

NEW BEGINNING

VOLUME 37 ISSUE 4

JULY/AUGUST 2024

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



**Celebrating your
Independence!**

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Grandkids Day! Seniors and grandchildren are invited to join us at the Northern Senior Activity Center on Friday, August 2, for some intergenerational fun!.....*Page 26*

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From the Director's Desk

By Lori Jennings-Harris, Director

July 4th, 2024 Independence Day!

The Department of Aging & Human Services is Celebrating your Independence as only we know how. To start, we have three Senior Activity Centers with a variety of fun programs that help keep older adults active and engaged – pickleball anyone? Even if you are not a pickleball enthusiast, there are other ways to exercise at most of the centers including, but not limited to exercise classes, table tennis, billiards, dance classes, walking clubs, and more.



If you like tapping into your artsy side, perhaps you prefer painting, quilting, knitting, photography, or cupcake decorating, to name a few.

If the book club is more your speed, we have that too!

There is lots to choose from. The choice is yours!

In addition to the three senior activity centers, we have programs and services that help older adults remain in their home with the help of in-home services. The Home and Community-Based Services Division helps coordinate such services, helping people maintain their independence.

If you are retired, or not quite, and like to remain engaged in the community by volunteering, RSVP (Retired and Senior Volunteer Program) may be for you. To volunteer through RSVP, individuals at least 55 years of age may qualify. The RSVP Manager coordinates volunteer opportunities between the volunteers and non-profit agencies. It can be a very rewarding experience, while keeping volunteers independent. One of the ways in which volunteers may give of their time is with the Teen Court program through our Department's Human Services Division. Teen Court is a voluntary juvenile justice diversion program that allows juvenile respondents to be judged by a jury of their peers.

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NEW BEGINNING

The Commissioners of
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NEW BEGINNING

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To receive a copy of this
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call 301-475-4200, ext. 1050.
Editorial submissions should
be sent to:

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

or visit the website at:

www.stmaryscountymd.gov/aging

Our Mission

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

The Teen Court Coordinator is looking for adult volunteers to help with this very successful program. If interested in applying, here is the link – <https://tinyurl.com/38ub7fbj>

Our Information & Assistance Division provides help to seniors who need guidance on their medical insurance coverage and assists older adults with how to spot Medicare fraud. Additionally, the Senior Rides Program provides eligible older adults with door-to-door transportation to doctors' appointments and errands when there are no other transportation alternatives.

We also plan and sponsor several key events throughout the year that provide older adults, and the entire community, ways to enhance their ability to maintain independence. The Caregivers Conference, our Annual Community Health & Wellness Fair, the Keys to Senior Independence series, the Caregivers Breakfast, and Veterans Resource Day are just a few.

The Department of Aging & Human Services diligently moves in sync with the increasing demands and needs of older adults in a conscientious and responsive way. We use our experience and expertise in adapting to the evolving climate of our senior residents to your advantage.

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, July 22, 2024
1 p.m.

Monday, August 26, 2024
1 p.m.

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

Attend Meetings to:

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

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



Nutrition Corner

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

Summertime is here and what I love most is the abundance of fruits and vegetables. Did you know the USDA recommends 5-9 servings of fruits and vegetables per day with some sources recommending up to 11 servings? Five a Day was the USDA slogan but that has now been changed to Fruits and Veggies...More Matters. Why? ...because of the abundance of



vitamins, minerals, fiber and antioxidants they contain. These nutrients may decrease the risk of numerous chronic diseases such as high blood pressure, obesity, heart disease and some cancers. Sadly, most Americans do not get near the recommended servings. I challenge you to try the 1-2-3 approach to start:

- 1 with breakfast
- 2 with lunch
- 3 with dinner and snacks and adding more servings as you get into the habit.

What is a serving size? ½ cup fruit, 1 medium piece of fresh fruit, ¼ cup dried fruit, ½ cup of 100% juice or vegetable juice, 1 cup leafy vegetables and ½ cup cooked or raw vegetables. As you can see, all forms count! At breakfast, try incorporating fruit on your cereal or yogurt, or make a smoothie and add veggies to omelets and breakfast potatoes. Lunches and dinners can begin with some homemade vegetable soup. Try adding more veggies to your sandwich or wrap, stir fry veggies or throw them on the grill. Try fruit for dessert. Keep dried fruit in your car or purse for a quick snack. Fresh fruit always is an easy and affordable snack. Keep raw veggies cut up and accessible in your refrigerator to go with dips, hummus or peanut butter.

For some ideas and recipes go to fruitsandveggies.org/recipes/ and remember to visit our local farmers markets to enjoy local and seasonal produce.

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Upcoming Nutrition Education Presentations:

All About Sodium

- Garvey- Wednesday, July 3, 12:45 pm
- Garvey- Thursday, July 18, 6 p.m.
- Loffler- Monday, July 15, 10 a.m.
- Northern- Monday, July 22, 12 p.m.

All About Protein

- Garvey- Wednesday, August 7, 12:45 pm
- Garvey- Thursday, August 8, 6 p.m.
- Loffler- Monday, August 12 10 a.m.
- Northern- Monday, August 19, 12 p.m.

Home & Community-Based Services

By Rebecca Kessler, HCBS Division Manager



Let us **guide** you!



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

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

CONTACT US

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

301-475-4200, ext. 1057 or 1058



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

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

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

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

Long-Term Care Ombudsman Program

Meet Our Ombudsman



Julienne France
Certified LTC Ombudsman

Contact Us

301-475-4200, ext. 1055
Julienne.France@stmaryscountymd.gov





Community Health & Wellness Fair

SAVE THE DATE

Hosted by:
St. Mary's County
Department of Aging & Human Services
at the
University of Maryland - Southern Maryland
44219 Airport Rd, California, MD
Friday, October 11, 2024
9 a.m.-3:30 p.m.
Free Community Event

For more information, contact Sarah Miller
Website: www.stmaryscountymd.gov/aging/healthfair
Phone: 301-475-4200, ext. 1073
Email: sarah.miller@stmaryscountymd.gov

New Employee Spotlight!



