

# NEW BEGINNING

**VOLUME 37 ISSUE 3**

**MAY/JUNE 2024**

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



**Powered  
by Connection**

[ACL.gov/OAM](https://acl.gov/OAM)  
[#OlderAmericansMonth](https://twitter.com/OlderAmericansMonth)

**OLDER  
AMERICANS  
MONTH**



## Celebrating Older Americans Month

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# From the Director's Desk

By Lori Jennings-Harris, Director

## Older Americans Month 2024

Every year the nation celebrates Older Americans Month during the month of May. The Administration for Community Living (ACL) has dubbed this year's theme as "Powered by Connection, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being". <https://acl.gov/oam/2024/older-americans-month-2024>



According to the CDC website, "Social connectedness influences our minds, bodies, and behaviors—all of which influence our health and life expectancy. Research shows that social connectedness can lead to longer life, better health, and improved well-being.

People are by nature social creatures. Social connections are important for our survival. Our relationships with family, friends, coworkers, and community members can have a major impact on our health and well-being.

When people are socially connected and have stable and supportive relationships, they are more likely to make healthy choices and to have better mental and physical health outcomes. They are also better able to cope with hard times, stress, anxiety, and depression.

There are many things that create social connectedness. The amount and quality of our relationships matter, as do the various roles they play in our lives".

The CDC goes on to say, "People with stronger social bonds have a 50% increased likelihood of survival than those who have fewer social connections.

**Social connection can help prevent serious illness and outcomes, like:**

- Heart disease.
- Stroke.

*Continued on page 4*

## NEW BEGINNING

The Commissioners of  
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### NEW BEGINNING

is published bi-monthly by the St. Mary's County Department of Aging & Human Services. Articles may be reprinted from this newsletter but must be attributed to "SMCDAHS, New Beginning."

To receive a copy of this newsletter through the U.S. Mail, 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  
Leonardtwn, MD 20650

or visit the website at:

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

### Our Mission

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

- Dementia.
- Depression and anxiety.

**Social connection with others can help:**

- Improve your ability to recover from stress, anxiety, and depression.
- Promote healthy eating, physical activity, and weight.
- Improve sleep, well-being, and quality of life.
- Reduce your risk of violent and suicidal behaviors.
- Prevent death from chronic diseases”.

<https://www.cdc.gov/emotional-wellbeing/social-connectedness/affect-health.htm#:~:text=When%20people%20are%20socially%20connected,stress%2C%20anxiety%2C%20and%20depression>

The Department of Aging & Human Services is here to facilitate making continued social connections through our senior activity centers and the Retired and Senior Volunteer Program (RSVP). Our Department is here to help you remain Powered by Connection!

## 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, May 27, 2024  
1 p.m.

Monday, June 24, 2024  
1 p.m.

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

#### Attend Meetings to:

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

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



## Nutrition Corner

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

It is true that as we age, we lose muscle mass and strength. However, there are steps you can take to help build and maintain as much muscle and strength as possible to be able to carry out daily tasks of living and more. Studies have shown that muscle mass decreases by about 3 - 8 % per decade after the age of 30 and that rate increases after the age of 60. This loss of muscle mass carries significant health risks. Weak muscles increase the risk of falls, bone breaks, and disabilities.



Women are generally at more of a risk for muscle loss due to hormonal changes.

Insulin resistance as well as low grade systemic inflammation can also play a role.

There are no radiological diagnostic tools for detection, but muscle weakness is the main indicator of low muscle mass.

So, what can be done? Diet and exercise are the two proven tools for building and maintaining muscle as we age. I will just touch on exercise since nutrition is my expertise, but studies have found resistance training combined with aerobic exercise and balance training to be most effective. If you have been inactive, it is best to discuss with a professional to avoid injury.

The current recommendation for protein for adults set by the Institute of Medicine is 0.8 grams/ kg of weight. For example, a 150-pound person: divide 150 by 2.2 to get weight in kg (68). Multiply that number by 0.8 to get the recommended protein intake (54 grams).

However more recent reviews have suggested anywhere from 1-1.4 gms /kg for senior adults. Overall, aim for around 25 grams of protein at meals and 10-20 for snacks. What are sources of protein? Dairy, fish, poultry, red meat, pork, eggs, nuts, legumes to name a few. Several studies have found that animal-based proteins are more effective for muscle building than plant proteins, but eating a wide variety of proteins will ensure that our bodies get the essential building blocks to help build and strengthen the muscles you have. Plus, the more active you remain, the more muscle tone you will keep.

To learn more about protein and healthy eating, join me in August for a presentation on protein at the senior activity centers.

### Upcoming Nutrition Education Presentations:

#### **Osteoporosis Awareness Month**

**Garvey-** Wednesday, May 1, 12:45 pm

**Garvey-** Thursday, May 9, 6 p.m.

**Loffler-** Monday, May 13 , 10 a.m.

**Northern-** Monday, May 13, 12 p.m.

#### **Understanding Food Nutrition Labels**

**Garvey-** Wednesday, June 5, 12:45 pm

**Garvey-** Thursday, June 13, 6 p.m.

**Loffler-** Monday, June 10 10 a.m.

**Northern-** Monday, June 17, 12 p.m.

# Home & Community-Based Services

By Rebecca Kessler, HCBS Division Manager



Let us **guide** you!



1-844-627-5465  
INFORMATION · PLANNING · ACCESS  
for Long Term Services & Supports

<https://www.stmaryscountymd.gov/Aging/MAP/>

**CONTACT US**

St. Mary's County Department of  
Aging & Human Services MAP

 301-475-4200, ext. 1057 or 1058



 **Receives and resolves complaints made by or for residents of long-term care facilities**

 **Protects the identity of residents and of individuals who make complaints.**

 **Educates consumers about long-term care providers, residents' rights, and good care practices.**

 **Provides information to the public on nursing homes and other long-term care facilities and services, residents' rights, and legislative policy issues.**

## Long-Term Care Ombudsman Program

**Meet Our Ombudsman**



Julienne France  
Certified LTC Ombudsman

**Contact Us**

301-475-4200, ext. 1055  
[Julienne.France@stmaryscountymd.gov](mailto:Julienne.France@stmaryscountymd.gov)



# Men's Health Day: A Blueprint for Wellness

The Department of Aging & Human Services  
is pleased to offer the second annual

## Men's Health Day: A Blueprint for Wellness!

Garvey Senior Activity Center  
23630 Hayden Farm Lane - Leonardtown, MD  
Saturday, June 1, 2024

9 a.m.-1 p.m.

Pre-Registration is strongly encouraged.  
Register at [www.stmaryscountymd.gov/aging/MensHealth](http://www.stmaryscountymd.gov/aging/MensHealth)

### Presentations

#### Promoting Prostate Health

Presented by: Hillary McDonald, PA-C, Chesapeake Urology Associates  
9:30-10:30 a.m.

#### Planning Ahead

**Advance Health Care Directives, Hospice Services, and more!**  
Presented by: Rachael Okun, LCSW-C, Hospice of St. Mary's County  
11 a.m.-12 p.m.

Lunch provided - 12:30 p.m.

#### Informational Displays & Health Screenings include:

MedStar St. Mary's Hospital - *Blood Pressure and Body Composition Screenings*  
Lions Club - *Vision Screenings*  
St. Mary's County Health Department



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

## New Employee Spotlight!



### Heidee Long

I have been hired as a Senior Office Specialist for the evening shift at the Garvey Senior Activity Center. I have an Associates in Medical Assisting and was an orthopedic CMA until illness forced retirement. I am from Mount Vernon, Washington, and moved to Maryland in January 2020 just before COVID. I am excited to be a recognizable figure in our community and be of service where I am needed. I also have my own pet sitting business, mostly cats and dogs.

