

# Northern Senior Activity Center

# November 2024

Mon	Tue	Wed	Thu	Fri
		<div style="border: 2px solid black; background-color: yellow; padding: 5px;"> <b>Hours of Operation</b>                      8 a.m. - 4:30 p.m.                      Last Entry at 4 p.m.                 </div>	<div style="border: 2px solid black; background-color: lightblue; padding: 5px;"> <b>Hot Lunches Served Daily</b>                      Ages 50+. Call ext. 3105                      the day before to reserve.                 </div>	<b>1</b> 8 am-4 pm: Crafty Corner 9-10 am: Enhance® Fitness (Annette) \$ 9:45-11:15 am: Bingo <b>10 am-Noon: Pottery Throwing</b> — <i>Santa Belly Crock</i> (1 of 2) \$ 10 am-2 pm: Oh Heck Cards 10 am-4:30 pm: Double Pinochle 11 am-Noon: Awakening Yoga (Judi) \$ 1-2 pm: R&B Line Dancing 1-4:30 pm: SWAG—Cards
<b>4</b> 8 am-4 pm: Open Studio 9:30-10:30 am: Awakening Yoga (Judi) \$ 10 am-3 pm: Scrapbooking 10 am-4 pm: Billiards Drop-in 1-4 pm: Crochet DIY	<b>5</b> Election Day 8 am-4 pm: Open Studio & Crafty Corner 9:30-10:30 am: Enhance® Fitness (Geno) \$ 10 am-2 pm: Oh Heck Cards 10 am-4:30 pm: Double Pinochle 10:45-11:45 am: Zumba Gold® (Geno) \$ <b>11 am-Noon:</b> <b>Medicare Open Enrollment Presentation</b> 1-4:30 pm: SWAG — Cards	<b>6</b> 9:30-10:30 am: Chair Yoga (Paty) \$ 9:30 am-12:30 pm: Dynamic Ceramics 10-11:30 am: Coloring Group II* 10 am-4 pm: Billiards Drop-in 10:45-11:45 am: Arthritis Exercise (Debbie) 1-2:30 pm: Line Dancing (Colleen) 1-2:30 pm: Coloring Group* 1-4 pm: Crafty Corner (Studio)	<b>7</b> 8 am-4 pm: Open Studio & Crafty Corner 10 am: Crime Solvers* 10 am-1 pm: Party Bridge <b>11 am-Noon: Men's Strength Training</b> <b>Boot Camp (1 of 5) \$</b> 1-2 pm: Arthritis Exercise (Debbie) 1-4:30 pm: Eastern Mahjong  ^Enhance® Fitness CANCELLED	<b>8</b> 8 am-4 pm: Open Studio & Crafty Corner 9-10 am: Enhance® Fitness (Annette) \$ 9:45-11:15 am: Bingo 10 am-2 pm: Oh Heck Cards 10 am-4:30 pm: Double Pinochle 11 am-Noon: Awakening Yoga (Judi) \$ 1-2 pm: R&B Line Dancing 1-4:30 pm: SWAG—Cards
<b>11</b> <b>CENTER CLOSED</b> Veterans Day 	<b>12</b> 8 am-4 pm: Open Studio 9:30-10:30 am: Enhance® Fitness (Geno) \$ <b>10-11 am: Southern Maryland History in Story &amp; Song with Joseph Norris</b> 10 am-Noon: Homemakers* 10 am-2 pm: Oh Heck Cards 10 am-4:30 pm: Double Pinochle 10:45-11:45 am: Zumba Gold® (Geno) \$ 12:30-4 pm: Crafty Corner 1-4:30 pm: SWAG — Cards	<b>13</b> 8:30 am-12:30 pm: <b>Memory Screenings with Terri Verbic-Boggs</b> 9:30-10:30 am: Chair Yoga (Judi) \$ 9:30 am-12:30 pm: Dynamic Ceramics 10 am: Cycling Meetup 10 am-4 pm: Billiards Drop-in 10:45-11:45 am: Arthritis Exercise (Debbie) 11:30 am-3:30 pm: Northern Quilters* 1-2:30 pm: Line Dancing (Colleen) 1-4 pm: Crafty Corner (Studio) 1-4 pm: Crochet DIY	<b>14</b> 8 am-4 pm: Open Studio & Crafty Corner 9:30-10:30 am: Enhance® Fitness (Cheryl) \$ <b>10-11:30 am:</b> <b>Coffee with the Sheriff</b> 10 am-1 pm: Party Bridge <b>11 am-Noon: Men's Strength Training Boot Camp (2 of 5) \$</b> 1-4:30 pm: Eastern Mahjong	<b>15</b> 8 am-4 pm: Crafty Corner 9-10 am: Enhance® Fitness (Annette) \$ 9:45-11:15 am: Bingo <b>10 am-Noon: Pottery Throwing</b> — <i>Santa Belly Crock</i> (2 of 2) \$ 10 am-2 pm: Oh Heck Cards 10 am-4:30 pm: Double Pinochle 11 am-Noon: Awakening Yoga (Judi) \$ 1-2 pm: R&B Line Dancing 1-4:30 pm: SWAG—Cards
<b>18</b> 8 am-4 pm: Open Studio 9:30-10:30am: Awakening Yoga (Judi) \$ 10 am-Noon: Diamond Dazzle (Group 1)* 10 am-4 pm: Billiards Drop-in <b>Noon-1 pm:</b> <b>Nutrition Education — Diabetes</b> 1-3 pm: Diamond Dazzle (Group 2)* 1-4 pm: Crochet DIY <b>1:30-3 pm: Chair Dance Connection</b> — <i>Holiday Gratitude with Judi &amp; Paty</i> \$	<b>19</b> 8 am-4 pm: Open Studio & Crafty Corner 9:30-10:30 am: Enhance® Fitness (Geno) \$ 10 am-2 pm: Oh Heck Cards 10 am-4:30 pm: Double Pinochle 10:45-11:45 am: Zumba Gold® (Geno) \$ <b>11 am-12:30 pm: Turkey &amp; Tunes Luncheon with P.M. Barber \$</b> 1-4:30 pm: SWAG — Cards	<b>20</b> 9:30-10:30 am: Chair Yoga (Judi) \$ 9:30 am-12:30 pm: Dynamic Ceramics 10-11:30 am: Coloring Group II* 10 am-4 pm: Billiards Drop-in 10:45-11:45 am: Arthritis Exercise (Debbie) 1-2:30 pm: Line Dancing (Colleen) 1-2:30 pm: Coloring Group* 1-4 pm: Crafty Corner (Studio) 1-4 pm: Crochet DIY	<b>21</b> 8 am-4 pm: Open Studio & Crafty Corner 9:30-10:30 am: Enhance® Fitness (Cheryl) \$ 10 am-1 pm: Bridge 10:30-11:30 am: Book Chatter* <b>11 am-Noon: Men's Strength Training Boot Camp (3 of 5) \$</b> 12:30-3:30 pm: Pitch Card Day \$ 1-2 pm: Arthritis Exercise (Debbie) 1-4:30 pm: Eastern Mahjong	<b>22</b> 8 am-4 pm: Open Studio & Crafty Corner 9-10 am: Enhance® Fitness (Annette) \$ 9:45-11:15 am: Bingo 10 am-2 pm: Oh Heck Cards 10 am-4:30 pm: Double Pinochle 11 am-Noon: Awakening Yoga (Judi) \$ <b>12:30-3:30 pm: Bunco Day \$</b> 1-2 pm: R&B Line Dancing 1-4:30 pm: SWAG—Cards
<b>25</b> 8 am-4 pm: Open Studio 9:30-10:30 am: Awakening Yoga (Judi) \$ 10 am-3 pm: Scrapbooking 10 am-4 pm: Billiards Drop-in 1-4 pm: Crochet DIY	<b>26</b> 8 am-4 pm: Open Studio 9:30-10:30 am: Enhance® Fitness (Geno) \$ 10 am-Noon: Homemakers* 10 am-2 pm: Oh Heck Cards 10 am-4:30 pm: Double Pinochle 10:45-11:45 am: Zumba Gold® (Geno) \$ 12:30-4 pm: Crafty Corner <b>1-3 pm: Floral Arranging — Thanksgiving Centerpieces with Ian Tresselt Design \$</b> 1-4:30 pm: SWAG — Cards	<b>27</b> 9:30 am-12:30 pm: Dynamic Ceramics 10 am-4 pm: Billiards Drop-in 10:45-11:45 am: Arthritis Exercise (Debbie) 11:30 am-3:30 pm: Northern Quilters* 1-2:30 pm: Line Dancing (Colleen) 1-4 pm: Crafty Corner (Studio) 1-4 pm: Crochet DIY  ^Chair Yoga & Cycling Meetup CANCELLED	<b>28</b> <b>CENTER CLOSED</b> Thanksgiving	<b>29</b> <b>CENTER CLOSED</b> Black Friday

