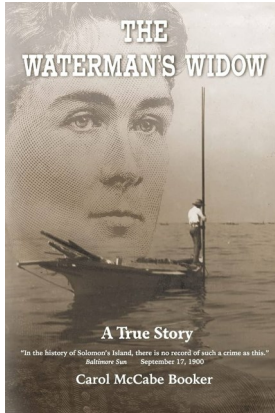
**College of Southern Maryland
MD Insurance Administration
St. Mary's Health Department**

Claims processing available all day with Disabled American Veterans (DAV)!

Lunch provided by Mission BBQ for attendees at 12 p.m.!

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

Book Discussion Groups



The Waterman's Widow
Garvey Senior Activity Center
Wednesday, September 6, 2:30 p.m.

Cost: Free

Journalist Carol Booker will be at the Garvey Senior Activity Center to present her newest book, *The Waterman's Widow*. Carol Booker is a graduate of Georgetown Law and has served as legal counsel to numerous entities, including Greenpeace and the U.S. Commission on Civil Rights. She has savored the shores of Cove Point for the past 40 years, absorbing the wonders of the Chesapeake in all its glory.

Who killed Captain Littleton Condiff? The wife who slept by his side? A robber seeking a small fortune under his mattress? Is a son desperate to escape the drudgery of his father's life as an oysterman? His apparently harmless mother-in-law? Perhaps a conspiracy of his wife, her mother, and their son? Into this tale of murder at the turn of the 20th century is woven the tale of the imprisonment and trial of Littleton's wife, Bessie; the history of his Chesapeake Bay fishing village, Solomons Island; the harsh life of a waterman; and the texture of daily life in turn-of-the-century Maryland.

Advanced registration is required. See page 14 for registration information.

Book Discussion Group

Garvey Senior Activity Center
Wednesdays, September 13 & October 11, 11 a.m.

Cost: Free

We want you to join us. If you have a love for reading and enthusiastically share your thoughts about what you've read, this is the group for you. Call 301-475-4200, ext. 1080, for more information.

September: *Band of Sisters* by Lauren Willig

April, 1917. The Smith College Club is looking for volunteers to help French civilians decimated by the German war machine. Kate Moran reluctantly agrees to join the new Smith College Relief Unit. The group, including two trailblazing female doctors, arrives in France armed with money, supplies, and good intentions - all of which immediately go astray.

October: *The Invention of Wings* by Sue Monk Kidd

This exquisitely written novel is a triumph of storytelling that looks with unswerving eyes at a devastating wound in American history, through women whose struggles for liberation, empowerment, and expression will leave no reader unmoved.

Loffler Book Club News

Loffler Senior Activity Center

On Friday, September 1, 2 p.m., discuss *A Gentleman in Moscow* by Amor Towles

In September read *Starry Messenger* by Neil deGrasse Tyson

Discuss on Friday, October 6, 2 p.m.

In October read *The Waterman's Widow* by Carol McCabe Booker

Discuss on Friday, November 3, 2 p.m.

Becca Newton leads 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. Contact Sheila.Graziano@stmaryscountymd.gov to learn more about joining this casual group.

Senior Information & Assistance

By Melissa Craig, Senior I&A Division Manager

Medicare Part D Open Enrollment

Medicare Part D is available for open enrollment every year from October 15-December 7. Medicare beneficiaries who need to enroll in Medicare Part D should review their plan options for 2024. For those who are already enrolled in Part D it is important they take time to review information received from their plan in September. The following are important questions to ask:

- √ Are my medications covered next year?
- √ Will I have a deductible to meet?
- √ Are my co-pays increasing?
- √ Has the premium increased?

If there are no concerns regarding your coverage in 2024 then no further action is required, and the policy will automatically renew in January. For those who have concerns about policy changes, now is the time to compare other coverage options. To do so, go to www.medicare.gov and follow the instructions to compare all available Part D plans. The Department has trained counselors available at each Senior Activity Center to provide comparison assistance.

Medicare Presentations

Learn about current Medicare topics at the Garvey Senior Activity Center

Join us for Coffee & Conversation
Call to reserve your seat at the table 301-475-4200, ext. 1050
Presentations start at 9 a.m.

September 27: *Speaking With Your Doctor* - Understand how to communicate well with your health care provider, know your rights if a provider does not think your care will be covered, and identify billing errors.

October 25: *Fall Open Enrollment* - Know the changes you can make during Medicare's Open Enrollment Period, review your current coverage, how to make changes to your Medicare health and drug coverage.

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

Melissa Craig
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

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

Senior Rides Seeking Drivers

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

Become a volunteer driver for Senior Rides!

