

NEW BEGINNING

VOLUME 34 ISSUE 6

NOVEMBER/DECEMBER 2021

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



Giving Thanks!

In This Issue...



Caregiver Concerns: Handling the Holidays
Holidays can be a very emotionally charged time of year... *Page 6*

Handling the Holidays

COVID-19 Booster Shots

Individuals with a compromised immune system can receive a booster for the Moderna or Pfizer vaccine... *Page 10*



Veterans Circle Celebration

Join us at the Loffler Senior Activity Center on November 5 as we celebrate our local veterans... *Page 12*

Christmas Rag Wreath

Make a beautiful wreath using assorted Christmas-themed and winter fabric ... *Page 23*



We Need Your Feedback!

Take the Commission on Aging Survey and help us better serve you!...*Page 28*

From the Director's Desk

By Lori Jennings-Harris, Director

The season of Thanksgiving is almost here! As marked on the calendar, Thanksgiving gives us pause to reflect on the things for which we are thankful. Giving thanks; however, does not necessarily happen once a year. For every day preceding Thanksgiving and every day thereafter, we are thankful for many things including, but not limited to Family, Friends, Veterans, Caregivers, and Volunteers.



Let us hold dear our family and friends, the time we spend together and all the memories we share.

We take time to remember those committed men and women who serve or have served in the Armed Forces to protect our country. November 11th, Veterans Day, is the date we formally recognize Veterans and their invaluable contribution. We are thankful for their many sacrifices, and we keep them in our minds and hearts, especially during this time of year.

The month of November also celebrates National Family Caregivers Month. Whether formal or informal, caregivers provide much support to people in need. Caregivers are important for the well-being of family and friends who need extra help. The Department of Aging & Human Services, as a formal agency, provides assistance to informal caregivers, thereby helping to relieve the stressors of caregiving. With the upcoming holiday season, it is important for caregivers to also take care of themselves.

The many volunteers who have made such a commitment to their community are impressive year-round, year after year, but especially during the pandemic. From making face coverings, to repairing and distributing durable medical equipment to people with a need, to volunteers who have created and crafted the most beautiful greeting cards for distribution to people in our community, these volunteers, and more, are greatly appreciated!

My staff and I have the honor of providing support to the older adults of our community and pleased to provide all the programs and services we offer. We appreciate your confidence in us and for allowing us to serve you.

I am proud of this Department's staff and want to simply say Thank You to those you may see and those you may not see; those who work diligently behind the scenes. Their enthusiasm and hard work are unmatched!

NEW BEGINNING

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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.stmarysmd.com/aging

Our Mission

To provide an array of programs
and services that foster
continued physical and mental
good health, and promote
healthy aging within the senior
community.



Aging & Disability Resource Center

Where do I begin to access needed services & resources?

The ADRC/MAP is a free information and referral service. It is open to the public and to individuals of all income levels. If you or a loved one needs assistance, please contact Jenny Beyer, Aging & Disability Resource Coordinator.

For more information, contact:

Jenny Beyer
Aging & Disability Resource /Maryland Access Point Coordinator
23115 Leonard Hall Drive, Leonardtown, MD
301-475-4200, ext. 1057
Jennette.Beyer@stmarysmd.com
www.stmarysmd.com/aging/MAP.asp

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:

Monday, November 22, 2021

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.

Take the Commission on Aging Survey and help us better serve you!

Take the survey on-line at: www.stmarysmd.com/aging

Paper copies of the survey are available at your local Senior Activity Center or on Page 28 of this edition of New Beginning!

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@stmarysmd.com. Visit the Commission on Aging website at <https://www.stmarysmd.com/boards/groups/default.aspx?board=11>
Call-in option - dial 301-579-7236. Enter the participant pin 985097 when prompted.



Nutrition Corner

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

It is hard to believe the holiday season is upon us which brings lots of meaningful things but also lots of eating! An average person will gain 5 pounds or more during the season which can accumulate year after year, if not careful. So what can you do while still enjoying yourself?



Here are some tips that can help you navigate the often treacherous waters of holiday eating and weight gain:



First, as much as you can, stick to your normal routine of sleeping, exercising and regular eating times. If you are tired, you might make poor food choices. Staying active can help burn some of those extra calories but more importantly keep you mentally healthy. As wonderful as the holidays are, people can get depressed which can lead to overeating. Finally, sticking to a normal eating schedule can help keep your blood sugars stable. Even if you are going to a party later in the day, don't skip the meals prior to that. Even eating a small snack before the party can help you avoid overeating.

Many calories are consumed in beverages. A small cup of eggnog can be up to 500 calories and other alcoholic drinks can add up as well. Try to sip slowly and alternate with water or other non-caloric beverages.



Don't deny yourself your holiday favorites but pick and choose wisely. Fill up on veggies and other high fiber foods first and take small portions of those high calorie items. Did you know research as found that those first bites are the most satisfying? Once you fill your small plate, move as far away as you can from the buffet. Socialize and you might just get your mind from that dessert table. Enlist a friend to help you.

Most importantly, don't beat yourself up if you overeat one day. Start over with your resolve to eat better the next day. Enjoy what really matters!

Upcoming Nutrition Education Presentations:

Eating Healthy During The Holidays

- Garvey - Monday, November 1 at 11 a.m.
- Loffler - Monday, November 8 at 10 a.m.
- Northern - Monday, November 15 at 12 noon

All About Nuts and Your Health

- Garvey - Monday, December 6 at 11 a.m.
- Loffler - Monday, December 13 at 10 a.m.
- Northern - Monday, December 13 at 12 noon



Home & Community-Based Services

*Rebecca Kessler, HCBS Division Manager
Daphne Bennear, HCBS Program Coordinator*



Handling the Holidays

Holidays bring a sense of faith, family, and tradition. This time of year is often romanticized as we see twinkling lights appear, candles burning, traditional decorations and traditional events coming up on the calendar.

Holidays can be a very emotionally charged time of year due to the busyness of the season, the financial strain, and the expectations.

If you are caring for a loved one the holidays are even more complicated. Here is a **PRESENT** for you with some tips on handling the holidays:

P: Prioritize. First things first: Your priority is to provide care for your loved one. If an event or tradition is going to impede that or make it more difficult for you it is okay to avoid that event or tradition. You may not be able to host the family breakfast or attend an event that isn't accessible for your loved one. You may feel uncomfortable having guests in if your loved one is at greater risk for complications from viruses.



It is important to let your family members know that right now, in this season of caregiving, you have other priorities and they will not be able to assume you will participate in ways you have in the past.

R: Routine is important for a caregiver, especially if your loved one has dementia. Consistency in daily routine helps you to get everything done that needs done as well as makes your care receiver feel safe. So, plan around your routine by attending only events, activities and hosting visitors when it suits the routine that you and your care receiver typically follow. If you always have a rest time in the afternoon that is not the best time to plan an outing or have family over.



Again, communication with family and friends is important in regards to this. If they understand how

important the schedule is to the well being of both you and the care receiver, they are more likely to be respectful of your needs.

Article Continued on Page 7

E: Extract Expectations. Expectations trap us sometimes. We get caught up in the vision we have for the holiday and the way we perceive it “should” be.

This leads to us feeling guilty, deflated or even bitter if things do not go the way we planned or hoped. One example of letting go of expectations could be accepting that live flame candles may not be safe for your loved one to have around. You can replace these with battery candles. They can still have meaning to your celebrations but are safer for you and your loved one. Letting go of expectations can reduce the guilt and bitterness caregivers may feel during this season and still allow you to have meaning and joy in your celebrations.

