

NEW BEGINNING

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



New Year, New Adventure:
Embrace the Possibilities!

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From the Director's Desk

By Lori Jennings-Harris, Director

New Year, New Adventure: Embrace the Possibilities

With 2025 in our rear-view mirror, the year seems to have gone by so quickly! What do we have to look forward to in 2026? We have a new year, an opportunity for new adventures, and a chance to embrace all their possibilities.



The Department of Aging & Human Services helps older adults remain lively and vital while they maintain their independence by providing “active programs” offered through our three Senior Activity Centers. Health education and screenings, congregate meals served at the senior activity centers, exercise classes and social activities are only examples of the interactive and fun programs we provide at the centers. In addition, we provide in-home services to individuals who need assistance where they live.

Our Home & Community-Based Services Division assists older adults with their personal care and housekeeping needs through various programs. We provide home-delivered meals to qualifying older adults who have difficulty obtaining or preparing meals. We offer help to those who are clinically eligible to receive nursing home care, enabling them to remain in their homes through our Community Options Waiver and Community First Choice Program. For residents of long-term care facilities, our Ombudsman acts as an advocate for older adults and others in nursing homes and assisted living communities.

The Division of Community Programs & Outreach works to get information out to the public about our programs and services. This division also hosts several large events such as our annual Community Health Fair: A Way to Wellness, Veterans Resource Day, Law Enforcement Appreciation Day, and Keys to Senior Independence, to name a few.

Our Senior Information & Assistance Division provides guidance and referrals to Department of Aging & Human Services resources, and other community programs. As well, this division offers information in the areas of housing, Social Security, benefits programs, transportation through the Senior Rides Program where volunteer drivers provide transportation to eligible seniors to doctors' appointments and to run errands.

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NEW BEGINNING

The Commissioners of
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NEW BEGINNING

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call 301-475-4200, ext. 1050.
Editorial submissions should
be sent to:

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

or visit the website at:

www.stmaryscountymd.gov/aging

Our Mission

to provide an array of programs
and services that promote
healthy aging within the senior
community and enhance quality
of life for children, youth, and
families.

Continued from page 3

Our Retired and Senior Volunteer Program (RSVP) helps to connect older adult volunteers to meaningful community service designed to meet community needs. Through this program, persons 55 years of age and older are placed in rewarding, challenging, and fulfilling volunteer opportunities with local county agencies, non-profit groups, and community organizations.

The Human Services Division supports the needs of children, youth and families through the Local Management Board, Teen Court, the Local Care Team, and Christmas Caring Programs.

As a trusted Department within county government with a long history of service and a broad base of experience, we look forward to serving our community in the coming months. So, here's to the New Year and New Adventures!



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, January 26, 2026
1 p.m.

Monday, February 23, 2026
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/>



Nutrition Corner

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

New Year, New Nutrition Journey: Embrace the Possibilities

Anyone who attends my presentations or watches on YouTube knows that I am all about eating as healthy as possible within the context of enjoying life. It's all about getting plenty of fiber through lots of fruits and vegetables, nuts, seeds and whole grains. It's all about getting the protein we need through dairy, fatty fishes, lean meats, and legumes. And what about getting exercise, sleep, and lowering stress? That is a lot to focus on and can be overwhelming, but what if we started with small, sustainable changes?

What if this coming year you embrace the possibility of :

- Adding more fruits and vegetables
- Or perhaps eating fatty fishes twice a week
- Or snacking on a handful of nuts instead of a cookie
- Or switching one of your grains to a whole grain
- Or finding a person to exercise with
- Or turning those screens off an hour before bed?



Any or all of the above could make a big difference in your health and well-being. Statistics show that it is never too late to improve your dietary habits.

So New Year, New Possibilities!!! Let's get started. Please join me each month at the senior activity centers as we explore the maze of nutrition information together.

If you'd like to schedule a one-on-one nutrition consultation, please call 240-538-6539. Limited appointments available.

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Upcoming Nutrition Education Presentations:

Call to register 301-475-4200, ext. 1075 (Garvey), 1660 (Loffler), or 3115 (Northern).

Get Back on Track After the Holidays

Garvey - Wednesday, Jan. 7, 12:45 p.m.

Garvey - Thursday, Jan. 8, 6:00 p.m.

Loffler - Monday, Jan. 12, 10:00 a.m.

Northern - Monday, Jan. 12 12:00 p.m.

Heart Health

Garvey - Wednesday, Feb. 4, 12:45 p.m.

Garvey - Thursday, Feb. 12, 6:00 p.m.

Loffler - Monday, Feb. 9, 10:00 a.m.

Northern - Monday, Feb. 9 12:00 p.m.

Home & Community-Based Services

By Rebecca Kessler, HCBS Division Manager

Looking for Help Navigating Health and Support Services?

The **Maryland Access Point (MAP)** is your gateway to information and referrals for support services for older adults, individuals living with disabilities, and caregivers in Maryland. MAP is your single point of entry to a wide range of local and state resources. Whether you're looking to stay independent as you age, access community programs, or make informed decisions about long-term care, MAP can guide you every step of the way.

Who Can Use MAP?

- Adults 50 and older
- Individuals 18 and older experiencing a disability
- Caregivers of older adults and adults with disabilities
- Anyone with questions or concerns about someone in need

Services MAP Offers

- **Information & Referrals:** Find resources for health, transportation, finances, nutrition, housing, and more.
- **Options Counseling:** Work with trained professionals to make informed decisions about long-term care.
- **Caregiver Support:** Access programs and services designed to help those caring for older adults or individuals with disabilities.
- **Connections to Local Agencies:** Link to services offered by the Department of Aging & Human Services, the local Health Department, the Southern Maryland Center for Independent Living, the Department of Social Services, and other community providers.

How to Reach MAP

6 **Directly to the St. Mary's County MAP Coordinators:** (301) 475- 4200, ext. 1057 or ext. 1058
1-844-MAP-LINK (1-844-627-5465) for statewide access
Online: marylandaccesspoint.211md.org

When you call, a specialist listens to your needs and connects you to resources. This partnership ensures you receive comprehensive support, from meals and assisted living resources to caregiver assistance and more. Whether you're seeking information for yourself or a loved one, MAP can help you navigate the complex world of long-term services and support in Maryland. Walk-ins are welcome Monday through Friday, 8 a.m. – 5 p.m., calling in advance is encouraged, so we may be prepared to assist you.

Learn more about Maryland Access Point in St. Mary's County at:
<https://www.stmaryscountymd.gov/Aging/MAP/>.

FREE

St. Mary's
County

Caregiver Support Group



4th Tuesday of Every Month

- **January 27, 2026**
- **February 24, 2026**

6:00 p.m. - 7:00 p.m.



**Garvey Senior Activity Center,
Leonardtown MD**

For more information:

**Anne Grove, Maryland Access Point Coordinator
301-475-4200, ext. 1057**

anne.grove@stmaryscountymd.gov

Pre-registration is encouraged, but walk-ins are welcome.

New Employee Spotlight!



Soren Stelari

Soren Stelari is the new Local Care Team Coordinator, working to connect families with children who have emotional and behavioral needs with community resources. Soren has a bachelor's degree in Broadfield Social Science and Special Education from Carthage College and a Master of Science in Education from Simmons University. Before joining the Division of Human Services, Soren launched new classrooms in behavioral health settings across the country for a K-12 education company and previously taught special education in public schools. A Florida native, he enjoys exploring the area and the novelty of four seasons.