Volunteer Driver Recruitment/Benefits:

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

- Mileage reimbursement
- Supplemental accident insurance
- CPR/First Aid Certification
- Volunteer Recognition
- Driver Safety Training

Driver Qualifications

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

Driver Requirements

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

For more information, contact Melissa Beauvais

301-475-4200, ext. 1066

Melissa.Beauvais@stmarysmd.com



Maryland
Durable Medical
Equipment
Re-Use

The Gift of Mobility

Donate or Receive Durable Medical Equipment

DURABLE MEDICAL EQUIPMENT EXAMPLES:

Wheelchairs, Power Chairs, Rollators, Scooters, Walkers, Shower Chairs, Canes, Crutches, Hospital Beds, "Hoyer" Lifts, Tub Transfer Benches, and Much More!

DONATIONS WILL BE:

- Sanitized
- Repaired
- Provided to adults and children with mobility needs

Please contact us:



aging.maryland.gov



240-230-8000



dme.mdoa@maryland.gov

Coffee with the Sheriff



Garvey Senior Activity Center
23630 Hayden Farm Lane
Leonardtown, MD

Thursday, November 16, 2023
10 a.m.

Free of Charge!

Registration required - call 301-475-4200, ext. 1073

The Triad/SALT Council invites you to have Coffee with the Sheriff! Are you interested in learning about the St. Mary's County Sheriff's Office? Do you want to know more about issues that affect you? This is an opportunity to ask Sheriff Steven Hall directly!



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Brought to you by the Department of Aging & Human Services, the Triad/SALT Council, and the Commissioners of St. Mary's County



NEW BEGINNING

Focus on Fitness

By Brandy Tulley, Senior Center Operations Division Manager

Focus on Fitness: Walk Maryland Day

Marylanders across the state are preparing for the 2023 celebration of Walk Maryland Day on Wednesday, October 4. Walk Maryland Day is a celebration of our state's official exercise and a call to action to support safe walking and walkability. We invite you to join us at the senior activity centers to participate in a Walk Maryland Day Celebration. See the flyer below for more information.



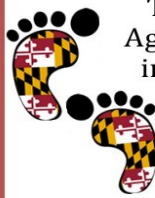
**Wednesday, October 4, 2023
9-11 a.m.**

Win Prizes

- 1 Mile:** Prize Value \$25
- 2 Miles:** Prize Value \$50
- 3 Miles:** Prize Value \$75

The first 25 attendees at each location will receive a surprise giveaway!

All entries will be combined from all 3 Centers and prizes awarded in each distance category!



The St. Mary's County Department of Aging & Human Services will participate in a one-day event to promote healthy lifestyles. Choose a Center to visit that day. Join us and friends on a morning walk promoting health, activity, and socialization.

Refreshments Available.

- Garvey Senior Activity Center**
23630 Hayden Farm Lane, Leonardtown, MD
- Loffler Senior Activity Center**
21905 Chancellors Run Rd, Great Mills, MD
- Northern Senior Activity Center**
29655 Charlotte Hall Rd, Charlotte Hall, MD

Tracking of distance will be done for entry into prize categories.

For more information contact
Division of Senior Center Operations Manager Brandy Tulley at:
Brandy.Tulley@stmaryscountymd.gov or 301-475-4200, ext. 1063

Garvey Senior Activity Center

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

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

Reiki & Reflexology with Sarah Strain

Garvey Senior Activity Center

Tuesdays & Thursdays, September 5, 7, 19, & 21, 10 a.m.-4 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.

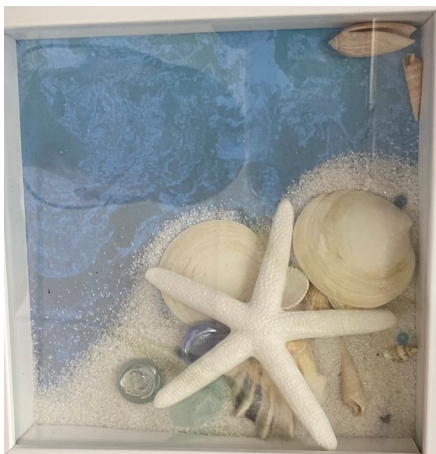
Dream Catcher Craft

Garvey Senior Activity Center

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

Cost: Free

People all around the world regard dreamcatchers as beautiful and interesting objects. With crocheted doilies you will create a unique dreamcatcher. The dreamcatcher acts like a spider's web by trapping the bad dreams or visions while allowing the good ones to filter through. Supplies will be provided, but you are welcome to bring your favorite pair of scissors. Advanced registration is required.



Seashell Shadow Box

Garvey Senior Activity Center

Thursday, September 7, 9:30 a.m.

Cost: \$20

Penny B. will be helping you create a beautiful beach and seashell shadow box. If you have favorite seashells, you have gathered from different beaches feel free to bring them with you. All supplies and instructions will be included.

Advanced registration is required.

Watercolor with T.L. Ford

Garvey Senior Activity Center

Tuesdays, September 12 & October 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. In September, the project will be a beach scene. In October, the project will be a fall leaf theme. No experience or drawing skills are necessary and everything you need is provided! Advanced registration is required.

