

# NEW BEGINNING

**VOLUME 37 ISSUE 5**

**SEPTEMBER/OCTOBER 2024**

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



**The Many Facets of Health:  
Mental, Physical, Social, and More**

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# From the Director's Desk

By Lori Jennings-Harris, Director

## The Many Facets of Health: Mental, Physical, Social, and More

There are many facets or dimensions to health. To do our part in helping individuals achieve and maintain good health, the Department of Aging & Human Services is always looking to help our county's older adults to remain active and engaged.



The senior activity centers are a great place to stay socially connected, enjoy all kinds of activities such as pickleball, group exercise classes, line dancing instruction, kickboxing, Tai Chi, men's strength training, table tennis, billiards, walking, etc., and that is just the short list!

The centers offer day trips to a variety of places, some for fun, educational purposes – the history of St. Mary's City is one example. Other trips are just for the sake of having fun, like travelling to an Orioles baseball game.

If art is more to your liking, we have it; if card playing is your thing, we have it; if scrapbooking appeals to you, you can; if flower arranging or cupcake decorating are things you have wanted to learn, you can!

In fact, we have so much more at each of the three senior activity centers. and if you want to volunteer to give back to your community, there may be an opportunity for that too, through RSVP, the Retired and Senior Volunteer Program.

The Department of Aging & Human Services stands ready to help our community's older adults with the facets of health!



## NEW BEGINNING

The Commissioners of  
St. Mary's County  
Randy Guy, President  
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### NEW BEGINNING

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Editorial submissions should  
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**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](http://www.stmaryscountymd.gov/aging)

### Our Mission

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.

# 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 23, 2024  
1 p.m.

Monday, October 28, 2024  
1 p.m.

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

### Attend Meetings to:

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

For more information, contact Mercedes Jones at 301-475-4200, ext. 1051, or Mercedes.Jones@stmaryscountymd.gov. Visit the Commission on Aging website at <https://www.stmaryscountymd.gov/Boards/11/>

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### 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





## Nutrition Corner

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

Sleep hygiene has become an important topic in recent years as researchers are beginning to understand how sleep impacts health. A good night's sleep is crucial for long term health and wellness. It is recommended that people 65 and over get 7-8 hours sleep a night.

Many lifestyle habits can affect the quality of our sleep such as excessive intake of caffeine, alcohol, spicy foods, sugary foods, and high fat foods close to bedtime. Due to caffeine's long half life, it is recommended to stop its consumption by early afternoon. Even spending time on devices (phones, tablets, tv, etc.) at bedtime can affect our sleep due to interference to melatonin, a hormone that helps regulate the sleep-wake cycle.

Certain foods are sources of melatonin or are melatonin producing compounds such as milk, nuts, cherries, fish and rice. A glass of milk, cold or warmed, is a rich source of tryptophan that is converted into melatonin. Certain nuts, mainly almonds, walnuts and peanuts all contain melatonin, with raw nuts having more than when roasted. They also contain magnesium which has been shown to improve sleep quality by helping muscles to relax. Dairy is also a source of magnesium. Try snacking on a handful of nuts about 2 hours before bed. Cherries, especially tart ones, are also a natural source of melatonin. Certain fish, salmon, tuna, and trout, are still another source of melatonin and are also rich in omega-3 fatty acids which have been associated with improved sleep duration and quality. Aim for eating fish two times a week. Finally pigmented rice like red, purple and black contain melatonin. So by having a light snack of foods rich in melatonin and magnesium a few hours before bed and shutting off light emitting devices at that time as well could go far in improving your overall sleep. Some easy snacks: a glass of milk, kefir, a serving of yogurt, or a handful of nuts with some dried tart cherries are just some ideas.

A few more non food related tips for good sleep hygiene:  
\* Keep a consistent sleep schedule \* Maintain temperature of the bedroom between 62-68 degrees \* Try to keep the room as dark as possible \* Keep stress out of the bedroom \* Nap wisely (not too long < 30 minutes and not too late in the day- before 2 pm) \* Do not do high intensity exercise within 1-2 hrs. of bedtime Yoga or a slow walk is fine and can bring calm and help you work towards a better night's sleep.



### Upcoming Nutrition Education Presentations:

#### What's so Great About Prunes

Garvey- Wednesday, September 4, 12:45 pm

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

Loffler- Monday, September 9, 10 a.m.

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

#### Let's Talk about Diets

Garvey- Wednesday, October 2, 12:45 pm

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

Loffler- Monday, October 7, 10 a.m.

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

# Home & Community-Based Services

By Lisa Berry, Program Coordinator, Senior Care Program & National Family Caregivers Support Program

## Overall Benefits of Good Oral Hygiene

Good oral and dental hygiene can help prevent bad breath, tooth decay, gum disease and protect your teeth. Dental implants are the only tooth replacement choice designed to look and sound like your normal tooth and are permanently implanted in your mouth. Dental implants have been shown to assist in bone development in addition to replacing missing teeth. With tooth loss, there is bone loss in that area. Dental implants strengthen bones by stimulating bone development via the osseointegration mechanism.

### What is the recommendation for good oral hygiene practice?

- Clean your teeth with fluoride toothpaste twice a day,
- Drink water after consuming food or drinking sugary drinks.
- Regularly visiting your dentist

### Why is it important to brush?

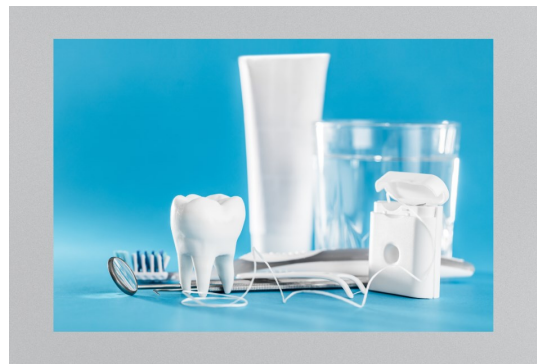
When brushing your teeth, you help to remove food and plaque. Plaque is a sticky white film that develops on your teeth with bacteria in it. The plaque bacteria create acids that attack tooth enamel following a meal or snack that contains sugar. Proper cleaning of the teeth will avoid this. The brushing of your teeth can be done with either a manual brush or an electric brush.

### Why is it important to floss?

According to the American Dental Association, interdental cleaners such as floss play a crucial role in protecting the teeth and gums. To remove plaque between teeth, prevent oral diseases, and stimulate blood flow to the gums, interdental cleaning with dental water floss has been recommended.