Judy Mattingly

Judy Mattingly is the new Program Specialist at the Loffler Senior Activity Center and recently was the Evening Program Specialist at the Garvey Senior Activity Center. Prior to that, she worked for UPS in numerous roles over her 36-year tenure and retired in 2021. She finds great satisfaction in working with others and supporting the seniors within our community.

When she is not working, she spends time with her family, doing crafts, hiking with friends, and volunteering in the community.

Happy Retirement Ginger!

After 10 years with the St. Mary's County Department of Aging & Human Services, Ginger Quade is retiring as the Food Service Technician at the Northern Senior Activity Center in Charlotte Hall. Her warm disposition and connection with people will surely be missed -- not to mention her famous breakfasts and expertise in the kitchen! We know she'll now be spending more time enjoying herself, family and friends and we wish her the best in all life's adventures and endeavors.



Senior Information & Assistance

By Melissa Craig, Senior I&A Division Manager

Help Available for Electricity and Heating Expenses!

The Southern Maryland Tri-County Community Action Committee, Inc., Office of Home Energy will begin accepting applications for the 2025 program year on Monday, July 1. This program provides financial assistance to residents, who meet program requirements, with their electric and heating expenses.

Eligibility is determined by the gross household income for everyone living in the residence. Income criteria is based on the age of household residents. Income guidelines for the upcoming year have not been released at the time of this newsletter. Please contact us or the Tri-County Community Action Committee, Energy Assistance program after July 1, 2025 for more information regarding eligibility.

Countable income is based on all income received within 30 days prior of making application including, Social Security, annuities, pensions, IRA distributions, wages, child support, etc. The value of assets such as bank accounts, real estate, IRAs, CDs, etc. are not considered to determine eligibility.

In addition to meeting income criteria, applicants must also be a Maryland resident, a U.S. citizen, or a qualified immigrant. And must provide the following information:

1. Copy of Applicant's photo identification
2. Proof of Residency
3. Copies of Social Security cards for the entire household (including children)
4. Proof of your household's total Gross income for the last 30-day period
5. A copy of your most recent Utility bill, termination notice (if applicable)
6. A copy of your most recent heating fuel bill or receipt (if applicable)

Persons aged 60 or over and consumers with a disability may make an appointment for in-person assistance at the Senior Activity Center closest to you. Loffler (Great Mills) 301-475-4200, ext. 1654, Northern (Charlotte Hall) 301-475-4200, ext. 3104, Garvey (Leonardtown) 301-475-4200, ext. 1064.

Persons under the age of 60 may contact Southern Maryland Tri-County Community Action Committee by calling 301-475-5574, ext. 200#, for application information.



Maryland Legal Aid



MARYLAND
LEGAL AID

Maryland Legal Aid has in-person appointments available at the Garvey Senior Activity Center. A representative will be available on Fridays, July 12, and August 9.

Maryland Legal Aid can assist with power of attorney, landlord/tenant disputes, denial of public benefits, consumer and credit problems, medical advance directives, and denial of the following types of public benefits: Medical Assistance, Medicare, Social Security/SSI, SNAP food benefits and subsidized housing. Maryland Legal Aid may NOT assist with any fee generating cases, disputes with neighbors, property issues, adult guardianship or trusts/estates.

Appointments are required and can be made by calling 301-475-4200, ext. 1064.

Medicare Minute Presentations

Learn about current Medicare topics at the Garvey Senior Activity Center

Join us for Coffee & Conversation.

Call to reserve your seat at the table 301-475-4200, ext. 1654.

Presentations start at 9 a.m.

July 31: New to Medicare - Learn the basics you should know about Medicare from enrollment periods to coverage choices and beyond.

August 28: Cost Saving Programs- Learn about programs that can help you save on your Medicare costs. Expect to hear about programs like the Medicare Savings Program, Extra Help, and more.

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

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Melissa Craig
Senior Information & Assistance Division Manager
Garvey Senior Activity Center
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TJ Hudson
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Riley Becker
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Riley.Becker@stmaryscountymd.gov

FREE LEGAL EDUCATION



ST. MARY'S SENIORS CAN DISCUSS THEIR CIVIL LEGAL ISSUES WITH A LEGAL PROFESSIONAL. THE FOLLOWING AREAS OF LAW WILL BE DISCUSSED: ADVANCED HEALTH CARE DIRECTIVES, POWER OF ATTORNEY, AND SIMPLE WILLS.

REGISTER FOR A 90 MINUTE PRESENTATION BY CALLING THE ACTIVITY CENTER AT 301-475-4200 AT THE RESPECTIVE EXTENSION

Tuesday, July 16

*Garvey Senior Activity Center - 10 a.m.
301-475-4200, ext. 1080*

Friday, August 23

*Loffler Senior Activity Center - 9:30 a.m.
301-475-4200, ext. 1658*

A LIMITED NUMBER OF APPOINTMENTS ARE AVAILABLE FOLLOWING THE PRESENTATION FOR ASSISTANCE WITH SIMPLE WILL PREPARATION
ONE-ON-ONE REQUESTS CAN BE MADE WITH TJ HUDSON AT 301-475-4200 EXT. 3104

TO LEARN MORE ABOUT THE QUALIFICATIONS FOR THIS FREE SERVICE EMAIL MLA PARALEGAL JADA COLLINS AT JCOLLINS@MDLAB.ORG.

