

L.I.F.E. **Learning is ForEver**

Spring 2024 Offerings



**Online registration available!
See page 4 for details.**

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

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

TABLE OF CONTENTS

General & Registration Information.....	Page 3
Amish & Mennonite Community Tour.....	Page 6
Presentation: The Potomac River Squadron in Action.....	Page 7
Presentation: Lost Letters of Point Lookout.....	Page 8
Piney Point Lighthouse Museum & Historic Park.....	Page 9
Historic Sotterley Guided Tours.....	Page 10
James E. Richmond Science Center.....	Page 11
Exploring the Three Notch Trail by Bike... ..	Page 12
Belle Grove Plantation Tour and Tea.....	Page 13
St. Clement's Island and Museum Tour	Page 14
Retired and Senior Volunteer Program (RSVP) Contact	Page 15

GENERAL INFORMATION

What is the L.I.F.E. program?

L.I.F.E. (Learning Is ForEver) is committed to providing stimulating educational and enrichment opportunities for individuals aged 50 years and over who share a common dedication to the enjoyment of continued learning for growth and fulfillment. L.I.F.E. committee members determine the curriculum and recruit instructors and facilitators. The program is sponsored by the Commissioners of St. Mary's County through the Department of Aging & Human Services and the Retired Senior Volunteer Program (RSVP).

Who are our teachers?

Based on the concept of peer teaching, a majority of instructors/facilitators are older adults who are willing to share their knowledge, expertise, and experience. Guest speakers and community leaders are periodically invited to speak on subjects of interest.

When, Where, and Who?

Classes are held at various locations around the tri-county area. Our locations and class offerings will expand as our program grows. L.I.F.E. classes are held in spring and fall. Programs are available to those aged 50 years and older. Current registration with the Department of Aging & Human Services and a waiver and release form are required for participation.



L.I.F.E. Contact Information

Candice Nelson, Division Manager, Senior Center Operations
301-475-4200, ext. 5433
Candice.Nelson@stmaryscountymd.gov

When and how do I register?

There are several methods for registration.

1. **Preferred Online Method opens Thursday, March 14 at 9 a.m.!**

Visit us online at www.stmaryscountymd.gov/aging. Select “View and Sign Up for Activities and Programs”. Then click “LIFE”. Classes fill quickly and online registration is recommended to ensure the best chance of getting in to the classes you want. If you have never used the senior activity center online registration for programs, it is highly recommended that you create your online account prior to the opening day of registration. See below opportunities for assistance in creating your online account. Don’t have a computer or Internet access at home? Use the Loffler or Northern Senior Activity Centers’ computer labs on the day of registration to register for classes.

2. *Phone-in registration.* Leave a message on the L.I.F.E. message line at 301-475-4200, ext. 5433, **no sooner than March 14 at 9 a.m.** Registrations can not be taken prior to this time. Please note: you will need to leave a voicemail message. Voicemail messages are returned in the order received within 24-48 business hours. Be prepared to pay with Visa or Mastercard. Please be aware that classes may fill at any time.

3. *Walk-in registration.* If you opt to register at one of the senior activity centers, you may do so **after 8 a.m. on Monday, March 18.** Please be aware that classes may be filled by that time.

Don’t delay; create your online account today before registration opens!

Need assistance creating an online registration account?

We are here to help. Call one of our senior activity centers for assistance before registration opens.

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

What is the cancellation and refund policy?

If you are unable to attend a class for which you have registered, call 301-475-4200, ext. 5433, to cancel **at least 24 business hours in advance**. A refund will be made **if we can fill your spot**. If the Department of Aging & Human Services cancels a tour/class you, will be notified and refunded.

Activity Levels

Each tour/presentation has been assigned an activity level to aid you in determining if you will be able to enjoy the activity.

Easy-Minimal walking on fairly flat terrain less than one block.

Elevators may be available. Best for participants in good health with overall good mobility.

Moderate-Walking can be over uneven terrain (cobblestones, pavers, grass, etc.) or up/down hills (city blocks or gardens) for up to 30 minutes. Best for participants who are physically fit and have good balance.

Active-Walking can be over uneven terrain (cobblestones, pavers, grass, etc.) or up/down hills (city blocks or garden paths) for an hour or more. Best for participants who are physically fit, lead active lives, and are comfortable with not having a resting place for a period of time.

Important Note Regarding Van Transportation

Trips including transportation utilize passenger vans. Vans are not ADA accessible. Participants need to be able to safely enter and exit the vans without assistance.



Amish & Mennonite Community Van Tour

Have you always wanted to visit some of the Amish or Mennonite farms in our area? Many of them have products and services for sale: some seasonal and some year-round. This tour is designed to acquaint you with the customs and traditions of these fine folk while we travel the back roads of St. Mary's County. We'll visit their workshops, greenhouses, and stores to see first-hand all that is available for sale. **No credit cards are accepted** so bring cash or checks. A lunch stop will be made at the Northern Senior Activity Center. Comfortable attire, especially shoes, is the order of the day. Frequent stops require the ability to get into and out of the van.

