

# NEW BEGINNING

**VOLUME 36 ISSUE 6**

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



**Giving Thanks!**

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# From the Director's Desk

By Lori Jennings-Harris, Director

## Giving Thanks!

November is here already! Before the traditional Thanksgiving celebration with family and friends gathered around the dinner table on November 28th, let us first give thanks to Veterans on November 11th. We should remember and celebrate the many sacrifices of all our Veterans, past, present, and future.



The men and women who serve or have served in the military are appreciated, not just on Veterans' Day, but every day. Because of our military personnel, we enjoy the many freedoms of our country. And, although many proud service men and women will be away from their loved ones as they serve in other countries during the Thanksgiving and Christmas seasons, we will keep them in our hearts, and we will remember them during this very special time of year. As we prepare for Thanksgiving, the joyous season of Christmas waits its turn. Thanksgiving is a time to celebrate those who are most important – family and friends! Thanksgiving gives us an opportunity to reflect on “how quickly the year has gone by” and gives us reason to celebrate all the people and things for which we are thankful. As we go about the routine of our daily lives, we often overlook the people and things that bring so much joy and happiness to our lives. Thanksgiving is a wonderful time to reflect on everything for which we are grateful.

Our Department will commemorate the upcoming holiday season with many celebrations filled with music, laughter, and good food! We will also continue to provide various exercise classes offered at each senior activity center. In addition, many other activities are offered at the centers and may be a way to release stress. The Department of Aging & Human Services staff members invite you to participate in what we have in store for the coming months. We look forward to a busy, yet fun-filled holiday season.

My staff and I take great pride in supporting the people of our community and we remain ever mindful of the Department's mission and providing the best possible attention to all we serve. My staff members have a level of commitment, dedication and compassion that comes naturally. I am proud of this Department's staff and want to say Thank You to those staff members you may see often and those you may never see - those who work so diligently behind the scenes. Their enthusiasm and hard work are unmatched!

## NEW BEGINNING

The Commissioners of  
St. Mary's County  
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### NEW BEGINNING

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

or visit the website at:

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

# Virtual Memoir Writing Class

Join us in the new year for free virtual Memoir Writing classes via Zoom! Sherry L. Reed, Sports Nutritionist, Fitness Instructor, and Ghostwriter will present a series of classes to teach the steps in writing your own memoirs. Handouts and a Zoom link will be provided via e-mail prior to the start of class. Pre-registration is required for each session and can be done online by visiting [www.stmaryscountymd.gov/aging/](http://www.stmaryscountymd.gov/aging/) and clicking “View & Sign Up For Activities & Programs” from there you will find the sessions listed under the Virtual Classes. If you require assistance with registering online you can call 301-475-4200, ext. 1660.

## **Memoir Writing Class 1 January 10, 1 p.m.**

Whether you curl up with memoirs on a frequent basis or pick one up every now and again, you know powerful memoirs have the capacity to take readers for an exhilarating ride. While all memoirs are different, the best ones have certain elements in common. Knowing what makes a memoir compelling and riveting is key when sitting down to craft your own. Sherry will teach you how to write a memoir, the benefits of working with a ghostwriter, and how to tell a compelling story.

## **Memoir Writing Class 2 February 21, 1 p.m.**

In this second writing class, Sherry will share how to narrow your focus where needed, include more than just your story, and tell the truth. You will also learn how to employ stories of fiction to bring your story to life. Printing and publishing will also be addressed.

## **Memoir Writing Class 3 March 6, 1 p.m.**

Sherry will go more in-depth in creating an emotional journey through your writing and showcase your personal growth. It helps when you can add elements that put you in your reader’s shoes, something that will engage them to keep reading.

## **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, November 27, 2023  
1 p.m.**

***No Commission on Aging meeting in December***

*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@stmarysmd.com](mailto:Mercedes.Jones@stmarysmd.com). Visit the Commission on Aging website at <https://www.stmaryscountymd.gov/boards/groups/default.aspx?board=11>



## Nutrition Corner

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

Recently, a statement issued by WHO (World Health Organization) has everyone questioning the safety of NNS (Non-Nutritive Sweeteners). They do not recommend their use because they do not help in long term weight loss and continued consumption could increase the risk of type 2 diabetes, cardiovascular disease and mortality in adults.



What are NNS? They are sweetening agents that have a higher sweetening intensity and lower caloric count than caloric sweeteners like sugar. They include aspartame, saccharin, sucralose, stevia and others. The reason they exist? To allow people to eat or drink sweet things without the added calories from sugar. Despite this, studies have shown those who drink diet sodas more often became obese and had an increased rate of metabolic syndrome and type 2 diabetes. Why? Researchers speculate that NNS cause cravings for sweets or change how nutrients are absorbed, or perhaps allows people to justify consumption of other high caloric foods. More research is needed but perhaps the old saying “everything in moderation” applies.

But if we decrease the use of NNS, do we increase sugar consumption which includes not only table sugar but honey, maple syrup, brown sugar? NO, too much added sugars are linked to many health issues like cardiovascular disease, cancers, and cognitive problems. The American Heart Association recommends 6 teaspoons/day of added sugars for women, 9 teaspoons for men.

We need to consider other ways to decrease our added sugar intake rather than substituting NNS. To start, reading labels is crucial. 4 grams of added sugar is equal to 1 teaspoon of sugar. Those grams can add up quickly with many favorite sweets containing more than the recommended amount for the day in only one serving!

Swap out sugary drinks for water or unsweetened tea or coffee. Make homemade sauces and salad dressing to eliminate hidden sugars. Eat whole foods; the less processed means less chance of added sugars. Eating full fat foods can decrease added sugars since when the fat is removed sugar is often the replacement. One final recommendation is to get a good night’s sleep. Studies have found that those who do not get a good night’s sleep are more likely to consume more calories, fast foods, and soda and less fruits and vegetables.

If you want to decrease added sugars, pick one thing and do it for at least 2 weeks until it becomes a habit then move on to another goal. Please join me at the senior centers in January where you can learn more about this topic and ways to decrease your sugar intake.

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### Upcoming Nutrition Education Presentations:

#### Pre-Diabetes Risk Factors

Garvey - Wednesday, November 1, 10 a.m.

Garvey - Thursday, November 9, 6 p.m.

Loffler - Monday, November 13, 10 a.m.

Northern - Monday, November 20, 12 p.m.

#### Merry Smoothie

Garvey - Wednesday, December 6, 10 a.m.

Garvey - Thursday, December 14, 6 p.m.

Loffler - Monday, December 11, 10 a.m.

Northern - Monday, December 18, 12 p.m.

# Home & Community-Based Services

*Rebecca Kessler, HCBS Division Manager*

## 2024 Caregivers Conference Save the Date!

31st Annual

Southern Maryland Caregivers Conference

Friday, April 12, 2024

University System of Maryland

at Southern Maryland

44219 Airport Road,

California, MD

Sponsor & Exhibitor opportunities available.

Registration information & brochure coming in

February 2024!

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For more information, call:  
301-475-4200, ext. 1050



## What is St. Mary's Crime Solvers, Inc.?

The St. Mary's County Crime Solvers, Inc. is a non-profit designated 501(C)(3) organization that assists the St. Mary's County Sheriff's Office in helping to solve crimes committed in St. Mary's County by providing rewards for information that leads to the arrest of criminals. This information can be provided anonymously by any person to the Sheriff's Office tip line (301-475-3333, open 24/7).

The St. Mary's County Crime Solvers is NOT part of the St. Mary's County Government. Crime Solvers DOES NOT receive any tax dollars from the County, State or Federal Governments.