Spare time activities include gardening, spending time with my daughter, and cooking. GO SEAHAWKS!!

## Senior Activity Centers Earn Health Department Gold Star Awards

Kitchen staff from the Loffler, Garvey, and Northern Senior Activity Centers were honored during the 2023 Gold Star Awards with the St. Mary's County Health Department!

According to information from the Health Department, Gold Star eligibility is based on strict criteria and standards, as observed during routine annual inspections. The requirements to earn the Gold Star are:

- No critical violations (based on COMAR 10.15.03)
- No temperature violations cited during a monitoring inspection
- A 30-day follow-up inspection must correct all violations noted by an inspector
- No confirmed unsafe food handling complaints for sanitation or food-borne illness
- At least one food service worker completed a recognized and approved "Food Service Sanitation and Safety Class" within the last two years

For more information about the Gold Star Program and for a full list of the 2023 Gold Star Award winners, visit [smchd.org/gold-star](http://smchd.org/gold-star).





# SENIOR RIDES PROGRAM VOLUNTEER DRIVERS NEEDED

## Driver Benefits

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

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

## Driver Qualifications

- Love of helping other people
- 21 years of age or older
- Own personal vehicle
- Have an automobile insurance policy with a minimum personal liability limit of \$100,000

## Driver Qualifications

- Completed application and volunteer driver waiver release
- Participate in informal interview
- Pass criminal background check
- Pass annual MVA driving record check

## Contact Us

Rachel Kinder  
301-475-4200, ext. 1066  
[rachel.kinder@stmaryscountymd.gov](mailto:rachel.kinder@stmaryscountymd.gov)  
<https://www.stmaryscountymd.gov/aging/seniorrides/>

# Senior Information & Assistance

By Melissa Craig, Senior I&A Division Manager

## Maryland Legal Aid

Attorneys from the Maryland Legal Aid are available at the Garvey Senior Activity Center once a month by appointment. The types of cases they can assist with are eviction, landlord/tenant disputes, credit problems, consumer complaints, denial of public benefits, power of attorney, and Advance Directives. To schedule an appointment for May 10, 2024, or June 7, 2024, please call 301-475-4200, ext. 1064.

## Save Money On Your Medicare Expenses

Get help from your state paying your Medicare Part A (Hospital Insurance) and Part B (Medical Insurance) premiums through a Medicare Savings Program. If you qualify, Medicare Savings Programs might also pay your Part A and Part B deductibles, coinsurance, and copayments.

The QMB program pays the Medicare Part B premium, deductibles and co-insurance, while the SLMB program pays the Part B premium. Considering most individuals pay \$170.10 for their Part B premium these programs add up to a savings of at least \$2,041 per year. Listed below are the financial qualifications for each program.

## Upcoming Medicare Minutes

Join us at the Garvey Senior Activity Center at 9 a.m. the last Wednesday of every month!

**May 29: Medicare for Federal Employees and Retirees** - Learn how your FEHB benefits coordinate with Medicare and what to consider when making enrollment decisions.

**June 26: Preparing for Future Health Care Needs** - Learn about advanced directives, living wills, health care proxies, and powers of attorney to help ensure that decisions made on your behalf meet your needs and preferences.

Program	Gross Monthly Income	Assets
QMB	\$1,275 (individual)	\$9,430
	\$1,724 (couple)	\$14,130
SLMB	\$1,715 (individual)	\$9,430
	\$2,320 (couple)	\$14,130

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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

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

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

# SCAM ALERT

Watch out! Scammers target everyone.



## Recognize scammers. They may:

- **PRETEND** to be from an agency or organization you know.
- Say there's a **PROBLEM** or promise a prize.
- **PRESSURE** you to act immediately.
- Tell you to **PAY** in a specific way.



Do not give scammers money or personal information – Ignore them!

## How to avoid a scam:

- **Remain calm.** Talk to someone you trust.
- **Hang up or ignore** the message. **DO NOT** click on links or attachments.
- **Protect your money.** Criminals will insist that you pay in a hard-to-trace manner, such as with a gift card, prepaid debit card, cryptocurrency, wire transfer, money transfer, or by mailing cash.
- **Protect your personal information.** Be skeptical of a contact you didn't initiate.
- **Spread the word.** Share your knowledge of Social Security-related scams. Post on social media using the hashtag #SlamtheScam to share your experience and warn others. Visit [ssa.gov/scam](https://ssa.gov/scam) for more information. Please also share with your friends and family.

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# Law Day

Friday, May 3, 2024

9 a.m.-4 p.m.

Make an appointment with an attorney to fill out an Advance Healthcare Directive completely FREE!

## Appointments Available at:

Department of Aging & Human Services - 41780 Baldrige Street, Leonardtown, MD  
Loffler Senior Activity Center - 21905 Chancellors Run Road, Great Mills, MD  
Garvey Senior Activity Center - 23630 Hayden Farm Lane, Leonardtown, MD  
Northern Senior Activity Center - 29655 Charlotte Hall Rd, Charlotte Hall, MD

## An Advance Health Care Directive will:

- Name your Health Care Agent, the person or persons who will make your health care decisions for you.
  - Decide when your Agent's power becomes effective.
- State your desires concerning the administration or withholding of life sustaining procedures if you are unable to give instructions regarding your care due to an end of life condition (incurable disease, terminal condition, persistent vegetative state, end stage condition, injury). This includes the choice(s) of artificial nutrition and hydration and/or all available interventions.
  - Customize with your personal instructions and statements.
  - Choose pain relief to relieve pain and suffering.
- State your wishes concerning organ donation or the donation of your body.
- State your desires and preferences regarding funeral and burial, cremation, memorial service, or other final instructions.

## Registration required.

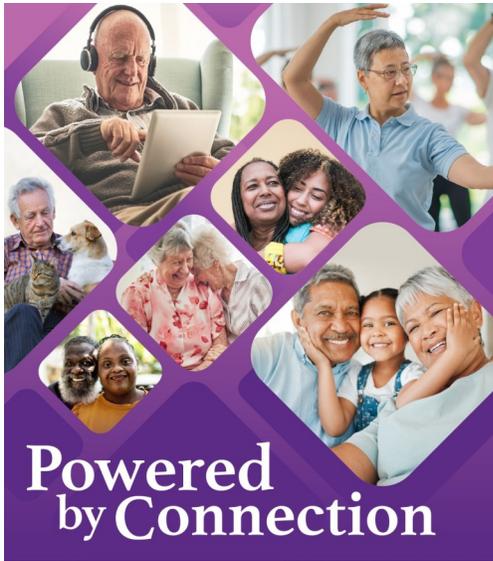
Contact Community Programs & Outreach Manager Sarah Miller at Sarah.Miller@stmaryscountymd.gov or 301-475-4200, ext. 1073, to schedule an appointment at your local Senior Activity Center!

All attorneys are members of the St. Mary's County Bar Association and are donating their time for Law Day to fill out Advance Care Directives ONLY. This is a free service.

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

# Division of Senior Center Operations

By Candice Nelson, Senior Center Operations Division Manager



ACL.gov/OAM  
#OlderAmericansMonth



Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM). The 2024 theme is **Powered by Connection**, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being.

May is also Mental Health Awareness Month. Every May since 1949, Mental Health America has helped to continue the tradition of promoting awareness, offering vital resources and education, and advocating for the mental health and well-being of everyone. This year's theme is **Where to Start: Mental Health in a Changing World**.

It's no coincidence that **Connection and Mental Health** both play a vital role in supporting independence, aging in place, combating isolation, loneliness, and other issues in older adults.

## Where to Start

The Senior Activity Centers are a great place for individuals 50 years or older to make connections and improve their health and well-being!