Drama Speaks Luncheon

Garvey Senior Activity Center

Tuesday, September 12

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.

***Alienation of Affection* by Jules Abrams**

How can one little cat wreak havoc between neighboring households? And, how in the world did this predicament end up in a court that is, to put it mildly, less than legit? Only the Judge and his Bailiff can navigate the untold shenanigans that take place in this comedy with a surprise ending! Performed with special permission from Art Age Publications, Senior Theater Resource Center. 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.



Presented by Hope & Healing

Garvey Senior Activity Center

Tuesdays, September 19 & October 10, 1 p.m.

Cost: \$5 (suggested donation)

September: Anxiety and Coping Skills

October: Caregiving Coping - Sandwich Generation

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

Floral Arranging with Sunnyside Florals

Garvey Senior Activity Center

Wednesdays, September 13 & October 18, 1:30 p.m.

Cost: \$45

Would you like a beautiful handmade arrangement for your home or to give to a loved one? Shelley Russell, owner, and lead designer of Sunnyside Florals will be instructing the class. Shelley grows her own flowers and plants locally here in Southern MD. 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.





Hammered Leaf and Flower Cards
Garvey Senior Activity Center
Wednesday, September 20, 1:30 p.m.

Cost: Free

With not much more than a hammer, leaves, and some flowers, you can make beautiful botanical note cards to share our local nature with friends. Who knew that venting your frustrations could have such aesthetically pleasing results? We will create one-of-a-kind note cards. Supplies will be provided, but feel free to take a walk in your yard to find leaves and flowers to work with. You're looking for things with bright colors that aren't too wet or too dry. Finding good

plants will take a little trial and error, so grab a variety. Advanced registration is required.

CBT Yoga to cope with Arthritis/Osteoarthritis:
Healthy Joints, Healthy Bones!

Garvey Senior Activity Center
Monday, September 25, 2 p.m.

Cost: \$20

Come join Paty Masson as she guides you through this program. This is a 2-hour program. Participants will explore different yoga flows and breathing techniques to ease pain in stiff joints. "Lotion is Motion" concepts of Yoga for Arthritis. Meditations will inspire you to understand your inner wisdom and your own healing power using some personal mantras and a few Ayurvedic tips to improve joint health. Please wear comfortable clothing for this program. Advanced registration is required.

Iris Folding Craft

Garvey Senior Activity Center
Wednesday, October 4, 1:30 p.m.

Cost: Free

Welcome Fall by creating two Iris Folding cards ready for you to take home and add a personalized fall message. By arranging and layering strips of paper you will create a pumpkin and a turkey note card while learning the art of Iris Folding. Iris folding is done by arranging and layering strips of paper or fabric in a spiraled pattern resembling a camera lens's iris. Supplies will be provided, but feel free to bring your favorite scissors. Advanced registration is required.

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Discovering How Your Hips Hold Emotions

Garvey Senior Activity Center

Tuesday, October 3, 2 p.m.

Cost: \$20

Come join Paty Masson as she guides you through this program. This is a 2-hour program. Some information on the Yogic approach to healing hip problems. Participants will explore different yoga flows and breathing techniques to release tension or ease pain in the hips. Meditations will inspire you to understand their inner wisdom and your own healing power using some personal mantras and a few Ayurvedic tips regarding what to eat to improve hip health. Advanced registration is required.

Witch Ribbon Hat Door Hanger

Garvey Senior Activity Center

Tuesday, October 17, 10 a.m.

Cost: \$20

If you are looking for a cute door hanger for Halloween this is the perfect craft! Penny B. will be here to show you how to create this beautiful ribbon hat. All supplies and instructions are included. Advanced registration is required.



Luncheon with the Bushmill Band

Garvey Senior Activity Center

Friday, October 20

Doors Open: 11:30 a.m.

Lunch Served: 12 p.m.

Performance: 12:30 p.m.

Come join us and enjoy the musical stylings of the local Bushmill Band. Their music will get your toe tapping and your hands clapping! Entertainment is sponsored by the Garvey Senior Activity Center Council, Inc. 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.

Oh, Sugars! Cupcake Decorating Class

Garvey Senior Activity Center

Thursday, October 26, 10 a.m.

Cost: \$15

Have you always wanted to learn how to decorate those yummy cupcakes you see at the store? In this beginner class, you will decorate 4 cupcakes with a Halloween holiday theme and create a logo for your yummy creations. All supplies are provided. Costs are offset by the Garvey Senior Activity Center Council, Inc. Advanced registration is required.

Card Making Class

Garvey Senior Activity Center

Tuesdays, September 12 & October 10, 6 p.m.

Cost: \$4

Would you like to learn how to make handmade cards for your loved ones? Join us to learn different cards and card-making techniques. All materials will be provided and there will be an instructor to guide you. This class is beginner friendly and suitable for any skill level.



I've got a Crystal for That! – Introduction to Crystals & Chakras

Garvey Senior Activity Center

Wednesday, September 20, 6 p.m.