Another aspect of extracting expectations is to realize others will not automatically understand your needs and the needs of your loved one for the celebrations. Good communication can help maintain realistic expectations as well as family relationships during this season.



S: Small, Simple, Short. It is going to be easier for you and less upsetting for your care receiver (particularly if they are living with dementia) if you keep celebrations small, simple and short. Traditions that are altered to meet this criteria will be less intrusive into your routine, less exhausting for you and your care receiver and more enjoyable for you both. This might mean you decide to only cook one dish instead of a whole meal for a family gathering; visitors come only during certain hours; you choose

to not participate in gift exchanges; you choose to attend worship online instead of in person; you attend a family event via skype or facetime. As always, it is important for you to communicate this with family members.

E: Enjoy Everyday. Give yourself a gift of making a point to enjoy something everyday. It could be a hot shower, music that you enjoy, a favorite holiday story or memory you can tell or talk about with your family, a favorite recipe/dish. A daily devotion, daily joke or walk can also be enjoyable.

Find something you can look forward to each day that is just for you. This will refresh you and help you deal with some of the stressors you may not be able to avoid.



Article Continued on Page 8

Look for our upcoming video on our caregiver resource page at <https://www.stmarysmd.com/aging/virtual-senior-center/caregiver-resources/>

N: New Traditions Older family traditions that may be difficult for you or your care receiver to participate in could be replaced with new traditions. Examples of this are: Decorate only one room/ or one table. Make an old tradition new by sending cards instead of gifts. Changing your holiday baking days into tea and cookie days where the cookies were baked at the store.

Another new tradition could be to schedule a time for each family group to come visit your loved one in small groups, play a question game and allow your loved one to answers questions about their childhood and early life. You could do a simple craft with your loved one; maybe something they did as a child. These new traditions are meant to make the holiday season more manageable and enjoyable for you as a caregiver.

So, if you find them disrupting you schedule, upsetting your loved one or they require significant effort on your part just forget them. It is okay, there is no need to feel like you failed or that the holiday isn't what it "should be." Just like a holiday, caregiving is a season of life, so enjoy every little part of it you can and forget the rest.

T: The final gift to give yourself is a **Team**. Everyone needs a team around them. Take some time and look at who your caregiving team members are and where there are gaps. The holiday season is a good time to share with others your needs, your wishes and pull in around you family and friends who can help out even with small things. Often times people are willing and want to help but do not know what to do. Some ways team members can help are:



- come play cards with your loved one & give you a break
- run errands for you
- come tidy up the house
- be your listening ear...and be ready to get your call when you need to vent or tell a crazy thing that happened that day.

Your team is for YOU to help you take care of your loved one and yourself. They can support you emotionally and in other ways. You need these people. Your gift to yourself this holiday season can be to ask for help, recognize those who are on your team, tell them you appreciate them and let people know things that do help you. We often have difficulty asking for help.

8

*To get a free booklet to help you share your needs with your Team contact Daphne Bennear at daphne.bennear@stmarysmd.com or call 301 475 4200 ext. 1069.





Save the Date

November 3, 2021

Building Resilience in the Caregiver

9am- 1pm

Garvey Senior Activity Center
23630 Hayden Farm Lane, Leonardtown, MD 20650

Guest Speaker: Author, Speaker and
Caregiver, **Dr. Aaron Blight**

Attendees will also enjoy: A continental breakfast,
opportunities for some pampering and a swag bag.

Registration Required

Contact: Daphne Bennear
301 475 4200 ext. 1069
Daphne.bennear@stmarysmd.com

RESILIENCE



Senior Information & Assistance

By *Debbie Barker, Senior I&A Division Manager*



COVID-19 Booster Shots

As of the publication of this newsletter, the St. Mary's County Health Department is offering COVID-19 booster shots to persons aged 65 and over; 18 and over with a severe underlying medical condition; and those who work in professions with high risk of exposure who have received the second Pfizer vaccine no less than 6 months prior.

Booster shots for the Johnson & Johnson vaccine have not been determined at this time. Individuals with a compromised immune system can receive a booster for the Moderna or Pfizer vaccine within 28 days after receiving their second dose.

While there will be no requirement to provide proof of an underlying health conditions, Health Department staff will ask health questions to determine eligibility.

The definition of a severe underlying medical condition is as follows:

- Asthma, Cystic Fibrosis, COPD, Pulmonary Hypertension
- Cancer
- Dementia or other neurological conditions
- Diabetes
- Downs Syndrome
- Heart failure, coronary artery disease, cardiomyopathies
- HIV
- Immunocompromised Immune System
- Kidney Disease
- Liver Disease
- Obesity
- Sickle Cell Disease
- Smoker
- Solid organ or blood stem cell transplant
- Stroke or cerebrovascular disease
- Substance use disorder

10

Please check with your healthcare provider about your medical condition, and whether getting an additional dose is appropriate. Appointments to receive the booster or the first or second dose vaccine can be made at <https://smchd.org/covid-19-vaccine>. For persons requiring assistance with questions or registration call 240-523-3340.





Medicare Part D Open Enrollment

Open Enrollment for Medicare Part D prescription drug plans will continue through December 7. By now, everyone enrolled in a Part D drug plan should have received their 2022 annual notice of changes, which states the changes in premiums, co-pays, and Extra Help status. St. Mary's County will offer 21 prescription drug plans, but no Medicare Advantage plans.

To compare your options for 2022, visit Medicare.gov. If you need assistance call one of our SHIP Counselors at the Northern Senior Activity Center 301-475-4200, ext. 3104; Loffler Senior Activity Center 301-475-4200, ext. 1654; or

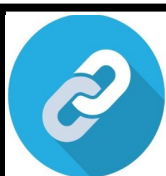
Garvey Senior Activity Center 301-475-4200, ext. 1064.

Assistance with the cost of Medicare Part D drug costs is available through the Maryland Senior Prescription Drug Assistance Program and the Social Security Extra Help Program.

!!!Scam Alert!!!

There have been multiple reports in our area that Medicare phone scams are on the rise! Please be vigilant and DO NOT disclose your Medicare card information or other personal information. Medicare WILL NOT call you to send you a new Medicare card or to try to offer you more Medicare benefits.

If you receive these calls you may attempt to get a call back number and report it to your local Senior Medicare Patrol Coordinator at 301-475-4200, ext. 1064.



Helpful Links:

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

www.stmarysmd.com/aging

Senior Information & Assistance Contacts

<https://www.stmarysmd.com/aging/SeniorIA-Contacts.asp>

Virtual Senior Activity Center

<https://www.stmarysmd.com/aging/virtual-senior-center/>

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

www.facebook.com/SMCDAHS

Veterans Circle Celebration

Loffler Senior Activity Center Friday, November 5, 2021
Coffee & Donuts: 9:30 a.m. Ceremony: 10 a.m.

Tickets Required

Veterans: Free

Civilians: \$3

Leave a message on our reservation line- 301-475-4200 ext. 1660
after 8 a.m. beginning Oct. 20 to request a ticket.

Limited seats available



Be sure to stick around after the ceremony for
lunch and Veterans' Resource Day!



Veterans' Resource Day

Hosted by the
St. Mary's County Department of Aging & Human Services

Friday, November 5, 2021

11 a.m. - 3 p.m.

**Loffler Senior Activity Center
21905 Chancellors Run Road, Great Mills, MD**

Informational organizations and vendors will be available starting at 9 a.m.

The Loffler Senior Activity Center will host their annual
Veterans Circle Celebration starting at 9:30 a.m., followed by lunch provided by Mission BBQ at
11 a.m. and informational presentations!