### What are the benefits of good oral hygiene?

- 6
- Reduced danger of tooth decay
  - Reducing the hazard of cavities and fillings
  - Firm and steady teeth
  - Pleasant oral respiration
  - Reduced danger of oral diseases
  - Strong gum health
  - Decreased risk of cancer
  - Reduced risk of stroke
  - Reduced risk of heart attack



Source: <https://www.advanceddentaltmj.com/blog/five-benefits-to-good-oral-hygiene/>

St. Mary's  
County *Caregivers'*  
*Support Group*

**Tuesday, September 24, 2024**

**Tuesday, October 22, 2024**

**6-7 p.m.**

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

The St. Mary's County Caregivers' Support Group is a safe space for caregivers to share their experiences and learn about resources.

This group meets at 6 p.m. on the fourth Tuesday of each month at the Garvey Senior Activity Center.

We want each person to feel welcome to attend and be encouraged through their caregiving journey.

**For more information or to register -**

**Call: 301-475-4200, ext. 1057**

**Email: [Jennette.Beyer@stmaryscountymd.gov](mailto:Jennette.Beyer@stmaryscountymd.gov)**

**Visit: [www.stmaryscountymd.gov/Aging/HCBS-Overview/](http://www.stmaryscountymd.gov/Aging/HCBS-Overview/)**

*Pre-registration for the Caregivers' Support group is encouraged but not required.  
Walk-ins are welcome!*

# Farmers Feeding St. Mary's



The third annual Farmers Feeding St. Mary's County Program will offer free, farm fresh produce at one more community event this summer!\*

**Saturday, September 7**  
**U-Haul Parking Lot**  
**46041 Signature Lane, Lexington Park, MD**  
**9 a.m.-1 p.m.**

*\*While Supplies Last*

*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,  
Feed St. Mary's  
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](http://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 11, 2024**  
**9 a.m.-3:30 p.m.**  
*Free Community Event*

The Community Health & Wellness Fair will include:

- On-site Health Screenings
- Flu Shots
- Informational booths
- Door prizes!

**Join us for a presentation!**  
**Unclaimed Property with the Comptroller**

*9:30 a.m.*

**Living with Lyme Disease**

*10:45 a.m.*

**Fraud & Scam Prevention**

*1 p.m.*

**Lunch available for purchase from Flavaz Catering!**  
**11 a.m.-1 p.m.**

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

*Thank you to our generous sponsors!*



# Senior Information & Assistance

*By Melissa Craig, Senior I&A Division Manager*

## Medicare Part D Open Enrollment

Between October 15 – December 7, Medicare beneficiaries who have or need to enroll in Medicare Part D should review plan options for 2025. 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 2025 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](http://www.medicare.gov) and follow the instructions to compare all available Part D plans and enroll into a new plan if needed. If you would like to speak with someone, call Medicare at 1-800-633-4227. The Department has trained counselors available at each Senior Activity Center to provide face-to-face 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. 1654  
Presentations start at 9 a.m.

10 **September 25:** Fall Open Enrollment - This is the time you can make changes to your Medicare coverage. Learn strategies to choose the coverage that best fits your needs for 2025.

**October 30:** Medicare and Immigration- Learn about Medicare eligibility for people who are not U.S. citizens.



Maryland Legal Aid has in-person appointments available at the Garvey Senior Activity Center. Attorneys will be available on Fridays, September 13 and October 11.



Maryland Legal Aid can assist with power of attorney, landlord/tenant disputes, denial of public benefits, consumer and credit problems, medical advance directives, and denial of the following types of public benefits: Medical Assistance, Medicare, Social Security/SSI, SNAP food benefits, and subsidized housing. Maryland legal Aid may NOT assist with any fee generating cases, disputes with neighbors, property issues, adult guardianship or trusts/estates.

To schedule an appointment for Friday, September 13, or Friday, October 11, please call 301-475-4200, ext. 1064.

Maryland Legal Aid will be at the Northern Senior Activity Center on Thursday, September 5, at 12:30 p.m. Participants will have the opportunity to discuss their civil legal issues with a legal professional. The following areas of law will be discussed: advanced health care directives, power of attorney, and simple wills. To register for the 90-minute presentation, please call 301-475-4200, ext. 3101.

Additionally - a limited number of appointments will be available after the presentation for assistance with simple will preparation. To register for a one-on-one appointment, please call TJ Hudson at 301-475-4200 ext. 3104.

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

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

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

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

# 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](mailto:sarah.miller@stmaryscountymd.gov)

Website: [www.stmaryscountymd.gov/aging/veterans/](http://www.stmaryscountymd.gov/aging/veterans/)

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

# Division of Senior Center Operations

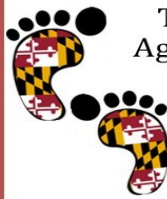
By Candice Nelson, Senior Center Operations Division Manager

## Walk Maryland Day

Marylanders across the state are preparing for the 2024 celebration of Walk Maryland Day on Wednesday, October 2. Walk Maryland Day is a celebration of our state's official exercise and a call to action to promote awareness about regular walking year-round to encourage physical activity and improved health, engaging Marylanders with fun walks for all. For more information, see the flyer below.



Wednesday, October 2, 2024  
9-11 a.m.



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.

*Advance registration is not required.*

### 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!

- 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 one of the Senior Activity Centers:

**Garvey Senior Activity Center**  
301-475-4200, ext. 1080

**Loffler Senior Activity Center**  
301-475-4200, ext. 1658

**Northern Senior Activity Center**  
301-475-4200, ext. 3101

# Garvey Senior Activity Center

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

*For events requiring registration, visit [www.stmaryscountymd.gov/aging](http://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, September 3 & October 1

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

Garvey Senior Activity Center

Tuesday, September 3, 10 a.m.-3 p.m.

Wednesday, September 4, 1 p.m.-6 p.m.

Thursday, September 5, 11 a.m.-2 p.m.

**\*\*No sessions in October**

Cost: \$45 for 45 minutes

The Garvey Senior Activity Center is excited to welcome back Sarah Strain, ARCB Board Certified.

### **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. Advance registration is required.

**\*\*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 suitable for those with severe edema, gout, open wounds, or vascular disease of the legs or feet. Please clean your feet before your appointment.\*\***



**Fall Iris Folding Cards**  
**Garvey Senior Activity Center**  
**Wednesday, October 2**

**1:30 p.m.**

**Cost: Free**

Welcome Fall by creating two Iris Folding cards ready for you to take home and add a personalized 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 that resembles the iris of a camera lens—that's how this craft got its name. Supplies will be provided, but feel free to bring your favorite scissors. Advanced registration is required.