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MARYLAND
LEGAL AID



NEW BEGINNING

Division of Senior Center Operations

By Candice Nelson, Senior Center Operations Division Manager

Tips to Help You Remain Independent as You Age

Create a Safe Home

Our bodies change as we age. We may see or hear as well as we once did, our bones may become fragile and can break more easily, we lose muscle strength and flexibility, and so on. All these changes can create hazards in our home that weren't there before. Thankfully, you can take many steps – some very low-cost - to create a safer home environment.

Stay Active

“As an older adult, regular physical activity is one of the most important things you can do for your health. It can prevent or delay many of the health problems that seem to come with age,” the Centers for Disease Control and Prevention (CDC) states. “It also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others.” The CDC recommends adults aged 65 and older need at least 150 minutes of moderate-intensity activity per week, muscle-strengthening activities at least two days a week, and activities to improve balance.

Stretch

Regular stretching can help keep you healthy and mobile so you can remain independent and enjoy life more. Stretching helps you maintain good balance, strengthen muscles, decrease chronic pain, reduce the risk of falls, and more.

Exercise Your Mind

Exercising your brain – jigsaw puzzles, crossword puzzles, problem-solving or memory games, learning a new skill, hobbies, reading, etc. – is as essential as exercising your body to remain independent.

Stay Social

Humans are naturally social creatures who need social interaction to maintain a happy and healthy life. Studies show that seniors who self-identify as lonely are more likely to suffer from functional decline and death than their non-lonely counterparts. Consider adopting a furry friend, checking out a local senior center, joining a club, and/or regularly visiting friends and family.

As the hub of most nutrition and health promotion activities, Senior Activity Centers provide a vital link for older adults looking to take charge of their health and remain independent and active in the community. Senior Activity Centers offer a range of programs including daily congregate meal service, arts and crafts, continuing education, fitness classes, health promotion and disease prevention services, and opportunities for socialization. The Senior Activity Centers and the staff that work within them not only celebrate but encourage the independence of older adults each day. We hope that you take time to try something new at one of our three activity centers and enjoy all that celebrating your independence has to offer!

<https://www.comfortinghome.com/posts/10-tips-to-remain-independent-as-you-age>

Garvey Senior Activity Center

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

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



Embroidery Card-Making Class

Garvey Senior Activity Center

Tuesdays, July 2 & August 6

1:30 p.m.

Cost: \$5

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

and a needle. The price includes the material to make the card. Advanced registration is required.

Reiki & Reflexology with Sarah Strain

Garvey Senior Activity Center

Tuesdays, July 9 & 23, 10 a.m.-3 p.m.

Wednesdays, July 10 & 24, 1 p.m.- 6 p.m.

Thursdays, July 11 & 25, 11 a.m.- 2 p.m.

Tuesdays, August 6 & 20, 10 a.m.-3 p.m.

Wednesdays, August 7 & 21, 1 p.m.- 6 p.m.

Thursdays, August 8 & 22, 11 a.m.- 2 p.m.

Cost: \$45 for 45 minutes

The Garvey Senior Activity Center is excited to welcome back ARCB Board Certified Reflexologist Sarah Strain!



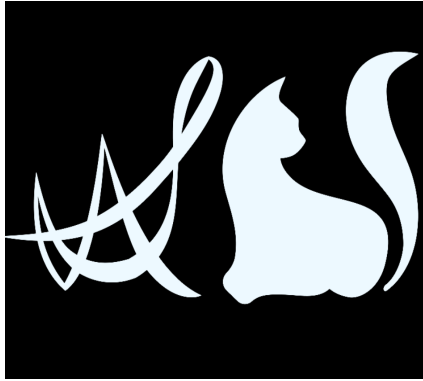
Reflexology

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)

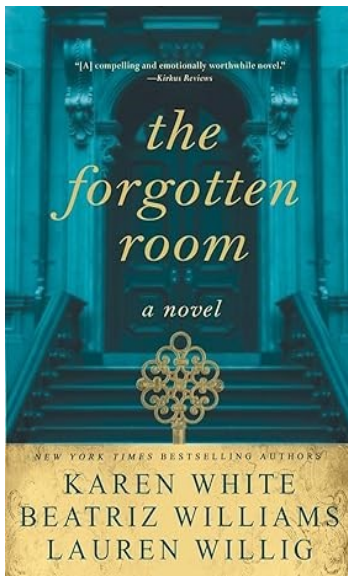
Using light or no touch, the hands of the practitioner capture and deliver the universal life energy to the client. Combined with crystals, Reiki can help to clear the mind and shift one into a state of clarity. Reiki assists in returning the body, mind & spirit to a state of wellness. Advance registration and payment are required. Cancellations must be made at least 24 hours in advance to be considered for a refund. Advance registration is required.

Health Warning: Those scheduling this service must be able to get in and out of the chair without assistance. If your loved one needs assistance please attend the session with them. This is not for those with extreme edema, gout, open wounds, or vascular disease of the legs and feet. Please ensure your feet are clean when arriving for your Reflexology session. Thank you!



Watercolor with T.L. Ford
Garvey Senior Activity Center
Tuesdays, July 9 & August 13
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!
 Advanced registration is required.



Book Discussion Group
Garvey Senior Activity Center
Wednesdays, July 10 & August 14
11 a.m.
Cost: Free

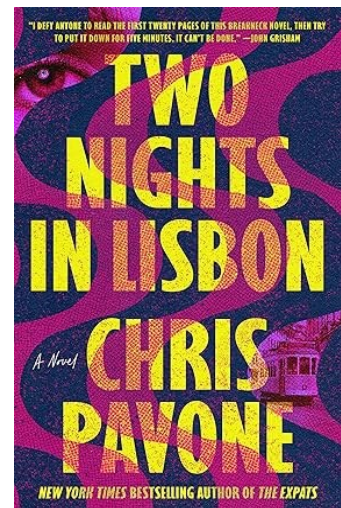
We want you to join us! If you love reading and sharing your thoughts about what you've read, this is the group for you!