Each center offers a wide variety of educational, fitness, social, and artistic activities; there is something for everyone! Lunch is also served each day at the senior activity centers and is a great way to meet new friends or reconnect with others while enjoying a nutritious meal.

Take a look at what is being offered at the senior activity centers over the next few pages and challenge yourself to go out of your comfort zone and try something new. You may find something you didn't know you liked or are good at or may make lasting friendships - it's never too late to learn something new!

→ WHERE TO START ←

# May is Mental Health Month

WANT TO IMPROVE YOUR MENTAL HEALTH  
BUT DON'T KNOW WHERE TO START?

GET INFORMATION AND RESOURCES AT

[MHNATIONAL.ORG/MAY](https://mhanational.org/may)

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# Garvey Senior Activity Center

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

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

## Embroidery Card-Making Class

Garvey Senior Activity Center

Tuesdays, May 7 & June 4, 1:30 p.m.

Cost: \$5

This method of card-making is used to create stunning gifts or greeting cards that will be 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 own scissors, tape, and needle. The price includes the material to make a card.

Advanced registration is required.

## Reiki & Reflexology with Sarah Strain

Garvey Senior Activity Center

Tuesday, May 7 & 21, 10 a.m.-3 p.m.

Wednesday, May 8 & 22, 1 p.m.- 6 p.m.

Thursday, May 9 & 23, 11 a.m.- 2 p.m.

Tuesday, June 4 & 18, 10 a.m.-3 p.m.

Wednesday, June 5, 1 p.m.- 6 p.m.

Thursday, June 6 & 20, 11 a.m.- 2 p.m.

Cost: \$45 for 45 minutes

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



### **Reflexology**

Reflexology is designed to bring the body into balance through gentle pressure applied to the feet, hands, and ears. Each pressure point is directly related to specific organs of the body. Stimulating these areas will help release tension in that specific area of the body.

### **Reiki (Ray-Key)**

Using light or no touch, the hands of the practitioner capture and deliver the universal life energy to the client. Combined with crystals, Reiki can help to clear the mind and shift one into a state of clarity. Reiki assists in returning the body, mind & spirit to a state of wellness. Advance registration and payment are required.

Cancellations must be made at least 24 business hours in advance to be considered for a refund.

**Downsizing 101**  
**Garvey Senior Activity Center**  
**Wednesday, May 8, 10 a.m.**

**Cost: Free**

Thinking about making life easier by moving to a smaller place? Is it time for you to downsize? If you are planning to downsize or are considering it, then Downsizing 101 will answer many of the questions and give easy solutions! Join Jan Kleponis for a 1-hour session. Advance registration is required.



**Introduction to Crystals & Chakras with Angel Willer**

**Garvey Senior Activity Center**  
**Tuesday, May 7, 6:30 p.m.**

**Cost: \$15**

This workshop will introduce you to the wonderful world of crystals and chakras. You will learn everything you need to know about crystals and chakras to start helping to recharge, re-energize, and rebalance your energy. Advance registration is required.

**Sweetheart Cupcake Decorating Class**

**Garvey Senior Activity Center**  
**Wednesday, May 8, 4 p.m.**

**Cost: \$30**

Join Rebecca of Sweetheart Cupcakes to learn techniques for decorating cupcakes for events, holidays, or birthdays. You will complete 4 cupcakes (vanilla, devil's food, and/or lemon) with a summer theme. Supplies will be provided. Advanced registration is required.



**Watercolor with T.L. Ford**

**Garvey Senior Activity Center**  
**Tuesday, May 14 & June 11, 1:30 p.m.**

**Cost: \$25**

Would you like to learn how to paint with watercolor on a smaller scale? Come join T.L.Ford of Cattail.Nu, LLC as she teaches you the basics of watercolor painting in a relaxing, informal setting. No experience or drawing skills are necessary. Supplies will be provided! Advanced registration is required.

**An Evening with Drama Speaks**

**Garvey Senior Activity Center**  
**Tuesday, May 14, 5:30 p.m.**

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

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

## Movie Nights

Garvey Senior Activity Center  
Thursdays, May 16 & June 20, 5:30 p.m.

Cost: The movie is free.

\$3 (optional snack pack purchase)

Come join us in the dining room on the third Thursday of the month to enjoy a movie on the large screen! There is no charge for this program, but there will be snack packs available for purchase. You can bring your dinner, but a meal will not be provided. Advance registration is required.

**May: Top Gun – Maverick starring Tom Cruise (PG-13)**

Set 30 years after its predecessor, it follows Maverick's return to the United States Navy Strike Fighter Tactics Instructor program (also known as U.S. Navy-Fighter Weapons School - "TOPGUN"), where he must confront his past as he trains a group of younger pilots, among them the son of Maverick's deceased best friend, Lieutenant Nick "Goose" Bradshaw, USN.

**June: Mission Impossible - Dead Reckoning Part One starring Tom Cruise (PG-13)**

Ethan Hunt and his IMF team embark on their most dangerous mission yet: To track down a terrifying new weapon that threatens all of humanity before it falls into the wrong hands. With control of the future and the fate of the world at stake, and dark forces from Ethan's past closing in, a deadly race around the globe begins. Confronted by a mysterious, all-powerful enemy, Ethan is forced to consider that nothing can matter more than this mission – not even the lives of those he cares about most.

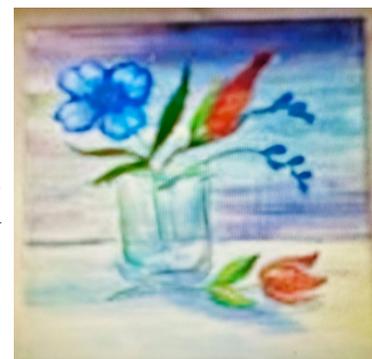


## Acrylic Painting with Chris: Vase with Flowers

Garvey Senior Activity Center  
Tuesday, May 21, 5:30 p.m.

Cost: \$5

Join artist, Chris Sisk, to create a lovely acrylic painting on canvas. You don't need to have any experience to take this class. Chris will guide you through each step. Supplies will be provided. Advance registration is required.



## Terracotta Pot and Succulent with Penny

Garvey Senior Activity Center  
Tuesday, June 4, 1:30 p.m.

Cost: \$20

Join Penny B. and paint a terracotta pot with your unique design. Then, plant your succulents. Penny will provide tips for taking care of your succulent. Supplies will be provided. Advanced registration is required.

**Patriotic Rag Garland**  
**Garvey Senior Activity Center**  
**Wednesday, May 22, 1:30 p.m.**

**Cost: Free**

Create a one-of-a-kind patriotic rag garland with Toni. Add a patriotic rag garland to your home décor. You will hand-tie pre-cut fabric strips to a piece of twine for your very own rag garland. Supplies will be provided. Advance registration is required.



**Movement Safety Education: Be Your Injury Prevention Advocate with Judi Lyons**

**Garvey Senior Activity Center**  
**Thursday, May 23, 2 p.m.**

**Cost: \$20**

Judi’s workshop teaches and demonstrates how to move safely through various activities and fitness classes, as well as in everyday living. Learn how age-related changes affect the way we move in the world. Plus, special considerations, like what not to do if you have high blood pressure or glaucoma. Become your

advocate for promoting function and independence with awareness, alignment, suitable progressions, modifications, and props. Judi is the founder of *Mindful Motions Maryland Therapeutic Movement Education* and is a Yoga Alliance Certified Education Provider with a focus on Somatics, Self-Myofascial Release, and Energy Medicine therapeutics. Accessible to ALL. Advance registration is required.