Tour Limit: 9 Activity Level: Moderate (see page 5)

Tour Leader: Dean Newman

Tuesday, April 2 or Thursday April 4 (register for only 1)

9:30 a.m. - 3:30 p.m.

Van departs promptly from the Garvey Senior Activity Center at

9:30 a.m. Please arrive at the Center by 9:15 a.m. to check-in.

Fee: \$18 (includes van transportation and lunch)



The Potomac River Squadron in Action, 1861-1865

April 1861 found President of the United States, Abraham Lincoln in charge of a rapidly disintegrating nation, attempting to govern from a Capitol city separated from hostile territory by only a few hundred yards of the Potomac River. The US Army immediately began building fortifications around the Capitol, until by 1865, Washington, DC could honestly lay claim to being the most heavily fortified city in the world. But what of the Capitol City's waterfront? What was to be done about those few hundred yards of the Potomac River. While the Army built fortresses, the US Navy began the organization of the Potomac River Squadron and initially charged it with the protection of the water approaches to Washington DC.

From the first days of the war until the final surrender of the Confederacy, the US Navy continually improved the Potomac River Squadron, transforming it from a rag tag collection of improvised barges and schooners into one of the most powerful and efficient "Brown Water" forces ever to fight beneath the Stars and Stripes. While a full description and analysis of all operations of the Potomac River Squadron would require volumes, I will present and discuss a short collection of incidents and actions fought by the units of the Squadron in the local Southern Maryland area. My object for this presentation will be, to pique the interest of the audience to discover more information on this little-known aspect of the American Civil War.

Presentation Limit: 40

Activity Level: Easy (see page 5)

Presenter: T.J. Youhn

Facilitator: Bettie Broadhurst

Friday, April 5

10:00 a.m.– 11:30 a.m.

Garvey Senior Activity Center

Fee: \$5

Lost Letters of Point Lookout

Letters to and from the Confederate prison camp at Point Lookout were only allowed to be one page long.

Any variation was not sent or received. Many years later, these letters were found. Ms. Susan Youhn wrote a book about these letters and the stories behind them. Ms. Youhn reminds us of the importance of pen and paper, in this age of email, with an exploration of women who wrote letters to Confederate prisoners at Point Lookout. “The letters contain almost no strategic information about the war,” says Ms. Youhn. “The women wrote mostly personal letters which refer to familiar friends, family and the home life they were living. But hidden in the personal chatter is a unique picture of those women’s lives during the Civil War.”

Presentation Limit: 40

Activity Level: Easy (see page 5)

Presenter: Susan Youhn

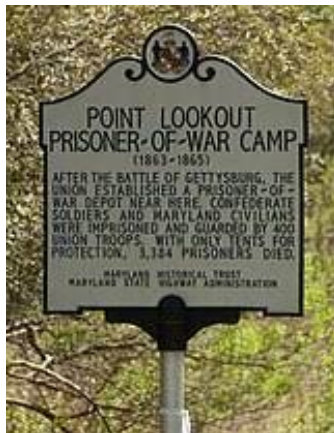
Facilitator: Bettie Broadhurst

Friday, April 12

10 a.m. - 11:30 a.m.

Garvey Senior Activity Center

Fee: \$5



Piney Point Lighthouse Museum & Historic Park

Visit Piney Point Lighthouse & Museum for a tour of historic structures and displays. Learn about the importance of early river-borne commerce in the development of St. Mary's County. Outdoor picnic facilities and restrooms are available for your convenience. The museum store will be available for all visiting groups.

Tour Limit: 16

Activity Level: Active - The Lighthouse tower is not accessible to wheelchairs or those with difficulty climbing stairs.

Facilitator: Dan Donahue

Assistant: Bettie Broadhurst

Wednesday, April 17

10 a.m. - Noon (meet at Piney Point Lighthouse Museum at 9:45 a.m.)

Fee: \$5



Historic Sotterley Guided Tour and Medical History at Sotterley: Two Specialized Tours

There is no more powerful way to understand how people thought, acted, and felt hundreds of years ago than to step into the place where they lived and worked. Explore Sotterley (first floor) with a guided tour to fill in the gaps in your knowledge of local history. Also enjoy a specialty tour learning about medical history at Sotterley from a retired physician - the journey from medicinal herbs to blood-letting. Hear about lessons of sanitation learned during warfare, crude surgical techniques and unsettling realities of medical research. Learn about regulations of medical practice and development of effective prevention and treatment of deadly infections. Historic Sotterley is an educational and cultural resource that embraces over three centuries of American history with original structures and beautiful scenery. Participants may visit exhibits at the Customs Warehouse, slave dwelling, and the corn crib; take a leisurely stroll through the gardens; and enjoy the front-porch view of the Patuxent River.

