

# Northern Senior Activity Center

# May 2024

Mon	Tue	Wed	Thu	Fri
	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Hours of Operation</b>  <b>8 a.m. - 4:30 p.m.</b>                      Last Entry at 4 p.m.                 </div>	<b>1</b> 9:30-10:30 am: Chair Yoga (Judi) \$ 9:30 am-12:30 pm: Dynamic Ceramics 10-11:30 am: Coloring Group II* 10 am-4 pm: Billiards Drop-in 10:45-11:45 am: Arthritis Exercise (Debbie) 1-2:30 pm: Line Dancing (Colleen) 1-2:30 pm: Coloring Group* 1-4 pm: Crafty Corner (Studio) 1-4 pm: Crochet DIY	<b>2</b> 8 am-4 pm: Open Studio & Crafty Corner 9:30-10:30 am: Enhance Fitness (Cheryl) \$ 10 am: Crime Solvers* 10 am-1 pm: Bridge 1-2 pm: Arthritis Exercise VIDEO SHOWING (Debbie) 1-4:30 pm: Eastern Mahjong	<b>3</b> 8 am-4 pm: Open Studio & Crafty Corner 9-10 am: Enhance Fitness (Annette) \$ 9 am-4 pm: Law Day — Appointments 9:45-11:15 am: Bingo 10 am-2 pm: Oh Heck Cards 10 am-4:30 pm: Double Pinochle 1-2 pm: R&B Line Dancing 1-4:30 pm: SWAG—Cards
<b>6</b> 8 am-4 pm: Open Studio & Crafty Corner 9:30-10:30 am: Awakening Yoga (Judi) \$ 10 am-4 pm: Billiards Drop-in 1-3 pm: Wii Bowling League (1 of 4) \$ 1-4 pm: Crochet DIY	<b>7</b> 8 am-4 pm: Open Studio & Crafty Corner 9:30-10:30 am: Enhance Fitness (Geno) \$ 10 am-Noon: Crystal Art Card 10 am-2 pm: Oh Heck Cards 10 am-4:30 pm: Double Pinochle 10:45-11:45 am: Zumba Gold (Geno) \$ 11 am-Noon: St. Mary's County Mobile Library Truck (Books, Movies, Etc) 1-4:30 pm: SWAG — Cards	<b>8</b> 9:30-10:30 am: Chair Yoga (Judi) \$ 9:30 am-12:30 pm: Dynamic Ceramics 10 am: Cycling Meetup 10 am-4 pm: Billiards Drop-in 10:45-11:45 am: Arthritis Exercise (Debbie) 11:30 am-3:30 pm: Quilting for Beginners* 1-2:30 pm: Line Dancing (Colleen) 1-4 pm: Crafty Corner (Studio) 1-4 pm: Crochet DIY	<b>9</b> 8 am-4 pm: Open Stu. & Crafty Corner 9:30-10:30 am: Enhance Fitness (Cheryl) \$ 9:30-11 am: Ladies Tea Party — Derby Style \$ 10 am-1 pm: Bridge 1-2 pm: Arthritis Exercise VIDEO SHOWING (Debbie) 1-4:30 pm: Eastern Mahjong	<b>10</b> <div style="text-align: center; font-size: 1.2em;"> <b>CENTER CLOSED</b>                      All-Staff Meeting                 </div>
<b>13</b> 8 am-4 pm: Open Studio 9:30-10:30am: Awakening Yoga (Judi) \$ 10 am-3 pm: Scrapbooking 10 am-4 pm: Billiards Drop-in Noon-1 pm: Nutrition Education — Osteoporosis Awareness Month 1-4 pm: Crochet DIY 1-3 pm: Wii Bowling League (2 of 4) \$	<b>14</b> 8 am-4 pm: Open Studio 9:30-10:30 am: Enhance Fitness (Geno) \$ 10 am-Noon: Homemakers* 10 am-2 pm: Oh Heck Cards 10 am-4:30 pm: Double Pinochle 10:45-11:45 am: Zumba Gold (Geno) \$ 12:30-4 pm: Crafty Corner 1-4:30 pm: SWAG — Cards 3-4 pm: Sound Bath with Angel Willer \$	<b>15</b> 9-10 am: Breakfast Café \$ 9:30-10:30 am: Chair Yoga (Judi) \$ 9:30 am-12:30 pm: Dynamic Ceramics 10-11:30 am: Coloring Group II* 10 am-4 pm: Billiards Drop-in 10:45-11:45 am: Arthritis Exercise (Debbie) 1-2:30 pm: Line