Cost: \$15

This workshop will introduce you to the wonderful world of crystals and their amazing benefits. You will learn to identify crystals, their properties, and how to use them in your everyday life! Crystals can enhance your health and well-being, raise your vibration, and ward off negative energy. We will explore the connection between crystals, the chakra system, and positive affirmations. All participants will receive a beautiful set of crystals that align with the seven chakras and handbooks to take home. Advanced registration is required.

Aromatherapy Workshops with Glori

Garvey Senior Activity Center

Tuesday, September 12 & October 10, 4 p.m.

Cost: \$15

Join Licensed Mental Health Therapist and Certified Professional Aromatherapy Practitioner, Glori VanBrunt for some creative holistic fun! Advanced registration is required.

September

Stress Buster Aromatherapy Workshop

Learn how Aromatherapy can significantly reduce Stress and Anxiety by calming and relaxing the mind and body so you can get back to focusing on what's important in your day!

In this 60–90-minute workshop you will:

- Learn about the art and science of aromatherapy,
- The benefits of using aromatherapy for managing stress and anxiety,

- Sample several stress-busting essential oils,

- Choose your favorite oils based on your specific stress type and create a custom Stress

Busting Aromatherapy blend to take home as an extra tool to help Lower stress and anxiety on the go!



October

OUCH! Aromatherapy Workshop

Learn how Aromatherapy can support pain and inflammation related to joints, muscles, nerves, headaches, and more!

In this 60–90-minute workshop, you will:

- Learn about the art and science of aromatherapy,

- The benefits of using aromatherapy for managing pain and inflammation,

- Sample several essential oils

- Choose your favorite oils based on your specific "Ouch!"

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



Sound Bath Meditation
Garvey Senior Activity Center
Tuesday, October 17, 7 p.m.
Cost: \$25

Join us for a full-body meditation experience that uses sound to create restorative relaxation to nurture your mind and body. After a few minutes of guided focus on the breath, the remainder of the experience is filled with different sounds introduced in succession, bathing the body with sound vibration. You will hear Chimes, Crystal, Tibetan Singing Bowls, and other instruments. Through this experience, you will discover the healing power of sound. Due to the 432Hz frequency used during

sound baths, those with pacemakers should consult their physician prior to attending this practice. It is suggested you bring a small pillow & blanket to build your comfy nest. Advanced registration is required.

Crafts with Cat
Garvey Senior Activity Center
Wednesdays & Thursdays at 6 p.m.

Join the evening Program Specialist, Cat Prophet to do fun arts and crafts! Each week will be a different craft. Advanced registration is required.

The crafts for September are:

- September 6 – Diamond painted coasters - \$12
- September 13 – Pouring Paint - \$10
- September 20 – Stencil Art - \$5
- September 27 – Beginner Fine Arts Acrylics: Autumn Forest - \$15

The crafts for October are:

- October 4 - Wire wrapped crystal pendants - \$15
- October 11 - Floral petals wall decoration - \$10
- October 19 - Button Art Candy Corn - \$10
- October 26 - Beginner Fine Arts Acrylics: Fall-themed Still Life - \$15



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.

Coloring & More

Loffler Senior Activity Center

Monday-Friday during open hours

Cost: Free

Want something to do while hanging out with your friends or waiting for your next program? Coloring pages and puzzle books are available for your enjoyment as well as plenty of coloring utensils. What's your favorite - crossword puzzles, sudoku, word find, brain teasers? We've got all this and more at the Loffler Senior Activity Center!

Health Watch Series

Loffler Senior Activity Center

Fall Prevention - Wednesday, September 20, 9:30 a.m.

Strategies to Help with Depression - Wednesday, October 18, 9:30 a.m.

Cost: Free

With the onset of Autumn, Fall Prevention remains the traditional topic for September. Elaine and Kathy will discuss a three-component approach to staying upright: environment, safe practices, and balance exercises. In October, get some self-help tips for lifting yourself up when you are feeling down or depressed. 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.



Art with Jamie

Loffler Senior Activity Center

Tuesdays at 10 a.m.

Cost: \$25 per session

Bob Ross Waterfalls - September 5, 12, 19, 10 a.m.-12 p.m.

Linocut Printmaking - October 3, 10, 24, 10 a.m.-12 p.m.

In September, we will be painting oil and acrylic on canvas with *Bob Ross Waterfalls*. Join us for

this colorful paint class where we will explore Bob Ross techniques as we paint one of his signature waterfalls. In October, join us as we learn Linocut Printmaking. We will learn the tools and tricks of the trade in simple yet beautiful fall designs. We will print on wood, paper and fabric. If you have ever wanted to learn the Linocut Print Blocking Technique, this your chance!



All materials included. Advance registration and payment required for both series of classes.