Jill Magorka

Jill is the newest Senior Office Specialist. Jill holds a bachelor's degree in early childhood development from San Jose State University. She grew up in the Bay Area of California and four years ago moved with her husband to St. Mary's County. What a wonderful change of pace! In her spare time, Jill focuses her energy on her hydroponic greenhouse, walking her labradoodle and exploring the East Coast. She is excited to be contributing to the Department of Aging & Human Services as the new Senior Office Specialist.



Daniel Mashtare

Daniel is the new Teen Court Specialist. He brings extensive experience working with adolescents, including roles as a camp counselor at Bethlehem Farm, direct care staff at Teen Challenge, therapeutic staff at Youth Advocate, case management specialist at the Department of Juvenile Services, high school teacher and chaplain at The King's Christian Academy, and years of pastoral leadership. Committed to serving others, Daniel is dedicated to guiding teens toward a brighter and more promising future.





Why Volunteer?

- Help other teens make better choices
- Gain firsthand experience in a real courtroom
- Explore potential careers in law, public safety, and justice



Time Commitment

Teen Court is a year-round program that meets twice a month, on the second and fourth Mondays.



How do I sign up?

Visit our website at <https://www.stmaryscountymd.gov/TeenCourt/>
Download and complete the application.



What is Teen Court?

Teen Court is a juvenile justice diversion program that allows juvenile respondents to be judged by a jury of their peers. It is a program for first time misdemeanor offenders to get a second chance and not have a charge on their juvenile record. It is also a great volunteer opportunity for teens interested in the judicial system.



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301-475-4200 ext. 1852

Contact Us:

Gregory Jones
Teen Court Coordinator



TeenCourt@stmaryscountymd.gov



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

Senior Information & Assistance

By Melissa Craig, Senior I&A Division Manager

2026 Social Security/Medicare Updates

The Social Security Administration announced that there will be a 2.8% cost of living increase for Social Security and Supplemental Security Income (SSI) recipients effective January 2026. Additionally, the Centers for Medicare and Medicaid Services announced the following Medicare Part A & B increase for 2026:

Part B Medical Monthly Premium: \$202.90

Part B Medical Deductible: \$283.00

Part A Hospital Deductible: \$1,736

In most cases, people who have over 30 quarters of Social Security coverage, or were married to someone who does, will not have a Medicare Part A premium. For those who do not have enough quarters there is a minimum premium of \$311 or \$565 per month.

Beneficiaries who filed a 2024 income tax return of over \$106,000 if single and \$212,000 if married will be subjected to higher monthly Medicare Part B and Part D premiums based on income. Persons who have had a significant change in income due to retirement, death of a spouse, etc. may appeal the income-related monthly adjustment by filing form SSA-44.

Medicare Advantage Plan Open Enrollment Period

January 1 – March 31, 2026, is when you can make changes to your current Medicare Advantage Plan. You can switch to another Medicare Advantage Plan or drop your Medicare Advantage Plan, return to Original Medicare and join a separate Medicare drug plan. You can make only one change during this time, and your new coverage will begin on the first of the next month.

Many people lost their Medicare Advantage Plan through United Health Care at the end of 2025. If you did not explore options during the Fall Open Enrollment Period (October 15 – December 7, 2025) now is the time to do so.

Important Documents Reminder

The mailing of important documents such as 1099-S and Social Security benefit statements has begun. These documents are mailed from places such as Social Security, banks, former employers, etc. It is important to keep this information in a safe place to be used to file your 2024 income tax return. For those who do not file income taxes these documents are still important to keep in order to file for benefits such as property tax credits and energy assistance.



Maryland Legal Aid

Maryland Legal Aid has in-person appointments available at the Garvey Senior Activity Center for those aged 60 and older, on Fridays, January 9, and February 13. Appointments are required and can be made by calling 301-475-4200, ext. 1064.

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 can NOT assist with any fee generating cases, disputes with neighbors, property issues, adult guardianship or trusts/estates.

Volunteer Drivers Needed for Our Senior Rides Program!



The flyer for the Senior Rides Program features the St. Mary's County logo in the top left corner. The title "SENIOR RIDES PROGRAM" is prominently displayed in the center. A red banner in the top right corner reads "VOLUNTEERS NEEDED". The flyer is divided into two columns: "DRIVER BENEFITS" and "DRIVER QUALIFICATIONS". The bottom section, highlighted in orange, contains the "CONTACT US" information, including a phone number and a website URL.

ST. MARY'S COUNTY
DEPARTMENT OF AGING & HUMAN SERVICES
Working Together – Caring About You

SENIOR RIDES PROGRAM

VOLUNTEERS NEEDED

<u>DRIVER BENEFITS</u>	<u>DRIVER QUALIFICATIONS</u>
Mileage Reimbursement	Love Helping Others
Flexible Schedule	Own Personal Vehicle
Volunteer Recognition	Pass Criminal Background Check
CPR/ First Aid Certification	Pass Annual MVA Driving Record Check
Supplemental Insurance	

CONTACT US:

301-475-4200, ext. 1066

www.stmaryscountymd.gov/aging/seniorrides/

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

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

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

Angelic Willer
Senior Information & Assistance Caseworker
Northern Senior Activity Center
301-475-4200, ext. 3104
Angelic.Willer@stmaryscountymd.gov

JANUARY/FEBRUARY 2026

Try CivicPlus: Our New Online Registration Platform

Start the new year with a new adventure! Our online registration platform makes it easy to explore activities and programs, sign up, and get instant confirmations, all from your computer or mobile device.

Getting Started is Easy

- **Create an account:** Visit <https://www.stmaryscountymd.gov/aging/> and click on “NEW Platform View & Sign Up for Activities & Programs” and follow the prompts. An email address is all you need.
- **Register in a few clicks:** Sign up for activities and programs and get an instant confirmation email.
- **Stay updated:** Receive reminders and updates directly to your inbox.

Helpful Tips

- Keep your information up to date to receive program alerts.
- Explore the system at your own pace; it’s designed to be user-friendly.

Need Help?

- Call us at 301-475-4200 ext. 1080 (Garvey), ext. 1658 (Loffler), ext. 3101 (Northern).
 - Visit your local Senior Activity Center for in-person assistance.
- This year, embrace the possibilities, log in, explore our catalog, and register for something new. Adventure awaits!

You Can...

- * **Register**
Register for activities and programs.
- * **Manage**
Keep track of documents and program requirements using your online account anytime.
- * **Explore**
Access your account and search for everything directly on your phone 24/7.

CIVICPLUS
**Have questions?
Contact us**

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

senioractivitycenters@stmaryscountymd.gov
stmaryscountymd.gov/Aging

**Join our New Platform
CIVIC PLUS**

Discover our new platform and ways to register for activities.

Division of Senior Center Operations

By Candice Nelson, Senior Center Operations Division Manager

Top 10 Healthy New Year's Resolutions for Older Adults

Making New Year's resolutions to eat better, exercise, maintain a healthy weight, see your healthcare provider regularly, or quit smoking can help you improve your health and feel better for many years to come.

The American Geriatrics Society's Health in Aging Foundation recommends these 10 healthy New Year's resolutions for older adults. Below are five of them. To view all ten, visit: <https://www.healthinaging.org/tools-and-tips/tip-sheet-top-10-healthy-new-years-resolutions-older-adults>.