Crime Solvers is comprised of volunteers who lend their time and efforts in educating the community about the role of Crime Solvers, solicits donations and arranges fundraisers to obtain the money to be used for the rewards.

St. Mary's County Crime Solvers began in 1979. The group thought that through continued efforts in providing the community pamphlets, pens, and briefings at various events, plus rewards to individuals who anonymously provided information to take the criminals off the streets in St. Mary's County, the information was getting out to all. However, it has become clear to us that information on Crime Solvers is not getting to residents as volunteers hear time and time again the question - "what is Crime Solvers"?

If your organization would like a briefing on Crime Solvers for more information and to find out how your group may help in this effort, a representative from Crime Solvers would be very happy to speak to your group.

To date, except for a business or two, donations to help support this effort are very slim. We can help keep criminals off the street of St. Mary's County, but it must be a joint effort. Without adequate funds, Crime Solvers CANNOT continue to provide sufficient rewards to all those who call in their tips. With your help and support this could be done. The full amount of your donation is tax deductible to the extent of the law since no goods or services were provided to you in relation to your contribution.

Let's make this a safer community for all!

*To schedule a presentation and learn more about Crime Solvers, please contact:  
Roy Dyson - St. Mary's Crime Solvers, Inc., Chairperson  
roydyson0732@gmail.com*



# Veterans Resource Day



**ST. MARY'S COUNTY**

DEPARTMENT OF AGING & HUMAN SERVICES

Working Together ~ Caring About You

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

**Friday, November 3, 2023**

**9 a.m. - 2 p.m.**

**University of Maryland at Southern Maryland  
44219 Airport Road, California, MD**

**Presentations:**

**Protecting Yourself Against Fraud & Identity Theft - Navy Federal Credit Union  
10 a.m.**

**Learning about Service Animals - MK9 Service Dogs  
12:30 p.m.**

**Organizations on-site will include:**

**A Community that Shares  
Humana Military/TRICARE  
Freedom Hearing  
Warfighter Advance**

**NAWCAD  
US Department of Veterans Affairs  
Habitat for Humanity  
Navy Federal Credit Union**

**College of Southern Maryland  
MD Insurance Administration  
St. Mary's Health Department  
St. Mary's Emergency Services**

**Claims processing available all day with Disabled American Veterans (DAV)!**

**Lunch provided by Mission BBQ for attendees at 12 p.m.!**

**For more information, contact Sarah Miller**

**Phone: 301-475-4200, ext 1073**

**Email: [sarah.miller@stmaryscountymd.gov](mailto:sarah.miller@stmaryscountymd.gov)**

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

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



# **Virtual Health Cooking Demonstrations!**

Join us in the new year for free virtual healthy cooking demonstrations via Zoom! Sherry L. Reed, Sports Nutritionist and Fitness Instructor, will present a series of healthy cooking demonstrations. Each hour-long session will show you the steps from start to finish to help you cook a healthy meal with a different focus each month! Handouts and a Zoom link will be provided via e-mail prior to the start of class. Pre-registration is required for each session and can be done online by visiting [www.stmaryscountymd.gov/aging/](http://www.stmaryscountymd.gov/aging/) and clicking “View & Sign Up For Activities & Programs” from there you will find the sessions listed under the Virtual Classes. If you require assistance with registering online you can call 301-475-4200, ext. 1660.

## **30 Minute Meals January 17, 4 p.m.**

Uh-oh – what’s for dinner? No worries! Sherry will share some quick family meals, such as a sheet-pan supper that requires minimal clean-up, and an air-fryer recipe that makes for a quick, healthy dinner on the table in no time. She will also share some Instant Pot recipes that are stress-free and easy to make. Consider dinner one less thing you must think about!

## **Valentine’s Dinner Cooking Class February 7, 4 p.m.**

What better way to spend Valentine’s Day than creating delectable dishes with your special someone and savoring them together? This Valentine’s menu never disappoints. We will make Chicken Saltimbocca, skillet-roasted potatoes, roasted Parmesan Asparagus, and a Baked Apple Dessert.

## **Semi-Homemade Cooking Class March 13, 4 p.m.**

In this semi-homemade cooking class, a portion of the recipe is made with a store-bought product. Like a cake mix, frozen shrimp, and pastry dough (just to name a few). The key to using these products is to make your life easier in the kitchen. So that no matter what the day has brought, you can feel good about having the time to prepare a good meal for your family.

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## **Eating for Awesome Energy April 10, 4 p.m.**

Feel vibrant all day with energy-boosting foods! You’ve probably experienced the 3 p.m. energy crash, where you feel so desperate and hungry that you reach for the nearest cup of coffee and a pastry to get through the day. Maybe you have trouble throwing off the covers in the morning or are too wired to sleep at night. And, of course, those 4 a.m. wakeups with your mind spinning don’t help either.

Imagine if you could wake up in the morning feeling energetic and ready to go, sustain that level of vitality all day long, and then sleep soundly through the night. Join Sherry for a delicious, healthy cooking class where you’ll discover how to eat to build and sustain your energy levels with specific foods. All of the recipes are gluten-free, dairy-free, and so delicious.

# Senior Information & Assistance

By Melissa Craig, Senior I&A Division Manager

## Medicare Part D Open Enrollment

Open Enrollment for Medicare Part D prescription drug plans will continue through December 7, 2023. By now, everyone enrolled in a Part D drug plan should have received their 2024 annual notice of changes, which states the changes in premiums, co-pays, and Extra Help status. To compare your options for 2024 visit Medicare.gov.

If you need assistance call one of our SHIP Counselors at the Northern Center 301-475-4200, ext. 3104; Loffler Center 301-475-4200, ext. 1654; or Garvey 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.

## Legal Aid

The Legal Aid Bureau, Inc. has in-person appointments available at the Garvey Senior Activity Center. A representative will be available on Fridays, November 3 and December 8. Appointments are required and can be made by calling 301-475-4200, ext. 1064. Legal Aid can assist with landlord/tenant disputes, denial of public benefits, consumer and credit problems, and medical advance directives.

## Medicare Presentations Learn about current Medicare Topics

Join us for Coffee & Conversation at the Garvey Senior Activity Center. Presentations start at 9 a.m. Call to reserve your seat at the table 301-475-4200, ext. 1050.

**Wednesday, November 29:** *How to Afford Prescription Drug Costs* - Understand the Extra Help program and if you may be eligible, learn if your state has a State Pharmaceutical Assistance Program, using other strategies and programs to save on drug costs.

**Wednesday, December 20:** *Medicare and Mental Health* - Understand how Medicare covers outpatient mental health services, prescription drugs for mental health treatment, and inpatient mental health services.

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

Melissa Craig  
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 & Loffler Senior Activity Center  
301-475-4200, ext. 3104  
Theron.Hudson@stmaryscountymd.gov



# 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

Melissa Beauvais

301-475-4200, ext. 1066

[melissa.beauvais@stmaryscountymd.gov](mailto:melissa.beauvais@stmaryscountymd.gov)  
<https://www.stmaryscountymd.gov/aging/seniorrides/>

# Coffee with the Sheriff



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

Thursday, November 16, 2023  
10 a.m.

Free of Charge!

**Registration required - call 301-475-4200, ext. 1073**

The Triad/SALT Council invites you to have Coffee with the Sheriff! Are you interested in learning about the St. Mary's County Sheriff's Office? Do you want to know more about issues that affect you? This is an opportunity to ask Sheriff Steven Hall directly!