**Sound Bath**

**Garvey Senior Activity Center**  
**Tuesday, May 28, “Meditation”**  
**Wednesday, June 12, “Restorative”**

**6:30 p.m.**

**Cost: \$20**

Join Angel in sound bath meditation. Sound bath meditation can promote deep relaxation, healing, and wellness, as the sound vibrations open, clear, and balance the energy centers of the body leaving you feeling blissful and replenished. Bring a yoga mat, pillow, and blanket for your comfort. Advance registration is required.



**Afternoon Tea**

**Garvey Senior Activity Center**  
**Thursdays, May 30 & June 6, 13**

**4-6 p.m.**

**Cost: \$10**

Join Martha in creating an afternoon tea with coloring and crafts. Over three classes you will learn coloring techniques, how to make a tea-rific card, and a teacup/saucer with card stock. Supplies will be provided, but feel free to bring your pencils. Advance registration is required.

## **Luncheon with Patricia Armstrong**

**Garvey Senior Activity Center**

**Friday, May 3**

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

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

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

The Garvey Senior Activity Center is happy to present the musical stylings of Patricia Armstrong. Patricia plays a variety of genres and accompanies herself on her guitar. Be entertained by her sweet singing voice while enjoying a delicious meal. The cost for lunch is by donation for those ages 60 and above and \$6 for those under the age of 60. Advanced Registration is required. Please visit [www.stmarysmd.com/aging](http://www.stmarysmd.com/aging) and click on the “View Sign Up for Activities and Programs” button for this special luncheon.



## **Evening Music with Patricia Armstrong**

**Garvey Senior Activity Center**

**Thursday, June 6, 5:30 p.m.**

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

Patricia has performed many times at Garvey Senior Activity Senior. She plays pop, oldies, country, and folk accompanied by her acoustic guitar. There is no charge for this program, but there will be snack packs available for purchase. You can bring your dinner, but a meal will not be provided. Advance registration is required.



## **Aromatherapy Workshop**

**Garvey Senior Activity Center**

**Tuesday, June 11**

**4 p.m.**

**Cost: \$15 per session**

### ***Stress-Buster Aromatherapy Workshop***

Join Glori VanBrunt, Certified Professional Aromatherapy Practitioner and Licensed Clinical Professional Counselor, for some creative fun and learn how Aromatherapy can help balance mood and reduce Stress and Anxiety in mind and body.

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In this 60-minute workshop, you will:

- Learn about the common culprits of stress and anxiety.
- The benefits of using aromatherapy for emotional wellness.
- Sample several stress-busting essential oils.
- Choose your favorite oils based on your specific wellness goal.

Create a custom Stress-Busting Aromatherapy inhaler to use as an extra tool to help lower stress and anxiety on the go!

Advance registration is required.



### **Iris Folding Projects – Ice Cream Fun**

**Garvey Senior Activity Center**

**Tuesday, June 11, 5:30 p.m.**

**Cost: Free**

Join Toni as she guides you through creating two Iris Folding projects, an ice cream cone, and a popsicle card that can be personalized. By arranging and layering strips of paper you will create two crafts while learning the art of Iris Folding. Supplies will be provided, but feel free to bring your favorite scissors. Advanced registration is required.

### **Flag Presentation with Mike Barbour**

**Garvey Senior Activity Center**

**Friday, June 14, 10:00 a.m.**

**Cost: Free**

The United States flag stands for our Nation and the shared history, pride, principles, and commitment of its people. When we properly display this powerful symbol, we signal our respect for everything it represents. Come join Mike Barbour as he presents on all things flag-related! He will discuss the history behind the development of the flag, proper display of the flag, proper disposal of the flag, and many more subjects related to our United States flag. This is a free educational presentation. Advanced Registration is required.

### **Evening Music with Folk Salad**

**Garvey Senior Activity Center**

**Tuesday, June 18, 5:45 p.m.**

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

Folk Salad is an eclectic, acoustic band that performs a wide variety of light pop, oldies, folk, and originals. They've performed at many Southern Maryland locations and events since 2009. Their music will get your feet moving! There is no charge for this program, but there will be snack packs available for purchase. You can bring your dinner, but a meal will not be provided. Advance registration is required.

### **Luncheon with the Bushmill Band**

**Garvey Senior Activity Center**

**Friday, June 21**

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

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

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

Come join us and enjoy the musical styles of the local Bushmill Band. Their music will get your toe tapping and your hands clapping! The cost for lunch is by donation for those ages 60 and above and \$6 for those under the age of 60. Advanced registration is required. Please visit [www.stmarysmd.com/aging](http://www.stmarysmd.com/aging) and click on the "View Sign Up for Activities and Programs" button for this special luncheon.



# Loffler Senior Activity Center

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

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

## Art with Jamie

Loffler Senior Activity Center

Tuesdays, May 7, 14, 21- *Watercolor Sea Life*  
10 a.m.- 12 p.m.

**Cost: \$25 per session, supplies included**

Come and explore the many dimensions of watercolor and all the fun techniques as we paint beautiful sea life pictures. Classes are suitable for all skill levels. Register and prepay for any of these classes at [www.stmaryscountymd.gov/aging](http://www.stmaryscountymd.gov/aging) or by calling 301-475-4200, ext. 1660.



## Make & Take Projects with Jamie

Loffler Senior Activity Center

*Bright Alcohol Ink Jellyfish*

Tuesday, May 28-

*Summer Beach Theme Paintings*

Tuesday, June 4, 11, 18

10 a.m.- 12 p.m.

**Cost: \$25 per session**

Jamie's classes are suitable for all skill levels. Supplies will be provided. Once a year we "dive into" the ocean and paint the water, waves, sand, and sky. We will use watercolor on the 4th, acrylic paint on the 11th and oil pastels on the 18th. Come all month or choose your favorite medium as we get ready for SUMMER! Each Tuesday in June will be a Make & Take! Register and prepay for these workshops at [www.stmaryscountymd.gov/aging](http://www.stmaryscountymd.gov/aging) or by calling 301-475-4200, ext. 1660.

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## Mom & Pop Breakfast

Loffler Senior Activity Center

Friday, June 14

9:30 a.m.- 10:30 a.m.

**Cost: Free**

At Loffler, we have found that combining the celebration of moms and dads to be extra fun! We will serve you a simple but lovely breakfast and offer a tribute to the role you played in your life as a parent. There will be a special guest providing musical entertainment as well! Advance registration is required.

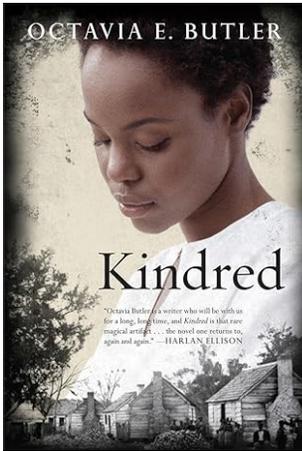
To register go to [www.stmaryscountymd.gov/aging](http://www.stmaryscountymd.gov/aging) or call our reservation line at 301-475-4200, ext. 1660.



**Loffler Book Club**  
**Friday, May 3 & June 7**  
**2 p.m.**

**Cost: Free**

The Loffler Book Club is a casual group that meets on the first Friday of each month at 2 p.m. On Friday, May 3, at 2 p.m. discuss *The Great Alone* by Kristin Hannah.



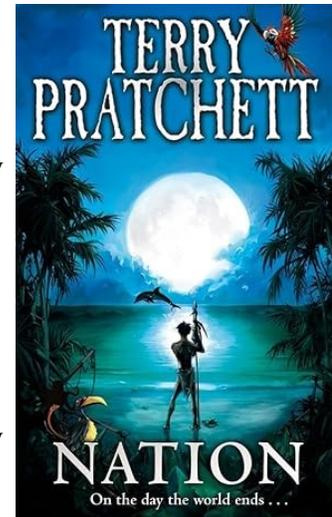
In May, read *Nation* by Terry Pratchett.