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

# Important Information

## The Online Registration System

Opened on **October 20** at 8 a.m. for select **November & December** activities.

To create an account & register for activities, visit [www.stmaryscountymd.gov/aging](http://www.stmaryscountymd.gov/aging) and click the button that reads **"View & Sign Up for Activities & Programs."**

### *This month, online reservations are needed for:*

- \* Bunco Card Day, Chair Dance Connection, Coffee with the Sheriff, Floral Arranging, Memory Screenings, Men's Strength Training, Nutrition Education, Pitch Card Day, Pottery Throwing, Southern Maryland History, and Turkey & Tunes with P.M. Barber.
- \* For details, see Online Registration System, E-News, or the New Beginning newsletter. Accommodations will be made for those requiring registration assistance by leaving a voicemail request at (301) 475-4200, **ext. 3115**.

### *Additionally:*

- \* **Lunches**— need a reservation by calling the kitchen **ext. 3105** by noon the day before. See the front desk with any questions.
- \* **Tech Rescue**— Keilan Ruppert is offering tech help by appointment for a particular problem or hang-up.  
To request a 15-30 minute appointment, email [Keilan.Ruppert@stmaryscountymd.gov](mailto:Keilan.Ruppert@stmaryscountymd.gov) (preferred) or call **ext. 3103**.  
Please include device information & questions/concerns when requesting. Drop-ins might not be accepted.

## VIRTUAL Fitness Classes

Registration opened on **September 20** at 8 a.m. Visit [www.stmaryscountymd.gov/aging](http://www.stmaryscountymd.gov/aging) to register & pay.

Monday	Tuesday	Wednesday	Thursday	Friday
9-10 am: Enhance Fitness with Sherry	9:30-10:30 am: Chair Assisted Yoga with Karen  3-4 pm: Chair Pilates with Sherry	9-10 am: Enhance Fitness with Sherry	NO VIRTUAL CLASSES	9:30-10:30 am: Chair Assisted Yoga with Judi

## Reminders

- In-person classes at the Center are open to St. Mary's & out-of-county residents. Most are drop-in unless otherwise indicated.
- **VIRTUAL** fitness classes are held on Zoom and open to all members.
- Updated membership paperwork is required before participating.
- Any programs requiring a fee are shown with \$ (In-person fitness classes require a fitness card purchase). Payments may be made with a credit card (Visa or Mastercard) or in-person at the front desk. Check or exact cash are also accepted.

# The Staff

## (301) 475-4200

### **MarieNoelle Lautieri**

Operations Manager, **ext. 3102**  
[MarieNoelle.Lautieri@stmaryscountymd.gov](mailto:MarieNoelle.Lautieri@stmaryscountymd.gov)

### **Keilan Ruppert**

Program Specialist, **ext. 3103**  
[Keilan.Ruppert@stmaryscountymd.gov](mailto:Keilan.Ruppert@stmaryscountymd.gov)

### **Helene Hunter**

Senior Office Specialist, **ext. 3101**  
[Helene.Hunter@stmaryscountymd.gov](mailto:Helene.Hunter@stmaryscountymd.gov)

### **MAP I&A Caseworker**

**ext. 3104**

### **Penny Ellingwood**

Food Service Technician, **ext. 3105**  
[Penny.Ellingwood@stmaryscountymd.gov](mailto:Penny.Ellingwood@stmaryscountymd.gov)

**Therapeutic Motions**  
*Private Sessions*  
with instructor **Judi Lyons**  
Monday/Tuesday, 12:45-1:35 p & 1:45-2:35 p.m.  
**\$50 per session.** Enroll & read info online.