Veterans Resource Day is free and open to the public. We hope to see you there!



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



Focus on Fitness

By Brandy Tulley, Senior Center Operations Division Manager



As the new Division Manager for Senior Center Operations, I am excited to continue this column by sharing fun and safe ways to be physically active. I started with the Department of Aging & Human Services as the Program Specialist at the Garvey Senior Activity Center in 2006 and in 2016, became the Operations Manager. In my 15 years working in the senior activity centers, I noticed a few participation patterns in the senior activity center physical activity programs. The most noticeable is that the senior activity centers see a large increase in fitness participation during the month of January. We can assume that is due to the tendency of people to make New Year's resolutions related to health and wellness. As a matter of fact, according to a study conducted in December 2019, nearly 28% of Americans said that they planned to make a New Year's resolution for 2020. Among those Americans who planned to make New Year's resolutions, the most common resolution (50%) was to exercise more.

This data probably does not surprise you. The New Year is a time to refresh, reinvent, and recharge. Some may even see the New Year as clean slate, and after the holiday gatherings, parties, and maybe a little overeating, January seems like the perfect time to add in some fitness. I might challenge you to think a little differently this year. This year, let's get a jump start on the New Year. Try incorporating fitness now, no need to wait a month or two. How great will it feel to start 2022 with your physical activity routine already in progress!



The senior activity centers have many options and there truly is something for everyone. Whether you would like to try a group fitness class, walk outside with some new friends, use the fitness equipment in a climate-controlled space, or take a Zoom class in the comfort of your own home, we have something to meet your needs.

In celebration of getting a jump-start on your New Year fitness goals, the senior activity centers are offering our popular, evidence-based group fitness class, EnhanceFitness, FREE of charge during the month of December. Normally, purchase of a Fitness Card is required to attend; during the month of December, no Fitness Card is needed.

I invite you to join us this December because there really is no better time than the present to Focus on Fitness!



Garvey Senior Activity Center

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

Play with Watercolors with T. L. Ford

Garvey Senior Activity Center

Tuesday, November 9 & 16 ; 1:30 p.m. ; Cost: \$20

Come learn the basics of watercolor painting in a relaxing, informal setting. No experience or drawing skills are necessary and everything you need is provided. For November, we'll be painting a gecko and a floral-pumpkin. The cost for the class will be \$20. Please pay in advance at the receptionist desk. You can secure your spot in class by calling the reservation line on October 20 starting at 8 a.m. Please call, 301-475-4200, ext. 1075.



Nutrition Education

Garvey Senior Activity Center

Monday, November 1 & December 6; 11a.m.; FREE

Donna Taggart, Certified Diabetes Educator and Registered Dietician, will be at the Garvey Senior Activity Center to help answer your healthy eating questions. The topic for the session in November is *Healthy Eating During the Holidays* and in December *Are you Nuts? All about Nuts & Your Health*. There is no cost to attend; however, advance sign up is required. Register for the presentation by calling 301-475-4200, ext. 1075.



Card Making with Jennifer

Garvey Senior Activity Center

Thursdays, November 18 & December 9; 2 p.m.

Cost: \$2 per card

Come join us in the Art Studio to make one-of-a-kind cards for your family and friends. This is a great way to interact with others while making cards for holidays, birthdays and more. Everything is included for you to make 3 cards per class. You will be given the opportunity to use

rubber & clear stamps, die cutting and embossing machines, cardstock, embellishments, and punches. Whether you are new to card making or want to learn a new skill, our card making classes will give you the opportunity to show off your creativity and have fun! To make reservations, call 301-475-4200, ext. 1075 starting on October 20 at 8 a.m. for the November class and November 20 for the December class.

Meridians of the Body: Healthy Flow & Movement Workshop

Garvey Senior Activity Center

Thursday, November 18; 2 p.m.-4 p.m.; Cost: \$20

An introduction to the 12 principal energy channels in the physical body through which the life-force called "Qi" ("chee") flows. This IN-PERSON workshop blends Traditional Chinese Medicine and Meridian fundamentals with movement, in the form of Yoga & Qi Gong, plus Energy Medicine, with focus on restoring optimum Qi-flow to deter illness and support radiant health and well-being. This class will be led by Judi Lyons and Patty Mason. The cost for this class is \$20 per person, due in advance. Please call, 301-475-4200, ext. 1075, to register beginning October 20 at 8 a.m.



Luncheon with vocalist Suzette Pritchett

Garvey Senior Activity Center

Friday, November 19; Seating Begins at 11:30 a.m.

Come join us to hear special guest vocalist Suzette Pritchett perform at the Garvey Senior Activity Center. Suzette has been singing professionally for 30 years and has a beautiful sultry voice. We are excited to have her back at the Garvey Senior Activity Center as requested! Space is limited and this performance will fill up fast! Cost for lunch is by donation for those ages 60 and above and \$6 for those under age 60. To make reservations, call 301-475-4200, ext. 1075 starting on October 20 at 8 a.m.



Luncheon with Reader's Theater- Two Showings

Garvey Senior Activity Center

Friday, December 10

Tuesday, December 14

Seating Begins at 11:30 a.m.

This group of spunky seniors will tickle your funny bone with their lunchtime theater performance. Cost for lunch is by donation for those ages 60 and above and \$6 for those under the age of 60. Come join us for lunch and laughter.

Reservations are required. Please call, 301-475-4200, ext. 1075, to register beginning November 20 at 8 a.m.

Diamond Dots

Garvey Senior Activity Center

**Thursdays, December 2, 16, 23 & 30
2 p.m.**

Cost: \$15

Diamond art is a combination of cross-stitch and paint-by-numbers. Simply follow the pattern on the canvas and you will have a beautiful work of art that can later be framed and displayed in your home. Choose between one of the two patterns available: Winter Cardinals or Christmas in Town. Cost for the workshop is \$15 and includes all needed supplies. Signups for this class will start November 20 by calling 301-475-4200, ext. 1075.



Just Us 2

Garvey Senior Activity Center

Friday, December 17

Seating Begins at 11:30 a.m.

Pat Nutter and Chris Tenney have performed at a wide variety of establishments throughout southern MD and most recently at the Saturday Night Live Open Mic in Prince Frederick. They are a duo that performs bluegrass, classic country, gospel, and original music. Their music will get your toes and fingers tapping along with their lively music. Lunch will be served before the music starts. Cost for lunch is by donation for those ages 60 and above and \$6 for those under the age of 60. To make reservations, call 301-475-4200, ext. 1075, starting on November 20 at 8 a.m.

Taking Care of Your Mental Health
Garvey Senior Activity Center
November 16 & December 21; 12:30 p.m.
Cost: \$5

As we age life's events can often become overwhelming mentally as well as physically. Especially during this time it's even more important to take care of your mental wellness. We have collaborated with Hope & Healing Psychotherapy, LLC to bring you a Mental Health Series. Each month for a hour we will hear a presentation on a new topic. The topic for November will be *Anxiety & Coping Skills* and for December the topic will be *Loneliness*. Advance sign up and payment of \$5 for each series is required. Please call 301-475-4200, ext. 1075, to register beginning October 20 at 8 a.m. for the November session and November 20 for the December session.



Belly Dancing: Basic Veil Work
Garvey Senior Activity Center
Tuesdays, January 4-25 at 2 p.m.
Cost: \$40

Interested in learning belly dancing? Belly dancing using a veil is beautiful and mysterious. The cost of the 4 classes is \$40 and payment is due at the time of registration. Don't wait to sign up as the class size is limited. Registration for the class will begin at 8 a.m. on December 20. To sign up please call, 301-475-4200, ext. 1075.