Discuss on Friday, June 7, at 2 p.m.

In June, read *Kindred* by Octavia E. Butler.

The group welcomes new members and feedback for future book choices. Enjoy a friendly discussion on the first Friday of every month! Everyone's thoughts are appreciated.

The Lexington Park library has been very helpful by holding several copies of the books for us. Call 301-475-4200, ext. 1658 to learn more about this group.



**Health Watch**

**Loffler Senior Activity Center**  
**Wednesday, May 15- Sunscreen 101**  
**June 26- Garden Safety**  
**9:30 a.m.**

**Cost: Free**

In May, join the Loffler Health Watch Volunteers to get the scoop on sunscreen and how you can best protect your skin as you spend more time outside.

In June, learn tips and tricks to ensure you are tending to your garden safely! Advance registration is required for these presentations. To register go to [www.stmaryscountymd.gov/aging](http://www.stmaryscountymd.gov/aging) or call our reservation line at 301-475-4200, ext. 1660.



**Nutrition Presentations by Donna Taggart**

**Loffler Senior Activity Center**  
**Monday, May 13- Osteoporosis Awareness Month**  
**Monday, June 10- Label Reading (bring a label if you want)**  
**10 a.m.**

**Cost: Free**

Join Registered Dietician, Donna Taggart, for Nutrition Education discussions at the Loffler Senior Activity Center. In May, learn how nutrition can help reduce the risk of osteoporosis. Osteoporosis is a common chronic disease characterized by a decrease in bone mineral density, impaired bone strength, and an increased risk of fragility fractures.

In April, learn how to read and understand food labels to make quick, informed decisions to help you choose a healthy diet. To register go to [www.stmaryscountymd.gov/aging](http://www.stmaryscountymd.gov/aging) or call our reservation line at 301-475-4200, ext. 1660.

ADDITIONALLY- If you would like to meet with Donna for a free personal nutritional education session, you can schedule an appointment with her by texting or calling 240-538-6539.

## **Woodcarving Enthusiasts Wanted!**

**Loffler Senior Activity Center**

**Tuesdays, 1 p.m.**

**Cost: Free**

The Woodcarving group at the Loffler Senior Activity Center is looking for new members to join them on Tuesday afternoons. This casual group gets together at the center to work on their wood carving projects and enjoy each other's company. Participants will need to bring their own supplies. No need to register, drop-ins are welcome. For more information, call 301-475-4200, ext. 1658.



## **Loffler Sunshine Singers**

**Loffler Senior Activity Center**

**Thursdays, 10 a.m.**

**Cost: Free**

Singing can be good for you on many levels. It may help lower stress, boost immunity and lung function, enhance memory, improve mental health, and help you cope with physical and emotional pain. The Loffler Sunshine Singers is a casual singing group that meets each week at the Loffler Senior Activity Center to enjoy the benefits of music and singing together. The group is co-led by

three volunteers, two of whom also accompany with keyboard and guitar. The group will take a break for the summer months. Be on the lookout for announcements of when they will end and start again in the fall.

## **Walking Club**

**Loffler Senior Activity Center**

**Mon, Wed, Fri, 9 a.m.**

**Cost: Free**

Get your steps in around the park at the Loffler Senior Activity Center! Join the walking club for a lap or two and then enjoy some company and conversation afterwards. This group meets in the front lobby of the senior activity center before heading outside to walk or do a few laps inside the building depending on the weather. All fitness levels are welcome to attend. No need to register, drop-ins are welcome. For more information, call 301-475-4200, ext. 1658.





**Bereavement Support Group**  
**Loffler Senior Activity Center**  
**3rd Thursdays, May 16 & June 20, 10 a.m.**

**Cost: Free**

Losing a friend or family member is never easy and grief can often feel like an invisible injury. We invite you to join us in a safe space to share your grief experience and learn new ways to cope while meeting friends for the journey. This group will be facilitated by the Bereavement Coordinator from Hospice of St. Mary's, Dr. Patricia Watson. No need to register, drop-ins are welcome.

**Chatter Corner**  
**Loffler Senior Activity Center**  
**Thursdays at 12:30 p.m.**

**Cost: Free**

Here's an opportunity to discuss interesting topics and ideas with friends. Moderated by Joyce Haderly, this will be a friendly, non-controversial zone - hot button topics like politics, religion and volatile issues of the day are off limits. Joyce will provide some thoughtful ideas to explore. Respectful listening and speaking among friends are rewarding ways to reach out, connect and be heard. If this gentle approach to conversation appeals to you, then feel free to stop in on any Thursday! No need to register - drop-ins are welcome.

For more information, call 301-475-4200, ext. 1658.



**Current Events**  
**Loffler Senior Activity Center**  
**Mondays, 10 a.m.**

**Cost: Free**

Grab your favorite beverage and join the Current Events group at the Loffler Senior Activity Center on Monday mornings to discuss current events and happenings in the world. This group is respectful of each other's opinions and ideas and offers a welcoming atmosphere.

No need to register, drop-ins are welcome. For more information, call 301-475-4200, ext. 1658.



# Northern Senior Activity Center

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

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

## Wii Bowling League:

**Spring 2024**

Northern Senior Activity Center  
Monday, May 6-June 10, 1-3 p.m.  
(skip 5/27 holiday)

**Cost: \$2**

Ready to strike up a good time? Join us for this league-style Wii bowling event with staff-led teams and some fun, good ol’ group competition. The last game will take place on June 3 with individual and team prizes awarded on June 10. See top of this page for how to register.



## Cycling Meetup

Northern Senior Activity Center

Wednesday, May 8 & 22, June 12 & 26, 10 a.m.

**Cost: Free**

Ready to ride? Join Dan Donahue, Mike Schultz, and fellow cyclists for fun group rides on the Three Notch Trail! This group will meet monthly on the second and fourth Wednesday at 10 a.m.

Registration is not required. Must bring a helmet, your phone, and water. Please arrive 10-15 minutes early to check-in, have your bike in ready-to-go shape, and fill up water bottles before the group departs.

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## Ladies Tea Party: Derby Style

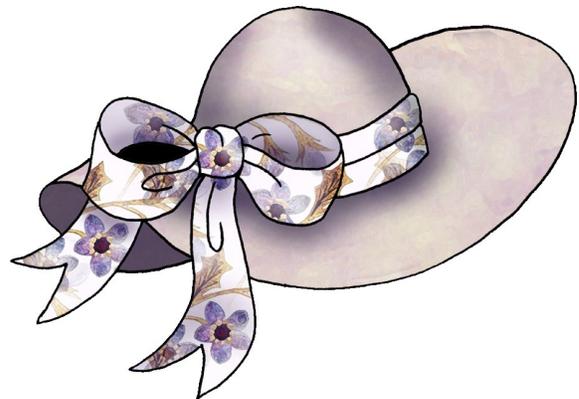
Northern Senior Activity Center

Thursday, May 9, 9:30-11 a.m.

**Cost: \$2**

Rein it in with the gossip! This May event is in celebration of all the ladies in the month of Mother’s Day, with a Kentucky Derby kick. Get ready to enjoy a cup of tea, snacks and stirrup a good time in Derby style – so make your hats grand!

See top of this page for how to register.



## **Breakfast Café**

**Northern Senior Activity Center  
Wednesday, May 15, 9-10 a.m.**

**Cost: \$5**

Enjoy a delicious and affordable meal with good company! This month's menu is ham, scrambled eggs, home fries, English muffin, and fruit. See page 24 for how to register.