**Pumpkin Mandala**  
**Garvey Senior Activity Center**  
**Tuesday, October 8**

**5:30 p.m.**

**Cost: Free**

Using pre-cut paper create a 3D layered fall pumpkin mandala design and a paper shadowbox frame. Mandala designs are perfect for creating unique and eye-catching papercrafts. The 3D design is cut, all you must do is stack them up and attach them. Advanced registration is required.



**Watercolor with T.L. Ford**  
**Garvey Senior Activity Center**  
**Tuesdays, September 10 & October 8**  
**1:30 p.m.**

**Cost: \$25 per session**

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 prior experience or drawing skills are necessary and everything you need is provided!

Advanced registration is required.

**Luncheon with Bruce Thomas**  
**Garvey Senior Activity Center**  
**Tuesday, September 10**  
**Doors Open: 11:30 a.m.**  
**Lunch Served: 12 p.m.**  
**Performance: 12:30 p.m.**

Guest vocalist, Bruce Thomas is a diverse performer who can effortlessly move through the musical categories of inspirational, swing, jazz, pop, and R&B. Please join us for his energetic and interactive performance while dining. Cost for lunch is by donation for those ages 60 and above and \$7 for those under the age of 60. Advanced registration is required. Please visit [www.stmarysmd.com/aging](http://www.stmarysmd.com/aging) and click on the “View Sign Up for Activities and Programs” button for this special luncheon.





## **Blissful Balance Sound Baths with Angel**

**Garvey Senior Activity Center**

**Tuesday, September 24**

***“Sound Bath Celebrating the Autumn Equinox”***

**Tuesday, October 22**

***“Sound Bath for Positive Energy”***

**6:30 p.m.**

**Cost: \$20**

Sound Baths use the power of sound and vibration to restore one’s mind, body, and spirit to a state of balance. The healing vibrations promote deep relaxation, reduce stress, improve concentration, and enhance overall well-being. Advance registration is required. Benefits of attending include stress

reduction, enhanced relaxation, improved focus and clarity, and physical and emotional healing. Immerse yourself in sound vibrations that melt away stress, providing a calming effect on your nervous system. Achieve deep states of relaxation, making it easier to manage anxiety and improve sleep quality. Sound baths can clear the mind, leading to better focus and clarity in both personal and professional life. The therapeutic effects of sound vibrations can help in healing emotional and physical ailments, promoting a sense of harmony.

***May not be recommended for those with pacemakers or medical implants.***

***Please consult your physician before attending.***

## **Aromatherapy Workshop**

**Garvey Senior Activity Center**

**Tuesday, September 17**

***“Clean Living with Essential Oils: Household Edition”***

**Tuesday, October 8**

***“Shoo Cold and Flu”***

**4 p.m.**

**Cost: \$15 per session**



### ***Clean Living with Essential Oils: Household Edition***

In September, join Certified Professional Aromatherapy Practitioner, Glori VanBrunt to learn about using essential oils to clean, sanitize, and deodorize your home! Learn easy and inexpensive ways to make your own all-purpose cleaners, bathroom cleaners, shower scrubs, mirrors, and more! Advance registration is required.

#### **In this 60-minute workshop, you will:**

- Learn about the health benefits of making your cleaning products which will save time and money while boosting your health,
- Learn about the best oils to use for killing viruses, bacteria, and fungi.
- Sample several essential oils and create your custom all-purpose cleaner to take home!

### ***Shoo Cold and Flu***

Come back in October to learn how to use aromatherapy to support strong immunity and address cold and flu symptoms! Advance registration is required.

#### **In this 60-minute workshop, you will:**

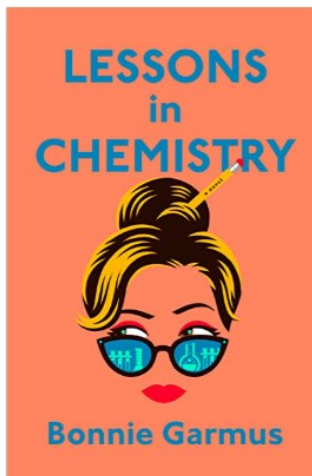
- Learn about using aromatherapy to build immunity before cold and flu season arrives.
- Learn about the benefits of using aromatherapy to address common cold and flu symptoms,
- Sample several essential oils.
- Take home your all custom-created Shoo cold and flu essential oil roll-on blend.



**Proflex Pickleball Talk**  
**Garvey Senior Activity Center**  
**Wednesday, September 25**  
**9 a.m.**

**Cost: Free**

Pickleball is the new hottest game, but if not done properly injuries can occur. Join ProFlex Physical Therapy as they guide you through proper form and ways to prevent injury. This presentation focuses on preventing injuries and will not be teaching how to play the game. Advanced registration is required.



**Book Discussion Group**  
**Garvey Senior Activity Center**  
**Wednesdays, September 11 & October 9**  
**11 a.m.**

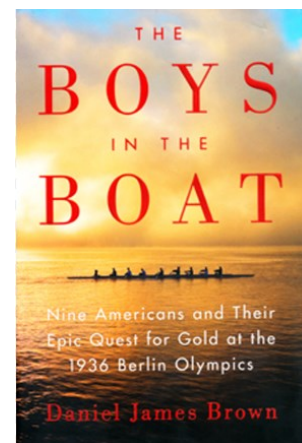
**Cost: Free**

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

**September-*Lessons in Chemistry* by Bonnie Garmus**

Chemist Elizabeth Zott is not your average woman. In fact, Elizabeth Zott would be the first to point out that there is no such thing as an average woman. But it's the early 1960s and her all-male team at Hastings Research Institute takes a very unscientific view of equality.

Except for one: Calvin Evans; the lonely, brilliant, Nobel-prize nominated grudge-holder who falls in love with—of all things—her mind. True chemistry results.



**October-*The Boys in the Boat* by Daniel Brown**

For readers of *Unbroken*, out of the depths of the Depression comes an irresistible story about beating the odds and finding hope in the most desperate of times—the improbable, intimate account of how nine working-class boys from the American West showed the world at the 1936 Olympics in Berlin what true grit really meant.

**Evening Music with Just Us 2**

**Garvey Senior Activity Center**  
**Wednesday, September 18**

**5:30 p.m.**

**Cost: Performance is Free; \$3 (optional snack pack purchase)**

Pat Nutter and Chris Tenney have performed at a wide variety of establishments throughout Southern MD and most recently at the Saturday Night Live Open Mic in Prince Frederick. They are a duo that performs bluegrass, classic country, gospel, and original music. Their music will get your toes and fingers tapping along with their lively music.

Advanced registration is required.