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Brought to you by the Department of Aging & Human Services, the Triad/SALT Council, and the Commissioners of St. Mary's County



**NEW BEGINNING**

# Focus on Fitness

*By Brandy Tulley, Senior Center Operations Division Manager*

In the New Year, consider how you might give back to your community by volunteering with our Health Promotions Programs!

It is understood and has been well documented that disease prevention and health promotion programs reduce the need for more costly medical interventions. Title III-D of the Older Americans Act (OAA) was established in 1987 to provide grants to State Units on Aging to support healthy lifestyles and promote health behaviors for almost older adults. States that receive OAA under Title III-D are required to spend those funds on evidence-based programs that have been proven to improve health and well-being and reduce disease and injury. There are several programs that meet the required definition of evidence-based offered in St. Mary's County through the Division of Senior Center Operations. They include:

- *Arthritis Foundation Exercise Program*
- *Geri-Fit*
- *EnhanceFitness*
- *Tai Chi for Arthritis*
- *Chronic Disease Self-Management Program*
- *Diabetes Self-Management Program*
- *A Matter of Balance*

The demand for these programs continues to grow in St. Mary's County; however, the number of trained leaders does not meet the demand. The good news is that there is funding available for leader training and many evidence-based programs are designed to be led by lay leaders who have an interest in health promotion and are excited to give back to their community. To continue providing these important programs to older adults of St. Mary's County, we are looking for volunteers who are interested in being considered for training to instructors the above evidence-based programs. An informational meeting will be held on Thursday, January 11, at 10 a.m. at the Garvey Senior Activity Center with a Lay Leader Health Promotions Volunteer. Come learn more about the various programs offered, their benefits to older adults, requirements to be an instructor, training availability, and hear from current leaders about their experiences leading evidence-based programs.

Attending the presentation does not obligate you to volunteer. This is an informative session with an opportunity to learn more about this volunteer opportunity.

Sign up to attend the informational session by calling Brandy at 301-475-4200, ext. 1063.



# 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. 1080.*

## Kickboxing

Garvey Senior Activity Center

Tuesdays, November 7-December 5, 2 p.m.

Cost: \$40

Kickboxing tones muscles through punching and kicking using focus pads, target pads, and mitts. Participants may notice an improvement in overall balance and flexibility. The aerobic moves of kickboxing have been shown to improve circulation and offer great stress relief. This specialized class is geared toward active men and women ages fifty and above. The class has great energy without the high-impact exercises that are done during a mainstream kickboxing class. The instructor, Geno Rothback, is a registered nurse, a senior fitness instructor, and is a black belt in Taekwondo and a certified Martial Fusion and Kickboxing instructor. Advance registration is required.



## Reiki & Reflexology with Sarah Strain

Garvey Senior Activity Center

Tuesdays & Thursdays

November 7, 9, 14, & 16

December 5, 7, 12, & 14

10 a.m.-4 p.m.

Cost: \$45 for 45 minutes

The Garvey Senior Activity Center is excited to welcome back Sarah Strain, ARCB Board Certified. Cancellations will be accepted with 24-hour notice.

### *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 hours in advance to be considered for a refund.

### ***75 - Connectivity Through the Ages***

**Garvey Senior Activity Center**

**Thursday, November 9, 10 a.m.-12 p.m.**

**Cost: Free**

This interactive poetry workshop is based on the recently published book *75 – Connectivity Through the Ages*. Author Lori Joseph combines her writings with the photography of Terry Wild to depict the randomness of daily life. Lori will provide select readings that demonstrate ways to live more attentively. Participants will be introduced to sensory exploration to heighten their own writing experience. Reference books and writing materials are provided. This workshop is being offered for free through the generosity of the Maryland State Arts Council. Advance registration required.

### **Zooshing Up Your Holiday Look**

**Garvey Senior Activity Center**

**Thursday, November 16, 10 a.m.**

**Cost: \$30**

*\*Zoosh - to make something lively and more interesting stylish, or appealing, as by a small change\**

Join Halo Hair Care Studio's Diana Diggins and local image consultant Robbie Loker for a fun session on dressing up for holiday gatherings.

Learn hair and make-up tips, accessorizing and

updating items in your closet for that special winter event. Come ready for a fun time! Advance registration required.



### **Drama Speaks Luncheon**

**Garvey Senior Activity Center**

**Tuesday, November 14**

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

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

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

Drama Speaks, Garvey's own Readers Theater, presents comedies to keep you chuckling!

This month's performance includes a rendition of: *Let's Make a Deal* by Scott Mullen.

This tender comedy is about a woman who wants more out of life. She finds her way to an Antiques Roadshow, bringing with her an unusual object for appraisal: her husband! You'll go from laughing out loud to a crowd-sighing awww moment as you watch this performance.

Advance registration required.

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### **Watercolor with T.L. Ford**

**Garvey Senior Activity Center**

**Tuesdays, November 14 & December 12, 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 and everything you need is provided! Advance registration required.

# Edward Jones

## Edward Jones Seminars

Garvey Senior Activity Center

Tuesday, November 21, 10 a.m.

“Retirement: Making Money Last”

Tuesday, December 19, 10 a.m.

“Social Security: Your Questions Answered”

Cost: Free

“Retirement: Making Your Money Last” is designed to help you prepare to live your envisioned retirement. Attendees will learn investment strategies to help build a strategy to last throughout one's retirement years. In addition, you'll explore how to address key concerns such as inflation, health care expenses, and market volatility, and ways to prepare in

advance for things that may not go as expected.

“Social Security: Your Questions Answered” is an educational program for people who nearing retirement are, ages 55 and up who have questions about social security. During this 15-minute seminar we'll help answer these questions:

- How does Social Security fit into my retirement income plan?
- When should I start taking benefits?
- What about taxes?

Advance registration is required.

## Presented by Hope & Healing

Garvey Senior Activity Center

Tuesday, November 21 “Men’s Mental Health”

Tuesday, December 19 “Mindfulness”

1 p.m.

Cost: \$5 (suggested donation)

As we age life's events can often become overwhelming, both mentally as well as physically. Especially during this time, it's even more important to take care of your mental wellness.

Advance registration is required and a suggested donation of \$5 for each series is requested.



## Floral Arranging with Sunnyside Florals

Garvey Senior Activity Center

Tuesday, November 21 “Thanksgiving Centerpiece”

Wednesday, December 6 “Fresh Christmas Wreath”

1:30 p.m.

Cost: \$45

Would you like a beautiful handmade arrangement for your home or to give to a loved one? Shelley Russell, owner and lead designer of Sunnyside Florals, will be instructing the class. Shelley grows her own flowers and plants locally

here in Southern MD. Explore the basics of floral arrangement and design in this hands-on session with Shelley. Freshly cut, locally grown flowers and foliage, provided by the instructor, will be identified along with suggestions for their application in this project. All supplies provided. Take home a beautiful, finished bouquet to display or give away! Advance registration is required.





**Holiday Iris Folding Frame**  
Garvey Senior Activity Center  
Wednesday, November 29

**1:30 p.m.**

**Cost: Free**

Join Toni as she shows you how to do Holiday Iris Folding to display in a frame. Iris folding is done by arranging and layering strips of paper or fabric in a spiraled pattern resembling a camera lens's iris. Supplies will be provided, but feel free to bring your favorite scissors. Advance registration is required.



**Pouring Paint Ornaments**

Garvey Senior Activity Center

Wednesday, December 6

**1:30 p.m.**

**Cost: Free**

Are you looking for a one-of-a-kind set of ornaments? Join Toni as she shows you how to create beautiful pouring paint ornaments for your tree or to attach to your beautifully wrapped gifts. You will leave with 4 glass ornaments. All supplies are provided. Please make sure to wear old clothing that you aren't afraid to get messy. Advance registration is required.