July- *The Forgotten Room*

1945: When critically wounded Captain Cooper Ravenel is brought to a private hospital on Manhattan's Upper East Side, young Dr. Kate Schuyler is drawn into a complex mystery that connects three generations of women in her family to a single extraordinary room in a Gilded Age mansion.

August- *Two Nights in Lisbon*

You think you know a person . . . Ariel Pryce wakes up in Lisbon, alone. Her husband is gone—no warning, no note, not answering his phone. Something is wrong.



Evening with the Bushmill Band

Garvey Senior Activity Center
Wednesday, July 10
5:30 p.m.
Cost: Free

Optional snack pack purchase: \$3

Come join us and enjoy the musical styles of the local Bushmill Band. Their music will get your toe tapping and your hands clapping! There is no charge for this program, but there will be snack packs available for purchase. You can bring your dinner, but a meal will not be provided.
 Advance registration is required.



Presented by Hope & Healing
July: Age-related Memory Loss and Coping
August: Sleep Health
Garvey Senior Activity Center
Tuesdays, July 16 & August 20
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 sign-up is required and a suggested donation of \$5 for each series is requested.



Blissful Balance Sound Baths with Angel

Garvey Senior Activity Center
Tuesday, July 23 & August 20
6:30 p.m.

Cost: \$20

Sound Baths use the power of sound and vibration to restore one's mind, body, and spirit to a state of balance. The healing vibrations promote deep relaxation, reduce stress, improve concentration, and enhance overall well-being.

Advance registration is required.

Benefits of Attending:

- **Stress Reduction:** Immerse yourself in sound vibrations that melt away stress, providing a calming effect on your nervous system.
- **Enhanced Relaxation:** Achieve deep states of relaxation, making it easier to manage anxiety and improve sleep quality.
- **Improved Focus and Clarity:** Sound baths can clear the mind, leading to better focus and clarity in both personal and professional life.
- **Physical and Emotional Healing:** The therapeutic effects of sound vibrations can help in healing emotional and physical ailments, promoting a sense of harmony.

May not be recommended for those with pacemakers or medical implants.

Please consult your physician before attending.

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Kickboxing with Geno

Garvey Senior Activity Center
Tuesdays, July 16-August 6
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 towards 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.

Advanced registration is required.

**Sunnyside Floral Arranging
Garvey Senior Activity Center
Wednesday, July 17**

4 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 Maryland. Explore the basics of floral arrangement and design in this hands-on session with Shelley. All supplies provided. Advance registration is required.



Movie Nights

**Garvey Senior Activity Center
Thursdays, July 18 & August 15**

5:30 p.m.

Cost: Free

Optional snack pack purchase: \$3

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

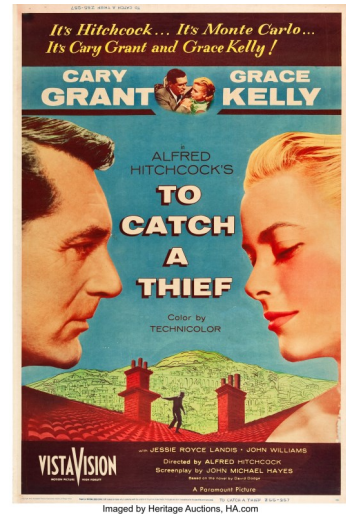
July: *Mrs. Doubtfire* (PG-13)

Troubled that he has little access to his children, divorced Daniel Hillard (Robin Williams) hatches an elaborate plan. With

help from his creative brother Frank (Harvey Fierstein), he dresses as an older British woman and convinces his ex-wife, Miranda (Sally Field), to hire him as a nanny.

August: *To Catch a Thief* (PG)

Notorious cat burglar John Robie (Cary Grant) has long since retired to tend vineyards on the French Riviera. When a series of robberies is committed in his style, John must clear his name.



Luncheon with Folk Salad

Garvey Senior Activity Center

Tuesday, July 23

Doors Open: 11:30 a.m.

Lunch Served: 12 p.m.

Performance: 12:30 p.m.

Cost: \$7 for those under the age of 60

By donation for those ages 60 and up

Folk Salad is an eclectic, acoustic band that performs a wide variety of light pop, oldies, folk, and originals. They've performed at many Southern Maryland locations and events since 2009. Their music will get your feet moving! Advanced registration is required. **Please visit**

www.stmarysmd.com/aging and click on the "View Sign Up for Activities and Programs" button for this special luncheon.

Hearing Screenings with Jacobs Audiology

Garvey Senior Activity Center

Wednesday, July 24

9 a.m.-12 p.m.

Cost: Free

Jacobs Audiology will be here to do hearing screenings. They will answer any questions you may have about hearing loss as well as offering hearing screenings.

Advance registration is required.

Virtual Reality 101

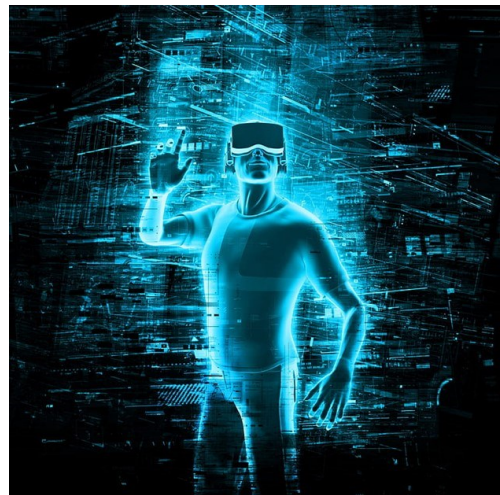
Garvey Senior Activity Center

Friday, July 26

10 a.m.