1. **Eat fruits, vegetables, whole grains, fish, low-fat dairy, and healthy fats.**
In later life, you still need nutritious foods, but fewer calories. The USDA's Choose My Plate program and your healthcare provider can help you make healthy choices.
2. **Be active.**
Physical activity is safe and beneficial for older adults — even for those with heart disease, diabetes, or arthritis. In fact, many conditions improve with mild to moderate activity. Exercises such as tai chi, water aerobics, walking, and stretching can help control weight, strengthen muscles and bones, and improve balance, posture, and mood.
3. **Guard against falls.**
Exercises like walking or resistance training with elastic bands can increase strength, balance, and flexibility, helping to prevent falls. Ask your healthcare provider to review your medications, as some can increase fall risk. Remove tripping hazards like throw rugs, install grab bars in your bathtub or shower, and use night lights to make it easier to see at night.
4. **Give your brain a workout.**
The more you use your mind, the better it will function. Reading is excellent, but socializing also benefits your brain. Consider joining a club or discussion group at one of our senior activity centers.
5. **Get enough sleep.**
Contrary to popular belief, older adults need just as much sleep as younger adults — at least 7 to 8 hours per night. Avoid daytime naps that can interfere with nighttime sleep. Visit the National Sleep Foundation's website for tips on improving sleep quality.

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Senior activity centers are a great place to start working on your New Year's resolutions. Our centers offer a variety of activities for anyone age 50 and older. Visit one of our three centers to learn more or call 301-475-4200, ext. 1050.

Garvey Senior Activity Center

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

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

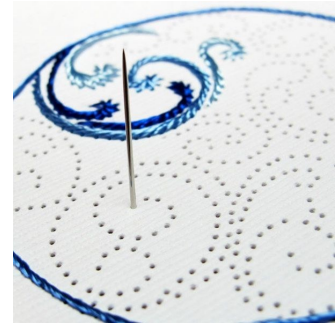
Embroidery Card-Making Class

Tuesdays, January 6 & February 3

1:30 p.m.

Cost: \$5

This card-making method creates stunning gifts or greeting cards suitable for framing. The technique uses single-strand embroidery thread and a fine needle to make line designs on quality card stock. This would be a great opportunity to make personalized cards for those important people in your life! Omega will teach you everything you need to know to create these cards. Bring your scissors, tape, and a needle. The price includes the material to make the card. Advanced registration is required.



Trees, Trees, Trees with Jamie

Tuesdays, January 6 –27

5 - 7 p.m.

Cost: \$25 (for each of the four sessions)

Join us for an inspiring art workshop where you'll master the art of drawing, watercolor, and acrylic painting, focusing on all varieties of trees. Whether you're a beginner or an experienced artist, this class will guide you step by step to create stunning, tree-filled landscapes. You'll learn techniques for capturing textures, colors, and light to bring your trees and landscapes to life. By the end of the session, you'll walk away with a framed work of art, ready to display in your home or give as a gift. No previous experience is necessary, and all materials will be provided.

Advanced registration is required

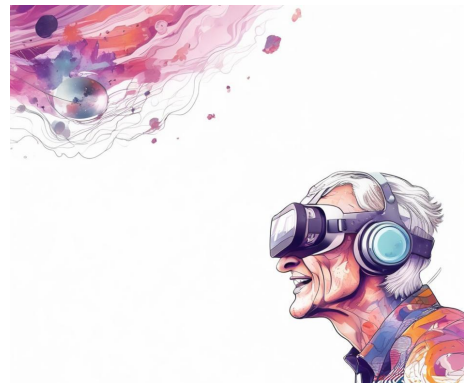
Virtual Reality

Wednesdays, January 7 & February 4

10:30 -11:30 a.m.

Cost: FREE

Have you ever wanted to see the Eiffel Tower and other worldly landmarks without the expense? Maybe you want to expand your brain power. Come join Evan Deahl as he teaches you how to use a virtual reality headset and explore a new application through AARP. This class will teach you the basics! No experience is needed, but space is limited to provide the ability to assist. Please wear comfortable clothes. Advance registration is required.



NEW BEGINNING



Sound Bath with Ruth

Tuesday, January 13
Tuesday, February 10
2 p.m. & 6:45 p.m.

Cost: \$20

Come relax, reset, and reconnect with yourself in a peaceful, immersive soundscape. Sound Baths can help you achieve deep relaxation, balance your energy, and reduce stress. Please bring a yoga mat, small pillow, and blanket to build your comfy nest. May not be recommended for those with pacemakers. Please consult your physician before attending. Advanced registration is required.

Senior Benefits Education Seminar - Presented by Lincoln Heritage

Wednesday, January 14
Wednesday, February 11
10 - 11 a.m.

Cost: FREE

Join us for an informative presentation designed to help you navigate the often-confusing world of final expense planning and life insurance. During the presentation, you'll learn how to protect your family from financial surprises, understand the differences between term and whole life insurance, and recognize common scams, including funeral fraud. You'll also get an introduction to the no-cost Funeral Consumers Guardian Society program, which offers resources and support to help families make smart funeral choices. Attendees will have the opportunity to receive a complimentary, personalized policy review to ensure your coverage meets your needs. Advance registration is required.

Beaded Eyeglass Holder with Tasnim

Tuesday, January 14, 5 p.m.

Cost: \$15

In this hands-on workshop, you'll be guided through the process of stringing tiny "seed" beads. The result will be a practical, wearable accessory that is sure to draw compliments! No experience is necessary, and all materials will be provided. Participants should be comfortable working with small, detailed pieces. Please bring a magnifier if needed. Advanced registration is required.

Celebration Glasses Iris Folding

Wednesday, January 14
1:30-3:30 p.m.

Cost: FREE

Create three Iris Folding projects perfect for your next celebration. Arrange and layer paper strips to make spiraled designs resembling a camera lens, and take home three finished cards ready for your personal message. All supplies are provided; feel free to bring your favorite scissors. Advanced registration is required.



How to Paint a Dragon

Thursday, January 15

5 p.m.

Cost: \$5

Unleash your imagination in this fun, hands-on art class! Participants will learn to paint a dragon on an 8" x 10" canvas using acrylic paints. Step by step, you'll explore color, texture, and detail to bring your mythical creature to life. Every painting will be unique-let your creativity soar! No experience is necessary; all materials will be provided.

Advanced registration is required.

Kurt Schlesinger Luncheon

Friday, January 16

Doors Open: 11:30 a.m.

Lunch Served: 12 p.m.

Performance: 12:30 p.m.

Join us in welcoming Kurt Schlesinger to our center. Kurt is an acoustic guitar player who will be sure to wow you with his variety of soft rock tunes. Lunch will be served before the music starts. 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.

Watercolor with T.L. Ford

Tuesdays, January 20 & February 17

1:30 p.m.

Cost: \$25

Would you like to learn how to paint watercolors 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. Supplies will be provided.

Advanced registration is required.



3D Layered Papercraft Valentine Cookie Plate

Wednesday, January 21

5:30 p.m.

Cost: FREE

Valentine's Day is just around the corner! Using pre-cut paper, create a stunning 3D layered cookie plate. Mandala designs are perfect for creating unique and eye-catching papercrafts. The intricate cuts are already done, you simply stack the layers and assemble them into a beautiful, dimensional work of art. All materials will be provided. Advance registration is required.

St. Mary's County Camera Club Presentation

Wednesday, January 21, 10 a.m.

Cost: FREE

Come and learn about the St. Mary's County Camera Club. Established in 1998, the club's focus is to inspire others to try photography while supporting members in improving their art. You'll hear about the club's activities, workshops, photo outings, and opportunities to share your work with fellow enthusiasts. This session is perfect for beginners and experienced photographers alike. Advanced registration is required.



NEW BEGINNING

Afternoon Trivia

Wednesdays, January 28 & February 25

3:30 p.m.