## **Freedom Hearing Screenings**

**Northern Senior Activity Center  
Thursday, May 16, 8:30 a.m.-12:30 p.m.**

**Cost: Free**

Regular hearing screenings can help you identify gradually developing hearing problems before they can significantly impact your hearing and your quality of life. Dr. Becky Guy, Clinical Audiologist, of Freedom Hearing is providing free hearing screenings. Pre-registration is required to secure an appointment slot. See page 24 for how to register.



## **Pottery Throwing 101**

**Northern Senior Activity Center  
Friday, May 17 & 31, 10 a.m.-12 p.m.**

**Cost: Free**

Pam King, our pottery group leader, will provide instruction on how to use the potter's wheel to "throw" clay and make beautiful vessels. This class is free and includes instruction and all supplies; a firing fee may apply. See page 24 for how to register.

## **Author Susan Lantz Simpson Book Signing & Visit**

**Northern Senior Activity Center  
Thursday, May 23, 10:30-11:30 a.m.**

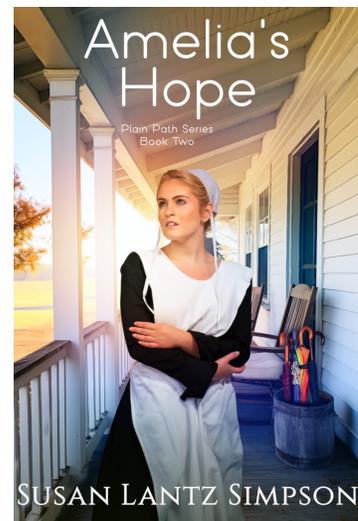
**Cost: Free + optional book purchase/cost**

Northern's Book Chatter club is hosting local author, Susan Lantz Simpson, for an interactive book signing and discussion!

Susan is an accomplished author and promoting her upcoming release, *Amelia's Hope*; the second book in her Amish Romance series, *Plain Paths*. Learn more about Ms. Lantz Simpson at

[www.susanlantzsimpson.com](http://www.susanlantzsimpson.com).

See page 24 for how to register.



## **Breakfast Café with Joe Norris**

**Northern Senior Activity Center  
Tuesday, June 12, 9-10 a.m.**

**Cost: \$5 for meal + free sponsored entertainment**

This special edition of Ginger's Breakfast Café will feature the laidback guitar & vocal music of local artist, Joe Norris. Enjoy a delicious and affordable meal with good company. This month's menu is sausage gravy, biscuit, potato cake, and fresh fruit.

See page 24 for how to register.



### **Chair Dance Connection: Grooving to the Best of ABBA**

**Northern Senior Activity Center**

**Tuesday, June 11, 2-3:30 p.m.**

**Cost: \$15**

Join the Chair “Dancing Queens,” Judi Lyons and Paty Massón, for a fun workshop combining chair dance with timeless upbeat ABBA hits. These gentle, rhythmic movements revitalize and lift your spirit while enhancing blood flow and mind-body coordination.

Accessible to all skill levels - please wear flexible clothing and bring water.

See page 24 for how to register.

### **Whole Body Bliss: An Introduction to Self-Myofascial Release**

**Northern Senior Activity Center**

**Monday, June 24, 1-2:30 p.m.**

**Cost: \$20**

This interactive workshop teaches the fundamentals of Self-Myofascial Release or SMR, a therapeutic self-massage method that brings targeted pain relief to the muscles and connective tissue. SMR is known to improve mobility, posture, alignment, musculoskeletal function, energy, immunity, blood flow, and nerve function. This workshop is accessible to all skill levels, but be sure to wear flexible clothing and bring water. Instructor Judi Lyons/Mindful Motions Md., will provide a full-color illustrated instruction e-handbook with the balls.

See page 24 for how to register.

### **Tech Rescue: Helpful Settings for iPhone & iPad**

**Northern Senior Activity Center**

**Wednesday, June 26, 1-2 p.m.**

**Cost: Free**

Do you own an Apple iPhone or iPad? Want to learn how it can make your life easier? Program Specialist and resident “tech guy” – Keilan Ruppert – will guide you through a few helpful tips & settings during this interactive small-group class. Keilan is open to Q&A throughout the session. Additional help can be requested via 30-minute private meetings (aside from the class).

See page 24 for how to register.

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### **Granddad’s Cornhole Get-Together (Intergenerational)**

**Northern Senior Activity Center**

**Tuesday, June 18, 1-3:30 p.m.**

**Cost: \$2**

This fun & casual competition is back with a twist and some intergenerational fun-- compete dressed as your grandfather! Bonus cool points if you can bring a reference photo. Grandkids are welcome to attend & compete (school-age and up). Game requires good dexterity, throwing, and hand-eye coordination and is held outdoors—weather permitting. The 1st and 2nd place winners will win a prize, along with best costume. The boards are nonregulation spacing to be most accommodating to all.

See page 24 for how to register.

**Northern Stars Movie Club:  
True Grit (2010)**

**Northern Senior Activity Center  
Friday, June 28, 1-3:15 p.m.**

**Cost: Free**

Get your snacks and popcorn ready! This bi-monthly film club, led by Program Specialist, Keilan Ruppert explores classic and modern movies. The club reviews each film based on specific criteria, then assigns a rating using 1 to 5 "Northern stars." This month's film selection is *True Grit* (2010, PG-13, Western/Action/Adventure, 1 hr. 50 min.) starring Jeff Bridges, Matt Damon, and Josh Brolin, directed by the Coen Brothers. "Following the murder of her father by hired hand Tom Chaney, 14-year-old Mattie Ross sets out to capture the killer. To aid her, she hires the toughest U.S. marshal she can find, a man with "true grit," Reuben J. "Rooster" Cogburn. They are joined by Texas Ranger LaBoeuf, who wants Chaney for his own purposes. As the three embark on a dangerous adventure, they each have their "grit" tested ." See page 24 for how to register.



# LYME DISEASE

## DISCUSSION & SUPPORT INITIATIVE

NORTHERN SENIOR ACTIVITY CENTER  
CHARLOTTE HALL, MD

**May is Lyme Disease Awareness Month**

*Care for yourself and others with these special resources*

### SOUND BATH

**May 14, 2024, 3-4 p.m.**  
Northern Senior Activity Center  
**\$10 per person**  
(fee partially sponsored)

*A full-body meditation experience  
with Angel Willer*

Sound experiences provide a special opportunity for Lyme patients & their caregivers seeking holistic wellness.

The vibrational frequencies can be stress relieving, nurturing and also emotionally moving.

The sound bath provides a guided focus on breath, meditation and sound vibrations from chimes, crystals & Tibetan singing bowls.

Angel is certified in this technique with Life Changing Energy. To find out more about this session, visit the online enrollment and payment system at [www.stmaryscountymd.gov/aging](http://www.stmaryscountymd.gov/aging) and click "View & Sign Up for Activities & Programs" and select Northern Senior Activity Center.

### LYME ACTION TOOL KITS

**In-person pickup at the Northern Senior Activity Center**

*Updated 2024*

This free resource provides detailed action-specific instructions and must-see resources related to key areas of action, awareness and advocacy.

**Learn what you should know  
and what you can do.**

Newly added to the Kit is Ranger Ready repellent, as supplies last.

The Kit also includes a recommended tweezer removal tool, collection bag, a lime-colored awareness bracelet, pin and various materials from Lyme-literate organizations.