NEW BEGINNING



**Make & Take Projects with Jamie
Loffler Senior Activity Center
Tuesdays, September 26 & October 31
10 a.m.-12 p.m.**

**Cost: \$25 Includes
all materials**
September's project
will be a colorful
Autumn-inspired
acrylic painting on

wood. In October, get ready for Thanksgiving with a different style acrylic on wood painting. Advance registration and payment required.



Seventy-Five - Connectivity Through the Ages

**Loffler Senior Activity Center
Wednesday, September 13, 10 a.m.-12 p.m.**

Cost: Free

This interactive poetry workshop is based on the recently published book *Seventy-Five - Connectivity Through the Ages*. Author Lori Joseph combines her writings with the photography of Terry Wild to depict the randomness of daily life. Lori will provide select readings that demonstrate ways to live more attentively. Participants will be introduced to sensory exploration to heighten their own writing experience. Reference books and writing materials are provided. This workshop is being offered for free through the generosity of the Maryland State Arts Council. To register, go to www.stmaryscountymd.gov/aging or leave a message on our reservation line at 301-475-4200, ext. 1660.

Nutrition Presentations by Donna Taggart

**Loffler Senior Activity Center
Whole Grains- Nutritious and Delicious - Monday, September 11, 10 a.m.
Healthy Vegetarian Lifestyle - Monday, October 16, 10 a.m.**

Cost: Free

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

Educational Videos

Loffler Senior Activity Center

Cost: Free

***Stronger by Stress* - Thursday, September 14, 10 a.m. (88 min.)**

When conventional medicine is struggling to keep up with ever increasing stress levels in populations, biohackers show us their holistic approach to life which not only increases their resilience against the stress, but also helps them to perform on a higher level.

***The Wolf that Changed America* - Thursday, October 12, 10 a.m. (60 min.)**

In 1893, a bounty hunter named Ernest Thompson Seton journeyed to New Mexico on a mission to kill a wolf, Lobo, as locals called him. The battle of wits between wolf and man would spark a real-life drama, the outcome of which would leave a lasting effect on a new and growing movement in America: wilderness preservation.

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



Culinary Medicine in Your Garden
Loffler Senior Activity Center
Thursday, September 21, 10 a.m.

Cost: Free

Theresa Rohaly provided us with fantastic gardening activities earlier this year. Now she wants to talk to you about the power of nature's herbs! Learn how to grow herbs right from your windowsill or garden, reduce your salt intake and add some flair of garden flavor to your favorite foods. Various herbs have the power to reduce

inflammation, support your immunity and possibly lower your cholesterol and more. Some cuttings and seeds will be shared. Register for this class at www.stmaryscountymd.gov/aging. or leave a message on our reservation line at 301-475-4200, ext. 1660.

Autumn Kickoff with The Bushmill Band

Loffler Senior Activity Center

Friday, September 22, 12:30 -2 p.m.

Cost: \$3

The first day of autumn lands on a Friday this year. What better way to spend that afternoon than with live music provided by a local favorite - The Bushmill Band! Enjoy some snacks to nibble on from our concession table while you sit back, relax, visit with your friends, and enjoy the Bluegrass and Gospel music these folks play so well! Register in advance at www.stmaryscountymd.gov/aging or leave a message on our reservation line at 301-475-4200, ext. 1660. *Please note– lunch is NOT part of this event. If you wish to have lunch here on this day, sign up beforehand in the usual manner.*

AARP Safe Driving Class

Loffler Senior Activity Center

Thursday, October 12, 9 a.m.-2 p.m.

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

An AARP Safe-Driving course will be held at the Loffler Senior Activity Center on Thursday, October 12, from 9 a.m.-2 p.m. (with an hour lunch break at 11:30). This program includes emphasis on roundabouts, pavement markings, stop-sign compliance, red-light running, and safety issues such as speeding, seat belt and turn signal use. Pre-registration is required 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.



Loffler Halloween Party
Loffler Senior Activity Center
Tuesday, October 31, 12:30-2 p.m.
Cost: \$5

Let's throw a party after lunch on the spookiest day of the year! Dancing, tricks, treats and of course, the ever-popular costume contest with several categories. The Halloween fun seems to keep getting better every year! Register in advance at www.stmaryscountymd.gov/aging or leave a message on our reservation line at 301-475-4200, ext. 1660. ***Please note – lunch is NOT part of this event. If you wish to have lunch here on this day, sign up beforehand in the usual manner.***



Waterford Fair
Crafts & Historic Homes Tour -
A Celebration of Americana
Sunday, October 8, 8:30 a.m.-7 p.m.
Cost: \$90

Bus departs Loffler Senior Activity Center at 8:30 a.m.;
returns approximately 7 p.m.

Shop, play, tour and make memories during this 79-year-old tradition -- the Waterford Foundation's "Waterford Fair"! The Fair is the mid-Atlantic's quintessential fall festival demonstrating fine heritage & contemporary craft artisans, living historians, a juried art show, historic properties tours, local beverages, talks & workshops, and entertainment for all

ages. Located in the National Historic Landmark of Waterford, this unique village is situated in Western Loudoun County, Virginia.