**The Power of Healing Sound Music with Movement: Mind, Mood, Immunity**

Garvey Senior Activity Center

Thursday, December 7, 2-4 p.m.

**Cost: \$20**

Join Judi Lyons for this class! Harmonizing body, mind, and spirit by combining accessible movement with the power of Solfeggio healing music - enhancing cognitive function, balancing emotions, and strengthening immunity. This is a mat & chair movement and learning experience, followed by questions and answers with immunity tea. This program is accessible to ALL. Advance registration is required.

**Holiday Luncheon with Folk Salad**

Garvey Senior Activity Center

Tuesday, December 12

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

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

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

Folk Salad is an eclectic, acoustic band performing folk, light rock, oldies & originals! They have performed all over St. Mary's County including places like Port of Leonardtown Winery, Lotus Kitchen & the Loffler Senior Activity Center. Come and enjoy a delicious lunch and a great performance with Folk Salad. The cost for lunch is by donation for those ages 60 and above and \$6 for those under the age of 60. Advance registration is required.





**Wood Christmas Tray with Sophie  
Garvey Senior Activity Center  
Thursday, December 14**

**1:30 p.m.  
Cost: \$15**

Join us to make a fun wooden tray to decorate for Christmas. You will be able to choose between a "Merry Christmas" design or a fun tray to leave out for Santa on Christmas Eve. We will be stenciling and painting so make sure you wear clothes you aren't afraid to get paint on. Advance registration is required.

**Collage Group  
Garvey Senior Activity Center  
Tuesdays, November 7 & 21  
Tuesdays, December 5 & 19  
6 p.m.**

**Cost: Free**

In this drop-in class, you will be able to make collages on postcards to send to friends or family. It's a fun beginner craft with the chance to chat with other crafters! All materials will be provided, and an instructor will help guide you if you've never done collaging before.

Collages are images glued in a different way so that they overlap to create a new picture. Advance registration is not required.



**Crochet Club  
Garvey Senior Activity Center  
Tuesdays, November 7 & 21  
Tuesdays, December 5 & 19  
5:30 p.m. -7:30 p.m.**

**Cost: Free**

Come stop by Activity Room 2 to socialize and work on your crochet or knitting project! There won't be an instructor present. You will have to bring your own materials as none are provided. Share your techniques and ideas with others. Advance registration is not required.

**Folk Salad Performance  
Garvey Senior Activity Center  
Thursday, November 9**

**5:45 p.m.  
Cost: \$3**

Come join us in the dining room for an evening performance by Folk Salad! Folk Salad is an eclectic, acoustic band performing folk, light rock, oldies & originals! They have performed all over St. Mary's County including places like Port of Leonardtown Winery, Lotus Kitchen & the Loffler Senior Activity Center. Snacks will be provided, but feel free to bring your own dinner as dinner will not be provided. Enjoy a 1-hour performance of live music. Advance registration is required.



**AMA - Christine Trent**  
**Garvey Senior Activity Center**  
**Tuesday, November 14**  
**5-7 p.m.**  
**Cost: Free**

One of our local published authors, Christine Trent, will be visiting the center to do an AMA (Ask Me Anything) session! She is the author of eleven historical novels and has lived in Southern Maryland for over 30 years. This event specifically is centered around her new book, “St. Clements Bluff” which takes place in St. Mary’s County. Advance registration is required.

## Movie Nights

**Garvey Senior Activity Center**  
**Thursday, November 16, *Grumpy Old Men***  
**Thursday, December 21, *It's a Wonderful Life***  
**5:30 p.m.**

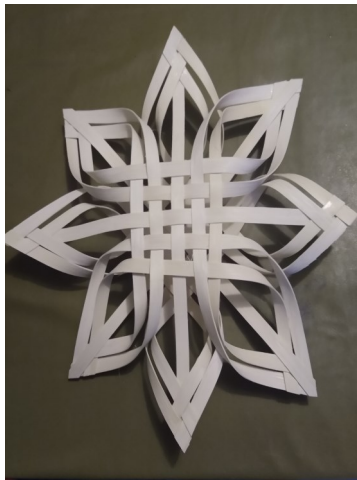
**Cost: \$3**

Come join us in the dining room on the third Thursday of each month to enjoy a movie and snacks! Snacks and refreshments will be provided. The movie will be playing on the large screen. You are welcome to bring your own dinner or order your own meal, but we will not be providing dinner. Advance registration is required.

**Basket Weaving – Woven Snowflake**  
**Garvey Senior Activity Center**  
**Wednesday, November 29**  
**5:30 p.m.**

**Cost: \$20**

Join Pam King and weave a beautiful Snowflake for winter. Use basketry reed and glue to create your own door decoration or even a tree topper. This is a quick project using some basic techniques that will be taught. Some choice of colored weavers will also be available if desired. Instruction and a complete kit for the project will be provided, along with written directions. Advance registration is required.



# Loffler Senior Activity Center

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

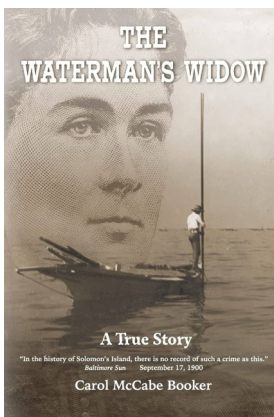
*For events requiring registration, visit [www.stmaryscountymd.gov/aging](http://www.stmaryscountymd.gov/aging) and click on the "View & Sign Up for Activities & Programs" button. Accommodations can be made for those requiring registration assistance by leaving a message at 301-475-4200, ext. 1660.*

## Bingo Update

Loffler Senior Activity Center

Wednesdays at 12:30

At Loffler we have been enforcing the 50-player limit on a first come, first served basis. Players must sign in with the touch screen computer if they wish to participate in bingo. After we have reached the 50-player limit, no more players will be admitted. Our final Bingo of the year will be Wednesday, December 20, at 12:30 p.m. Bingo will resume on Jan. 10, 2024.



## Loffler Book Club News

Loffler Senior Activity Center

Friday, November 3, at 2 p.m., discuss *The Waterman's Widow* by Carol McCabe Booker.

In November, read *Mad Honey* by Jodi Picoult and Jennifer Finney Boylan (Fiction)

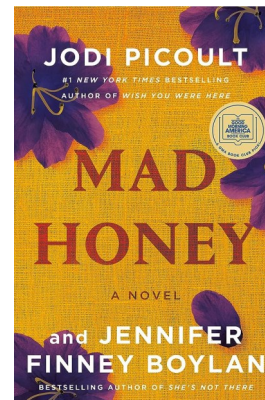
Discuss on Friday, December 1, at 2 p.m.

In December, read *A Season for Second Chances* by Jenny Bayliss (A holiday story)

Discuss on Friday, January 5, at 2 p.m.

Enjoy a friendly discussion on the first Friday of every month- everyone's thoughts are appreciated.

The Lexington Park Branch Library has been very



helpful by holding several copies of the books for us. Email [Sheila.Graziano@stmaryscountymd.gov](mailto:Sheila.Graziano@stmaryscountymd.gov) to learn more about joining this casual group.

## Aromatherapy Workshops

Loffler Senior Activity Center

**Stress Busters - Monday, November 13, 3 p.m., \$15**

**Heads Up! Focus and Concentration - Monday, December 4, 3 p.m.**

**Cost: \$15**

Join Licensed Mental Health Therapist and Certified Professional Aromatherapy Practitioner, Glori VanBrunt on Monday, November 13, for some creative holistic fun! Learn how Aromatherapy can significantly reduce Stress and Anxiety by calming and relaxing the mind and body so you can get back to focusing on what's important in your day!