*Awarded 2019 Program of Excellence from the Maryland Association of Senior Centers to the Northern Senior Activity Center*

*Brought to you by the Commissioners of St. Mary's County and the Department of Aging & Human Services  
Questions: Call 301 475 4200 ext. 3101*

# Retired and Senior Volunteer Program

By Monika Williams, RSVP Program Manager

## Celebrating Older Americans



*RSVP Volunteer Bob Dhu. Long time volunteer covering Loffler Senior Activity Center's front desk. Bob provides tours of the center, assists with checking-in on the centers' computer monitor, and directs participants to their classes and activities.*

This month is Older Americans Month. What comes to mind when you hear the words "Older Americans"? These words bring wisdom, maturity, experience, and history to my mind. There are many inventions, country safeguards, and creature comforts we enjoy due to the pioneering of older adults. Older Americans have stood the test of time and continue to do so. We will always have babies, children, teenagers, adults, and older adults. We all go through these stages of life. Every stage is as important as the other. We do not become less important as we get to the later stages of life. Some day we will have much knowledge and history gained through the years.

Thankfully, Older Americans right here in St. Mary's County, and even a few from

Calvert County, have decided to provide their talents and experience as RSVP volunteers to enhance our community. It's amazing to watch them working along with different agencies, non-profits, and charities to feed the hungry, provide medical equipment, teach classes, mentor troubled teens, share our county's history within historic museums and much, much, more. Older Americans are more than welcomed to volunteer for RSVP. We value and appreciate you!



*RSVP Volunteer Linda Fry. Phone screener for H.O.P.E.*

*H.O.P.E. connects the community to needed utility and food resources.*



## Volunteer Opportunities

Please contact the RSVP office at 301-475-4200, ext. 1653, or [Monika.Williams@stmaryscountymd.gov](mailto: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

### A Community That Shares (ACTS)

- Receiving and dispersing medical equipment
- Repairing Equipment

### Hospice of St. Mary's

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

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

- Mediating
- Promoting fundraisers
- Disseminating brochures
- Office assistance

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

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

### Treasurer's Office

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

### Historic Sotterley

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

### Historic St. Mary's

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

### Northern Senior Activity Center

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

### Garvey Senior Activity Center

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

### Loffler Senior Activity Center

- Zoom Activity Monitor

### Teen Court

- Hearing Support Assistants

### Home-Delivered Meals

- Drivers are needed in the Lexington Park, Great Mills, California, and Leonardtown areas.

### The Old Jail & Leonardtown Visitor Center

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

### St. Clement's Island Museum

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

### Helpers Overcoming Problems Effectively (HOPE)

- Phone Screener
- Helping county residents connect to needed assistance

### Patuxent River Naval Air Museum

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

### Senior Rides

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

### Habitat for Humanity

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

### Literacy Council of St. Mary's

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

## Ongoing Activities - Garvey

<b>CLASS/ ACTIVITY</b>	<b>Dates/Time</b>	<b>DESCRIPTIONS - Materials Needed</b>	<b>Advance Signup</b>	<b>Fee</b>
<b>Arthritis Foundation Exercise Program (AFEP)</b>	Thursdays & Fridays 8:45-9:45 a.m. Tuesdays & Thursdays 9:45-10:30 a.m.	Gentle, range of motion, stretching and flexibility led by certified instructor.	No	No
<b>Art Studio</b>	2 <sup>nd</sup> & 4 <sup>th</sup> Fridays 12:30 – 4 p.m.	Open Art Studio hours. Bring your own supplies. Instruction not provided.	No	No
<b>Billiards</b>	Daily 8 a.m. -4 p.m.	Bring your own or use ours.	No	No
<b>Bingo</b>	Mondays 10-11:30 am	Game with volunteer bingo callers. Pantry items for prizes.	No	No
<b>Book Discussion Group</b>	2 <sup>nd</sup> Wednesdays 11 a.m.	Loaner books provided by St. Mary's Public Library.	No	No
<b>Bridge Club</b>	Wednesdays & Thursdays 10 a.m.-2 p.m.	Best suited for experienced players.	Closed	No
<b>Cardio Lite</b>	Mondays 5:30 p.m.	Light Cardio & low impact class.	No	Fitness Card
<b>Collage Group</b>	1st & 3rd Tuesdays 6 p.m.	In this drop-in class you will learn how to make collages on postcards to send out to your friends and family.	No	No
<b>Cornhole</b>	Daily 8 a.m. -4 p.m.	2 boards, 8 bags.	No	No
<b>Crochet Club</b>	1st & 3rd Tuesdays 5:30 p.m.	This is a social group and you must bring your own projects as there will not be materials available or an instructor.	No	No
<b>Diamond Dots</b>	Every Thursday 2 p.m.	Paint by color with diamonds. No experience needed. Bring your own supplies. Light boards provided.	No	No
<b>Enhance Fitness</b>	Mon., Wed., Fri. 11-12 p.m. Wednesdays 5:30 p.m.	Cardiovascular/weight training exercises to improve flexibility, strength, balance.	No	Fitness Card
<b>Fitness Room</b>	Daily 8 a.m. -4 p.m.	1 Elliptical Trainer; 1 Seated Elliptical. 3 Treadmills; 2 Recumbent Bikes; 1 Row machine, 1 Independent Total Body Trainer.	No	No
<b>Geri-Fit</b>	Monday & Wednesday 2-3 p.m.	Helping to rebuild strength that has been lost.	No	No
<b>Line Dancing</b>	Tuesdays 11 a.m.	No experience necessary. Volunteer leads group in a variety of steps.	No	No
<b>Men's Strength</b>	Mondays 9:30-10:30 a.m.	Low impact strength training class.	No	Fitness Card
<b>Pickleball Courts</b>	Open	Pickleball courts are available daily, dawn to dusk. See staff during hours for access info.	No	No
<b>Ping Pong</b>	Daily 8 a.m. -4 p.m.	1 table, paddles and balls are available.	No	No

## Ongoing Activities - Garvey

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

### Helpful Links:

*St. Mary's County*  
*Department of Aging & Human Services*  
[www.stmaryscountymd.gov/aging](http://www.stmaryscountymd.gov/aging)

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

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

*Department of Aging & Human Services YouTube Channel*  
[www.youtube.com/c/SMCAgingHumanServices](http://www.youtube.com/c/SMCAgingHumanServices)

## Ongoing Activities - Loffler

<b>CLASS/ACTIVITY</b>	<b>Dates/Time</b>	<b>DESCRIPTIONS - Materials Needed</b>	<b>Advance Signup</b>	<b>Fee</b>
<b>Art with Jamie</b>	Tuesdays 4 sessions each month 10 a.m.	Start up materials provided; instructor will notify of other items needed.	Yes	\$25 per class
<b>Arthritis Foundation Exercise Program (AFEP)</b>	Tuesdays & Thursdays 12:30-1:30 p.m.	Gentle, range of motion, stretching and flexibility led by certified instructor.	No	No
<b>Bible Study</b>	Fridays 10:30 a.m.	Non-denominational, Christian-based scripture group led by volunteer Phil Benedict.	No	No
<b>Bingo</b>	Wednesdays 12:30-1:30 p.m.	Game with volunteer bingo callers. Pantry items for prizes.	No	No
<b>Bio/History Series</b>	1 <sup>st</sup> or 2 <sup>nd</sup> Thursdays 10 a.m.	Educational films selected and shown by video.	Yes	No
<b>Bridge</b>	Tuesdays 10 a.m.	New & experienced players welcome.	No	No
<b>Canasta &amp; Pitch</b>	Tuesdays 9 a.m.	New & experienced players welcome.	No	No
<b>Charity Crafters</b>	2 <sup>nd</sup> & 4 <sup>th</sup> Tuesdays 1 p.m.	Make hats, mittens, scarves, baby blankets, and granny squares for various community outreach programs.	No	No
<b>Contract Bridge Club</b>	Wednesdays 10 a.m.	Best suited for experienced players.	Yes	No
<b>Current Events</b>	Mondays 10 a.m.	Volunteer led discussion group.	No	No
<b>Dice Rummy</b>	Tuesdays & Thursdays 9 a.m.	Suitable for all levels of experience.	No	No
<b>Embroidery on Paper</b>	Mondays 12:30 p.m.	Supply kits will need to be purchased to get started with making embroidered cards and other crafts.	No	Yes
<b>EnhanceFitness</b>	Mondays, 11 a.m. Wednesdays, 12:30 p.m.	Cardiovascular/weight training exercises to improve flexibility, strength, balance.	No	Fitness Card
<b>Exercise Equipment</b>	Daily 8 a.m. -4 p.m.	2 treadmills, 2 seated ellipticals & a recumbent bike.	No	No
<b>Health Watch Presentations</b>	2 <sup>nd</sup> Wednesdays 9:30 a.m.	Volunteer led informational session on various health topics.	Yes	No
<b>Honey Bee Quilters</b>	1 <sup>st</sup> , 3 <sup>rd</sup> , & 5 <sup>th</sup> Wednesdays 10 a.m.	Bring your own quilting supplies. Sewing machines available at center if needed.	No	No
<b>Line Dancing</b>	Fri. 11 a.m.	Volunteer led group.	No	No
<b>Loffler Sunshine Singers</b>	Thursdays 10 a.m.	Casual singing group, no singing or music reading experience required.	No	No
<b>Mah Jong</b>	Tuesdays & Thursdays 12:30 p.m.	New and experienced players welcome!	No	No
<b>Needle Crafters</b>	Mondays & Thursdays 10 a.m.	Knit & crochet group. Some yarn available at center or bring your own.	No	No