Volunteers Needed

Are you looking for a volunteer opportunity? Consider Home-Delivered Meals! Home-Delivered Meals delivers well-balanced meals and a friendly visit to seniors who are homebound and cannot shop or cook for themselves.

Meals are delivered

Monday -Friday, 11:15 a.m. -1:30 p.m.

No meals will be delivered on days that the Senior Activity Centers are closed.

Volunteers pick up meals at one of three Senior Activity Centers in St. Mary's County and deliver to homebound consumers.



Driver Qualifications and Requirements:

Valid Drivers License

Access to reliable mode of transportation

21 years of age or older

Participate in training provided by HDM coordinator

Mileage Reimbursement Available

For more information, contact Monika Williams at:

301-475-4200, ext. 1060

monikaw@stmarysmd.com

www.stmarysmd.com/aging/homedeliveredmeals.asp

Virtual Fitness Classes

Virtual Fitness Classes are taught remotely via Zoom. These classes are taught remotely via Zoom. Participants will need to complete a registration form and waiver and need to have an active email address, high speed internet connection and a webcam enabled device.

Commitment to the entire 8-week session is recommended. There is no fee to participate; funding for these programs is provided by the Maryland Department of Aging Senior Center Operating Funds Grant. To pre-register beginning October 20, call 301-475-4200, ext. 1075.



Awakening (Mat) Yoga with Judi via Zoom

Thursdays, November 4 – December 16

10:45 – 11:45 a.m. (no class November 25)

This gently active mat yoga class focuses on whole-health well-being of mind, body and spirit by engaging in mindful poses to improve flexibility, strength and range of motion while boosting mood, energy, brain function, circulation and immunity. Participants should have 1 or 2 blankets (or floor mats), 2 yoga blocks (or thick sturdy books), a strap (or old tie or towel) and water.

Chair Pilates with Sherry via Zoom

Tuesdays, November 5 – December 21, 3-4 p.m. (no class November 23)

Pilates is based on three principles: Breath, Whole-Body Health, and Whole-Body Commitment that encompasses mind, body, and spirit. Through breath, concentration, centering, using control, precision, and flow, Pilates exercises can be performed in a chair and without any equipment. Learning to move correctly in the chair as well as standing will not only increase your strength and balance but improve your efficiency of movement throughout your daily activities.

Chair Assisted Yoga via Zoom

Tuesdays and Fridays, November 21 – December 21, 10 – 11 a.m. (no class November 26)

Boost your immunity, strengthen your bones, reduce stress, and increase your flexibility. These are just some of the scientifically proven benefits of yoga. Join Karen Weaver on Tuesdays and Gail Wathen on Fridays for a gentle chair assisted class to help you in your pursuit of better health. Classes will consist of seated postures that focus on

opening the joints, standing postures to increase strength and flexibility, and a relaxation/ meditation that will help to reduce stress. Sign up for one or both days.



EnhanceFitness

Mondays and Wednesdays, November 1 – December 22, 9-10 a.m.

(No Class November 22 & 24)

This evidence-based, nationally recognized fitness program incorporates low-impact aerobics, strength training, stretching and balance exercises to provide a full-body workout. A sturdy chair, hand weights and exercise band are recommended for participation.

Loffler Senior Activity Center

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

Nutrition Presentations by Donna Taggert

Loffler Senior Activity Center

Cost- FREE

Monday, November 8 : *Healthy Eating During the Holidays*

Monday, December 13: *Are you Nuts? All about Nuts and Your Health* 10 a.m.

Donna will present these timely topics at the Loffler Senior Activity Center on the second Monday of each month at 10 a.m. Registration is required- please sign up by leaving a message on our reservation line: 301-475-4200, ext. 1660. ADDITIONALLY- Donna will be offering free personal nutritional counseling at 11 a.m. on the days she is here if you make an appointment with her by text message or calling 240-538-6539.



Loffler Book Club

Meetings Nov. 12 and Dec. 3

2 p.m.; In Person; Free

Each month members of the book club read an assigned book and discuss it on the first Friday of the following month (except for November 2021). The discussions are friendly and honest- everyone's thoughts are appreciated. Selections are now determined by Round Robin Members' Choice. The Lexington Park Branch Library has been very helpful by holding several copies of the books for us. Contact Sheila.Graziano@stmarysmd.com to find out what our casual group is reading this month.

Open Studio Art

Loffler Senior Activity Center

Fridays; 9 a.m.-12 noon

Do you have an art project you are working on? Bring it to the Loffler Senior Activity Center on Fridays at 10 a.m. so that you can socialize with friends while enjoying your art. Chris Sisk will be on hand if you need assistance. Also, Chris frequently supervises a guided project during this time. These sessions are free or minimal cost if you need supplies for a specific project. Drop ins are welcome. Call 301-475-4200, ext. 1658, if you have questions or e-mail

Sheila.Graziano@stmarysmd.com



Two Days of Bridge

Loffler Senior Activity Center

Tuesday Bridge

2nd and 4th Tuesday of each month

10 a.m.-12 noon

Duplicate Bridge

Wednesdays

10 a.m.- 2:30 p.m.

The Senior Lounge at the Loffler Senior Activity Center continues to be the place to play Bridge! Tuesday Bridge is being offered twice a month while the Duplicate Bridge Club meets every Wednesday. Tuesday bridge is looking for more members. If you have an interest in this time-honored card game, contact Shellie 301-475-4200, ext. 1655, or e-mail

Sheila.Graziano@stmarysmd.com



**Art with Jamie
Loffler Senior Activity Center
Tuesdays 10 a.m.-12 noon**

NOVEMBER CLASS

Tuesdays November 2, 9, 16, 30 (No class the week of Thanksgiving)

Cost- \$25 per class; \$100 for the month.

Adventures in Acrylic- Explore different acrylic painting techniques for beginners through advanced. All materials provided.

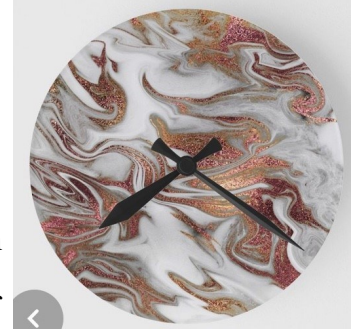
DECEMBER CLASS

Tuesdays, December 7 and 14

Cost- \$50 -all materials provided

Resin Pouring Project- Clock

This will be a special 2 class session on the 7th and 14th- a resin project. Mix and pour the resin clock on the 7th; come back on the 14th after it's dried to attach the clock mechanism. If you would like to make more than one clock, let Jamie know in advance so that she can order the mechanical components (Extra \$15 for each additional clock desired). Payment may be made to instructor on the first day of class. Call 301-475-4200, ext. 1660, beginning at 8 a.m. on the 20th to register for the new month. Call 301-475-4200, ext. 1655, if you have questions.



Educational Video Series: *The Americans in the Bulge*

Loffler Senior Activity Center

Thursday, November 18 ; 10 a.m. ; 90 min.; Free

Tour the frozen Ardennes Forests to Malmedy, St.Vith and Bastogne and see how the surprise Nazi plan to encircle and destroy the Allied armies was foiled by the actions of U.S. forces. Visit the frozen foxholes and fog-shrouded hills of the battlefield, listen to veterans who fought there and learn how they pushed the Nazis back behind their Siegfried Line. The production uses animated maps, archival footage and firsthand accounts to explain the Battle of the Bulge. Register to see this video by leaving a message on our reservation line: 301-475-4200, ext. 1660. Seating is limited to 16.