Cost: \$25 per team (price includes prizes)

One person signs up for the team 3 players minimum 5 maximum

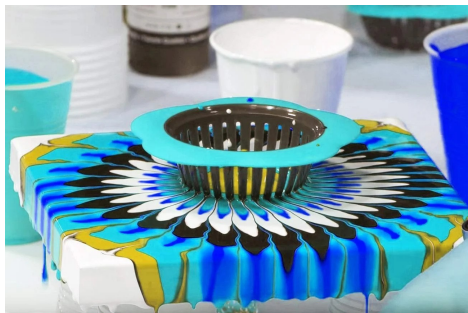
Bring your friends, test your knowledge, and enjoy a fun-filled trivia experience!

January: New Year's Trivia

Kick off the New Year with an exciting afternoon of trivia! Gather your friends and compete for prizes that will help you start the year off right. We'll cover everything from pop culture and history to New Year's traditions. Let's come together to make those resolutions last and win some fun prizes. Advanced registration is required.

February: Valentine Trivia

Join us for a sweet afternoon of trivia. Filled with lovely questions to test your knowledge on all things related to Valentine's Day. Advanced registration is required.



Kathy's Pouring Paint

Thursday, January 22 & February 19

10 a.m.

Cost: \$25

Come join Kathy Creswell as she guides you through creating your very own piece of art. Using pouring paint techniques this mixture is then poured onto a surface like a canvas, where the colors flow and swirl into abstract designs. During this class you will be learning how the bottom of a soda bottle can create a beautiful flower like

piece of art on an 8x10 canvas. Please make sure to wear painting clothing and if you have an apron, bring it with you. All other supplies will be provided. No prior painting experience is necessary! Advance registration is required.

Hospice of St. Mary's - Presentation

Friday, January 30

2 p.m.

Cost: FREE

Join us for a conversation about one of our community partners, Hospice of St. Mary's, and their unique ways of honoring Veterans. As a non-profit organization, Hospice relies on volunteers to continue their mission of treating patients, not diseases. Learn how to get involved, discover the ways Hospice supports St. Mary's County, and gain insights on planning for the future. Advance registration is required.



Movie Night

**Thursdays, January 22 & February 19
5 p.m.**

Cost: The movie is free

(Optional: \$3 for a soft drink and candy)

Join us as we transform our dining room into a cozy movie theatre for an enjoyable and relaxing afternoon. Sit back with friends, family, or neighbors and enjoy a featured film on the big screen. Snacks and drinks will be available for purchase, and you're welcome to bring your own food and non-alcoholic beverages to make the experience even more enjoyable. It's a great way to unwind, socialize, and enjoy a shared community event. Advanced registration is required.



January 22: Downton Abbey: The Grand Finale (PG)

The Crawley family and their devoted staff step into the 1930s and face shifting times. When Lady Mary finds herself at the center of a public scandal and the estate's finances teeter, everyone at Downton Abbey must embrace change and lead the house into a new era.

February 19: Nonnas (PG 13)

After the sudden loss of his mother, a New Yorker risks everything to honor her memory by opening an Italian restaurant staffed entirely by grandmothers, "Nonnas", who bring their own family recipes to the table. As he learns to manage the quirky, spirited women and recreate his mother's cherished dishes, the story unfolds with warmth, humor, and heartfelt family moments. A delicious mix of comedy and drama, this film celebrates culture, tradition, and the bonds that bring us together.

Just Us 2 Luncheon

Tuesday, February 13

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 lively performance will have your toes and fingers tapping along. Lunch will be served before the music starts. 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.



California Dreaming on a Winter's Day with Jamie

Tuesdays, February 3-24

5 p.m.

Cost: \$25 (for each of the four sessions)

Celebrate nature by painting vibrant sunsets over water or mountains! Each Tuesday in February, Jamie will guide you step-by-step as you create your own beautiful landscape on an oval canvas using acrylic paints. You'll learn simple techniques for blending colors, capturing light, and adding depth to your scene. No experience is needed, and all materials are provided, making this a perfect class for beginners and experienced artists alike. Come relax, create, and enjoy an inspiring artistic escape each week. Advance registration is required.



Hair Sticks with Tasnim

Wednesday, February 11

5 p.m.

Cost: \$10

In this hands-on workshop, Tasnim will guide you step-by-step in creating two beautiful wooden hair sticks, each adorned with playful, dangly decorations that reflect your personal style. No experience is necessary, and all materials will be provided. Advanced registration is required.

How to Paint a Rose with Chris

Thursday, February 12

5 p.m.

Cost: \$5

Create a timeless symbol of love that will never fade. In this hands-on class, students will learn to paint a rose on an 8" x 10" canvas using acrylic paints. Step by step, you'll explore color, shading, and detail to bring your flower to life. All materials will be provided. Advance registration is required.

Advance Care Planning - Presentation

Friday, February 27

2 p.m.

Cost: Free

Join the Hospice and Palliative team to discuss planning ahead for life's changes and your medical care, from now through end of life. Speakers will review the medical decisions you can make, how to empower your loved ones to honor your wishes, and the services available to support you at home.

Loffler Senior Activity Center

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

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

Massage Therapy with Renika Watson, LMT

Tuesdays, January 6, 13, 20, & 27

Tuesdays, February 3, 10, 17, & 24

Monday, February 2

10 a.m. – 4 p.m.

Cost: \$50 for 45 minutes

\$65 for 60 minutes

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.

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

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

Art with Jamie

Tuesday, January 6, 13, & 27- How to Draw, Watercolor & Paint Trees

Tuesday, February 3, 10, 17 – Paint Sunsets in Acrylics

10 a.m. – 12 p.m.

Cost: \$25 per class (All supplies provided)

January: This month we will learn how to draw, watercolor, and paint tree shapes. Come join us and discover how to master your own tree art.



20

February: This month we will be working on *California Dreaming on a Winter's Day* by painting beautiful acrylic sunsets over water or mountains on an oval or round canvas. Let's mix it up a bit! Artists of any skill level are welcome. Advance registration required.

Chair Yoga with Judi Lyons

NEW CLASS for 2026!

10 a.m. -Every Tuesday starting January 7

9:30 – January 27

Cost: Fitness Card

Chair Yoga is a gentle practice that involves performing yoga postures while sitting or using a chair for support. Great for anyone who finds traditional yoga challenging.

Advance registration is required.

NEW BEGINNING

Crafts with Penny

Thursday, January 15 - Winter Wonderland: Watercolor on Canvas

Thursday, February 12 - Make a Mardi Gras Mask

Thursday, February 26 - Spring Jar Magic: Light-Up Floral Creations Make a Spring Jar 1 – 3 p.m.

Cost: \$15 (All supplies provided)

January: Capture the quiet beauty of the season in this relaxing art class where you'll create your own **watercolor winter scene on canvas**. Guided step-by-step by Penny, you'll learn techniques for blending soft washes, layering snowy textures, and adding charming winter details like trees, cabins, or falling snow. Whether you're a beginner or a seasoned painter, this class is a wonderful way to explore watercolor in a new way—on canvas! **Just bring your imagination and a love for winter's magic.** Advance registration required.

February 12: Get ready for the Mardi Gras celebration and make a mask! Join Penny in making a lavish mask for the Mardi Gras Luncheon! Use feathers, rhinestones, ribbon and other materials to make a unique Mardi Gras mask. Advance registration required.

February 26: Celebrate the beauty of spring with a hands-on craft that brings the season to life! In this workshop, you'll create your own glowing **Spring Jar** using fairy lights, faux flowers, greenery, ribbons, and other whimsical touches. This project is perfect for all skill levels and guaranteed to brighten your space. All materials are provided, just bring your creativity and a little springtime spirit! Advance registration required

Stroke Prevention & Recovery: Knowledge, Tools, and Hope

Thursday, January 22

10 a.m.