Sponsored by St. Mary's County Department of Aging & Human Services, the cost of this trip includes luxury motorcoach transportation, snack and water on the bus, and all taxes and gratuities. Meals consumed at the fair are on your own. Fifty seats available, advance registration and payment required. For questions contact Sheila.Graziano@stmarycountymd.gov.



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.

Art Pottery: Herb Bowl

Northern Senior Activity Center

Fridays, September 8 & 22, 10 a.m.-12 p.m.

Cost: \$10

Pottery craftswoman, Pam King, will instruct how to craft a hand-built herb bowl! This is an absolute must in the kitchen if you often cook with herbs. The bowl will feature different-sized holes to pull herbs through. This quickly strips leaves, making them ready to chop or toss in your favorite recipe. See top of this page for how to register.



CBT Yoga to Cope with Arthritis/Osteoarthritis: Healthy Joints & Bones

Northern Senior Activity Center

Thursday, September 14, 2:30-4:30 p.m.

Cost: \$20

This workshop, led by Paty Masson, demonstrates how “CBT integrates yoga and meditation with traditional and alternative cognitive behavioral therapeutic techniques.” (NIH.gov) In the first half of this workshop, expect a slideshow presentation to review kinds of arthritis, bones, muscles, and ligaments. Additional information will include Yogic philosophy introducing breathing techniques and hand gestures to alleviate pain. In the second half, explore different yoga flows & breathing techniques to ease pain in the stiff joints. “Lotion is Motion” concepts of Yoga for Arthritis, inspiring meditations, & Ayurvedic diet tips for improving joint health, can also be expected. Paty is certified in RYT® 500, CBT, and Qigong. See top of this page for how to register.

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Stronger Memory

Northern Senior Activity Center

Mondays, September 18-October 30 (6 sessions, No class October 9), 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 Mondays 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 including a workbook, timer, and composition book for journaling activities. Due to a generous grant, there is no cost to participate. See top of this page for how to register.

Cornhole Competition: Fall 2023

Northern Senior Activity Center

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

Cost: \$2

Who doesn't love a good round of cornhole? Compete in this casual & fun competition – back by popular demand! Show off your skills or try it out for the first time. Keep in mind that this game requires good dexterity, throwing, and hand-eye coordination. The 1st and 2nd place winners of the tournament will win a prize. This event will be held outdoors, weather permitting. See page 24 for how to register.



Bavarian Bazaar, Breakfast, & Bratwurst Lunch: Shop & Eat!

**Northern Senior Activity
Center**
**Wednesday, September 20,
9 a.m.-3 p.m., Bazaar open
to public**

**Cost: Breakfast \$5, Lunch
contribution made that day
Advanced sign-up required
for both meals**

Happy Oktoberfest! Start your day with a delicious breakfast from 9-10 a.m. (Pre-registration and \$5 payment are required. See page 24 for how to register). Then, get ready to shop! This

Bavarian-themed indoor bazaar, open from 10 a.m.-3 p.m., will feature local vendors selling handmade craft items and other goods. Enjoy festive decorations & music as you browse and buy. This is a perfect opportunity for early holiday shopping. The bazaar is open to the public. Please invite your friends and family! Want a tasty bratwurst lunch, including Black Forest cake for dessert? Call Ginger Quade at 301-475-4200, ext. 3105, to reserve your meal. Lunch will be served from 11:30 a.m.-12 p.m. This meal is by donation for those over 60 years of age, and \$6 otherwise. Payments will be accepted upon arrival.

Culinary Medicine in Your Garden

Northern Senior Activity Center

Thursday, September 21, 2-4 p.m.

Cost: Free

Join instructor Theresa Rohaly to discuss the power of nature's herbs! We'll talk about how to grow herbs right from your windowsill or garden. Let's reduce salt intake and add some flair of garden flavor to your favorite foods. Various herbs have the power to reduce inflammation, support your immunity, possibly lower your cholesterol, and more. Some cuttings and seeds will be shared. See page 24 for how to register.





**Meridians of the Body:
Healthy Flow & Movement
Northern Senior Activity Center
Monday, September 25, 2-4 p.m.
Cost: \$20**

Judi Lyons and Paty Masson are teaming up to instruct this 2-hour Energy Medicine Yoga & Qigong class! This informative and physical workshop, open to all skill levels, is an introduction to the 12 principal energetic channels in the body through which the life-energy known as “qi” or “chi” flows. Meridian fundamentals are blended with Energy Medicine and movement, in the forms of Yoga and Qigong, to restore optimum energy flow, deter illness, and support radiant health & well-being. See page 24 for how to register.