Dancing (Colleen) 1-2:30 pm: Coloring Group* 1-4 pm: Crafty Corner (Studio) 1-4 pm: Crochet DIY	<b>16</b> 8 am-4 pm: Open Studio & Crafty Corner 8:30 am-12:30 pm: Hearing Screenings with Dr. Guy 9:30-10:30 am: Enhance Fitness (Cheryl) \$ 10 am-1 pm: Bridge 1-2 pm: Arthritis Exercise VIDEO SHOWING (Debbie) 1-4:30 pm: Eastern Mahjong	<b>17</b> 8 am-4 pm: Open Studio & Crafty Corner 9-10 am: Enhance Fitness (Annette) \$ 9:45-11:15 am: Bingo 10 am-Noon: Pottery Throwing 101 (1 of 2) 10 am-2 pm: Oh Heck Cards 10 am-4:30 pm: Double Pinochle 1-2 pm: R&B Line Dancing 1-4:30 pm: SWAG—Cards
<b>20</b> 8 am-4 pm: Open Studio 9:30-10:30am: Awakening Yoga (Judi) \$ 10 am-Noon: Diamond Dazzle (Group 1)* 10 am-4 pm: Billiards Drop-in 1-3 pm: Diamond Dazzle (Group 2)* 1-3 pm: Wii Bowling League (3 of 4) \$ 1-4 pm: Crochet DIY	<b>21</b> 8 am-4 pm: Open Studio & Crafty Corner 9:30-10:30 am: Enhance Fitness (Geno) \$ 10 am-2 pm: Oh Heck Cards 10 am-4:30 pm: Double Pinochle 10:45-11:45 am: Zumba Gold (Geno) \$ 1-4:30 pm: SWAG — Cards	<b>22</b> 9:30-10:30 am: Chair Yoga (Judi) \$ 9:30 am-12:30 pm: Dynamic Ceramics 10 am: Cycling Meetup 10 am-4 pm: Billiards Drop-in 10:45-11:45 am: Arthritis Exercise (Debbie) 11:30 am-3:30 pm: Quilting for Beginners* 1-2:30 pm: Line Dancing (Colleen) 1-4 pm: Crafty Corner (Studio) 1-4 pm: Crochet DIY	<b>23</b> 8 am-4 pm: Open Studio & Crafty Corner 9:30-10:30 am: Enhance Fitness (Cheryl) \$ 10 am-1 pm: Bridge 10:30-11:30 am: Book Chatter Event —Book Signing & Visit with Author, Susan Lantz Simpson 1-2 pm: Arthritis Exercise VIDEO SHOWING (Debbie) 1-4:30 pm: Eastern Mahjong	<b>24</b> 8 am-4 pm: Open Studio & Crafty Corner 9-10 am: Enhance Fitness (Annette) \$ 9:45-11:15 am: Bingo 10 am-2 pm: Oh Heck Cards 10 am-4:30 pm: Double Pinochle 1-2 pm: R&B Line Dancing 1-4:30 pm: SWAG—Cards
<b>27</b> <div style="text-align: center; font-size: 1.2em;"> <b>CENTER CLOSED</b>                      Memorial Day                 </div>	<b>28</b> 8 am-4 pm: Open Studio 9:30-10:30 am: Enhance Fitness (Geno) \$ 10 am-Noon: Homemakers* 10 am-2 pm: Oh Heck Cards 10 am-4:30 pm: Double Pinochle 10:45-11:45 am: Zumba Gold (Geno) \$ 12:30-4 pm: Crafty Corner 1-4:30 pm: SWAG — Cards	<b>29</b> 9:30-10:30 am: Chair Yoga (Paty) \$ 9:30 am-12:30 pm: Dynamic Ceramics 10 am-4 pm: Billiards Drop-in 10:45-11:45 am: Arthritis Exercise (Debbie) 1-2:30 pm: Line Dancing (Colleen) 1-4 pm: Crafty Corner (Studio) 1-4 pm: Crochet DIY	<b>30</b> 8 am-4 pm: Open Studio & Crafty Corner 9:30-10:30 am: Enhance Fitness (Cheryl) \$ 10 am-1 pm: Bridge 12:30-3:30 pm: Pitch Card Day \$ 1-2 pm: Arthritis Exercise VIDEO SHOWING (Debbie) 1-4:30 pm: Eastern Mahjong	<b>31</b> 8 am-4 pm: Open Studio & Crafty Corner 9-10 am: Enhance Fitness (Annette) \$ 9:45-11:15 am: Bingo 10 am-Noon: Pottery Throwing 101 (2 of 2) 10 am-2 pm: Oh Heck Cards 10 am-4:30 pm: Double Pinochle 1-2 pm: R&B Line Dancing 1-4:30 pm: SWAG—Cards