**Computer Lab  
& Workout Room**  
Drop-in basis  
with usage maximums

For weather related closures and cancellations...

Call (301) 475-4200, **ext. 3101**

The \* symbol indicates full with waitlist.













*Programs may be subject to change  
or additional programs may be added.*

*Call ahead for more info on any program!*



# Northern Senior Activity Center

# December 2024

Mon	Tue	Wed	Thu	Fri
<p><b>2</b> 8 am-4 pm: Open Studio &amp; Crafty Corner 10 am-4 pm: Billiards Drop-in</p> <p><b>1-3:30 pm: Northern Stars Movie Club: It's a Wonderful Life</b> (1946, 2 hr 10 min)</p> <p>1-4 pm: Crochet DIY </p> <p><i>^Awakening Yoga CANCELLED</i></p>	<p><b>3</b> 8 am-4 pm: Open Studio &amp; Crafty Corner 9:30-10:30 am: Enhance® Fitness (Geno) \$ 10 am-2 pm: Oh Heck Cards 10 am-4:30 pm: Double Pinochle 10:45-11:45 am: Zumba Gold® (Geno) \$ <b>11-11:30 am: StrongerMemory<sup>SM</sup></b> (1 of 6) 1-4:30 pm: SWAG — Cards</p>	<p><b>4</b> 9:30-10:30 am: Chair Yoga (Paty) \$ 9:30 am-12:30 pm: Dynamic Ceramics 10-11:30 am: Coloring Group II* 10 am-4 pm: Billiards Drop-in 10:45-11:45 am: Arthritis Exercise (Debbie) <b>11 am-2:30 pm: Wii Bowling Day: 100 Pins \$</b> 1-2:30 pm: Line Dancing (Colleen) 1-2:30 pm: Coloring Group* 1-4 pm: Crafty Corner (Studio) </p>	<p><b>5</b> 8 am-4 pm: Open Studio &amp; Crafty Corner 9:30-10:30 am: Enhance® Fitness (Cheryl) \$ 10 am-1 pm: Bridge <b>11 am-Noon: Men's Strength Training Boot Camp</b> (4 of 5) \$ 1-2 pm: Arthritis Exercise (Debbie) 1-4:30 pm: Eastern Mahjong</p>	<p><b>6</b> 9-10 am: Enhance® Fitness (Annette) \$ 9:45-11:15 am: Christmas Bingo 10 am-2 pm: Oh Heck Cards <b>10 am-3 pm: Basket Weaving \$</b>  10 am-4:30 pm: Double Pinochle 11 am-Noon: Awakening Yoga (Judi) \$ 1-2 pm: R&amp;B Line Dancing <b>1-3 pm: Crafting with Helene &amp; Colleen</b> 1-4:30 pm: SWAG—Cards <i>^Open Studio &amp; Crafty Corner CANCELLED</i></p>
<p><b>9</b> 8 am-4 pm: Open Studio 9:30-10:30 am: Awakening Yoga (Judi) \$ <b>10-11 am: Cake Walk Game</b> 10 am-3 pm: Scrapbooking 10 am-4 pm: Billiards Drop-in 1-4 pm: Crochet DIY </p>	<p><b>10</b> 8 am-4 pm: Open Studio 9:30-10:30 am: Enhance® Fitness (Geno) \$ 10 am-Noon: Homemakers* 10 am-2 pm: Oh Heck Cards 10 am-4:30 pm: Double Pinochle 10:45-11:45 am: Zumba Gold® (Geno) \$ <b>11-11:30 am: StrongerMemory<sup>SM</sup></b> (2 of 6) 12:30-4 pm: Crafty Corner 1-4:30 pm: SWAG — Cards</p>	<p><b>11</b> 9:30-10:30 am: Chair Yoga (Paty) \$ 9:30 am-12:30 pm: Dynamic Ceramics 10:45-11:45 am: Arthritis Exercise (Debbie) <b>11 am-2:30 pm: 8-Ball Pool Competition \$</b> 11:30 am-3:30 pm: Northern Quilters* 1-2:30 pm: Line Dancing (Colleen)  1-4 pm: Crafty Corner (Studio) 1-4 pm: Crochet DIY</p> <p><i>^Billiards Drop-in &amp; Cycling CANCELLED</i></p>	<p><b>12</b> 8 am-4 pm: Open Studio 9:30-10:30 am: Enhance® Fitness (Cheryl) \$ <b>9:30-11 am: Digital Photography for Beginners</b> 10 am-1 pm: Bridge 10:30-11:30 am: Book Chatter* (Craft Room) <b>11 am-Noon: Men's ST Boot Camp</b> (5 of 5) \$ 1-2 pm: Arthritis Exercise (Debbie) 1-4:30 pm: Eastern Mahjong</p>	<p><b>13</b> 8 am-4 pm: Open Studio &amp; Crafty Corner 9-10 am: Enhance® Fitness (Annette) \$ 9:45-11:15 am: Bingo 10 am-2 pm: Oh Heck Cards <b>10 am-2 pm: Christmas Party @ LOFFLER</b> 10 am-4:30 pm: Double Pinochle 11 am-Noon: Awakening Yoga (Judi) \$ 1-2 pm: R&amp;B Line Dancing 1-4:30 pm: SWAG—Cards</p>