**Wii Bowling League: Fall 2023
Northern Senior Activity Center
Tuesdays, October 10-November 28, 1-3:30 p.m.
Cost: \$2**

Ready to strike up a good time this fall with your friends at the Center? Join us for this league-style Wii bowling event with staff-led teams and some fun, good ol’ group competition. There is no Wii Bowling on October 31 due to the Halloween dance event. The last game will take place on November 21. Individual and team prizes will be awarded on November 28. See page 24 for how to register.

**Basket Weaving: Pumpkin
Northern Senior Activity Center
Friday, October 13, 10 a.m.-3 p.m.
Cost: \$30**

Experienced basket artisan, Pam King, will instruct how to weave a pumpkin-themed basket. This craft is perfect décor for the fall/spooky season! See page 24 for how to register.



**Breakfast Café with JustUs2 Band
Northern Senior Activity Center
Wednesday, October 18, 9-10 a.m.
Cost: \$5**

Musical duo, JustUs2, will provide some lovely tunes during this month’s Breakfast Café. Enjoy delicious cream chipped beef, potato cakes, toast, and fresh fruit. Sip some coffee and listen to live music. See page 24 for how to register.

**Freedom Hearing Screenings
Northern Senior Activity Center
Thursday, October 19, 8:30 a.m.-12:30 p.m.
Cost: Free**

Did you hear? Dr. Becky Guy, Clinical Audiologist, of Freedom Hearing is visiting to provide free hearing screenings. Don’t miss out! Pre-registration is required to secure an appointment slot. See page 24 for how to register.

Northern Stars Movie Club: Alien (1979)

Northern Senior Activity Center

Monday, October 23, 1-4 p.m.

Cost: Free

Get your snacks and popcorn ready! This monthly film club, led by Keilan Ruppert (Program Specialist), will explore classic and modern movies. The club will review each film based on specific criteria such as cinematography, editing, writing, and soundtrack. Ultimately, the group will assign a rating using 1 to 5 “Northern stars.” Join us at 1 p.m. for a showing of the 1979 classic sci-fi horror movie, Alien (1 hour 57 min), starring Sigourney Weaver & directed by Ridley Scott. A discussion period will immediately follow the film. See page 24 for how to register.

Cognitive Function Yoga Session

Northern Senior Activity Center

Tuesday, October 24, 2-3:30 p.m.

Cost: \$15

Instructor, Judi Lyons, will lead this 90-minute workshop! Cognitive Function Yoga is an accessible yoga practice which improves multiple domains of cognitive function, including attention, processing speed, executive function, and memory. This engages both hemispheres of the brain using cross-lateral movements and coordination tasks – making it ideal for anyone who wishes to sharpen their mental function, as well as individuals with a history of traumatic brain injury (TBI) or stroke. Judi Lyons/Mindful Motions Md. is YACEP®, E-RYT® 200, EMYoga® Certified, RYT® 500 Therapeutic. See page 24 for how to register.

Halloween Dance with DJ Psyborg

Northern Senior Activity Center

Tuesday, October 31, 1-3:30 p.m.

Cost: \$2

Happy Halloween! Wear your best costume and don't forget your dancing shoes. Introducing, DJ Psyborg of Mosquito Cove Digital Magic Entertainment with a soundtrack for this fun-filled afternoon. Enjoy a great sound system, lights, and television screens with music videos & other exciting visuals. Be prepared to enter the costume contest for a chance to win a prize! Light refreshments will be served. See page 24 for how to register.



Retired and Senior Volunteer Program

By : Monika Williams, RSVP Program Manager

This edition's theme is "Celebrating Our Senior Activity Centers". Our Senior Activity Centers are providing a great service to the community. Studies have shown it is important to socialize, exercise, and utilize our minds. UsAgainstAlzheimer's recommendations to reduce the risk of cognitive decline includes physical activity, sleep, social activity, and cognitive stimulation. The Senior Activity Centers offers most of these things. There are several levels of exercise classes. There are lovely people and staff to interact and socialize with. There are activities to exercise the mind such as Stronger Memory exercises and educational Learning Is Forever (L.I.F.E.) trips and presentations.

The Retired and Senior Volunteer Program (RSVP) has volunteers serving in all three Senior Activity Centers as activity leaders teaching art classes, exercise programs, crochet, sewing, knitting groups, line dancing instruction, office assistance, assisting food services technicians, and front desk attendants. These RSVP volunteers are reaping the benefits of the Senior Activity Centers while supporting the centers' ability to provide these services to the community. Come join our team and take part in the great benefits!



Above:

RSVP volunteer Dean Newman leads a L.I.F.E bird watching trip!

Left:

RSVP volunteer Martha Baker instructs an art class student



Volunteer Opportunities

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

Teen Court

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

- Teen Court Judge
- Hearing Support Assistants

A Community That Shares (ACTS)

- Receiving and dispersing medical equipment
- Repairing Equipment

Hospice of St. Mary's

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

Community Mediation of

St. Mary's County

- Mediating
- Promoting fundraisers
- Disseminating brochures
- Office assistance

St. Mary's County Crime Solvers Board

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

Home-Delivered Meals

- Drivers are needed in the Lexington Park, Great Mills, California, and Maddox/Bushwood areas.