Cost: Free

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



Luncheon with Drama Speaks

Garvey Senior Activity Center

Tuesday, August 13

Doors Open: 11:30 a.m.

Lunch Served: 12 p.m.

Performance: 12:30 p.m.

Cost: \$7 for those under the age of 60

By donation for those ages 60 and up

Drama Speaks is Garvey Senior Activity Center's very own Reader's Theater group. Join us for lunch and enjoy the humor of Drama Speaks. Advanced registration is required. **Please visit www.stmarysm.com/aging and click on the "View Sign Up for Activities and Programs" button for this special luncheon.**

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Iris Folding Cards: Butterfly & Watering Can

Garvey Senior Activity Center

Wednesday, August 21

1:30 p.m.

Cost: Free

Create two Iris Folding projects, for your summer garden. A watering can and a butterfly card are ready for you to take home and add a personalized message. By arranging and layering strips of paper you will create two crafts while learning the art of Iris Folding. Iris folding is done by arranging and layering strips of paper or fabric in a

spiraled pattern that resembles the iris of a camera lens—that's how this craft got its name.

Supplies will be provided, but feel free to bring your favorite scissors.

Advanced registration is required.



Aromatherapy Workshop
Garvey Senior Activity Center
July: *Ouch! Pain*
August: *Lights Out! Sleep*
Tuesday, July 9, 4 p.m.
Tuesday, August 13, 1:30 p.m.
Cost: \$15 per session

Ouch! Pain

Join Professional Aromatherapy Practitioner Glori VanBrunt for some creative holistic fun and learning! Learn how Aromatherapy can support pain and inflammation related to joints, muscles, nerves, headaches, and more!

In this 60-minute workshop, you will:

- Learn about the benefits of using aromatherapy for managing pain and inflammation.
- Sample several essential oils.
- Choose your favorite oils based on your specific "Ouch!" and create a custom aromatherapy blend to take home!

Lights Out! Sleep

Join us for another fun Aromatherapy workshop and learn about how Aromatherapy can help settle the mind and body to prepare for a good night's SLEEP!

In this 60-minute workshop, you will:

- Learn about the holistic options to help induce relaxation and sleep.
- Learn about the benefits of using aromatherapy for sleep.
- Sample several calming and relaxing essential oils and create a custom Light's Out Aromatherapy blend to help you drift off to sleep.

Advance registration is required.

Come Play American 500 Cards!

Garvey Senior Activity Center

Tuesdays, 2 p.m.-3:30 p.m.

Cost: Free

Come join our American 500 card group! American 500 is a fun card game, which you generally play in groups of 4, with 2x2 playing as partners (can play with 2 to 6 players).

It has similarities to Bridge and Euchre, but the good news, it is less complex than Bridge. There are several versions (with varying rules) of American 500 Cards on websites (such as Trickstercards.com)

and in card books. When you come, we'll provide "How to Play American 500" information, which we'll use to teach you how to play, if needed.

We look forward to a fun time! Please call 301-475-4200, ext. 1080, if you are interested in joining this group.



Loffler Senior Activity Center

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

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



Basic Photography Class

Loffler Senior Activity Center

Mondays, August 5, 12, 19, 26

1-3 p.m.

Cost: Free

Dean Newman will teach you basic photography skills using a digital camera. Participants are encouraged to bring their digital cameras to learn camera functions and essentials of basic photography.

Advance registration is required.

Sweetheart Cupcake Decorating Class

Loffler Senior Activity Center

Tuesday, July 2

1 p.m.

Cost: \$15

Join Rebecca of Sweetheart Cupcakes to learn a variety of techniques to decorate cupcakes. You will complete 2 cupcakes with a July 4th theme! Supplies will be provided.

Advance registration is required.



Iris Folding Projects – Water Can & Butterfly

Loffler Senior Activity Center

Tuesday, August 20

1 p.m.

Cost: Free

Join Toni as she guides you through creating two Iris Folding projects for your garden.

A watering can and a butterfly card ready for you to take home and add a personalized message. Supplies will be provided, but feel free to bring your favorite scissors.

Advance registration is required.

Crafts with Chris - Wine Glass Painting

Loffler Senior Activity Center

Tuesday, July 16

1 p.m.

Cost: \$5

Join artist, Chris Sisk, to create a lovely painted wine glass just in time for the picnic season. All skill levels are welcome. Supplies will be provided.

Advance registration is required.



NEW BEGINNING

Make a Dream Catcher with Toni

Loffler Senior Activity Center

Tuesday, August 27

1 p.m.

Cost: Free

People all around the world regard dream catchers as beautiful and interesting objects. Using donated crocheted doilies you will create a unique dreamcatcher. Supplies will be provided, but feel free to bring your favorite scissors. Advance registration is required.



Crafts with Penny B - Beach themed Wine Bottle with Lights

Loffler Senior Activity Center

Thursday, July 25

1 p.m.

Cost: \$20

Penny brings her unique artistic touch to a wine bottle to create beach theme décor. The shells may vary based on selection available. All supplies will be provided. Advance registration is required.

Massage Therapy with Renika Watson, LMT

Loffler Senior Activity Center

Tuesdays, July 9 & 23

10 a.m.-4 p.m.