In this 60-minute workshop you will:

- learn about the art and science of aromatherapy and the benefits of using aromatherapy for managing stress and anxiety,
- sample several stress busting essential oils,
- choose your favorite oils based on your specific stress type, and
- create a custom Stress Busting Aromatherapy blend to take home as an extra tool to help lower stress and anxiety on-the-go!

On December 4, Glori will return to offer another workshop -this time geared toward improved focus and concentration, something we often need during the hustle and bustle of holiday preparations! Register and prepay for either or both of these workshops by going to [www.stmaryscountymd.gov/aging/](http://www.stmaryscountymd.gov/aging/) starting November 20.

**NEW BEGINNING**

## Christmas Movie Series

Loffler Senior Activity Center

Thursdays at 10 a.m., November 30-December 21

Cost: Free

Is it the holiday season without Christmas movies? How about making a morning of it by grabbing a friend and heading down to the Senior Lounge at Loffler to enjoy a proven Christmas Classic! Bring your favorite non-alcoholic beverage if you wish.

- November 30- *Elf* (1 hour, 35 min.)
- December 7- *A Wonderful Life* (2 hours, 5 min.)
- December 14- *Miracle on 34th Street* (1994 version; 113 min.)
- December 21- *The Santa Clause* (1 hour, 35 min.)

Register for any of these movies by going to [www.stmaryscountymd.gov/aging/](http://www.stmaryscountymd.gov/aging/) starting November 20.

## Art with Jamie

Loffler Senior Activity Center

Tuesdays, November 7 & 14, 10 a.m.-12 p.m.

Cost: \$25 per session (\$50 total)

The two sessions in November will be focused on painting a beautiful Autumn scene in acrylic. Cost includes use of high-quality materials which will help you achieve your best possible results. Register and prepay for this class by going to [www.stmaryscountymd.gov/aging/](http://www.stmaryscountymd.gov/aging/).



## Make & Take Projects with Jamie

Loffler Senior Activity Center

Tuesdays, November 28 & December 5,  
10 a.m.-12 p.m.

Cost: \$25 per session, includes all materials

In November, just in time for the holidays, join Jamie to make your own holiday porch sign!

In December, learn to make different styles of holiday greeting cards using watercolors. You will end up with several unique cards suitable for gifting and framing. Register and prepay for this class by going to [www.stmaryscountymd.gov/aging/](http://www.stmaryscountymd.gov/aging/).





### **Veterans Circle Celebration**

**Loffler Senior Activity Center**

**Thursday, November 9, 9:30-10:30 a.m.**

**Cost: \$4 for civilians, FREE for veterans**

To honor all veterans, active duty and former service members Loffler Senior Activity Center invites everyone- especially veterans- to gather for this touching tribute to those who have served our country and those who serve today. Veterans- wear your ribbons (and your uniform if you wish). A continental breakfast will begin at 9:30 a.m.; opening ceremony at 10 a.m. Cost is \$4 for civilians, FREE for veterans and

active-duty service members. To reserve your spot, go to [www.stmaryscountymd.gov/aging/](http://www.stmaryscountymd.gov/aging/). If you do not have access to e-mail and the internet, you can still leave a message on our reservation line at 301-475-4200, ext. 1660. Please indicate if you are a veteran when you sign up. Limited space is available.

### **Gather Together Luncheon**

**Loffler Senior Activity Center**

**Tuesday, November 14, 11:30 a.m.**

**Cost: \$3 Activity Fee PLUS Lunch donation for 60+; \$6 for under 60**

Enjoy a beautiful Thanksgiving-themed luncheon with your friends and let us serve you on this special day! Limited seating available, so be sure to sign up at the center or by calling 301-475-4200, ext. 1657.



### **Make Something with Theresa Rohaly**

**Loffler Senior Activity Center**

**Turkey Centerpiece - Thursday, November 16, 10 a.m.**

**Cost: \$20**

**Christmas Tree Arrangement - Thursday, December 7, 10 a.m.**

**Cost: \$30**

Earlier this year, Theresa spent many Thursdays here at the Loffler Senior Activity Center teaching a variety of indoor gardening classes and projects. Now she is back to show us new things we can make!

In November, create a fun, non-edible Tom Turkey made of artificial flowers. Guaranteed to be a conversation piece. No flower arranging experience necessary. All supplies will be included.

Looking for a live miniature Christmas tree for an end table or table

centerpiece? In December, learn how to create your own Christmas tree for the holiday season. Each tree stands about 2 ft tall and is designed with live boxwood and greenery. Festive lights and decorations will be included. This tree will look fresh through the holidays. All materials will be provided but you are welcome to bring miniature tree decor if you have a particular theme in mind.

Class sizes are limited to 6.

Register and prepay for one or both of these classes by going to [www.stmaryscountymd.gov/aging/](http://www.stmaryscountymd.gov/aging/)!



## **Nutrition Presentations by Donna Taggart**

**Loffler Senior Activity Center**

**Pre-Diabetes Risk Factors - Monday, November 13, 10 a.m.**

**Merry Smoothie - Monday, December 11, 10 a.m.**

**Cost: Free**

November is National Diabetes Awareness Month. Come out to learn more about diabetes and what your A1C number means. In December, find out why smoothies have become a sensation by sampling a nutritious holiday treat that features pomegranate.

Donna presents nutrition topics at the Loffler Senior Activity Center usually on the second Monday of each month at 10 a.m. Register for this talk by going to [www.stmaryscountymd.gov/aging](http://www.stmaryscountymd.gov/aging) or leave a message on our reservation line at 301-475-4200, ext. 1660. **ADDITIONALLY-** Donna offers free personal nutritional education at 11 a.m. on the day she is here if you make an appointment with her by text message or calling 240-538-6539.

## **Christmas Party: Peace & Joy**

**Loffler Senior Activity Center**

**Friday, December 8, 10 a.m. - 2 p.m.**

**Cost: \$14 suggested ticket donation**

The annual St. Mary's County Department of Aging & Human Services Christmas Party is one of the most celebrated events of the year! This year we are embracing Peace & Joy as our theme. We will dance to the music of DJ Psyborg, enjoy a fully catered meal from Mission BBQ (Smoked turkey, mac & cheese, green beans, collard greens, dinner roll, and caramel bread pudding for dessert). There will be ongoing Cash Raffles for up to \$50 in winnings, Prize Raffles and Door Prizes as well as handmade party favors and beautiful décor. To secure your place at the table, register and prepay at [www.stmaryscountymd.gov/aging](http://www.stmaryscountymd.gov/aging). 150 seats available. All ticket sales are final.



## **Diabetes Self-Management Program**

**Loffler Senior Activity Center**

**Tuesdays, November 14-December 19, 1- 3:30 p.m.**

**Cost: Free**

The Diabetes Self-Management Program is a community-based workshop to help people better manage their diabetes. This program is recommended for those who are managing Type 2 Diabetes or are Pre-Diabetic. Adult-age caregivers, family members, and other members of a support team are highly encouraged to attend as well. The Diabetes Self-Management Program is based on the Chronic Disease Self-Management Program (CDSMP) developed at the Stanford University Patient Education Research Center. Different subject matters are taught over the course of 6 weekly, 2-1/2 hour sessions all focused to help each participant manage their diabetes. This program covers both the physical and emotional aspect of managing diabetes but does not replace any existing programs or treatment for the participants. This program will be offered free of charge; however, regular attendance is encouraged, and seating is limited. To register, visit [www.stmaryscountymd.gov/aging](http://www.stmaryscountymd.gov/aging). If you do not have access to e-mail or the internet, leave a message on the Loffler reservation line at 301-475-4200, ext. 1660.