Historic Sotterley

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

Northern

Senior Activity Center

- Chess Volunteer
- Billiard Volunteer
- Outdoor Landscaping,
- Lending Library Assistant
- Book Club Leader

Helpers Overcoming Problems Effectively (HOPE)

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

Garvey Senior Activity Center

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

Loffler

Senior Activity Center

- Zoom Activity Monitor

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.

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

Historic St. Mary's

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

Charlotte Hall Veterans Home

- Activity Assistant
- Gift Shop Attendant
- Technical Support

Patuxent River Naval Air Museum

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

Senior Rides

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

Habitat for Humanity

- Volunteer to help in the Restore receiving, sorting, pricing, and placing donations on the sales floor.
- Help with office duties.
- Assist committees in selecting partner-families

Treasurer's Office

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

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
EnhanceFitness	Mon., Wed., Fri. 11-12 p.m. Wednesdays 5:30 p.m.	Cardiovascular/weight training exercises to improve flexibility, strength, balance.	No	Fitness Card
Fitness Room	Daily 8 a.m. -4 p.m.	1 Elliptical Trainer; 1 Seated Elliptical. 3 Treadmills; 2 Recumbent Bikes; 1 Row machine, 1 Independent Total Body Trainer.	No	No
Geri-Fit	Monday & Wednesday 2:15-3 p.m.	Helping to rebuild strength that has been lost.	No	No
Line Dancing	Tuesdays 11 a.m.	No experience necessary. Volunteer leads group in a variety of steps.	No	No
Men's Strength	Mondays 9:30-10:30 a.m.	Low impact strength training class.	No	Fitness Card
Pickleball Courts	Open	Pickleball courts are available daily, dawn to dusk. See staff during hours for access info.	No	No
Ping Pong	Daily 8 a.m. -4 p.m.	1 table, paddles and balls are available.	No	No

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	1 st , 3 rd , 4 th , Thursdays 10 a.m.	New and experienced players welcome!	No	No
Needle Crafters	Mondays & Thursdays 10 a.m.	Knit & crochet group. Some yarn available at center or bring your own.	No	No

Ongoing Activities - Loffler

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

Ongoing Activities - Northern

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

Ongoing Activities - Northern

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Chair Yoga	Wednesdays, 9:30 – 10:30 a.m.	Chair Yoga has been modified to allow participants to safely perform positions with a chair incorporated for ease and stability.	No	Fitness Card
Crochet DIY	Mon. & Wed., 1-4 p.m.	Beginners or experienced.	No	No
Cycling Program	Anytime	(2) traditional, (1) recumbent trike.	No	No
Cycling Without Age	1st Thursdays 9 a.m.-12 p.m.	Fun rides on trishaw, by appointment only.	Yes	No
Diamond Dazzle (two groups)	3 rd Monday 10 a.m.-Noon & 1- 3 p.m.	Diamond and associated bead crafts.	Waitlist	Yes for kits
Double Pinochle	Tuesdays & Fridays 10 a.m.-4:30 p.m.	Moderately experienced players.	No	No
Drums Alive	Tuesdays August 29-October 3 2-3 p.m.	Instructor-lead drum and dance class. Helps cognitive function. Program runs for 6-weeks at a time .	Yes	\$12 for 6-week program
Dynamic Ceramics	Wednesdays 9:30 a.m.-12:30 p.m.	Variety of bisque pieces available to purchase. Supplies provided.	Drop-in	Buy items, firing fees
EnhanceFitness	Tuesday & Thursdays 9:30-10:30 a.m. Fridays, 9-10 a.m.	Cardiovascular/weight training exercises to improve flexibility, strength, balance.	No	Fitness Card
Homemakers	2nd & 4th Tuesdays 10 a.m.-12 p.m.	Social time and homemade items made for fun and charity.	Yes Call to inquire	No
Line Dancing	Wednesdays 1-2:30 p.m.	Volunteer leads group/variety of steps.	No	No
Lyme Discussion & Support Initiative	TBD ToolKits by pickup	Facilitator-led group with education and support for Lyme Disease.	Yes, all ages	No
Mahjong (Eastern)	Thurs 1-4:30 p.m.	Popular tile game involves skill, strategy & luck. Beginners welcome.	No	No
OH HECK (Cards)	Tuesdays & Fridays 10 a.m. -2 p.m.	Experienced players and beginners welcome.	No	No
Open Studio: Pottery and Ceramics	Mon., Tues., Thurs., & Fri. 8 a.m. -4 p.m.	Crafters continue work on individual clay, pottery, or paint pieces. Some Fridays are reserved for specific art pottery projects/ classes.	Studio orientation	Fee for clay ceramics, fire, supplies
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 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)***

**Monday, September 4 - Labor Day
Monday, October 9 - Columbus Day**

NEW BEGINNING