Tour Limit: 25

Activity Level: Moderate (see page 5)

Facilitator: Karen Garner

Thursday, April 25

9:45 a.m.– Meet at Sotterley –44300 Sotterley Lane, Hollywood, MD

Fee: \$56 (Includes tours, entry fees, and lunch)

Lunch Location: Personal charcuterie lunch box delivered to plantation grounds. Lunch in the renovated barn (restrooms available). No special food accommodations will be made. Crackers and nuts will be packaged separate from main lunch boxes. Bottled water provided.



Tour the James E. Richmond Science Center

Discover one of the secrets of our area. We will go to Charles County and have a tour of the James E. Richmond Science Center which includes a Fulldome Movie, a Panetarium Show and the NOAA Science On a Sphere Program. You will truly be amazed!

Trip Limit: 35

Activity Level: Easy (see page 5)

Facilitator: Bettie Broadhurst

Friday, April 26

12 p.m.

Van will depart promptly from the Garvey Senior Activity Center at 12 p.m. Please arrive by 11:45 a.m. to check in. Those driving on their own may follow the van or meet at the Science Center at 1 p.m.

Fee: \$20 if taking van transportation or \$15 if driving on your own.

Space in the van is limited to 9 individuals.



Exploring Unique Features of the Three Notch Trail by Bike or Trike

This is a bike/trike tour of historic markers, wildlife, nature, and the Amish market along the trail. Our ride will cover 8 miles round trip. Speed will average 3mph due to frequent stops. No one will be left behind as the co-leader will be positioned as the “sweep”.

Tour Limit: 8

Activity Level: Active (see page 5)

Facilitator: Dan Donahue

Assistant: Peg Odenthal

Wednesday, May 15

9:30 a.m. - 12:30 p.m.

Please arrive at the Northern Senior Activity Center by 9:15 a.m. to check in.

Fee: \$5

Participants should provide their own bike and bring a bagged lunch



Belle Grove Plantation: Tour and Tea

Enjoy the taste of the finer things surrounded by over 200 years of American History in the birthplace of President James Madison. The timeless ritual of Afternoon Tea served at Belle Grove Plantation offers antique china, elegant surroundings and delicious selections of scones, tea sandwich and a sumptuous display of sweets (gluten free options are not available). Enjoy their exclusive Belle Grove Plantation loose-leaf tea selections, specially blended for the plantation.

Belle Grove Plantation was built in 1670 on the scenic banks of the Rappahannock River. We will tour the grounds and historic mansion after our afternoon tea.

Tour Limit: 16 Activity Level: Moderate (see page 5)

Facilitators: Judy Mattingly & Karen Garner

Thursday, May 16

9:30 a.m. - 3:30 p.m.

Vans departs the Garvey Senior Activity Center at 9:30 a.m. promptly.

Please arrive by 9:15 a.m. to check in.

Fee: \$60 (includes Afternoon Tea, tour, and transportation)



St. Clement's Island and Museum Tour

St. Clement's Island Museum rests on the east shore of the Potomac River overlooking St. Clement's Island, Maryland's First Colonial Landing in 1634. The museum's mission concentrates on Maryland's earliest history and Potomac River heritage. The museum focuses on the English history that preceded the voyage to Maryland relating the religious and political issues of the 16th and 17th centuries. Here, visitors can discover the vision of George Calvert, the First Lord Baltimore, to found a colony incorporating religious views of tolerance and his sons' implementation of this vision. Visitors will learn of the voyage of the Ark and the Dove departing from the Isle of Wight in England on the feast day of St. Clement, the patron saint of mariners, following their treacherous crossing of the Atlantic Ocean, braving pirates and dangerous storms, and their venture up the Chesapeake Bay to the Potomac River.

This tour will also include a water taxi ride to the St. Clement's Island State Park to tour the island and Blackistone Lighthouse.

Tour Limit: 20

Activity Level: Moderate (see page 5)

Facilitator: Peg Odenthal

Friday, June 7

9:30 a.m. - 1:00 p.m.

**Meet at the St. Clement's Island Museum– 38370 Point Breeze Rd.
Colton's Point, MD**

Fee: \$10





RSVP Supports the L.I.F.E. Program

The L.I.F.E. program is made possible with the help of volunteers with the Retired and Senior Volunteer Program (RSVP).

Call Monika Williams, RSVP Project Manager, for more information on volunteer opportunities at 301-475-4200, ext. 1653.



ST. MARY'S COUNTY

DEPARTMENT OF AGING & HUMAN SERVICES

Working Together ~ Caring About You