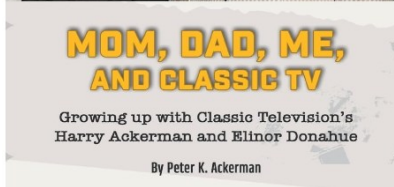


**Medstar Falls Prevention Presentation and Screenings**  
**Garvey Senior Activity Center**  
**Monday, September 23**

**10 a.m.**

**Cost: Free**

Falls are the leading cause of injury in adults aged 65 years or older and can reduce their ability to be independent. However, many falls can be prevented. Join us in learning how to minimize the risk of falling. Advanced registration is required.



**“Mom, Dad, Me and Classic TV”**  
**by Peter Ackerman Book Presentation**  
**Garvey Senior Activity Center**  
**Thursday, September 19**  
**10 a.m.**

**Cost: Free**

Peter K. Ackerman is the son of actress Elinor Donahue (*Father Knows Best, The Andy Griffith Show, Pretty Woman*) and television executive producer Harry Ackerman (*Bewitched, Hazel, The Flying Nun*) In 2024, BearMountain Media published his memoir *Mom, Dad, Me, and Classic TV* about what it was like growing up in Hollywood, California while his parents made their contributions to what is known today as Classic Television. He also recounts his own adventures as an actor and working in television production, including the two seasons on *Friends* when he worked as the assistant to the Line Producer. Peter lives in St. Mary’s County with his wife of 37 years and one of their two adult children. He

currently serves as rector of a local Episcopal Church. He is delighted with the opportunity his book provides to share his unique look at Hollywood history as he lived it. Advance registration is required.

**Chair Dancing Connection: Brain Building**  
**FUN! with Judi Lyons**

**Garvey Senior Activity Center**

**Thursday, September 26**

**2 p.m.**

**Cost: \$20**

Chair Dance Connection: Brain Building FUN! combines timeless upbeat music and gentle, rhythmic, brain-boosting movements to revitalize and lift your spirit while enhancing blood flow to the brain, mind-body coordination, memory, focus, and concentration. Chair-assisted dance sequences stretch and strengthen the mind and body in seated and standing positions. Modifiable to be accessible to ALL. Advance registration is required.



## Evening with Drama Speaks

Garvey Senior Activity Center

Tuesday, October 8

5:30 p.m.

**Cost: Performance is Free; \$3 (optional snack pack purchase)**

Drama Speaks is Garvey Senior Activity Center's very own Reader's Theater group. Join us for an evening of comedy with Drama Speaks! There is no charge for this program, but snack packs will be available for purchase. You can bring your dinner, but a meal will not be provided. Advance registration is required.

## Daily Energy Routine:

### Immunity Boost with Judi Lyons

Garvey Senior Activity Center

Thursday, October 17

2 p.m.

**Cost: \$15**

Combining gentle Energy Medicine movement techniques with a clear intention to cleanse subtle energy bodies and systems, bolster the immune system, and invigorate the mind, body, and spirit. This daily practice is transformative. If you struggle with frequent occurrences of being unwell or would simply like to improve your immune strength, then this workshop is for you! Accessible to all. Bring water and dress comfortably. Advanced registration is required.



## Luncheon with Just Us 2

Garvey Senior Activity Center

Tuesday, October 22

**Doors Open: 11:30 a.m.**

**Lunch Served: 12 p.m.**

**Performance: 12:30 p.m.**

Pat Nutter and Chris Tenney have performed at a wide variety of establishments throughout Southern Maryland and most recently at the Saturday Night Live Open Mic in Prince Frederick. They are a duo that performs bluegrass, classic country, gospel, and original music. Their music will get your toes and fingers tapping along with their lively music. The cost for lunch is by donation for those ages 60 and above and \$7 for those under the age of 60.

Advanced registration is required. Please visit [www.stmarysmd.com/aging](http://www.stmarysmd.com/aging) and click on the "View Sign Up for Activities and Programs" button for this special luncheon.

## Hope and Healing

Garvey Senior Activity Center

Tuesday, September 17

Tuesday, October 15

1:30 p.m.

**Cost: \$5 (suggested donation)**

As we age life's events can often become overwhelming, both mentally as well as physically.

Especially during this time, it is 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.



# Loffler Senior Activity Center

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

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



## Art with Jamie

Loffler Senior Activity Center

Tuesdays, September 3, 10, 17- Landscape Scenes

Tuesdays, October 1, 8, 15, 22 – Sunflower Batik Prints

10 a.m.- 12 p.m.

Cost: \$25 per session, supplies included

In September, come and learn how to draw one point and two-point perspective landscape scenes. In October, we will create one of a kind sunflower Batik prints on fabric using special dyes and wax. All skill levels welcome. Advance registration is required.

## R & B Line Dancing

Loffler Senior Activity Center

Wednesdays, 11 a.m., starting September 4

Cost: Free

We are excited to welcome back R&B Line dancing! Join Erol every Wednesday morning to learn popular line dance steps to your favorite R&B tunes.

## Loffler Book Club

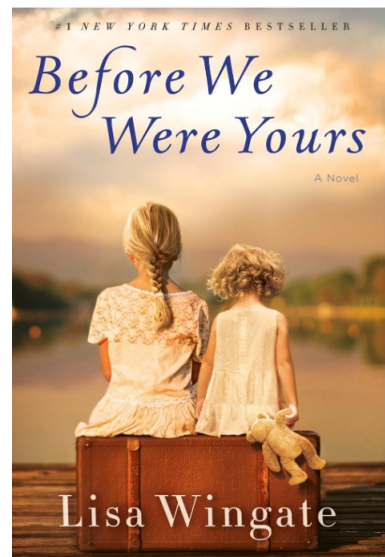
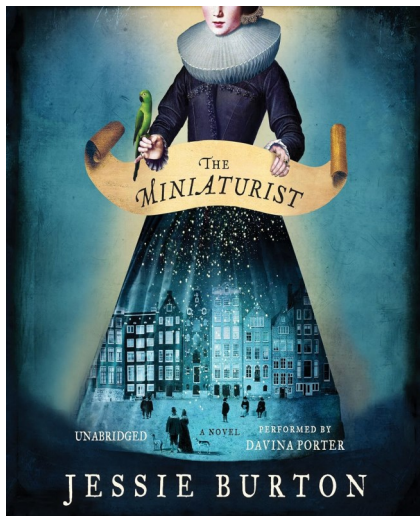
Loffler Senior Activity Center

Fridays, September 6 & October 4

2 p.m.

Cost: Free

The Loffler Book Club is a casual group that meets on the first Friday of every month at 2 p.m. The group welcomes new members and feedback for future book choices. Read a new book each month and then enjoy a friendly discussion. Everyone's thoughts and opinions are appreciated. The Lexington Park library has been very helpful in holding several copies of the books for us. Call 301-475-4200, ext. 1658, for more information.