Arthritis Foundation Exercise Program

Loffler Senior Activity Center- Live, in-person

Tuesdays and Thursdays 12:30-1:30 p.m. ; Free

The Arthritis Foundation Exercise Program (AFEP) consists of gentle movements that are suitable for everyone and are easy to adjust to any fitness level. To accommodate most schedules, we have changed the days and times of this class. They are now held at the Loffler Senior Activity Center from 12:30-1:30 p.m. on Tuesdays and Thursdays. Reservations are not needed, so do your joints a favor and drop in! Call 301-475-4200, ext. 1658, if you have questions.

November Health Watch Presentation:

Build Up Your Immune System

Wednesday, November 17; 10 a.m.; In Person at Loffler; Free

Now is the time to strengthen your body's resistance to illness! Mary Tennyson will give you some tips to help you stay healthy during this flu/virus season. Call 301-475-4200, ext. 1660, to sign up for this talk. Limited seating available.



Current Events

Current Events Live Loffler Senior Activity Center Mondays; 10 a.m.; Free

There are a lot of interesting things going on these days. Some are merely newsworthy while others are downright controversial. If you would like to meet with others to discuss today's topics in a place where viewpoints are respected and manners are required, this is your group! Stop in on Mondays

at 10 a.m. Reservations are not required. Call 301-475-4200, ext. 1658, if you have questions or e-mail Sheila.Graziano@stmarysmd.com

Classic Christmas Movie: *Christmas in Connecticut* Loffler Senior Activity Center

Thursday, December 9; 10 a.m.; 101 min.; Free

A famous food writer lies about living on a farm, raising her children and being a good cook. In reality, she is an unmarried New Yorker who can't boil an egg. When her editor says she will spend Christmas with a heroic sailor, her job is on the line. Register to see this nostalgic Christmas classic by leaving a message beginning at 8 a.m. on November 20 on our reservation line: 301-475-4200, ext. 1660. Seating is limited to 16.



Healthy
Holidays

December Health Watch Presentation: *Healthy Holiday Hacks* Loffler Senior Activity Center Wednesday, December 15; 10 a.m. In Person at Loffler; Free

Now that we are in the midst of the holiday season, we are surrounded by the most tempting of foods, drinks, and get-togethers. There are simple adjustments you can make that allow you to enjoy holiday traditions without the

discomfort that sometimes accompany too much fine food and fun. Call the reservation line beginning November 20th and leave a message if you want to sign up for this presentation at 301-475-4200, ext. 1660. Limited to 12 seats.

20

Christmas Celebration Event Loffler Senior Activity Center Friday, December 10

In these times of necessary caution, we have needed to adjust many of our fun traditions these past 2 years. However, although we will not be able to have a regular Christmas party with all the bells and whistles, we are planning to do something that will be festive, fun and safe to celebrate the exciting holiday season! Details have not been worked out, so it is going to remain a surprise for now. Keep your eyes and ears open for new details as they unfold.

Christmas Celebration



Gratitude Exercise

Taking time to acknowledge things you are grateful for can boost your mood and nourish the brain. We tend to take things for granted- missing opportunities to get psyched up about all the blessings we have. Try making a gratitude list based on each letter of the alphabet. If you can't think of one for every letter, don't worry. The goal is to get yourself to pay attention to the good; it's not about completing this exercise. Some Suggestions: Consider things, people, places, events, activities. Think about your spiritual, physical, emotional, and social aspects. (*pyschedpro.com*)

I'm Grateful For...

A	N
B	O
C	P
D	Q
E	R
F	S
G	T
H	U
I	V
J	W
K	X
L	Y
M	Z

Holiday Tunes

- Away in a Manger
- Choir of the Bells
- Dominick the Donkey
- Frosty the Snowman
- Holly Jolly Christmas
- Jingle Bell Rock
- Jingle Bells
- Let it Snow
- Little Drummer Boy
- Little St Nick
- O Holy Night
- Rudolph
- Santa Baby
- Silent Nigh
- Silver Bells
- The Christmas Song
- The First Noel
- Winter Wonderland



S G R D A M A F C I F Z Z X F K U H J X
W A W A Y O B R E M M U R D E L T T I L
C K M B H P L O D U R J T G J I H Z N O
Z D W T Z E D S Y E L C B Y R T G C G K
G N O S S A M T S I R H C E H T I J L L
Q A N K O I D Y A L F D G I R L N B E D
X L S O X Q R T B T I N W X N E T O B J
D R T J T I R H V A A H X I P S N A E W
F E I F W V T E C M B E U U B T E S L S
N D T U C C H S A Y A A I N S N L C L Q
B N E V X E G N X I L M T R I I I Y R W
F O L N I A I O Z T K L I N X C S J O U
B W V E S Y N W K M G F O O A K T E C N
G R O K A C Y M V Z E U A J Y S L D K U
M E Q W Q O L A O H K P I T Y K B N M Q
G T A P U I O N T S L L E B E L G N I J
L N F G C Z H N S L L E B R E V L I S E
I I Y E K N O D E H T K C I N I M O D S
L W B T K S L L E B E H T F O R I O H C
U I M U Y F C J H B X B V R U M Q C Y B

Chicken Scratch NY

Northern Senior Activity Center

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



Art Pottery Jewelry

Northern Senior Activity Center
Fridays, November 5 and 19; Cost: \$10

Our pottery operation is firing back up so be on the lookout for various projects. This one has you making art pottery forms into jewelry that become pins, earrings or pendants. All materials are provided, such as clay, pins, glaze and firing fees are also included. There will be various shape cutouts to choose from so you can customize your pieces/s. Finished art will be available for pickup on Tuesday, November 23.

Festive and Fall-Fancy Bingo

Northern Senior Activity Center
November 17 & 19 for all confirmed November
Bingo signups

Cost: \$3

For those confirmed as registered for either Wednesday or Friday bingos for the month of November, a special bingo will be held the 2nd full week of November. This is a special themed bingo and fee will be \$3 per person, instead of \$2, payable that morning. The Fall season in Maryland is the best and we will celebrate with special touches in golds, burgundy and featuring mason jars and baskets. A bingo reservation for the month is required by calling the Reservation Request Line which opens at 8 a.m. on October 20, at 301-475-4200, ext. 3115 and requesting either Wednesdays or Fridays bingo program.



Custom Inspirational Mosaic Art Tile

Northern Senior Activity Center

Wednesday, December 8; 11 a.m.-3:30 p.m.

Cost: \$40

This mosaic workshop is led by Cheryl who will guide you through this creative opportunity. Choose a favorite word or phrase that gives you inspiration to be the centerpiece for this work of art. Supplies include real mosaic Smalti from Italy and Mexico, your own small treasures to be added in (small shells, jewelry, buttons, etc.), and a colored grout finish. All supplies (except your own small treasures) will be provided. Wear old clothes, an apron if you have one

as we work with grout. If interested, please call the reservation request line which opens 8 a.m. on October 20, at 301-475-4200, ext. 3115, to leave a reservation request message and staff will call you back.

Dance Fitness with Zumba Gold®

Northern Senior Activity Center

Tuesdays, 10:45-11:45 a.m.

What is Zumba Gold? It's dance Fitness with Latin music such as Sala, Merengue and Reggaeton. It's exhilarating and easy-to-follow moves in a party-like atmosphere. Need a little excitement in your life or camaraderie with others who like to have fun? Join Geno, our dynamic certified instructor who uses the spirit of Zumba Fitness with modified moves and pacing to suit the needs of our members. Try the first class for free and drop-in to see for yourself.