Cost: \$50 for 45 minutes

\$65 for 60 minutes

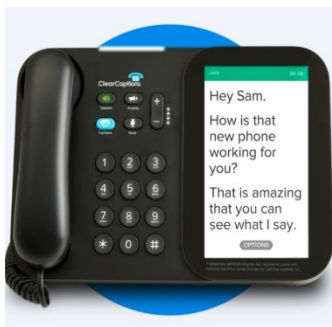
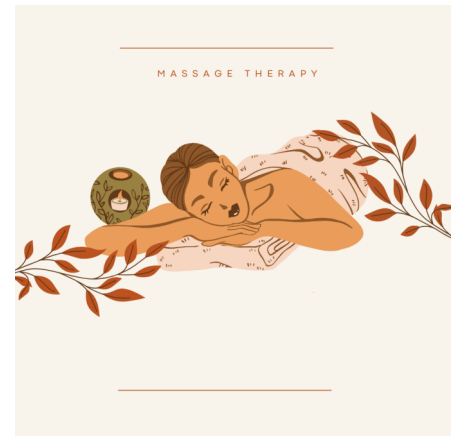
Renika Watson is a licensed massage therapist and owner of Renika Marie's Therapeutic Massage with specialty in Swedish and Deep Tissue massage.

Swedish Massage

A gentle full-body massage that is great for people new to massage and want to release tension or desire a gentle touch. It can help release muscle knots, and it's a good choice for when you want to fully relax during a massage.

Deep Tissue

A deep tissue massage consists of slow strokes and deep finger pressure to relieve tension from the deepest layers of your muscles and connective tissues. This approach to massage therapy is designed to relax and lengthen these tissues, promoting injury recovery, pain relief and the restoration of proper posture and body mechanics. Advance registration is required.



ClearCaptions

Loffler Senior Activity Center

Thursday, August 1

1 p.m.

Cost: Free

Come learn how ClearCaptions is available to qualified, hard-of-hearing U.S. residents at no cost as part of the Title IV of the Americans with Disabilities Act (ADA). Available for home and mobile device calling. Advance registration is required.

St. Mary's Transportation Services (STS) & Tri-County Council for Southern Maryland Loffler Senior Activity Center
Wednesday, July 17
10 a.m.

Cost: Free

Come meet with St. Mary's Transportation Services (STS) & Tri-County Council of Southern Maryland to discuss the best ways to ride public transit and other types of transportation services that may be available. Advance registration is required.



Movie Madness
Loffler Senior Activity Center
Thursdays, July 18 & August 15
1 p.m.

Cost: Free

Optional snack pack purchase: \$3

Come join us on the third Thursday of the month to enjoy a movie. There is no charge for the movie, but there will be snack packs available for purchase. You can also bring your own snacks! Advance registration is required.

July: Casablanca (PG)

A cynical expatriate American cafe owner struggles to decide whether to help his former lover and her fugitive husband escape the Nazis in French Morocco.

August: Mama Mia (PG-13)

Set on a colorful Greek island, the plot serves as a background for a wealth of ABBA songs.



Oasis Senior Resources: *Planning for Aging and Safety in our Homes.*

Loffler Senior Activity Center

Tuesday, July 23

1 p.m.

Cost: Free

Join Oasis Senior Advisor Darlene Seller, RN, to learn and discuss ways to plan to stay in your home longer and safely. The goal of aging in place is to live safely and independently as possible in your chosen home setting. Advance registration is required.

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Health Watch

Loffler Senior Activity Center

Wednesday, July 17 – *How to Take Your Blood Pressure & Pulse Oximeter Readings*

Wednesday, August 21- *Preventing Dehydration*

9:30 a.m.

Cost: Free

In July, learn how to take and record your blood pressure and oxygen levels.

In August, learn how to remain hydrated during summer activities. Advance registration is required.



Sun-Sensational Soiree with Bushmill Band

Loffler Senior Activity Center

Friday, August 23

Doors Open: 11 a.m.

Lunch Served: 11:30 a.m.

Performance: 12 p.m.

Cost: \$7 for those under the age of 60

By donation for those ages 60 and up

Come celebrate and have a Sun-Sensational time with friends and the sounds of the local

Bushmill Band. The Bushmill Band is an acoustic, 4-piece band featuring guitar, banjo, dobro, and bass, playing folk, bluegrass, and old-time country. Advance registration is required.



Yarn Summer Wreath

Loffler Senior Activity Center

Thursday, July 11

1 p.m.

Cost: \$7

Come join us to create a beautiful summer themed yarn wreath.

You will use yarn, embellishments, and flowers to create a delightful door wreath for the summer. All supplies provided. Color scheme and embellishments will vary person to person based on selections made during class. Advance registration required.

Loffler Appreciation Day

Loffler Senior Activity Center

Friday, July 19

1-4 p.m.

Cost: Free

Visit the Loffler Senior Activity Center and see what we have been up to. Feel free to bring the whole family, all ages are welcome. There will be live music by our very own Loffler Sunshine Singers and from a local band, called Folk Salad. There will be face painting, corn hole, classic cars, and line dancing lessons. Loffler Senior Activity Center offers art classes, exercise classes, games, social groups, arts and crafts, and so much more. Many of these activity leaders will be on site to answer any questions you may have. We will also feature St. Mary's County Government agencies that provide support to senior citizens. The Salted Scoop Ice Cream truck will also be on site from 1-3 p.m. Payments will be handled at the food truck. Come and join in on the fun!

Art with Jamie

Loffler Senior Activity Center

Tuesdays, August 13 & 27- *Color Theory*

10 a.m.- 12 p.m.

Cost: \$25 per session, supplies included

You will create a personal color wheel that will guide you in all your art ambitions. Then you will use your knowledge of all the colors to create beautiful one-of-a-kind landscape collage that will be ready to frame. This is a great refresher course for all of artists out there, but also a wonderful jump into the arts for beginners. Advance registration required.

Northern Senior Activity Center

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

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



USA Flag History & Protocols

Northern Senior Activity Center

Monday, July 8

10-11 a.m.