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# 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.*

## **Art Pottery: Hot Chocolate Mug**

Northern Senior Activity Center

Fridays, November 3 & 17, 10 a.m.-12 p.m.

Cost: \$10

Pottery craftswoman, Pam King, will instruct how to make a festive hot chocolate mug! This is perfect for the winter season. Craft a mug for yourself, or gift it to a loved one. See top of this page for how to register.



## **Veterans Day Breakfast Café**

Northern Senior Activity Center

Wednesday, November 8, 9-10 a.m.

Cost: \$5

Enjoy a meal with our country's heroes & listen to live music! This special edition of Breakfast Café will celebrate the upcoming Veterans Day holiday. Veterans will be in attendance. Take the time to hear their stories & socialize. We will recognize the Veterans in attendance by branch of service and years served. Musical guest is TBD. Check online for more details. See top of

this page for how to register.

## **Turkey & Tunes Thanksgiving Luncheon with Joe Norris**

Northern Senior Activity Center

Tuesday, November 14

11-12:30 p.m.

Cost: Sponsored entertainment,  
Lunch fees apply

Happy Thanksgiving! You're invited to the fun and fellowship of our family-style meal. Join us for a tasty lunch featuring classic Turkey Day dishes, and live tunes from musician Joe Norris. The lunch meal is \$6 if you are under 60 and by donation for those 60+ years of age, and payable that day. See top of this page for how to register.





**Nutrition Education: Pre-Diabetes Risk Factors & Merry Smoothie**  
Northern Senior Activity Center  
Monday, November 20  
Monday, December 18  
12-1 p.m.

**Cost: Free**

Nutritionist Donna Taggert is hosting two informative & interesting discussions for November & December. November is National Diabetes Awareness Month. Come out to her Pre-Diabetes Risk Factors presentation to learn more about diabetes and what your A1C number means. Additionally, Donna offers free personal nutritional education on the day she is here if you make an appointment with her by text message or calling 240-538-6539.



**Basket Weaving: Candy Cane Door Décor**

Northern Senior Activity Center  
Wednesday, December 6, 10 a.m.-2 p.m.

**Cost: \$30**

Experienced basket artisan, Pam King, will instruct how to weave a candy cane door decoration. This craft is perfect décor for the winter months!

**Northern Stars Movie Club: Gremlins (1984)**

Northern Senior Activity Center  
Monday, December 4, 1-4 p.m.

**Cost: Free**

Get your snacks and popcorn ready! This monthly film club, led by Keilan Ruppert (Program Specialist), will explore classic and modern movies. The club will review each film based on specific criteria such as cinematography, editing, writing, and soundtrack. Ultimately, the group will assign a rating using 1 to 5 "Northern Stars." Join us at 1 p.m. for a showing of the 1984 classic holiday-comedy-horror film, *Gremlins* (Rated PG, 1 hour 46 min), starring Zach Galligan & Phoebe Cates. Directed by Joe Dante. The movie will be followed immediately by a discussion.



**Chair Dance Connection: Jingle Bell Rock**

Northern Senior Activity Center  
Tuesday, December 12, 2-3:30 p.m.

**Cost: \$15**

Happy holidays! Join Judi Lyons & Paty Massón for a fun afternoon of dancing to your favorite holiday hits. Engaging movement sequences that are full of life and passion will revitalize and lift your spirit while enhancing blood flow and mind-body coordination. All movements are supported by a chair in seated and standing positions. Chair Dance begins with a warm-up, follows with several exciting selections to spice up your mind, body, and spirit, then concludes with a centering cool down. Judi Lyons/Mindful Motions Md. is YACEP®,

E-RYT® 200, EMYoga® Certified, RYT® 500 Therapeutic. Paty Massón is certified in RYT® 500, CBT, and Qigong. See page 24 for how to register.

## **Living Well with Chronic Conditions**

**Northern Senior Activity Center**

**Tuesdays, January 9-February 13 (6-sessions), 1-3:30 p.m.**

**Cost: Free**

Start doing something wonderful in the new year by improving your life even while dealing with a chronic health condition! This evidence-based program, led by MarieNoelle Lautieri & Debbie Buckler, was developed by Stanford University to help people with chronic conditions take charge of their life. There is no charge for taking this class; however, a commitment to regular attendance is needed for good results. See page 24 for how to register.

## ***Live to 100: Secrets of the Blue Zones* (Netflix Documentary)**

**Northern Senior Activity Center**

**Fridays, December 15 & 22, 12:30 p.m.-2 p.m.**

**Cost: Free**

Join us for a free showing of the 4-part Netflix docuseries *Live to 100: Secrets of the Blue Zones* (2023). Discover five unique communities where people live extraordinarily long & vibrant lives! We'll show 2 episodes per event. See page 24 for how to register. We recommend reserving a lunch meal to enjoy before the showing. Please call the kitchen at 301-475-4200, ext. 3105, if interested. Lunch is \$6 for those under 60 years of age, and by donation for those 60 and older-- taken that day by cash or credit card.

## **Genealogy Presentations & Workshops**

**Northern Senior Activity Center**

**Dates & Times TBD**

**Cost: Free**

Join us starting this fall for a focus on Genealogy with Louise McDonald. Learn more about tracing your family tree, using on-line resources, documenting rich histories, and more. Each one-hour session begins with a presentation on the topic and progresses to a workshop environment of discussion and assistance. Sessions will include Getting Started, Using the Census, Introduction to Genetic Genealogy, Digital Searching-Genealogy on the Web, and Ancestry.com tools. Please see page 24 for the dates, times and how to sign up online.

## **Santa's Stocking Stuffers**

**Northern Senior Activity Center**

If you are interested in donating new, small, practical items to stuff stockings this year, please contact the Center for a list of suggestions. Stockings are hung by the fireplace for the month of December for those who wish to have a stocking in their name. Every year little elves help to fill the stocking and spread the cheer! For more information, contact the enrollment system at 301-475-4200, ext. 3101.

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# A Year in Review at Northern!

2023 has been a busy year at the Northern Senior Activity Center! Take a look at just some of the projects, programs, and more that our community has participated in!



# Retired and Senior Volunteer Program

By : *Monika Williams, RSVP Program Manager*

RSVP gives thanks for the Department of Aging & Human Services, the Commissioners of St. Mary's County, and our dedicated volunteers! We make a great team to tackle the needs of our community. On Friday, August 25, RSVP celebrated the hard work of our volunteers who served during the grant year of April 1, 2022, through March 31, 2023. It was very well attended, and we look forward to another year of community service.



RSVP Project Manager Monika Williams presented Commissioner Eric Colvin with a mock check representing the monetary value of RSVP volunteers' service. In the past year, 172 RSVP volunteers served 21,251.32 hours of service from 4/1/22 – 3/31/23 which is valued at \$31.80 an hour, totaling \$675,792. What an accomplishment! Thanksgiving and Christmas are quickly approaching. While we give thanks for all that we have, let us consider

those who are in need. Many pantries will be in need of food items to provide to our community. One of our volunteer stations, HOPE, will be providing food items and will be in need of volunteers to distribute them. Please contact the RSVP office at 301-475-4200, ext. 1653 or 1650, if you would like to help.

## LIFE Trips

Learning Is ForEver (LIFE) is a program where a team of RSVP volunteers provide fun educational trips and presentations to seniors. These volunteers research, plan, and drive for these trips on their own. Thank you, RSVP/LIFE volunteers, for your dedication. LIFE wouldn't exist without you. Here are some pictures of one of these wonderful trips.