Cost: FREE

Join us for a concise, informative session on stroke prevention, early recognition, and recovery. Learn key risk factors, lifestyle changes to reduce stroke risk, and how to spot symptoms using the FAST method. We'll also cover recovery resources, rehabilitation options, and practical tips for survivors and caregivers. Led by a MedStar Community Health professional. Ideal for those at risk, stroke survivors, caregivers, and anyone seeking proactive health education. Advance registration required.

Crafts with Toni

Tuesday, January 27- LOVE Iris Folding

Tuesday, February 10- Make Valentine Candy Dishes with Toni

1:30-3:30 P.M.

Cost: FREE (All supplies provided)

January: Create a "LOVE" Iris Folding project by layering strips of colorful paper to create a lovely design. Supplies will be provided, but feel free to bring your favorite scissors.

Advance registration required.

February: Create beautiful Valentine Candy Dishes to spread Valentine's cheer. Fill them with sweets and treats to display on your table. Candy dishes will be created by folding pre-cut cardstock and attaching them with adhesive. Advance registration required.



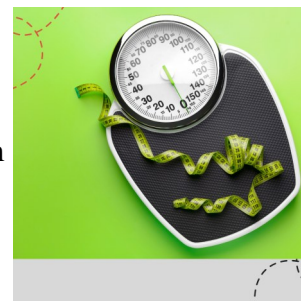
Nutrition Weight Loss and Diets : Medstar Community Health

Tuesday, January 27

10 a.m.

Cost: FREE

This supportive and informative class is designed specifically for older adults who want to manage their weight in a safe, sustainable, and health-conscious way. Whether you're looking to shed a few pounds, improve your energy, or simply make smarter food choices, this class offers practical guidance tailored to the unique nutritional needs of seniors. Advance registration required.



POST-HOLIDAY DETOX: Detoxify Body & Mind

Wednesday, January 28, 2 p.m.

Cost \$20

Free yourself from the toxins and emotional residue that weigh you down with this gentle, accessible movement practice. Designed to help you better understand your energy systems, increase awareness of hidden toxins and their effects, release stored trauma and emotions, and reset your mind and body for clarity, balance, and renewed energy, this routine meets you wherever you are on your wellness journey. No experience is needed, and everyone is welcome. Advance registration is required.



Loffler Spirit Week

Monday - Friday, February 2 - 6

Cost: FREE

Get ready to show your team's pride and have some fun! Spirit Week is a time to come together, celebrate our community, and express our creativity. Each day will have a unique theme, so dress up, participate, and bring your best energy!

Monday - Funny Sock Day,

Tuesday - Favorite T-Shirt Day

Wednesday - Hat or Wig Day

Thursday - Dress for Favorite Decade Day

Friday - Wear Favorite Teams Jersey/Shirt.

Self-Love Workshop - How to Make Essential Oil Rollerball Make & Take

Tuesday, February 3

9 – 11 a.m.

Cost: \$20 (all supplies provided)

Join us for a fun and educational class where you learn to make eco-friendly products with essential oils. You'll receive recipes and materials to create your own essential oil. This class is perfect for those looking to use essential oils in their daily lives. Don't miss out on this chance to make your life greener and cleaner with essential oils. Advance registration required.

**“Cooking for One” Tips for Solo Chefs to Get Started in the Kitchen:
Medstar Community Health
Thursday, February 12
10 a.m.**

Cost: FREE

Cooking for One is your guide to making mealtime personal, practical, and joyful. This class teaches you how to plan, prep, and cook delicious meals without waste or stress. Learn how to scale recipes, shop smart, and master techniques that make solo cooking efficient and fun. Advance registration required.



**February Special Luncheon- Mardi Gras
with Bruce Thomas**

Tuesday, February 17

Doors Open: 11 a.m.

Lunch Served: 11:30 a.m.

Entertainment: 12 p.m.

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

Laissez les bons temps rouler! Join us for a vibrant Mardi Gras Luncheon filled with the rich tunes of Bruce Thomas. Bring the spirit of flavors, colors, and spirit of New Orleans. Enjoy a delicious spread inspired by classic Creole and Cajun

Cuisine - think jambalaya, gumbo, king cake, and more - served in a lively, music-filled atmosphere. Whether you're here for the food, the fun, or the festive flair, this celebration is sure to lift your spirits and bring a little bit of Bourbon Street to your day.

Dress in your Mardi Gras best, purple, green, and gold encouraged!

Advance registration required.

Make & Take with Jamie

Tuesday, February 24 – Acrylic Beach Scene

10 a.m. – 12 p.m.

Cost: \$25 (All supplies provided)

Quick and fun oval acrylic beach scene to get us out of our winter blues! Never too early to start thinking about summer on the beach! All materials included! Advance registration required.



Book Discussion, *The Madness of Moll Dyer* with Christine Trent

Thursday, February 26, 10 a.m.

Cost: FREE

Step into the haunting world of *The Madness of Moll Dyer* as local author Christine Trent explores the historical echoes and emotional depth of this powerful fourth installment of the series, Heart of St. Mary's County. In this discussion, you'll dive into the themes of folklore, while examining how the author blends supernatural elements with real historical context. Whether you've followed the series from the beginning or just discovering, this is a chance to connect with fellow readers who love a good mystery. Advance registration required.

Northern Senior Activity Center

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

For events requiring registration, visit www.stmaryscountymd.gov/aging and click on the "View & Sign Up for Activities & Programs" button. Accommodations can be made for those requiring registration assistance by leaving a message at 301-475-4200, ext. 3115.



Western Mahjong

Tuesday, 1-3 p.m. & Wednesday
12:30-2:30 p.m. (Weekly)

Cost: FREE

Have you ever played the American version of Mahjong? Want to learn? Join volunteer Julie Sharpe and others for a free, casual game of Western Mahjong. The goal of this version is to form a 14-tile hand by matching a specific combination listed on the annual card. Players draw and discard tiles to build their hand, which typically consists of four groups of three tiles plus a pair. The group meets weekly on Tuesdays from 1-3 p.m. and Wednesdays from 12:30 - 2:30 p.m. Advance sign-up is not available. Arrive early to reserve a spot at the table!

Pitch Free Play

Thursdays, January 8 & February 12
1- 4 p.m.

Cost: FREE

Interested in playing Pitch cards for the first time? Experienced player looking for a more casual gameplay? Join us for "Free Play" Pitch on the second Thursday of each month. No money is involved. No prizes, just the fun of the game! The game is played in a progressive game style (like our regular Pitch Card Day). When you arrive that day, you'll get the traditional game tally sheet and materials needed. Even tables of four are required to play, so be prepared to take turns or sit out for a round. Drop-ins only. Sign-ups will not be taken.

Paint Pouring Craft

Thursday, January 15
10 a.m.-12 p.m.

Cost: \$10

Join instructor, Kathy Creswell, for a customizable paint-pouring craft. During this hands-on workshop, Kathy will introduce you to a variety of techniques that will inspire you to create beautiful, one-of-a-kind designs. You'll have the opportunity to experiment with colors, patterns, and styles to create your own piece. All supplies will be provided. This class is perfect for beginners. Kathy will offer step-by-step guidance to ensure you feel confident throughout the process. See the top of this page for registration details.



Men's Strength Training Boot Camp

Thursdays, January 29—February 26 (5 classes),
11 a.m. - 12 p.m.