On Friday, September 6, we will discuss *Gone Girl* by Gillian Flynn.

On Friday, October 4, we will discuss *Before We Were Yours* by Lisa Wingate

On Friday, November 1, we will discuss *The Miniaturist* by Jessica Burton

## Tai Ji Quan: Moving for Better Balance

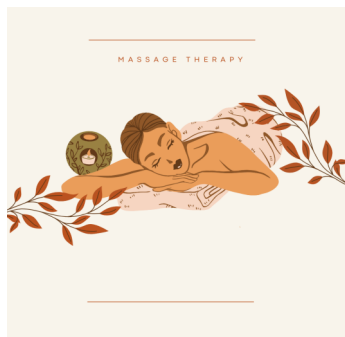
Loffler Senior Activity Center

Mondays & Fridays starting September 9

2 p.m.

Cost: Free

Tai Ji Quan is an exercise program to help improve your balance, mobility, walking, physical and mental well-being. You will learn a variety of movements from the traditional art of Tai Ji Quan, which have been tailored to train balance, self-awareness, and controlling body movements in performing various activities of daily life. During the twice weekly exercise sessions over the next 24 weeks, you will practice 8 forms of balance techniques along with a variety of movement drills. Advance registration is required for the series.



## Massage Therapy with Renika Watson, LMT

Loffler Senior Activity Center

Tuesdays, September 10 & 24, 10 a.m.-4 p.m.

Tuesdays, October 8 & 22, 10 a.m. – 4 p.m.

Cost: \$50 for 45 minutes

\$65 for 60 minutes

The Loffler Senior Activity 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. Advance registration is required.

### *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 is a good choice for when you want to fully relax during a massage. The 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.

## Crafts with Mimi – Fall Cascade Cards (Zigzag)

Loffler Senior Activity Center

Wednesday, September 11, 1 p.m.

Cost: \$10

Join Mimi in creating 2 fall cascade cards full of fall designs. Great to send to friends or use as decorations around the house. A cascade card (zigzag) is fan folded to allow space to place embellishments of your choice and easily collapses to place in an envelope. Supplies will be provided. Advance registration is required.



## Movie Madness

Loffler Senior Activity Center

Thursdays, September 12 & October 17

1 p.m.

Cost: Free; \$3 (optional snack pack purchase)

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! Advance registration is required.



To register go to [www.stmaryscountymd.gov/aging](http://www.stmaryscountymd.gov/aging) or leave a message on our reservation line at 301-475-4200, ext. 1660.

**September: 80 for Brady** starring

Lilly Tomlin, Rita Moreno, and Jane Fonda (PG-13)

An American football comedy inspired by a true story, it focuses on four lifelong friends who travel to watch Brady and his New England Patriots play in Super Bowl LI in 2017.

**October: Hocus Pocus** starring Bette Midler, Sarah Jessica Parker, and Kathy Najimy (PG-13)

A teenage boy named Max and his little sister move to Salem, where he struggles to fit in before awakening a trio of diabolical witches that were executed in the 17th century.



## Mid Atlantic Skin Surgery Institute – Skin Cancer Screenings

Loffler Senior Activity Center

Tuesday, September 17, 10 a.m.-1 p.m.

Cost: Free

Join Mid Atlantic Surgery Institute for free skin cancer screenings. Skin cancer is the most

common of all cancers. It accounts for nearly half of all cancers in the United States with over 9,500 cases diagnosed daily. Skin cancers appear in many shapes and sizes, and it is important to be able to recognize any changes with your skin awareness and treatment.

Advance registration is required.

mid-atlantic

skin surgery institute

SOUTHERN MARYLAND DERMATOLOGY

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## Luncheon with Patricia Armstrong

Loffler Senior Activity Center

Thursday, September 19

Doors Open: 11 a.m.

Lunch Served: 11:30 a.m.

Performance: 12 p.m.

The Loffler Senior Activity Center is happy to present the musical styles of Patricia Armstrong. Patricia plays a variety of genres and accompanies herself on her guitar. You will find yourself relaxed and singing along! The 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.

## **Iris Folding Projects – Turkey and Pumpkin**

**Loffler Senior Activity Center**

**Tuesday, September 24, 1 p.m.**

**Cost: Free**

Join Toni as she guides you through creating two Iris Folding projects for fall. A turkey and a pumpkin card ready for you to take home. Supplies will be provided, but feel free to bring your favorite scissors. Advance registration is required.

## **Make & Take Projects with Jamie**

**Loffler Senior Activity Center**

**Tuesday, September 24 – *Pre-painted Paper Landscape Collage***

**Tuesday, October 29 – *Sunflower Welcome Sign***

**10 a.m. – 12 p.m.**

**Cost: \$25**

Using lots of pre-painted paper scraps, we will create a lovely landscape collage while learning about color theory. In October, create a wonderful Sunflower welcome sign for the front porch using acrylic on wood and Batik prints. Supplies provided. Suitable for all skill levels. Advance registration is required.



## **Crafts with Penny- Fall Pumpkin with Flowers**

**Loffler Senior Activity Center -**

**Thursday, September 26, 1 p.m.**

**Cost: \$20**

Create a fall centerpiece or decoration using silk flowers and a 10” foam pumpkin. You will paint a design on your pumpkin and use flowers to finish. Supplies will be provided. Advance registration is required.

## **Art with Chris – Halloween Silhouettes**

**Loffler Senior Activity Center**

**Tuesday, October 15, 1 p.m.**

**Cost: \$5**

Join Chris in making spooky Halloween scenes using the technique of silhouettes. Great to use for decoration! Advance registration required.

## **Crafts with Mimi - A Bee Journal**

**Loffler Senior Activity Center**

**Tuesday, October 22, 1 p.m.**

**Cost: \$15**

Come make a beautiful vintage looking journal with a bee theme. Great as a gift, to display or to record your own journey. Supplies will be provided. Advance registration is required.

## **Halloween Spooktacular**

**Loffler Senior Activity Center**

**Thursday, October 31, 1 p.m. –4 p.m.**

**Cost: \$3**

Come join us for some spooktacular fun! Be sure to wear a costume to enter our costume contest. There will be dancing, games, light snacks, and good company. Advanced registration is required.