## Ongoing Activities - Loffler

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

## Ongoing Activities - Northern

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Arthritis Foundation Exercise Program	Wednesdays 10:45-11:45 a.m. Thursdays, 1-2 p.m.	Gentle, range of motion, stretching and flexibility led by certified instructor.	No	No
Awakening Yoga	Mondays , 9:30-10:30 a.m.	Gentle range of motion/ meditation.	No	Fitness Card
Basket Weaving	Periodically	Typically, two-part classes offered.	Yes	Varies; \$30
Billiards	Mondays & 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 <sup>th</sup> Thursdays 10:30 -11-30 a.m.	Read & review new books each month. Different books for each club.	Yes	No
Breakfast Café	Wednesdays, 9-10 a.m.	Breakfast by signup. Menu and dates vary per month.	Yes	\$5
Bridge	Thursdays 10 a.m.-2 p.m.	Best suited for experienced players.	Preferred	No
Crafty Corner	Mon., Tues., Thurs., Fri. 8 a.m.-4 p.m. Wednesdays, 1-4 p.m.	Open time to work on textile based projects like beads, crochet, and coloring.	No	No
Coloring Group (two groups)	1 <sup>st</sup> & 3 <sup>rd</sup> Wednesdays 1-2:30 p.m.	Participants supply coloring utensils if possible; some are provided.	Waitlist	No

## Ongoing Activities - Northern

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Chair Yoga	Wednesdays, 9:30 – 10:30 a.m.	Chair Yoga has been modified to allow participants to safely perform positions with a chair incorporated for ease and stability.	No	Fitness Card
Crochet DIY	Mon. & Wed., 1-4 p.m.	Beginners or experienced.	No	No
Cycling Meetup	2nd & 4th Wednesdays 10 a.m. STARTNG APRIL 2024	Meet at Northern for a group ride on Three Notch Trail.	No	No
Cycling Without Age	1st Thursdays 9 a.m.-12 p.m.	Fun rides on trishaw, by appointment only.	Yes	No
Diamond Dazzle (two groups)	3 <sup>rd</sup> 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
OH HECK (Cards)	Tuesdays & Fridays 10 a.m. -2 p.m.	Experienced players and beginners welcome.	No	No
Open Studio: Pottery and Ceramics	Mon., Tues., Thurs., & Fri. 8 a.m. -4 p.m.	Crafters continue work on individual clay, pottery, or paint pieces. Some Fridays are reserved for specific art pottery projects/ classes.	Studio orientation	Fee for clay ceramics, fire, supplies
Pitch Card Day	Last Thursday of the month 12:30-3:30 p.m.	Experienced players enjoy an afternoon of Pitch. Top players will receive a prize.	Yes	\$10
Quilting for Beginners	2 <sup>nd</sup> & 4 <sup>th</sup> Wednesday 12:30-4:30 p.m.	Instructor teaches basic skills and techniques. Individual projects.	Preferred- Not required	TBD, Varies
R&B Line Dancing	Fridays 1-2 p.m.	Popular line/party dance styles.	No	No
Scrapbooking	2nd Monday, 10 a.m.-3 p.m.	Organizing photos into a book using artistic skill.	Waitlist	Bring your own materials
S.W.A.G. (Seniors Winning at Games)	Tuesdays & Fridays 1-4:30 p.m.	Various card games like SkipBo, Canasta, Rummy, etc.	No	No
Tech Rescue	Monday-Friday after 2 p.m. By appointment only	15-30 requested appointments with Keilan Ruppert to work on specific needs with computers, smartphones, etc.	Yes	No
Workout Room	Open during normal operating hours	1 Bow Flex; 1 Standing Elliptical; 1 Seated Elliptical; 2 Pec/Fly; 2 Treadmills; 2 Recumbent Bikes.	No	No
Zumba Gold	Tuesdays 10:45 a.m. -11:45 a.m.	Latin music and dance fitness program.	No	Fitness Card

# St. Mary's County Department of Aging & Human Services At A Glance

*Lori Jennings-Harris, Director*

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

**Senior I&A**-Help for seniors in the form of services, benefits and assistance is provided. Access to information and referral services, options counseling, support for caregivers, and more, are provided. Call 301-475-4200, ext. 1057, for information.

**Home and Community-Based Services (HCBS)/Maryland Access Point (MAP)**- MAP is your link to health and support services providing older adults, persons with disabilities and caregivers with a single point of entry. Consists of multiple programs providing the following services: Medicaid-funded community-based services, Long-Term Care Ombudsman, Senior Care Program, Respite Assistance, and Caregiver Support. To be assessed for services, contact MAP at 301-475-4200, ext. 1057.

**Senior Activity Centers**-The three county senior activity centers are places where active adults age 50 and over can participate in activities, events, exercise programs, and group meal programs. Call the Division Manager, at 301-475-4200, ext. 1063.

**Home Delivered Meals**-A service for seniors 60 and over who are homebound and have a moderate to severe disability which prevents them from shopping or cooking for themselves, and who have no one to prepare meals. The Program Coordinator can be reached at 301-475-4200, ext. 1060.

**Retired and Senior Volunteer Program (RSVP)**-Offering persons 55 years of age or older an opportunity to donate their time, talents, enthusiasm, and expertise in the local community. Call 301-475-4200, ext. 1653.

**Senior Rides Program**-A program which connects individuals who meet certain criteria and need transportation to important events and appointments with pre-screened, trained volunteer drivers. Call 301-475-4200, ext. 1066, for more information.

**Community Programs & Outreach**-Communicates timely and topical information to the senior community through a bi-monthly newsletter, website updates, local and state-wide events, and local media. To receive the bi-monthly newsletter, call 301-475-4200, ext. 1073.

**Human Services**-Areas of responsibility of the Division of Human Services include: community development, homelessness, supportive services for children and youth, and social, educational and recreational activities for children and families. Call 301-475-4200, ext. 1849.

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

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

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

**Phone:** 301-475-4200, ext. 1050

**Fax:** 301-475-4503

## LOCATIONS



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

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

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

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

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



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

PRSR STD  
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Leonardtown, MD  
20650  
PERMIT NO. 102

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

**Monday, May 27 - Memorial Day**  
**Wednesday, June 19 - Juneteenth**

**NEW BEGINNING**