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## 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

- Volunteers assist in educating the community about the role of Crime Solvers, solicit donations, and arrange fundraisers to obtain funding to be used 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
- Billiard Volunteer
- Outdoor Landscaping,
- Lending Library Assistant
- Book Club Leader

### 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

- Teen Court Judge
- Hearing Support Assistants

### Home-Delivered Meals

- Drivers are needed in the Lexington Park, Great Mills, California, and Maddox/Bushwood 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
- 9 a.m.-12 p.m., once/week
- 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, grocery shopping, and social engagements.

### Habitat for Humanity

- Volunteer to help in the Restore receiving, sorting, pricing, and placing donations on the sales floor.
- Help with office duties.
- 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/<br/>ACTIVITY</b>                          | <b>Dates/Time</b>  | <b>DESCRIPTIONS - Materials Needed</b>  | <b>Advance<br/>Signup</b> | <b>Fee</b>   |
|---|--|---|---------------------------|--------------|
| <b>Arthritis Foundation Exercise Program (AFEP)</b> | Thursdays & Fridays<br>8:45-9:45 a.m.<br>Tuesdays & Thursdays<br>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<br>12:30 – 4 p.m.                      | Open Art Studio hours. Bring your own supplies. Instruction not provided.   | No                        | No           |
| <b>Billiards</b>                                    | Daily<br>8 a.m. -4 p.m.  | Bring your own or use ours.   | No                        | No           |
| <b>Bingo</b>  | Mondays<br>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<br>11 a.m.  | Loaner books provided by St. Mary's Public Library.   | No                        | No           |
| <b>Bridge Club</b>                                  | Wednesdays &<br>Thursdays<br>10 a.m.-2 p.m.                                      | Best suited for experienced players.  | Closed                    | No           |
| <b>Cardio Lite</b>                                  | Mondays<br>5:30 p.m.   | Light Cardio & low impact class.  | No                        | Fitness Card |
| <b>Collage Group</b>                                | 1st & 3rd Tuesdays<br>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<br>8 a.m. -4 p.m.  | 2 boards, 8 bags.   | No                        | No           |
| <b>Crochet Club</b>                                 | 1st & 3rd Tuesdays<br>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<br>2 p.m.   | Paint by color with diamonds. No experience needed. Bring your own supplies. Light boards provided.                             | No                        | No           |
| <b>EnhanceFitness</b>                               | Mon., Wed., Fri.<br>11-12 p.m.<br>Wednesdays<br>5:30 p.m.                        | Cardiovascular/weight training exercises to improve flexibility, strength, balance.   | No                        | Fitness Card |
| <b>Fitness Room</b>                                 | Daily<br>8 a.m. -4 p.m.  | 1 Elliptical Trainer; 1 Seated Elliptical.<br>3 Treadmills; 2 Recumbent Bikes; 1 Row machine, 1 Independent Total Body Trainer. | No                        | No           |
| <b>Geri-Fit</b>                                     | Monday & Wednesday<br>2:15-3 p.m.  | Helping to rebuild strength that has been lost.   | No                        | No           |
| <b>Line Dancing</b>                                 | Tuesdays<br>11 a.m.  | No experience necessary. Volunteer leads group in a variety of steps.   | No                        | No           |
| <b>Men's Strength</b>                               | Mondays<br>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<br>8 a.m. -4 p.m.  | 1 table, paddles and balls are available.   | No                        | No           |

## Ongoing Activities - Garvey

| <b>CLASS/<br/>ACTIVITY</b>           | <b>Dates/Time</b>   | <b>DESCRIPTIONS - Materials Needed</b>   | <b>Advance<br/>Signup</b> | <b>Fee</b>   |
|--------------------------------------|---|--|---------------------------|--------------|
| <b>Readers Theater</b>               | Meeting<br>2 <sup>nd</sup> Tuesdays<br>11 a.m.<br>Rehearsals as<br>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<br>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<br>Month.<br>9 a.m. – 4 p.m.                | Open Art Studio Hours.<br>Supplies & Instruction are not provided.                           | No                        | No           |
| <b>Walk &amp; Tone</b>               | Fridays<br>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.<br>9 a.m.   | Meet in the lobby of the Garvey Senior Activity Center & walk around surrounding facilities. | No                        | No           |
| <b>Watercolor with<br/>T.L. Ford</b> | 2 <sup>nd</sup> Tuesday<br>1:30 p.m.                                      | Come learn the basics of watercolor painting in a relaxing & informal setting.               | Yes                       | Yes          |
| <b>Yoga (Chair)</b>                  | Wednesdays<br>9:30 a.m.   | Improves muscle strength & tone. Reduces stress & increases relaxation.                      | No                        | Fitness Card |
| <b>Yoga (Mat)</b>                    | Tuesday & Fridays<br>12:30 p.m.<br>Tues. 5:30 p.m.                        | Improves muscle strength & tone. Reduces stress & increases relaxation.                      | No                        | Fitness Card |
| <b>Zumba Gold</b>                    | Thursdays<br>12:30 p.m.<br>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