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

# Important Information

The Online Registration System  
Opened on April 20 at 8 a.m. for select May & June activities.

To create an account & register for activities, visit [www.stmaryscountymd.gov/aging](http://www.stmaryscountymd.gov/aging) and click the button that reads "View & Sign Up for Activities & Programs."



**This month, online reservations are needed for:**

- \* Book Chatter with Susan Lantz Simpson, Breakfast Café, Crystal Art Card, Hearing Screenings with Dr. Guy, Ladies Tea Party—*Derby Style*, Law Day, Nutrition Education, Pitch Card Day, Pottery Throwing 101, Sound Bath, & Wii Bowling League.
- \* For details, see *Online Registration System*, *E-News*, or the *New Beginning* newsletter. Accommodations will be made for those requiring registration assistance by leaving a voicemail request at (301) 475-4200, **ext. 3115**.

**Additionally:**

- \* **Lunches**— need a reservation by calling the kitchen **ext. 3105** by noon the day before. See the front desk with any questions.
- \* **Tech Rescue**— Keilan Ruppert is offering tech help by appointment for a particular problem or hang-up.

To request a 15-30 minute appointment, email [Keilan.Ruppert@stmaryscountymd.gov](mailto:Keilan.Ruppert@stmaryscountymd.gov) (preferred) or call **ext. 3103**.  
Please include device information & questions/concerns when requesting. Drop-ins might not be accepted.

## Register for Zoom Fitness Classes

Registration for **May & June** virtual fitness classes opened on April 20.

Monday	Tuesday	Wednesday	Thursday	Friday
9-10 am: Enhance Fitness with Sherry	8:30-9:30 am: Enhance Fitness with Karen  10-11 am: Chair Assisted Yoga with Karen  3-4 pm: Chair Pilates with Sherry	9-10 am: Enhance Fitness with Sherry	8:30-9:30 am: Enhance Fitness with Karen  10-11 am: Awakening (Mat) Yoga with Judi	10-11 am: Chair Assisted Yoga with Judi

## Reminders

- In-person classes at the Center are open to St. Mary's & out-of-county residents. Most are drop-in unless otherwise indicated.
- **ZOOM** fitness classes are held virtually and open to all members.
- Updated membership paperwork is required before participating.
- Any programs requiring a fee are shown with \$ (In-person fitness classes require a fitness card purchase). Payments may be made with a credit card (Visa or Mastercard) or in-person at the front desk. Check or exact cash are also accepted.

# The Staff

**(301) 475-4200**

## **MarieNoelle Lautieri**

Operations Manager, **ext. 3102**  
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## **Keilan Ruppert**

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## **Helene Hunter**

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## **Ginger Quade**

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## **TJ Hudson**

MAP I&A Caseworker, **ext. 3104**  
[Theron.Hudson@stmaryscountymd.gov](mailto:Theron.Hudson@stmaryscountymd.gov)

**Lyme Disease  
Awareness Month**  
Visit the front desk for updates  
on activities & resources.

**Computer Lab  
& Workout Room**  
Drop-in basis  
with usage maximums

For weather related closures and cancellations...

Call (301) 475-4200, **ext. 3101**

The \* symbol indicates full with waitlist.

*Programs may be subject to change  
or additional programs may be added.*

*Call ahead for more info on any program!*



Artwork by Creative Fabrica.