Cost: \$45

The Boot Camp is back with enhancements for 2026 including progressions, level options, and measurable milestones.

A certified instructor with Zen Well Studio will aim 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.



Wednesdays with Will

Wednesdays, January 7 & February 4
11:15 a.m. - 12:15 p.m.

Cost: Entertainment free; Lunch fees apply

Local musician Will Yeckley will be visiting to provide relaxing entertainment during lunch.

Advance sign-ups are not required to attend. Want to reserve a meal? Call Penny on

301-475-4200, ext. 3105, no later than noon the day before. Lunch is \$7 for those under 60, and by donation otherwise, paid upon arrival.



New Year's Sock Hop with DJ Big Tony

Friday, January 16

1-3 p.m.

Cost: FREE

Happy New Year! DJ Big Tony is returning to Northern following his highly acclaimed debut at The Haunted Hop dance party. Join us as we celebrate the arrival of 2026 and dance the afternoon away in true retro style. Dress in your best '50s -inspired outfit: poodle skirts, leather jackets, saddle shoes, and all the vintage flair you can bring. Enjoy light refreshments and be sure to stay until the end for our special door prize drawing. You won't want to miss it!

See page 24 for how to register.

Dancing for Neuroplasticity: The Nifty '50s

Monday, January 26, 1-2:30 p.m.

Cost: \$20

Step into a transformative world where dancing isn't just movement, it's a unique, scientifically backed brain-boosting, memory-engaging, and spirit-lifting journey. Experience classic '50s hits that will awaken your brain's memory centers and spark emotional connections. Join brain fitness educators, Judi Lyons & Paty Massón. Discover how dance can create new neural pathways, strengthen brain connections, and foster dynamic resilience. Please bring water and wear comfortable clothing.

See page 24 for how to register.

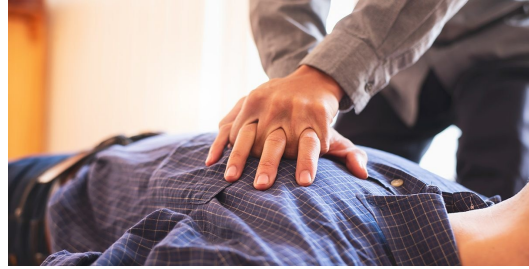


Hands-Only CPR with American Red Cross
Thursday, January 29
10-11 a.m.

Cost: FREE

Many people who survive a cardiac emergency are helped by a bystander. Learning hands-only CPR (or compression-only CPR) will help you to deliver life-saving care until professional responders arrive.

Angela Pettis from the American Red Cross will provide an informative presentation explaining the 8 simple steps needed for this technique. See page 24 for how to register.



Pitch Card Day

Thursdays, January 29 & February 26
12:30-3:30 p.m.

Cost: \$10

Ready to play Pitch? This is played in a progressive game style (like the card parties). All signups are done in advance online. At that time fees will be collected. Enrollment means you'll be on the roster to play. When you arrive that day, you'll get the traditional game tally sheet and materials needed (this is not a tournament). Drop-ins will not be accommodated unless we need a substitute to fill in or round out a table. Must be an experienced Pitch card player. The fee will be \$10 per person and there will be a cash prize of \$40 for the top winner & descending prizes thereafter. Advanced registration is required. See page 24 for how to register.

Bunco!

Fridays, January 30 & February 27, 12:30-3:30 p.m.

Cost: \$5

Bunco is a recreational and lively game of fun. Winning categories will be awarded prize money that day! Let's roll the dice and enjoy an afternoon together. All sign-ups are done in advance online. Drop-ins will not be accommodated unless we need a substitute to fill in or round out a table. Want lunch before the game? Reserve a meal by calling Penny at 301-475-4200, ext. 3105, by Noon the day before Bunco. See page 24 for how to register.



Valentine's Bingo

Friday, February 6, 9:45-11:15 a.m.

Cost: \$3 suggested donation

Join us for a lively, fun-loving game of Bingo that's perfect for celebrating the season! This special session will feature Valentine's Day-themed prizes, adding a sweet twist to every win. Whether you're a seasoned Bingo pro or trying it out for the first time, you're sure to enjoy the friendly competition and cheerful atmosphere. Wear your favorite red, pink, or purple outfit. Advance registration is not available. Please arrive early to reserve your spot.

Crafting with Helene & Colleen: Vases of Love

Friday, February 6, 1-3 p.m.

Cost: FREE

Enjoy an afternoon of crafting with Helene & Colleen! Learn how to make a bouquet of paper flowers. Then, display in a vase. All supplies will be provided. See page 24 for how to register.



Cupcake Decorating with Sweetheart Cupcakes

Friday, February 13, 12:30-1:30 p.m.

Cost: \$15

Join Rebecca Smith of Sweetheart Cupcakes to learn how to decorate cupcakes for events, holidays, or just for fun! Rebecca will guide you step-by-step through essential decorating techniques, offering tips and tricks that bakers of all levels can use at home. You will complete two cupcakes with a Valentine's Day theme. All skill levels are welcome. Supplies will be provided. See page 24 for how to register.

Mardi Gras Party with Rob Young

Tuesday, February 17, 11 a.m.-1 p.m.

Cost: Entertainment sponsored; Lunch fees apply

Let the good times roll! Join us for a New Orleans-inspired Mardi Gras luncheon. Musical guest Rob Young will provide upbeat and fun tracks to accompany the meal. After lunch and music, stay for a game of Bingo! Enjoy special Mardi Gras mocktails and treats. Wear some colorful beads. Want to win a prize? Put on your best outfit and parade around the Great Room. The person or group with the most votes will win. See page 24 for how to register.



Karaoke Cake Walk

Tuesday, February 24, 10-11:30 a.m.

Cost: \$2

Time to enjoy some sweet memories and songs with a chance to win a sweet treat. Karaoke is here, giving you the chance to sing and have fun. This isn't a competition, and no experience is required, perfect for amateurs! Have a good time with friends and staff. Please request a song and/or artist when signing up. All karaoke singers will enjoy a past Center tradition called the Cake Walk, which is a play on musical chairs but with baked goods as prizes. See page 24 for how to register.

Freedom Hearing Screenings

Thursday, February 26, 8:30-11:15 a.m.

Cost: FREE

Regular hearing screenings are essential for detecting gradually developing hearing issues before they significantly affect your hearing and overall quality of life. Dr. Becky Guy, Clinical Audiologist at Freedom Hearing Center, is offering free hearing screenings to help you stay proactive about your hearing health. Pre-registration is required to secure your appointment, so be sure to reserve your spot in advance. See page 24 for how to register.



Retired and Senior Volunteer Program

By Monika Williams, RSVP Project Manager

Happy New Year! We made it through another year. The past year had many twists, turns, highs and lows but we're going to expect smooth sailing throughout this new year. Now is the time to re-examine ourselves. Did we reach our goals or make an effort to positively enhance our lives last year? If not, don't give up. Just readjust, set obtainable goals and go for it! Let's make this a year of positivity. Exchange every negative thought for a positive one. We're going to change our outlook from grey to beautiful royal blue or whatever color brings you happiness.



Gold Presidential Service Awardees 400 + hours in 2024

Are you looking for ways to spark change and make a difference within your community this year? RSVP may



Silver Presidential Service Awardees 250 – 399 hours in 2024

be your answer. Just 4-6 hours, one day a week brings a world of help to organizations and programs that are serving our community. It is nutritious meals delivered to senior community members, an educational tour in a historic park, or a needed ride to an important doctor appointment for a senior who can no longer drive. There are so many more examples in which there isn't enough room to type them all in this article. Please consider partnering with us in our efforts to filling in the gaps of need within St. Mary's County.