“Classic Red Truck” Christmas Gift Bag

Northern Senior Activity Center

Wednesday, December 1, 10:30-11:30 a.m.; FREE

Custom bags are a great treat for yourself or gift for someone else. Various materials will be available but the red truck is the centerpiece and you'll design further from there. Enjoy this classic favorite with artful guidance from our masterful crafter, Martha Baker. All supplies are provided; class is free of charge. A reservation is required by calling the Reservation Request Line which opens at 8 a.m. on November 20, at 301-475-4200, ext. 3115.



Christmas Rag Wreath

Northern Senior Activity Center

Thursday December 2, 9-11 a.m.; Cost: \$10

Make a beautiful wreath using assorted Christmas-themed and winter fabric to decorate a holiday wreath. Additional embellishments and ribbons provided; however, feel free to bring anything you would like to include on your wreath to personalize it. The class will be led by Janet Fisher and includes all materials needed. Space is limited. To sign up and pay in advance, call the Reservation Request Line which opens at 8 a.m. on November 20, at 301-475-4200, ext. 3115.

Candy Cane Wreath

Northern Senior Activity Center

Monday, December 6, 10 a.m.-12Noon; FREE

How sweet to make a candy cane wreath for the holidays. Imagine this on display in your home or as a gift. You will assemble and customize with décor with some artful guidance from our masterful crafter, Martha Baker. All supplies are provided; class is free of charge. A reservation is required by calling the Reservation Request Line which opens at 8 a.m. on November 20, at 301-475-4200, ext. 3115.



Bridge Players Needed

Northern Senior Activity Center

Thursdays, 10 a.m. – 2 p.m.

This weekly program is looking for experienced bridge players for their party bridge program played in the Game Room.

Holiday Purse Bingo
Northern Senior Activity Center
December 15 & 17 for all confirmed December Bingo
sign ups
Cost: \$3

For those confirmed as registered for either Wednesday or Friday bingos for the month of December, a special bingo will be held the first full week of December. This is a special themed bingo and fee will be \$3 per person, instead of \$2, payable that morning. Win a new or almost-new purse featuring popular fashion brands with a designer bag as a top prize. Bag styles include totes, hobos, shoulder bags, wristlets and wallets. A bingo reservation for the month is required by calling the Reservation Request Line which opens at 8 a.m. on November 20, at 301-475-4200, ext. 3115, and requesting either Wednesdays or Fridays bingo program.



Join Debbie for Arthritis Exercise on Zoom every Wednesday!

Arthritis Exercise with Debbie B.
Northern Senior Activity Center
Wednesdays, 10-11 a.m. on Zoom; FREE

Your workout is free and easy from the comfort of your home. Join us via Zoom virtually to get real results for promoting gentle range of motion and flexibility while focusing on breathing, strength and relaxation. Those who participate love Debbie’s “bubbly personality” and say they love Zoom because it can fit in even if working. “It’s

also nice because I don’t have to drive anywhere, I can work out from my home or school without spending time on the road.” If you are more home-based or have concerns with getting out, this is a great opportunity if you have internet and a device to join online. If interested, please email MarieNoelle at MarieNoelle.Lautieri@stmarysmd.com.

Social Room Stocking Stuffers
Northern Senior Activity Center

Interested in a special holiday touch? See staff at Northern before Thanksgiving, if you are interested in having a stocking hung by the fireplace for the month of December. You may find little elves will pay you a visit or can offer to be an elf and donate purchases to spread the cheer!



CROSSWORD PUZZLE (Solution on page 30)



Christmas Crossword



ACROSS

1. Pumpkin or mincemeat
3. Santa's ride
6. Celebration
8. Newborn
9. Northpole crew
13. Word of praise
14. Words on a Christmas card
17. It's opened on Christmas

DOWN

1. Alternative word to 17 across
2. Christmas drink
4. Christmas dinner centerpiece
5. Dec. holiday
7. Christmas warmer
8. "Jingle _____"
10. Christmas tree
11. O. Henry's "The Gift of the ___"
12. What carolers do
15. French Christmas.
16. Snow glider

25



Retired and Senior Volunteer Program

By Norine Rowe, RSVP Program Manager

Changing Seasons, Changing Joys

I always look forward to the Fall Season, one of my favorite times of the year. I love the crisp Autumn air, colorful leaves, and changing seasons. There is something about moving from one season to another that brings an air of anticipation, excitement, and adventure. While we may look back with fondness on summer and feel a pang of sadness to see it go, we know that Autumn brings to us its own special joys - such as Fall Festivals, Thanksgiving family gatherings, pumpkin latté and hot, apple cider!



Embracing Changing Seasons of Life

Nature's changing seasons teach us important and valuable lessons about how we should embrace new seasons of life. As we bid farewell to one season in our lives, we should do so in positive anticipation, not holding on too tightly to the past, the "good ol' days," or "the way it used to be." Life is all about change, and how we respond to the changes in our lives is important. We can resist the changes, fight against them, and bemoan our lot - which usually only adds to our sense of frustration and loss - or we can embrace the changes as a way to explore new horizons in our lives, new ways of thinking, and new ways of doing things. Accepting and embracing change means that we can open ourselves to doors of positive possibilities. It means that we can see all of the colorful new leaves of opportunity before us!

Season of Gratitude Gives Way to Season of New Beginnings, New Hope



I now find myself in a Season of Deep Gratitude for all of the wonderful RSVP volunteers I have had the great pleasure to meet and work with over the past 10+ years while serving as RSVP Project Manager.

26

You have impressed and inspired me by your selfless service. You have shown me how much seniors have to offer our community. You have confirmed my belief that caring about and helping one another is the way we are meant to live. You have demonstrated that giving is truly the way to receive. All of you have made my work wonderful - not a job but a joy.

So it is with a mixture of fondness, sadness, and gratitude that I enter a new chapter of life when I retire from my position as RSVP Project Manager at the end of this year. I will miss all of you very much and wish each and every one of you abundant joy, health, and blessings. May we all enter a season of New Hope, New Opportunities, and New Beginnings in the New Year ahead!

RSVP Gratitude Abounds

Little did we know back in March of 2020 - when COVID-19 first appeared on the scene - that life as we knew it would drastically change. Many of us had to pivot quickly in response to the Maryland Governor's Executive Orders that shut down non-essential businesses, prohibited large gatherings, and urged citizens to stay at home. At the same time, the Centers for Disease Control recommended people wear face masks, in addition to frequent hand washing and social distancing, to help reduce the spread of the virus.

To meet the need for masks, which were in short supply at the time, RSVP volunteers with sewing skills were contacted to see if they could help. Nine responded and immediately went into action, including **Gina Alexander, Linda Barth, Deb Bellevue, Doris Field, Marilyn Grace, Chris Harris-Boatman, Valerie Jenkins, Phyllis McCauley, and Helen Shaughnessy.**

“Based on the volunteers’ enthusiasm and remarkable level of mask production, passion was clearly the driving force,” said Andrea Wilson, RSVP Senior Office Specialist, who helped to organize and lead the effort. “When so many people felt adrift in the unsettling times of COVID, these incredible volunteers found purpose and made a positive impact on our community. For that, we are all abundantly grateful.”