Cost: Free

In honor of Independence Day, Mike Barbour AECS, USN (Ret.) from the Southern Maryland American Legion Post 221 in Avenue, MD will give a detailed presentation on the United States flag. This will include the history & protocols regarding the USA flag, fun facts, and more! Free patriotic magnet for all attendees.

See top of this page for how to register.

Zen Barre[®] Class – Yoga, Ballet, & more!

Northern Senior Activity Center

Mondays, July 8-29 (4-sessions)

11 a.m.-12:15 p.m.

Cost: \$38 for series

Join certified instructor Paty Massón for this new fitness series! Zen Barre[®] is an effective choice for building muscular strength, particularly in your legs, glutes, and core, while helping with balance and flexibility. This low impact exercise is considered a cardiovascular practice which improves bone density and metabolism. It's a fun way to stretch your muscles and ligaments to boost your mental wellness by coordinating music and movements. It's also a mixture of Yoga and ballet which uplifts mood and stimulates memory. IMPORTANT: This is recommended for people who can exercise standing up and want to improve balance, flexibility, and strength. It will include usage of the barre, mats, and balancing balls.

See top of this page for how to register.

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Smooth Sounds of Freedom! with Bruce Thomas

Northern Senior Activity Center

Thursday, July 11

11-12:30 p.m.

Cost: \$5 for snacks, entertainment, & prize fee

Regular lunch fees apply

Happy birthday, USA! Join us for this post-Independence Day themed celebration. Enjoy a delicious BBQ cookout-style lunch meal with snacks, drinks & desserts. Listen to great entertainment from musical guest Bruce Thomas.

Lunch fees collected upon arrival – payable by cash, card, or check. See top of this page for how to register.



Art Pottery: Sun OR Green Woman Face

Northern Senior Activity Center

Fridays, July 12 & 26

10 a.m.-12 p.m.

Cost: \$10

Pottery craftswoman, Pam King, will instruct the crafting of a decorative face with a Sun OR “Green Woman” design for fun in the garden or home!

See page 24 for how to register.

Genealogy: U.S. Census Documents

Northern Senior Activity Center

Monday, July 15

10-11 a.m.

Cost: Free

Join local family-heritage enthusiast, Louise McDonald, for this free & informative event!

Louise will provide an overview of the unique aspects of U.S. Census Bureau data, plus important things to be aware of when using their database. This session begins with a presentation then progresses to a workshop environment of discussion and assistance.

No prerequisite genealogy class or prior knowledge needed. See page 24 for how to register.

Living Well with Chronic Conditions

Northern Senior Activity Center

Tuesdays, July 16-August 20 (6-sessions)

1-3:30 p.m.

Cost: Free

Start caring for yourself and improving your life while dealing with a chronic health condition.

This evidence-based program was developed by Stanford University to help people with chronic conditions take charge of their life through self-management skills—such as dealing with depression and fatigue, pain management, working with health care providers and more.

There is no charge for taking this series; however, a commitment to regular attendance is needed for good results. See page 24 for how to register.

LSVT-BIG[®]: Parkinson’s, Balance, & Mobility

Northern Senior Activity Center

Thursday, July 18

10-11 a.m.

Cost: Free

Jennifer Whelan of NovaCare Rehabilitation (Leonardtown) is visiting to provide information on LSVT-BIG[®] (Lee Silverman Voice Treatment) therapy, which is used for Parkinson’s patients, as well as seniors who have balance, mobility, and gait issues. Ms. Whelan will also discuss exercises that can be utilized by everyone. See page 24 for how to register.

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Cupcake Decorating with Sweetheart Cupcakes

Northern Senior Activity Center

Friday, July 19

1-2 p.m.

Cost: \$15

Join Rebecca of Sweetheart Cupcakes to learn how to decorate cupcakes for events, holidays, or just for fun! You will complete 2 cupcakes with a summer theme. Supplies will be provided.

See page 24 for how to register.



Radiant Energy: Chakra Balance & Meridian Flow with Singing Bowls

Northern Senior Activity Center

Tuesday, July 23

2-4 p.m.

Cost: \$20

Join certified instructors Judi Lyons & Paty Massón for this invigorating workshop! Using unique Energy movement flows and Qi Gong, guided meditation, and lovely singing bowls, learn how to create flow and balance within your Energy Systems to promote overall radiance and vitality! 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.



Grandkids Day! Part 1: Bingo, Lunch, & Kona Ice

Northern Senior Activity Center

Friday, August 2, 9:45-11:15 a.m. +

11:30 a.m.-12 p.m.

Cost: \$3 suggested Bingo donation + Lunch fees apply

Hip-hip, hooray, it's Grandkids Day!

Part 1 of the fun begins with Intergenerational Bingo. Play for a chance to win kid-focused prizes,

Center-favorite foods, cleaning supplies, and paper products. Suggested donation of \$3/person. Sign-ups are only required for those bringing a grandchild. Space is limited, so arrive early to reserve your spot. Then, break for lunch! We're serving a yummy meal of pulled pork BBQ sandwiches, mac & cheese, and chicken nuggets (\$7 for those under 60 years of age; by donation otherwise). Please call 301-475-4200, ext. 3105, if you'd like to reserve a meal. The *Kona Ice* truck will be serving sweet & refreshing flavored ice in the parking lot from 11 a.m.-1 p.m.! Payment will be handled at the truck. See page 24 for how to register.

Grandkids Day! Part 2: Coloring Event

Northern Senior Activity Center

Friday, August 2

12-2 p.m.

Cost: Free

Hip-hip, hooray, it's Grandkids Day!

The fun continues with part 2 – an afternoon of coloring to celebrate National Coloring Book Day. Generously sponsored by Martha Baker's Coloring Group. The group will conduct a brief awards ceremony & have their artwork on display. See page 24 for how to register.