# Northern Senior Activity Center

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

*For events requiring registration, visit [www.stmaryscountymd.gov/aging](http://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.*

## Northern Village Arts

### Northern Senior Activity Center

The Northern Senior Activity Center is committed to exploring and hosting a variety of unique art programs. Inquire about our staff & volunteer-led groups and special projects. Both use various mediums. Refer to the online activity enrollment system to view upcoming events! Click on the "View & Sign Up For Activities & Programs" button at [www.stmaryscountymd.gov/aging](http://www.stmaryscountymd.gov/aging). Questions? Please contact Keilan Ruppert, Program Specialist, at [keilan.ruppert@stmaryscountymd.gov](mailto:keilan.ruppert@stmaryscountymd.gov), or call 301-475-4200, ext. 3103.

## Therapeutic Motions Private Sessions

### Northern Senior Activity Center

**Mondays, September 9-October 28\* & Tuesdays, September 17-October 29\***

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

**Cost: \$50 per session**

Judi Lyons's Therapeutic Motions Private Sessions are tailored to each individual and designed to relieve physical tension and stress, release unhealthy physical patterning from repetitive motion habits, injuries, or lack of use, and restore normal sensory motor function. Sessions will also improve blood flow, range of motion, posture, and stability. 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 Monday, September 16 & Tuesday, October 8.

See top of this page for how to register.



## Zen Barre® – Yoga, Ballet, & more!

### Northern Senior Activity Center

**Mondays, September 9-30, 11 a.m.-12:15 p.m.**

**Cost: \$38 for series**

Join certified instructor Paty Massón for this new 4-sessions fitness series! Zen Barre® is an effective choice for building muscular strength, particularly in your legs, glutes, and core, while helping with balance and flexibility. This low impact exercise is considered a cardiovascular practice which improves bone density and metabolism. It is a fun way to stretch your muscles and ligaments to boost your mental wellness by coordinating

music and movements. It is also a mixture of Yoga and ballet which uplifts mood and stimulates memory. **IMPORTANT:** This is recommended for people who can exercise standing up and want to improve balance, flexibility, and strength. It will include usage of the barre, mats, and balancing balls. See top of this page for how to register.



## Cupcake Decorating (Advanced): Succulent Plant Design

Northern Senior Activity Center  
Wednesday, September 11, 1-2:30 p.m.

Cost: \$15

Join Rebecca Smith of Sweetheart Cupcakes to learn how to decorate cupcakes for events, holidays, or just for fun! You will complete 2 cupcakes with a Succulent plant theme. This design is more advanced & detailed than Rebecca's typical classes. However, all skill levels are welcome. Supplies will be provided. See page 24 for how to register.



## Fall Bird Feeding – Presentation

Northern Senior Activity Center  
Tuesday, September 10, 10-11 a.m.

Cost: Free

Do you enjoy watching birds on the patio at Northern, or at home? Join Barb Whipkey, co-owner of Wild Birds Unlimited, as she shares tips on how we can attract a larger variety of birds to our feeders. Studies have shown that birds with access to feeders during the cold months have a

higher survival rate than those without access to feeders. See page 24 for how to register.

## Gentle Somatic Movement Flows: Re-educating Mind & Body to Release Pain

Northern Senior Activity Center  
Monday, September 16, 1:30-3:30 p.m.

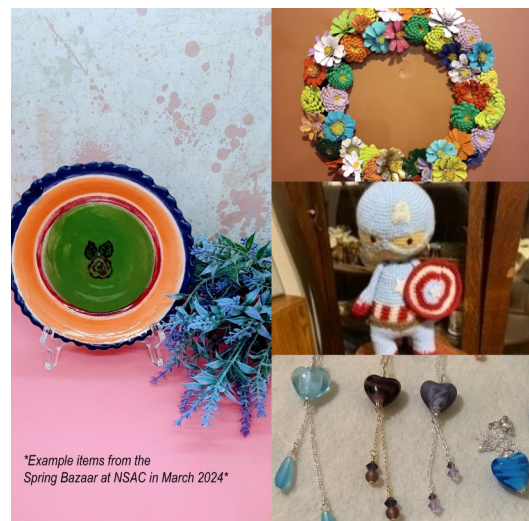
Cost: \$20

Join certified instructor, Judi Lyons, for this new workshop! Engage the brain-to-muscle connection by resolving patterns in the body that create misalignment, absence of sensation, and/or pain. Judi will help you address the root cause of chronic muscular pain through a series of simple, scientifically proven therapeutic movement sequences. IMPORTANT: this is a mat or chair class. Modifications will be available for anyone who cannot comfortably sit or lie down on the floor. Bring water and dress comfortably. See page 24 for how to register.

## Fall Bazaar 2024 – Craft & Vendor Sale

Northern Senior Activity Center  
Friday, September 20, 9 a.m.-2 p.m.  
OPEN TO THE PUBLIC!

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



## Men's Strength Training Boot Camp

Northern Senior Activity Center

Thursday, September 12-October 10 (5-sessions), 11 a.m.-12 p.m.

Cost: \$45

Join Thomas Corry, certified instructor with *Zen Well Studio*, for a Men's Strength Training series that aims to enhance your strength, mobility, and overall fitness. This series focuses on safe and effective exercises to build muscle, improve bone density, and increase endurance. Come on guys... let's stay strong and active! See page 24 for how to register.

## Wii Bowling Day: 100-Pins

Northern Senior Activity Center

Wednesday, September 25, 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 1 game in the morning, break for lunch, then bowl your final game in the afternoon. Prizes will be awarded to 1<sup>st</sup> & 2<sup>nd</sup> 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.



## CBT Yoga for Fibromyalgia/Lupus/CFS, with Tibetan Bowls

Northern Senior Activity Center

Tuesday, October 8, 2-4 p.m.

Cost: \$20

Join certified instructor Paty Massón for this great workshop! Paty will provide a brief presentation reviewing FMS symptoms & Yogic philosophy, introducing breathing techniques & hand gestures to alleviate pain. Explore different yoga stretches to lubricate aching joints and breathing techniques to ease pain, headaches and tiredness. The workshop will conclude with a 10–12-minute relaxation using Tibetan singing bowls. See page 24 for how to register.

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## Pink & Purse Bingo

Northern Senior Activity Center

Wednesday, October 16, 1-3 p.m.

Cost: Free (\$3 donation encouraged)

In recognition of Breast Cancer Awareness Month in October, we'll be hosting a special bingo. Win almost-new purses and bags as well as assorted lovely pink items. A donation made towards the cost of bingo prizes can be made that day. Wear pink to be entered into a drawing to win a \$20 Food Lion gift card! See page 24 for how to register.

## Senior Transportation Services – Presentation

Northern Senior Activity Center

Tuesday, September 24, 10-11 a.m.

Cost: Free

Want more information on local public transportation options? Join Allison Swint, Jessica Richards & Terry Kerns, of St. Mary's Transportation Services (STS) & Tri-County Council for Southern Maryland, for this FREE presentation. Learn how to ride public transit & get information on the additional transportation services. See page 24 for how to register.