Note to RSVP volunteers

Thank you for continuing with us. We know this will be another exceptional year of volunteerism. You all have been dependable, reliable, kind, and irreplaceable. I feel privileged to be able to work with you again this year. Please make sure all hours of service have been submitted. Each volunteer will receive a report of hours of service and mileage by January 15, 2026.



Bronze Presidential Service Awardees 100 – 249 hours in

See more volunteer opportunities on the next page.

Volunteer Opportunities

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

Charlotte Hall Veterans Home

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

A Community That Shares (ACTS)

- Receiving and dispersing
medical equipment
- Repairing Equipment
- Currently, need substitute vol-
unteers when needed

Hospice of St. Mary's

- Making phone calls to family
members
- Grocery Shopping
- House Patient Cook
- Read to Patients
- Retired/active military person
to perform "Pinning
Ceremonies" to retired or
Active-Duty Hospice Patients.

Teen Court

- Hearing Support Assistants
- Bailiff
- Teen Juror

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.

Friends of the Library

- Assist with Book-Sale
Events
- Organize Books
- Sort Donation
- Data Entry

Historic St. Mary's, St. Clement's Island Museum, and Historic Sotterley

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

Northern Senior Activity Center

- Chess Volunteer
- Craft Bead & Jewelry Class
Leader
- Library Volunteer

Garvey Senior Activity Center

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

Loffler Senior Activity Center

- Zoom Activity Monitor
- In need of a Master
Gardener
- Bingo Caller

St. Mary's County Crime Solvers Board

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

Home Delivered Meals

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

Patuxent River Naval Air Museum

- Tour Guide
- Flight Simulator Team
- Exhibit Team

Senior Rides

- There is a great need for
volunteer drivers to transport
independent seniors to doctor
appointments, shopping, and
social engagements.

Patuxent Habitat for Humanity

- Receive, sort, price, and place
donations on sales floor at the
Restore thrift shop
- Assist with Grants Writing
- Assist with Construction
Projects
- Assist with Various Boards

Medstar Hospice

- Grocery shopping
- Watering Flowers
- Phone calls to family members
- Reading to patients
- House Patient Cook
- Retired or active military per-
sonnel to perform 20 – 30 mi-
nute "Pinning Ceremonies"

Senior Connections Senior Activity Center

- Card Creating Help

CarFit

- Assist with correct seat height &
distance, correcting blind spots,
and ensure break lights, head-
lights, and signal lights operate
correctly

Ongoing Activities - Garvey

CLASS/ ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
American 500 Cards	Tuesdays 2 p.m.	American 500 is a trick-taking card game based on Euchre.	No	No
American Mah Jong	Tue. 5 p.m.	New players welcome.	No	No
Arthritis Foundation Exercise Program (AFEP)	Tuesdays & Thursdays 8:45 a.m. or 9:45 a.m. Tue. 5:30 p.m. Fri. 8:45 a.m.	Gentle, range of motion, stretching and flexibility led by certified instructor. Two classes available on Tuesdays and Thursdays.	No	No
Art Studio Open Access	1 st & 3 rd Thu. 4 p.m. 2 nd & 4 th Fri. 12:30 p.m.	Open Art Studio hours. Bring your own supplies. Instruction not provided.	No	No
Beginners Bridge	Tue. 5 –7 p.m.	Come learn how to play Bridge.	No	No
Billiards	Daily	Bring your own or use ours.	No	No
Bingo	Mondays 10-11:30 a.m.	Game with volunteer bingo callers. Pantry items for prizes.	No	No
Book Discussion Group	2 nd Wednesday 11 a.m.	Loaner books provided by St. Mary's Public Library.	No	No
Bridge Club	Wed. & Thurs. 10 a.m.-2 p.m.	Best suited for experienced players.	Closed	No
Card/Board Games	2 nd & 4 th Thu. 5 p.m.	Come play a variety of card and board games .	No	No
Cardio Lite	Mon. 5:30 p.m.	Light Cardio & low impact class.	No	Fitness Card
Cornhole	Daily	2 boards, 8 bags.	No	No
Diamond Dots	Thursdays 2 p.m.	Paint by color with diamonds. No experience needed. Bring your own supplies. Light boards provided.	No	No
Dungeons & Dragons	Mondays 5-8 p.m.	Adventure awaits! Everything you need to get started playing Dungeons & Dragons, the world's greatest roleplaying game	No	No
EnhanceFitness	Mon., Wed. 11 a.m. -12 p.m. Wed. 5:00 p.m. Fri. 9:30 a.m.	Cardiovascular/weight training exercises to improve flexibility, strength, balance.	No	Fitness Card
Fitness Room	Daily	A variety of fitness equipment for cardio and strength training.	No	No
Geri-Fit	Monday & Wednesday 2-3 p.m.	Helping to rebuild strength that has been lost.	No	No
Line Dancing	Tuesdays 11 a.m.	No experience necessary. Volunteer leads group in a variety of steps.	No	No
Mah Jongg	Mon. 12:30 p.m.	No experience necessary. New players welcome.	No	No
Men's Strength Training	Mondays 9:30-10:30 a.m.	Low impact strength training class.	No	Fitness Card
Pickleball Courts	Open	Pickleball courts are available daily, dawn to dusk. See staff during hours for access info.	No	No

NEW BEGINNING

Ongoing Activities - Garvey

CLASS/ ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Ping Pong	Daily 8 a.m. - 4 p.m.	1 table, paddles, and balls are available.	No	No
Pitch	Thursdays 10 a.m.-12 p.m.	Card game that started in St. Mary's County.	No	No
Reader's Theater	Meeting 2 nd Tue. 11 a.m. Rehearsals as needed	Reader's Theater is a form of theater that involves minimal props and no line memorization.	Yes	No
R&B Line Dancing	Mondays 12:30 p.m.	Line Dancing with specific instructions on popular line/party dance styles.	No	No
Scrapbooking Day	1 st & 3 rd Friday 9 a.m. – 4 p.m.	Open Art Studio Hours. Supplies & Instruction are not provided.	No	No
Silver Companions	1st & 3rd Thur. 3 p.m.	A social group for seniors, to enjoy recreational activities together.	No	No
Walking Club	Mon., Wed. & Fri. 9 a.m.	Meet in the lobby of the Garvey Senior Activity Center & walk around surrounding facilities.	No	No
Watercolor with T.L. Ford	2 nd Tuesday 1:30 p.m.	Come learn the basics of watercolor painting in a relaxing & informal setting.	Yes	Yes
Yoga (Chair)	Wednesdays 9:30 a.m.	Improves muscle strength & tone. Reduces stress & increases relaxation.	No	Fitness Card
Yoga (Mat)	Tuesday & Fridays 12:30 p.m.	Improves muscle strength & tone. Reduces stress & increases relaxation.	No	Fitness Card
Zumba Gold	Thursdays 12:30 p.m. 5:30 p.m.	Dance based exercise program led by certified instructor.	No	Fitness Card

Helpful Links:

St. Mary's County

Department of Aging & Human Services

www.stmaryscountymd.gov/aging

Senior Information & Assistance Contacts

www.stmaryscountymd.gov/aging/SeniorIA-Contacts

Department of Aging & Human Services Facebook Page

www.facebook.com/SMCDAHS

Department of Aging & Human Services YouTube Channel

www.youtube.com/c/SMCAgingHumanServices

Ongoing Activities - Loffler

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Art with Jamie	Tuesdays 4 sessions each month 10 a.m.	Start up materials provided; instructor will notify of other items needed.	Yes	\$25 per class
Arthritis Foundation Exercise Program (AFEP)	Tuesdays & Thursdays 12:30-1:30 p.m.	Gentle, range of motion, stretching and flexibility led by certified instructor.	No	No
Bible Study	Fridays 10:30 a.m.	Non-denominational, Christian-based scripture group led by volunteer Phil Benedict.	No	No
Bingo	Wednesdays 12:30-1:30 p.m.	Game with volunteer bingo callers. Pantry items for prizes.	No	No
Book Club	1 st Friday of every month.	Read a new book each month and then enjoy a friendly discussion.	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, baby blankets, and granny squares for various community outreach programs.	No	No
Chatter Corner	Thursdays 12:30 p.m.	Casual Conversation - moderated by Joyce Haderly. This includes non-controversial topics and story sharing. Drop ins are welcome.	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. Discussion topics include local and global stories and headlines.	No	No
Dice Rummy	Tuesdays & Thursdays 9 a.m.	Suitable for all levels of experience.	No	No
Embroidery on Paper	Mondays 12:30 p.m.	Supply kits will need to be purchased to get started with making embroidered cards and other crafts.	No	Yes
EnhanceFitness	Mondays, 11 a.m. Wednesdays, 12:30 p.m.	Cardiovascular/weight training exercises to improve flexibility, strength, balance.	No	Fitness Card
Exercise Equipment	Daily 8 a.m. -4 p.m.	2 treadmills, 2 seated ellipticals & a recumbent bike.	No	No
Health Watch Presentations	2 nd Wednesdays 9:30 a.m.	Volunteer led informational session on various health topics.	Yes	No
Honey Bee Quilters	1 st , 3 rd , & 5 th Wednesdays 10 a.m.	Bring your own quilting supplies. Sewing machines available at center if needed.	No	No
Line Dancing	Fri. 11 a.m.	Learn some of the classic line dances steps. Mostly country music. Beginners welcome.	No	No
Loffler Sunshine Singers	Thursdays 10 a.m.	Casual singing group, no singing or music reading experience required.	No	No
Mah Jong	Tuesdays & Thursdays 12:30 p.m.	New and experienced players welcome!	No	No

Ongoing Activities - Loffler

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Needle Crafters	Mondays & Thursdays 10 a.m.	Knit & crochet group. Some yarn available at center or bring your own.	No	No
Nutrition Ed. with Donna Taggart	2 nd Mondays 10 a.m.	Nutrition presentations led by a Licensed Dietician.	Yes	No
Open Art Studio	1 st and 3 rd Fridays 9 a.m.	Drop in for guided art practice with volunteer Penny.	No	Drop in fee
Pinochle	Mon., Wed., & Fri. 9 a.m.	New & experienced players welcome.	No	No
Project Linus	3 rd Fridays 10 a.m.	Make blankets for children and teenagers who are hospitalized or in shelters.	No	No
R&B Line Dancing	Wednesdays 11 a.m.	Learn the latest Line dances performed to your favorite R&B tunes. Beginners welcome	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
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. Fridays 11a.m. - Noon	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	No
Book Club: Book Chatter	4 th Thursday 10:30 -11:30 a.m.	Read & review new books each month. Different books for each club.	Yes	No
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
Crafty Corner	Mon., Tues., Thurs., Fri. 8 a.m.-4 p.m. Wednesdays, 1-4 p.m.	Open time to work on textile based projects like beads, crochet, and coloring.	No	No
Coloring Group (two groups)	1 st & 3 rd Wednesdays 1-2:30 p.m.	Participants supply coloring utensils if possible; some are provided.	Waitlist	No

Ongoing Activities - Northern

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Crochet DIY	Mon. & Wed., 1-4 p.m.	Beginners or experienced.	No	No
Cycling Meetup	ON HOLD UNTIL MARCH 2026	Meet at Northern for a group ride on Three Notch Trail (weather permitting).	No	No
Diamond Dazzle (two groups)	3 rd Monday 10 a.m.-Noon & 1- 3 p.m.	Diamond and associated bead crafts.	Waitlist	Yes for kits
Double Pinochle	Tuesdays & Fridays 10 a.m.-4:30 p.m.	Moderately experienced players.	No	No
Drums Alive	Tuesdays February 20-March 26 2-3 p.m.	Instructor-lead drum and dance class. Helps cognitive function. Program runs for 6-weeks at a time .	Yes	\$12 for 6-week program
Dynamic Ceramics	Wednesdays 9:30 a.m.-12:30 p.m.	Variety of bisque pieces available to purchase. Supplies provided.	Drop-in	Buy items, firing fees
EnhanceFitness	Tuesday & Thursdays 9:30-10:30 a.m. Fridays, 9-10 a.m.	Cardiovascular/weight training exercises to improve flexibility, strength, balance.	No	Fitness Card
Homemakers	2nd & 4th Tuesdays 10 a.m.-12 p.m.	Social time and homemade items made for fun and charity.	Yes Call to inquire	No
Line Dancing	Wednesdays 1-2:30 p.m.	Volunteer leads group/variety of steps.	No	No
Lyme Discussion & Support Initiative	TBD Toolkits by pickup	Facilitator-led group with education and support for Lyme Disease.	Yes, all ages	No
Mahjong (Eastern)	Thurs 1-4:30 p.m.	Popular tile game involves skill, strategy & luck. Beginners welcome.	No	No
Mahjong (Western)	Wednesdays 12:30-2:30 p.m.	American version of popular tile game. Involves skill, strategy, and 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
Party Bridge	Thursday 10 a.m.-1 p.m.	Best suited for experienced players.	Preferred	No
Pitch Card Day	Last Thursday of the month 12:30-3:30 p.m.	Experienced players enjoy an afternoon of Pitch. Top players will receive a prize.	Yes	\$10
Northern Quilters	2 nd & 4 th Wednesday 12:30-4:30 p.m.	Instructor teaches basic skills and techniques. Individual projects.	Preferred- Not required	TBD, Varies
R&B Line Dancing	Fridays 1-2 p.m.	Popular line/party dance styles.	No	No
Scrapbooking/ Papercrafting.	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. 1074.

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. 1846.

Website: www.stmaryscountymd.gov/aging

Facebook: www.facebook.com/SMCDAHS

YouTube: www.youtube.com/c/SMCAgingHumanServices

Phone: 301-475-4200, ext. 1050

Fax: 301-475-4503

LOCATIONS



Department of Aging & Human Services Building
301-475-4200, ext. 1050
*41780 Baldrige Street
Leonardtown, MD 20650*

Garvey Senior Activity Center
301-475-4200, ext. 1080
*23630 Hayden Farm Lane
Leonardtown MD, 20650*

Loffler Senior Activity Center
301-475-4200, ext. 1658
*21905 Chancellor's Run Road
Great Mills, MD 20634*

Northern Senior Activity Center
301-475-4200, ext. 3101
*29655 Charlotte Hall Road
Charlotte Hall, MD, 20622*

Human Services and MAP Site
301-475-4200, ext. 1057
*23115 Leonard Hall Drive
Leonardtown, MD, 20650*



St. Mary's County Department of Aging &
Human Services
41780 Baldrige Street
P.O. Box 653
Leonardtown, MD 20650

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Holiday Closings
(No Home-Delivered or Congregate Meals Served)

Thursday, January 1 - New Year's Day
Monday, January 19 - Martin Luther King, Jr., Day
Monday, February 16 - Presidents' Day

NEW BEGINNING