<p><b>16</b> 8 am-4 pm: Open Studio 9:30-10:30 am: Awakening Yoga (Judi) \$ 10 am-Noon: Diamond Dazzle (Group 1)* 10 am-4 pm: Billiards Drop-in <b>Noon-1 pm: Nutrition Education — Holiday Eating</b> 1-3 pm: Diamond Dazzle (Group 2)* 1-4 pm: Crochet DIY </p>	<p><b>17</b> 8 am-4 pm: Open Studio &amp; Crafty Corner 9:30-10:30 am: Enhance® Fitness (Geno) \$ 10 am-2 pm: Oh Heck Cards 10 am-4:30 pm: Double Pinochle 10:45-11:45 am: Zumba Gold® (Geno) \$ <b>11-11:30 am: StrongerMemory<sup>SM</sup></b> (3 of 6) 1-4:30 pm: SWAG — Cards</p>	<p><b>18</b> 9:30-10:30 am: Chair Yoga (Paty) \$ 9:30 am-12:30 pm: Dynamic Ceramics 10 am-4 pm: Billiards Drop-in 10:45-11:45 am: Arthritis Exercise (Debbie) 1-2:30 pm: Line Dancing (Colleen) 1-4 pm: Crafty Corner (Studio) 1-4 pm: Crochet DIY</p>	<p><b>19</b> 8 am-4 pm: Open Studio &amp; Crafty Corner 9:30-10:30 am: Enhance® Fitness (Cheryl) \$ 10 am-1 pm: Bridge <b>12:30-3:30 pm: Pitch Card Day \$</b> 1-2 pm: Arthritis Exercise (Debbie)  1-4:30 pm: Eastern Mahjong</p>	<p><b>20</b> 8 am-4 pm: Open Studio &amp; Crafty Corner 9-10 am: Enhance® Fitness (Annette) \$ 9:45-11:15 am: Bingo 10 am-2 pm: Oh Heck Cards 10 am-4:30 pm: Double Pinochle 11 am-Noon: Awakening Yoga (Judi) \$ <b>12:30-3:30 pm: Bunco Day \$</b> 1-2 pm: R&amp;B Line Dancing 1-4:30 pm: SWAG—Cards </p>
<p><b>23</b> 8 am-4 pm: Open Studio &amp; Crafty Corner 9:30-10:30 am: Awakening Yoga (Judi) \$ 10 am-4 pm: Billiards Drop-in 1-4 pm: Crochet DIY</p>	<p><b>24</b> <b>CENTER CLOSED</b> Christmas Eve</p>	<p><b>25</b> <b>CENTER CLOSED</b> Christmas </p>	<p><b>26</b> <b>CENTER CLOSED</b> Holiday </p>	<p><b>27</b> 8 am-4 pm: Open Studio &amp; Crafty Corner 9-10 am: Enhance® Fitness (Annette) \$ 9:45-11:15 am: Bingo 10 am-2 pm: Oh Heck Cards 10 am-4:30 pm: Double Pinochle 11 am-Noon: Awakening Yoga (Judi) \$ 1-2 pm: R&amp;B Line Dancing 1-4:30 pm: SWAG—Cards</p>
<p><b>30</b> 8 am-4 pm: Open Studio &amp; Crafty Corner 9:30-10:30 am: Awakening Yoga (Judi) \$ 10 am-4 pm: Billiards Drop-in 1-4 pm: Crochet DIY </p>	<p><b>31</b> New Year's Eve 8 am-4 pm: Open Studio &amp; Crafty Corner 10 am-2 pm: Oh Heck Cards 10 am-4:30 pm: Double Pinochle 1-4:30 pm: SWAG — Cards</p> <p><i>^StrongerMemory MOVED to January 2</i></p> <p><i>^Enhance Fit. &amp; Zumba Gold CANCELLED</i></p>	<p><b>Therapeutic Motions Private Sessions</b> with instructor Judi Lyons</p> <p>Monday/Tuesday, 12:45-1:35 p &amp; 1:45-2:35 p.m. \$50 per session. Enroll &amp; read info online.</p>	<p><b>Hot Lunches Served Daily</b> Ages 50+. Call ext. 3105 the day before to reserve.</p>	<p><b>Happy Holidays</b> </p>