| CLASS/ACTIVITY                               | Dates/Time  | DESCRIPTIONS - Materials Needed   | Advance Signup | Fee            |
|--|---|---|----------------|----------------|
| Art with Jamie                               | Tuesdays<br>4 sessions each month<br>10 a.m.                                | Start up materials provided; instructor will notify of other items needed.                              | Yes            | \$25 per class |
| Arthritis Foundation Exercise Program (AFEP) | Tuesdays & Thursdays<br>12:30-1:30 p.m.                                     | Gentle, range of motion, stretching and flexibility led by certified instructor.                        | No             | No             |
| Bible Study                                  | Fridays<br>10:30 a.m.   | Non-denominational, Christian-based scripture group led by volunteer Phil Benedict.                     | No             | No             |
| Bingo  | Wednesdays<br>12:30-1:30 p.m.   | Game with volunteer bingo callers. Pantry items for prizes.   | No             | No             |
| Bio/History Series                           | 1 <sup>st</sup> or 2 <sup>nd</sup> Thursdays<br>10 a.m.                     | Educational films selected and shown by video.  | Yes            | No             |
| Bridge                                       | Tuesdays<br>10 a.m.   | New & experienced players welcome.  | No             | No             |
| Canasta & Pitch                              | Tuesdays<br>9 a.m.  | New & experienced players welcome.  | No             | No             |
| Charity Crafters                             | 2 <sup>nd</sup> & 4 <sup>th</sup> Tuesdays<br>1 p.m.                        | Make hats, mittens, scarves, baby blankets, and granny squares for various community outreach programs. | No             | No             |
| Contract Bridge Club                         | Wednesdays<br>10 a.m.   | Best suited for experienced players.  | Yes            | No             |
| Current Events                               | Mondays<br>10 a.m.  | Volunteer led discussion group.   | No             | No             |
| Dice Rummy                                   | Tuesdays & Thursdays<br>9 a.m.  | Suitable for all levels of experience.  | No             | No             |
| Embroidery on Paper                          | Mondays<br>12:30 p.m.   | Supply kits will need to be purchased to get started with making embroidered cards and other crafts.    | No             | Yes            |
| EnhanceFitness                               | Mondays, 11 a.m.<br>Wednesdays, 12:30 p.m.                                  | Cardiovascular/weight training exercises to improve flexibility, strength, balance.                     | No             | Fitness Card   |
| Exercise Equipment                           | Daily<br>8 a.m. -4 p.m.   | 2 treadmills, 2 seated ellipticals & a recumbent bike.  | No             | No             |
| Health Watch Presentations                   | 2 <sup>nd</sup> Wednesdays<br>9:30 a.m.                                     | Volunteer led informational session on various health topics.   | Yes            | No             |
| Honey Bee Quilters                           | 1 <sup>st</sup> , 3 <sup>rd</sup> , & 5 <sup>th</sup> Wednesdays<br>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             |
| Loffler Sunshine Singers                     | Thursdays<br>10 a.m.  | Casual singing group, no singing or music reading experience required.                                  | No             | No             |
| Mah Jong                                     | 1 <sup>st</sup> , 3 <sup>rd</sup> , 4 <sup>th</sup> , Thursdays<br>10 a.m.  | New and experienced players welcome!  | No             | No             |
| Needle Crafters                              | Mondays & Thursdays<br>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<br>10 a.m.                               | Nutrition presentations led by a Licensed Dietician.                          | Yes            | No           |
| Open Art Studio                     | Fridays<br>9 a.m.  | Drop in for guided art practice with volunteer Chris Sisk.                    | No             | Drop in fee  |
| Pinochle                            | Mon., Wed., & Fri.<br>9 a.m.                                     | Experienced players welcome.  | No             | No           |
| Project Linus                       | 3 <sup>rd</sup> Fridays<br>10 a.m.                               | Make blankets for children and teenagers who are hospitalized or in shelters. | No             | No           |
| Rummikub                            | Wednesdays<br>9 a.m.   | Fun tabletop game for all levels of experience.                               | No             | No           |
| Sew-It-Alls                         | Mondays<br>12:30 p.m.  | Bring own supplies.   | No             | No           |
| Tai Chi/Arthritis & Fall Prevention | Tuesdays & Thursdays<br>11 a.m. -12 p.m.<br>(scheduled sessions) | Evidence based exercise program suitable for all abilities.                   | Yes            | No           |
| Walking Club                        | Mon., Wed., Fri.<br>9 a.m.                                       | All are welcome, group walks laps around the park.                            | No             | No           |
| Wii Games                           | Daily<br>see staff   | Open to new and experienced players.  | No             | No           |
| Wood Carving                        | Tuesdays<br>1 p.m.   | Will need to bring own supplies. Volunteer led group.                         | No             | No           |
| Yoga                                | Mon., Wed., Thurs., Fri.,<br>9:30 a.m.                           | Gentle range of motion stretches and poses along with meditation.             | No             | Fitness Card |
| Zumba Gold                          | Mondays<br>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<br>10:45-11:45 a.m.<br>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;<br>\$30          |
| Billiards                             | Mondays Preferred  | Bring your own or use ours.  | Yes            | No                       |
| Bingo                                 | Fridays<br>9:45-11:15 a.m.   | Game with volunteer bingo callers.<br>Pantry items for prizes.                   | Yes            | No                       |
| Book Club:<br>Book Chatter            | 4 <sup>th</sup> Thursdays<br>11 a.m.-12 p.m.                       | Read & review new books each month.<br>Different books for each club.            | Waitlist       | No                       |
| Breakfast Cafe                        | Wednesdays,<br>9-10 a.m.   | Breakfast by signup. Menu and dates vary per month.                              | Yes            | \$5                      |
| Bridge                                | Thursdays<br>10 a.m.-2 p.m.  | Best suited for experienced players.   | Preferred      | No                       |
| Crafty Corner                         | Mon., Tues., Thurs., Fri.<br>8 a.m.-4 p.m.<br>Wednesdays, 1-4 p.m. | Open time to work on textile based projects like beads, crochet, and coloring.   | No             | No                       |
| Coloring Group<br>(two groups)        | 1 <sup>st</sup> & 3 <sup>rd</sup> Wednesdays<br>1-2:30 p.m.        | Participants supply coloring utensils if possible; some are provided.            | Waitlist       | No, work-book if desired |

## Ongoing Activities - Northern

| CLASS/ACTIVITY                          | Dates/Time   | DESCRIPTIONS -<br>Materials Needed   | Advance<br>Signup          | Fee                                   |
|---|--|--|----------------------------|---------------------------------------|
| Chair Yoga                              | Wednesdays,<br>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 Program                         | Anytime  | (2) traditional, (1) recumbent trike.  | No                         | No                                    |
| Cycling Without Age                     | 1st Thursdays<br>9 a.m.-12 p.m.                                | Fun rides on trishaw, by appointment only.   | Yes                        | No                                    |
| Diamond Dazzle<br>(two groups)          | 3 <sup>rd</sup> Monday<br>10 a.m.-Noon & 1- 3 p.m.             | Diamond and associated bead crafts.  | Waitlist                   | Yes for kits                          |
| Double Pinochle                         | Tuesdays & Fridays<br>10 a.m.-4:30 p.m.                        | Moderately experienced players.  | No                         | No                                    |
| Drums Alive                             | Tuesdays<br>August 29-October 3<br>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<br>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<br>9:30-10:30 a.m.<br>Fridays, 9-10 a.m.   | Cardiovascular/weight training exercises to improve flexibility, strength, balance.  | No                         | Fitness Card                          |
| Homemakers                              | 2nd & 4th Tuesdays<br>10 a.m.-12 p.m.                          | Social time and homemade items made for fun and charity.   | Yes<br>Call to inquire     | No                                    |
| Line Dancing                            | Wednesdays<br>1-2:30 p.m.                                      | Volunteer leads group/variety of steps.  | No                         | No                                    |
| Lyme Discussion &<br>Support Initiative | TBD<br>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<br>10 a.m. -2 p.m.                          | Experienced players and beginners welcome.   | No                         | No                                    |
| Open Studio: Pottery<br>and Ceramics    | Mon., Tues., Thurs., & Fri.<br>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<br>12:30-3:30 p.m.                  | Experienced players enjoy an afternoon of Pitch. Top players will receive a prize.   | Yes                        | \$10                                  |
| Quilting for<br>Beginners               | 2 <sup>nd</sup> & 4 <sup>th</sup> Wednesday<br>12:30-4:30 p.m. | Instructor teaches basic skills and techniques. Individual projects.   | Preferred-<br>Not required | TBD, Varies                           |
| R&B Line Dancing                        | Fridays 1-2 p.m.   | Popular line/party dance styles.   | No                         | No                                    |
| Scrapbooking                            | 2nd Monday,<br>10 a.m.-3 p.m.                                  | Organizing photos into a book using artistic skill.  | Waitlist                   | Bring your own materials              |
| S.W.A.G. (Seniors<br>Winning at Games)  | Tuesdays & Fridays<br>1-4:30 p.m.                              | Various card games like SkipBo, Canasta, Rummy, etc.   | No                         | No                                    |
| Tech Rescue                             | Monday-Friday, after 2<br>p.m.<br>By appointment only          | 15-30 appointments with Keilan Ruppert to work on specific needs with computers, smartphones, etc.   | Yes                        | No                                    |
| Workout Room                            | Open during normal<br>operating hours                          | 1 Bow Flex; 1 Standing Elliptical;<br>1 Seated Elliptical; 2 Pec/Fly;<br>2 Treadmills; 2 Recumbent Bikes.                                  | No                         | No                                    |
| Zumba Gold                              | Tuesdays<br>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

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Leonardtown, MD  
20650  
PERMIT NO. 102

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

**Thursday, November 23 - Friday, November 24 - Thanksgiving Holiday**  
**Monday, December 25 - Christmas Day**  
**Monday, January 1, 2024 - New Year's Day**

**NEW BEGINNING**