RSVP Mask-Making Project Team Stats

Beginning in April 2020 through September of this year, nine RSVP Volunteers served 3,893 hours making 6,070 cloth face coverings for distribution to local citizens, county agencies, and non-profits. Andrea Wilson, RSVP Senior Office Specialist, led the effort and conducted 46 pick-ups of masks from volunteer homes using safe, social-distancing practices. This 18-month effort significantly contributed to the health and safety of our community.



Mask Distribution

Volunteer-made masks have been distributed to local citizens, non-profits, and county agencies including: Charlotte Hall Veterans Home, The Mission, Three Oaks Center, Sheriff's Department, St. Mary's Transit Services, Senior Activity Centers, Social Services, Cedar Lane, Hospice House, Head Start, St. Mary's Adult Medical Day Care, Center For Life Enrichment, Local Churches, Libraries, Museums, and many more!

27



For information on RSVP Senior Volunteer Opportunities in St. Mary's County, email RSVP@stmarysmd.com or call 301-475-4200, ext. 1650.

Commission on Aging Survey

The purpose of the Commission on Aging is to provide the Commissioners of St. Mary's County advice and assistance concerning county programs and resources offered for senior residents (50 years and older) of St. Mary's County. Results from the survey will help us plan on how to meet the needs of our senior residents.

An electronic copy of this survey can be found at: <https://www.surveymonkey.com/r/QMD3NHB> . Paper copies of this survey are available at the following locations:

- Garvey Senior Activity Center, 23630 Hayden Farm Lane, Leonardtown
- Loffler Senior Activity Center, 21905 Chancellors Run Road, Great Mills
- Northern Senior Activity Center, 29655 Charlotte Hall Road, Charlotte Hall

1. Location:

- Northern Senior Activity Center
 Garvey Senior Activity Center
 Loffler Senior Activity Center
 Other (ZIP code where you live) _____

2. Gender: Male Female They

3. What services / activities for the aging do you use or have used? (Circle all that apply)

- A) Transportation
B) Affordable housing for seniors
C) Assistance on navigating through insurance / financial needs / tax preparation / etc.
D) Meals for home bound
E) Education (e.g., computers, changes to Medicare law, etc.)
F) Social activities
G) Other (Please specify _____)

4. What services / activities for the aging needs to be improved in St. Mary's County? (Circle all that apply)

- A) Transportation
B) Affordable housing for seniors
C) Assistance on navigating through insurance / financial needs / tax preparation / etc.
D) Meals for home bound
E) Education (e.g., computers, changes to Medicare law, etc.)
F) Social activities
G) Other (Please specify _____)

5. Which in-home services do you need? (Circle all that apply)

- A) Home-delivered meals
B) Household cleaning
C) Assistance with personal care
D) Assistance with navigation through insurance / financial needs / tax preparation/ etc.
E) Assistance with technology
F) Other (Please specify _____)

6. Do you use or need public transportation to get you to appointments / activities? Y/N

If yes, please provide any positive comments or ways to improve the transportation. (Use back of page if more room is needed)

7. How do you receive information (or would like to receive information) on activities / services available in St. Mary's County?

- A) Internet
B) Electronic newsletter
C) Paper newsletter
D) Radio
E) Word of mouth
F) Flyers at the Senior Activity Centers
G) Other (Please specify _____)

Puzzle Solutions

Holiday Tunes

- Away in a Manger
- Choir of the Bells
- Dominick the Donkey
- Frosty the Snowman
- Holly Jolly Christmas
- Jingle Bell Rock
- Jingle Bells
- Let it Snow
- Little Drummer Boy
- Little St Nick
- O Holy Night
- Rudolph
- Santa Baby
- Silent Nigh
- Silver Bells
- The Christmas Song
- The First Noel
- Winter Wonderland



S	G	R	D	A	M	A	F	C	I	F	Z	Z	X	F	K	U	H	J	X
W	A	W	A	Y	O	B	R	E	M	M	U	R	D	E	L	T	T	I	L
C	K	M	B	H	P	L	O	D	U	R	J	T	G	J	I	H	Z	N	O
Z	D	W	T	Z	E	D	S	Y	E	L	C	B	Y	R	T	G	C	G	K
G	N	O	S	S	A	M	T	S	I	R	H	C	E	H	T	I	J	L	L
Q	A	N	K	O	I	D	Y	A	L	F	D	G	I	R	L	N	B	E	D
X	L	S	O	X	Q	R	T	B	T	I	N	W	X	N	E	T	O	B	J
D	R	T	J	T	I	R	H	V	A	A	H	X	I	P	S	N	A	E	W
F	E	I	F	W	V	T	E	C	M	B	E	U	U	B	T	E	S	L	S
N	D	T	U	C	C	H	S	A	Y	A	A	I	N	S	N	L	C	L	Q
B	N	E	V	X	E	G	N	X	I	L	M	T	R	I	I	I	Y	R	W
F	O	L	N	I	A	I	O	Z	T	K	L	I	N	X	C	S	J	O	U
B	W	V	E	S	Y	N	W	K	M	G	F	O	O	A	K	T	E	C	N
G	R	O	K	A	C	Y	M	V	Z	E	U	A	J	Y	S	L	D	K	U
M	E	Q	W	Q	O	L	A	O	H	K	P	I	T	Y	K	B	N	M	Q
G	T	A	P	U	I	O	N	T	S	L	L	E	B	E	L	G	N	I	J
L	N	F	G	C	Z	H	N	S	L	L	E	B	R	E	V	L	I	S	E
I	I	Y	E	K	N	O	D	E	H	T	K	C	I	N	I	M	O	D	S
L	W	B	T	K	S	L	L	E	B	E	H	T	F	O	R	I	O	H	C
U	I	M	U	Y	F	C	J	H	B	X	B	V	R	U	M	Q	C	Y	B

Chicken Scratch NY

Christmas Crossword

Solution



Ongoing Activities - Garvey

CLASS/ ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Arthritis Foundation Exercise Program	Tues. & Thurs. 9:45-10:30 a.m. Fri. Zoom 9:45-10:30 a.m.	Gentle, range of motion, stretching and flexibility led by certified instructor.	No	No
Billiards	Anytime the center is open.	Bring your own or use ours.	No	No
Bingo	Mon. 10-11:30 a.m.	Game with volunteer bingo callers. Pantry items for prizes.	Preferred, not required	\$3 to play two cards
Book Discussion Group	2 nd Weds. 11 a.m.	Loaner books provided by St. Mary's Public Library.	No	No
Bridge Club	Weds. & Thurs. 10 a.m.-2 p.m.	Best suited for experienced players.	Full; can be added to sub list	No
Chair Yoga	Weds. 9:30-10:30 a.m.	Gentle Stretching and Yoga moves using a chair.	No	Fitness Card
EnhanceFitness	Mon., Weds., Fri. 11-12 p.m	Cardiovascular/weight training exercises to improve flexibility, strength, balance.	No	Fitness Card
Fitness Room	Open	1 Elliptical Trainer; 1 Seated Elliptical. 3 Treadmills; 2 Recumbent Bikes; 1 Row machine.	No	No
Geri-Fit	Mon. & Weds. 2:15-3:00 p.m.	Helping to rebuild strength that has been lost through the aging process.	No	No
Line Dancing	Tues. 11 a.m.	No experience necessary. Volunteer leads group in a variety of steps.	No	No
Men's Strength	Mon. 9:30-10:30 a.m. Thurs. 11 a.m.-12 p.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
Ping Pong	Open	1 table, paddles and balls are available.	No	No
Readers Theater	Meeting, 2 nd Tues. 11 a.m.; rehearsals as needed	Readers Theater is a form of theater that involves minimal props and no line memorization.	Yes	No
R&B Line Dancing	Mon. 12:30 p.m.	Line Dancing with specific instructions on popular line/party dance styles.	No	No
Walk & Tone	Fri. 9:30-10:30 a.m.	A low impact aerobic class. Strength training using bands, weights and balls is included.	No	Fitness Card
Yoga	Tues. & Fri. 12:30 p.m.	Improves muscle strength & tone. Reduces stress & increases relaxation.	No	Fitness Card
Zumba Gold	Thurs. 12:30 p.m.	Dance based exercise program led by certified instructor.	No	Fitness Card