## AARP Smart Driver™ Course

Northern Senior Activity Center

Thursday, October 17, 9 a.m.-3 p.m.

Cost: \$20 for AARP Members or \$25 for Non-members

The AARP Smart Driver™ Course will be held with an hour lunch break at 11:30 a.m. This program includes emphasis on roundabouts, pavement markings, stop-sign compliance, red-light running, and safety issues such as speeding, seat belt and turn signal use. See page 24 for how to register. Payment is due to the instructor on October 17. Payable by cash or check. 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.

## Basket Weaving: Cracker Basket

Northern Senior Activity Center

Friday, October 25, 10 a.m.-2 p.m.

Cost: \$30

Experienced basket artisan Pam King will guide you through the creation of a cracker basket! Perfect to use for parties/gatherings or home décor. See page 24 for how to register.



## Northern Stars Movie Club: *Young Frankenstein* (1974)

Northern Senior Activity Center

Monday, October 28, 1-3 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 parody film *Young Frankenstein* (1974, Comedy/Horror, PG, 1 hr. 46 min.). See page 24 for how to register.

## Boogie Down to Halloween Town – Dance Party

Northern Senior Activity Center

Thursday, October 31, 1-3 p.m.

Cost: Free

Happy Halloween! Wear your best costume and don't forget your dancing shoes. Be prepared to enter the costume contest for a chance to win a prize! Light refreshments will be served. There will be a door prize drawing for a FREE Fitness Card (\$40 value). See page 24 for how to register.



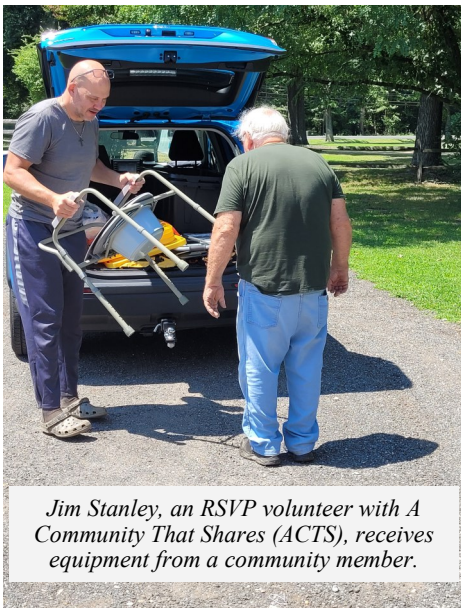
# Retired and Senior Volunteer Program

*By Monika Williams, RSVP Project Manager*

Did you know social isolation is associated with 57% higher risk of dementia? Studies have found there are three attributes: happiness, positive emotions, and strong social ties that may compensate for age-related decline. RSVP volunteers are benefitting from all three of these attributes as a result of serving the community. Volunteering brings opportunities to help others and to make new friends. Volunteering also gives a positive feeling of self-worth. Thank you, RSVP volunteers, for choosing to make a difference in our community.

## What are some of the benefits of volunteering?

- Developing new friendships
- Positive feelings from serving those in need
- Sense of connection to others in your community
- Increase in physical and mental activity
- Prevents loneliness and isolation



*Jim Stanley, an RSVP volunteer with A Community That Shares (ACTS), receives equipment from a community member.*



*Joanne Wurmlinger, an RSVP volunteer with A Community That Shares (ACTS), retrieves a wheelchair for a community member in need. ACTS provides convalescent equipment at no cost to community members in the tri-county area.*

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Are you looking for a way to give back to your community? We continue to receive volunteer requests from several RSVP Volunteer Stations needing help. Please consider joining our team. See the list of opportunities on the next page. Please contact me at 301-475-4200, ext. 1653 or [monika.williams@stmaryscountymd.gov](mailto:monika.williams@stmaryscountymd.gov) to learn more.



**NEW BEGINNING**

## 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.*

### **Garvey Senior Activity Center**

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

### **Teen Court**

- Hearing Support Assistants

### **Charlotte Hall Veterans Home**

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

### **Hospice of St. Mary's**

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

### **Community Mediation of St. Mary's County**

- Mediating
- Promoting fundraisers
- Disseminating brochures
- Office assistance

### **St. Mary's County Crime Solvers Board**

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

### **Treasurer's Office**

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

### **Northern Senior Activity Center**

- Chess Volunteer
- Outdoor Landscaping
- Book Club Leader

### **Senior Rides**

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

### **A Community That Shares (ACTS)**

- Receiving and dispersing medical equipment
- Repairing Equipment
- Currently, volunteers are needed on Wednesday and Friday afternoons.

### **Historic St. Mary's**

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

### **St. Clement's Island Museum**

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

### **The Old Jail & Leonardtown Visitor Center**

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

### **Loffler**

### **Senior Activity Center**

- Zoom Activity Monitor

### **Home-Delivered Meals**

- Drivers are needed to deliver hot meals to homebound seniors within St. Mary's County.

### **Friends of the Library**

- Assist with events
- Organize books
- Sort donations
- Data Entry

### **Patuxent River**

### **Naval Air Museum**

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

### **Historic Sotterley**

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

### **Habitat for Humanity**

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

### **Literacy Council of St. Mary's**

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

## Ongoing Activities - Garvey

<b>CLASS/ ACTIVITY</b>	<b>Dates/Time</b>	<b>DESCRIPTIONS - Materials Needed</b>	<b>Advance Signup</b>	<b>Fee</b>
<b>Arthritis Foundation Exercise Program (AFEP)</b>	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
<b>Art Studio</b>	2 <sup>nd</sup> & 4 <sup>th</sup> Fridays 12:30-4 p.m.	Open Art Studio hours. Bring your own supplies. Instruction not provided.	No	No
<b>Billiards</b>	Daily 8 a.m.-4 p.m.	Bring your own or use ours.	No	No
<b>Bingo</b>	Mondays 10-11:30 am	Game with volunteer bingo callers. Pantry items for prizes.	No	No
<b>Book Discussion Group</b>	2 <sup>nd</sup> Wednesdays 11 a.m.	Loaner books provided by St. Mary's Public Library.	No	No
<b>Bridge Club</b>	Wednesdays & Thursdays 10 a.m.-2 p.m.	Best suited for experienced players.	Call to inquire 301-475-4200 ext. 1080	No
<b>Cardio Lite</b>	Mondays 5:30 p.m.	Light Cardio & low impact class.	No	Fitness Card
<b>Collage Group</b>	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
<b>Cornhole</b>	Daily 8 a.m.-4 p.m.	2 boards, 8 bags.	No	No
<b>Crochet Club</b>	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
<b>Diamond Dots</b>	Every Thursday 2 p.m.	Paint by color with diamonds. No experience needed. Bring your own supplies. Light boards provided.	No	No
<b>EnhanceFitness</b>	Mon., Wed., Fri. 11-12 p.m. Wednesdays 5:30 p.m.	Cardiovascular/weight training exercises to improve flexibility, strength, balance.	No	Fitness Card
<b>Fitness Room</b>	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
<b>Geri-Fit</b>	Monday & Wednesday 2-3 p.m.	Helping to rebuild strength that has been lost.	No	No
<b>Line Dancing</b>	Tuesdays 11 a.m.	No experience necessary. Volunteer leads group in a variety of steps.	No	No
<b>Men's Strength</b>	Mondays 9:30-10:30 a.m.	Low impact strength training class.	No	Fitness Card
<b>Pickleball Courts</b>	Open	Pickleball courts are available daily, dawn to dusk. See staff during hours for access info.	No	No
<b>Ping Pong</b>	Daily 8 a.m.-4 p.m.	1 table, paddles and balls are available.	No	No