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### *This month, online reservations are needed for:*

- \* 8-Ball Pool, Basket Weaving, Bunco Day, Cake Walk, Christmas Party @ Loffler, Crafting with H & C, Digital Photography, It's a Wonderful Life, Men's ST Boot Camp, Nutrition Education, Pitch Card Day, StrongerMemory<sup>SM</sup>, & Wii Bowling Day.
- \* For details, see Online Registration System, E-News, or the New Beginning newsletter. Accommodations will be made for those requiring registration assistance by leaving a voicemail request at (301) 475-4200, **ext. 3115**.

### *Additionally:*

- \* **Lunches**— need a reservation by calling the kitchen **ext. 3105** by noon the day before. See the front desk with any questions.
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## Reminders

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# The Staff

## (301) 475-4200

### **MarieNoelle Lautieri**

Operations Manager, **ext. 3102**  
[MarieNoelle.Lautieri@stmaryscountymd.gov](mailto:MarieNoelle.Lautieri@stmaryscountymd.gov)

### **Keilan Ruppert**

Program Specialist, **ext. 3103**  
[Keilan.Ruppert@stmaryscountymd.gov](mailto:Keilan.Ruppert@stmaryscountymd.gov)

### **Helene Hunter**

Senior Office Specialist, **ext. 3101**  
[Helene.Hunter@stmaryscountymd.gov](mailto:Helene.Hunter@stmaryscountymd.gov)

### **MAP I&A Caseworker**

**ext. 3104**

### **Penny Ellingwood**

Food Service Technician, **ext. 3105**  
[Penny.Ellingwood@stmaryscountymd.gov](mailto:Penny.Ellingwood@stmaryscountymd.gov)

**Hours of  
Operation**  
8 a.m. - 4:30 p.m.  
Last Entry at 4 p.m.

**Computer Lab  
& Workout Room**  
Drop-in basis  
with usage maximums

For weather related closures and cancellations...

Call (301) 475-4200, **ext. 3101**

The \* symbol indicates full with waitlist.

*Programs may be subject to change  
or additional programs may be added.*

*Call ahead for more info on any program!*