Ongoing Activities - Loffler

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Art with Jamie	Tues. (4 sessions each month) 10 a.m.	Start up materials provided; instructor will notify of other items needed.	Yes	Yes-paid to instructor
Arthritis Foundation Exercise Program (AFEP)	Tues. & Thurs. 12:30-1:30 p.m.	Gentle, range of motion, stretching and flexibility led by certified instructor.	No	No
Bingo	Wed. 12:30-1:30 p.m.	Game with volunteer bingo callers. Pantry items for prizes.	No	\$1 card/ up to 3 cards
Bio/History Series	1 st or 2 nd Thurs 10 a.m.	Educational films selected and shown by video.	Yes	No
Bridge	2 nd & 4 th Tues 10 a.m.	New & experienced players welcome.	No	No
Canasta & Pitch	Tues. 9 a.m.	New & experienced players welcome.	No	No
Charity Crafters	Tues. 1 p.m.	Make hats, mittens, scarves, baby blankets, and granny squares for various community outreach programs.	No	No
Contract Bridge Club	Wed. 10 a.m.	Best suited for experienced players	Yes	No
Current Events	Mon. 10 a.m.	Volunteer led discussion group.	No	No
Embroidery on Paper	Mon. 1 p.m.	Supply kits will need to be purchased to get started with making embroidered cards and other crafts.	No	Yes
EnhanceFitness	Mon.-11a.m.-Noon Wed. -12:30-1:30p.m.	Cardiovascular/weight training exercises to improve flexibility, strength, balance.	No	Fitness Card
Exercise Equipment	Mon-Fri 8 a.m. -4 p.m.	2 treadmills, 2 seated ellipticals & a recumbent bike.	No	No
Health Watch Presentations	2 nd Wed. 10 a.m.	Volunteer led informational session on various health topics.	Yes	No
Honey Bee Quilters	1 st , 3 rd , & 5 th Wed. 10 a.m.	Bring your own quilting supplies. Sewing machines available at center if needed.	No	No
Line Dancing	Fri. 11 a.m.	Volunteer led group.	No	No
Monthly Craft	2 nd Fri. 10 a.m.	Various craft projects, supplies usually provided.	Yes	Sometimes
Needle Crafters	Mon. & Thurs. 10 a.m.	Knit & crochet group. Some yarn available at center or bring your own.	No	No
Nutrition Ed. with Donna Taggart	2 nd Mon. 10 a.m.	Nutrition presentations led by Licensed Dietician.	Yes	No
Pinochle	Mon., Wed., & Fri. 9 a.m.	Experienced players welcome.	No	No
Polish Poker & Pitch	Tues. 9 a.m.	Suitable for all levels of experience.	No	No

Ongoing Activities - Loffler

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Project Linus	3 rd Fri. 10 a.m.	Make blankets for children and teenagers who are hospitalized or in shelters.	No	No
QiGong	Tues. & Thurs. Scheduled sessions 11 a.m.- 12 p.m.	An ancient Chinese exercise and healing technique that involves meditation, controlled breathing, and movement exercises. Suitable for all abilities.	No	No
Rummikub	Wed. 9 a.m.	Fun tabletop game for all levels of experience.	No	No
Sew-It-Alls	Mon. 12:30 p.m.	Bring own supplies.	No	No
Strength Training	Tues. 9:30 a.m.	Weight training exercises taught by certified fitness instructor.	No	Fitness Card
Tai Chi/Arthritis & Fall Prevention	Tues.-Thurs. 11 a.m -12 p.m. (scheduled sessions)	Evidence based exercise program suitable for all abilities.	Yes	No
Walking Club	Mon., Wed., Fri. 9 a.m.	All are welcome, group walks laps around the park.	No	No
Wii Games	Mon. -Fri.- see staff	Open to new and experienced players.	No	No
Wood Carving	Tues. 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	Mon. 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	Zoom Wednesdays 10 a.m. In-person Thursdays 1-2 p.m.	Gentle, range of motion, stretching and flexibility led by certified instructor.	Yes No	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	\$30
Billiards	Varies	Bring your own or use ours.	Yes	No
Bingo	Wednesday OR Fridays 10-11:30 a.m.	Game with volunteer bingo callers. Pan-try items for prizes.	Yes	\$2 to play two cards
Book Clubs Page Turners Book Chatter	4 th Wed; 1-2:30 p.m. 4 th Thu: 11 a.m.-Noon	Read & review new books each month. Different books for each club.	On Hold Full	No No

Ongoing Activities - Northern

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Bridge	Thu: 10 a.m.-2 p.m.	Best suited for experienced players.	Preferred	No
Coloring Group (two groups)	1 st & 3 rd Wednesdays 1-2:30 p.m.	Participants supply coloring utensils if possible; some are provided.	Yes, Full	No, workbook if desired
Crochet DIY	Mondays 1-4 p.m.	Beginners or experienced.	No, drop-in	No
Diamond Dazzle (two groups)	3 rd Monday 10 a.m.-Noon & 1- 3 p.m.	Diamond and associated bead crafts.	Yes, Full	Yes for kits
Double Pinochle	Tuesdays and Fridays 10 a.m.-4 p.m.	Moderately experienced players.	No	No
Dynamic Ceramics	Wednesdays 9:30 a.m.-1:30 p.m.	Variety bisque pieces available to purchase. Supplies provided.	Drop-in	Buy items, firing fees
Enhance Fitness	Tuesday & Thursdays 9:30-10:30 a.m.	Cardiovascular/weight training exercises to improve flexibility, strength, balance.	No	Fitness Card
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
Quilting for Begin- ners	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 pm	Popular line/party dance styles.	No	No
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
Studio: Pottery and Ceramics	Monday & Fridays 8 a.m. -4:45 p.m.	Crafters continue work on I individual pieces. Some Fridays are reserved for specific art pottery projects/classes.	Studio orientation	Fee for clay ceramics, fire, supplies
Cycling Program Walking Group on Three Notch Trail	Anytime Fridays 9 a.m.	(2)traditional, (1) recumbent trike Volunteer led group for walking	No No	No No
Workout Room	Open	1 Bow Flex; 1 Standing Elliptical; 1 Seated Elliptical; 2 Pec/Fly; 2 Treadmills; 2 Recumbent Bikes.	No	No
Zumba Gold	Tuesdays 10:45-11:45 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. Program Coordinator, Monika Williams, 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.stmarysm.com/aging
YouTube: SMC Aging & Human Services
Phone: 301-475-4200, ext. 1050

Facebook: www.facebook.com/SMCDAHS
Fax: 301-475-4503

LOCATIONS



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

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

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

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

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



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

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20650
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CHANGE SERVICE REQUESTED

***2021 Holiday Closings
(No Home-Delivered or Congregate Meals Served)***

Thursday, November 11- Veteran's Day
Thursday, November 25- Thanksgiving Day
Friday, November 26- Day after Thanksgiving
Friday, December 24- Christmas Day (Observed)

NEW BEGINNING