## Ongoing Activities - Garvey

<b>CLASS/ ACTIVITY</b>	<b>Dates/Time</b>	<b>DESCRIPTIONS - Materials Needed</b>	<b>Advance Signup</b>	<b>Fee</b>
<b>Readers Theater</b>	Meeting 2 <sup>nd</sup> Tuesdays 11 a.m. Rehearsals as needed	Readers Theater is a form of theater that involves minimal props and no line memorization.	Yes	No
<b>R&amp;B Line Dancing</b>	Mondays 12:30 p.m.	Line Dancing with specific instructions on popular line/party dance styles.	No	No
<b>Scrapbooking Day</b>	1 <sup>st</sup> Friday of the Month. 9 a.m. – 4 p.m.	Open Art Studio Hours. Supplies & Instruction are not provided.	No	No
<b>Walk &amp; Tone</b>	Fridays 9:30-10:30 a.m.	A low impact aerobic class. Strength training using bands, weights and balls is included.	No	Fitness Card
<b>Walking Club</b>	Mon., Wed. & Fri. 9 a.m.	Meet in the lobby of the Garvey Senior Activity Center & walk around surrounding facilities.	No	No
<b>Watercolor with T.L. Ford</b>	2 <sup>nd</sup> Tuesday 1:30 p.m.	Come learn the basics of watercolor painting in a relaxing & informal setting.	Yes	Yes
<b>Yoga (Chair)</b>	Wednesdays 9:30 a.m.	Improves muscle strength & tone. Reduces stress & increases relaxation.	No	Fitness Card
<b>Yoga (Mat)</b>	Tuesday & Fridays 12:30 p.m. Tues. 5:30 p.m.	Improves muscle strength & tone. Reduces stress & increases relaxation.	No	Fitness Card
<b>Zumba Gold</b>	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](http://www.stmaryscountymd.gov/aging)

*Senior Information & Assistance Contacts*  
[www.stmaryscountymd.gov/aging/SeniorIA-Contacts](http://www.stmaryscountymd.gov/aging/SeniorIA-Contacts)

*Department of Aging & Human Services Facebook Page*  
[www.facebook.com/SMCDAHS](http://www.facebook.com/SMCDAHS)

*Department of Aging & Human Services YouTube Channel*  
[www.youtube.com/c/SMCAgingHumanServices](http://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
Book Club	1st Friday of the month 2 p.m.	Casual book discussion group. Lexington park library holds copies for selected books.	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
Charity Crafters	Tuesdays 1 p.m.	Make hats, mittens, scarves, and baby blankets, 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. -4 p.m.	Paint by color with faceted resin or crystal diamonds. No experience needed. Bring your own supplies or purchase at 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.	No	No
Health Watch Presentations	2 <sup>nd</sup> Wednesdays 9:30 a.m.	Volunteer led informational session on various health topics.	Yes	No
Honey Bee Quilters	1 <sup>st</sup> , 3 <sup>rd</sup> , & 5 <sup>th</sup> Wednesdays 10 a.m.	Bring your own quilting supplies. Sewing machines available at center if needed.	No	No
Line Dancing	Fridays 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
Movie Madness	Every 3rd Thursday 1 p.m.	New movie each month – snack packs available for purchase.	Yes	No



## Ongoing Activities - Loffler

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
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 <sup>nd</sup> 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
Open Studio Card Connection	2 <sup>nd</sup> Tuesdays 12:30 p.m. – 3:30 p.m.	Drop in to craft cards with others .	No	No
Pinochle	Mon., Wed., & Fri. 9 a.m.	Experienced players welcome.	No	No
Project Linus	3 <sup>rd</sup> Fridays 10 a.m.	Make blankets for children and teenagers who are hospitalized or in shelters.	No	No
R & B Line Dancing	Wednesdays 11:00 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
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
Yoga	Mon., Wed., Thurs., Fri., 9:30 a.m.	Gentle range of motion stretches and poses along with meditation.	No	Fitness Card
Zumba Gold	Mondays 12:30 p.m.	Dance based exercise program led by certified instructor.	No	Fitness Card

## Ongoing Activities - Northern

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Arthritis Foundation Exercise Program	Wednesdays 10:45-11:45 a.m. Thursdays, 1-2 p.m.	Gentle, range of motion, stretching and flexibility led by certified instructor.	No	No
Awakening Yoga	Mondays , 9:30-10:30 a.m.	Gentle range of motion/ meditation.	No	Fitness Card
Basket Weaving	Periodically	Typically, two-part classes offered.	Yes	Varies; \$30
Billiards	Mondays & Wednesdays	Bring your own or use ours.	No	No
Bingo	Fridays 9:45-11:15 a.m.	Game with volunteer bingo callers. Pantry items for prizes.	Yes	Suggested Donation
Book Club: Book Chatter	4 <sup>th</sup> Thursdays 10:30 -11-30 a.m.	Read & review new books each month. Different books for each club.	Yes	No
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 <sup>st</sup> & 3 <sup>rd</sup> 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 9 a.m. (for Summer)	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
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 301-475-4200 ext. 3101	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 <sup>nd</sup> & 4 <sup>th</sup> 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](http://www.stmaryscountymd.gov/aging)

Facebook: [www.facebook.com/SMCDAHS](http://www.facebook.com/SMCDAHS)

YouTube: [www.youtube.com/c/SMCAgingHumanServices](http://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)***

**Monday, September 2 - Labor Day**  
**Monday, October 14 - Columbus Day**

**NEW BEGINNING**