Drums Alive[®]: Golden Beats[®]

Northern Senior Activity Center

Tuesday, August 6-September 10 (6-sessions)

2-3 p.m.

Cost: \$12 for series

Drums Alive[®] uses drumming, music, and movement, to make the most of health and wellness in a fun & engaging way. Golden Beats[®] emphasizes & enhances the fitness and lives of older adults – stimulating those young at heart. This version will be less intensive and accommodating to most participants. Seated only. Great for first timers or returning participants! Program Specialist and certified trainer Keilan Ruppert will lead this program for a limited group over the course of 6 weeks. See page 24 for how to register.

Northern Stars Movie Club: *Yesterday*
Northern Senior Activity Center
Monday, August 12

1-3:15 p.m.
Cost: Free

Get your snacks and popcorn ready! This bi-monthly film club, led by Program Specialist Keilan Ruppert, explores classic and modern movies. The club reviews each film based on specific criteria, then assigns a rating using 1 to 5 “Northern stars.” This month’s film selection is *Yesterday* (2019, Romantic Comedy/Musical, PG-13, 1 hr. 57 min.) “After a freak bus accident during a mysterious global blackout, Jack wakes up to discover that The Beatles have never existed. Performing songs by the greatest band in history to a world that has never heard them, Jack becomes an overnight sensation with a little help from his agent.” See page 24 for how to register.



Floral Design with Local, Seasonal Blooms

Northern Senior Activity Center
Thursday, August 15

1-3 p.m.
Cost: \$35 (fee partially sponsored)

Join Florist Ian Tresselt to explore the world of summer blooms grown by farmers in our tri-county region. Whether you want to elevate your design skills or learn how to build an arrangement for the first time, this workshop is for you. During this hands on experience, you'll learn ways to prepare vessels for flowers, how to cut flowers to enhance their longevity, as well as the basic building blocks of a designed arrangement. Participants will leave the workshop with a beautiful arrangement to enjoy at home. All tools and vases will be provided. See page 24 for how

to register. *Photo Credit: Melissa Barrick Creative Co.*

Basket Weaving: Summer Bucket Basket

Northern Senior Activity Center
Friday, August 23

10 a.m.-3 p.m.
Cost: \$30

Experienced basket artisan Pam King will guide you through the creation of a summer-bucket basket! Perfect for home décor, or as a handmade gift for a loved one. See page 24 for how to register.

Line Dancing with Geneva – Special Event

Northern Senior Activity Center
Monday, August 26

1-3 p.m.
Cost: Free

Experienced line dancing instructor Geneva Leon will be visiting to teach new dances. This class is ideal for everyone, whether you are a seasoned dancer or new to line dancing. Seasoned dancers can learn new moves to practice with their friends and new dancers can meet a whole crew of fun-loving dancers. See page 24 for how to register.



Retired and Senior Volunteer Program

By Monika Williams, RSVP Project Manager

Happy Independence Day

It is a privilege to live in a country where we are free to independently travel, shop, worship, and share our opinions without fear of being forced to comply to one overall thought or opinion. It's also great to live in a county where there are volunteers who assist county government and non-profit agencies with facilitating services that enable seniors and older adults to remain independent in their homes. Thank you to all veterans and active military members for protecting our independence.

RSVP has many volunteering opportunities that have ties with the fight for independence and other struggles such as Historic Museums. They all have reopened and greatly need volunteer assistance. Since this is a month to remember independence, we will place them in the limelight.

The Old Jail & Leonardtown Visitor Center



Volunteers are needed to share the history of this site, where everyone from regular convicts to brave freedom seekers on the Underground Railroad were incarcerated.

St. Clement's Island Museum



This museum seeks volunteers to provide public tours, grounds keeping, giftshop attendant, event help and much more.

Patuxent River Naval Air Museum



Volunteers are needed to oversee the flight simulators which are available to the public.

Historic Sotterley



Volunteers help with events, maintain flower gardens, provide educational tours, and much more.

Historic St. Mary's City



The St. John's Site Museum takes you back to 17th century Maryland. Volunteers offer tours of the many historical sites, repair costumes, provide educational tours, and maintain trails and grounds.

Volunteer Opportunities

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

Garvey Senior Activity Center

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

Teen Court

- Teen Court Judge
- Hearing Support Assistants

Charlotte Hall Veterans Home

- Activity Assistant
- Gift Shop Attendant
- Technical Support
- Read to Residents

Hospice of St. Mary's

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

Community Mediation of

St. Mary's County

- Mediating
- Promoting fundraisers
- Disseminating brochures
- Office assistance

St. Mary's County Crime Solvers Board

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

Treasurer's Office

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

Northern Senior Activity Center

- Chess Volunteer
- Outdoor Landscaping
- Book Club Leader

Senior Rides

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

A Community That Shares (ACTS)

- Receiving and dispersing medical equipment
- Repairing Equipment

Historic St. Mary's

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

St. Clement's Island Museum

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

The Old Jail & Leonardtown Visitor Center

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

Loffler

Senior Activity Center

- Zoom Activity Monitor

Home-Delivered Meals

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

Friends of the Library

- Assist with events
- Organize books
- Sort donations
- Data Entry

Patuxent River

Naval Air Museum

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

Historic Sotterley

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

Habitat for Humanity

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

Literacy Council of St. Mary's

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

Ongoing Activities - Garvey

CLASS/ ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Arthritis Foundation Exercise Program (AFEP)	Thursdays & Fridays 8:45-9:45 a.m. Tuesdays & Thursdays 9:45-10:30 a.m.	Gentle, range of motion, stretching and flexibility led by certified instructor.	No	No
Art Studio	2 nd & 4 th Fridays 12:30 – 4 p.m.	Open Art Studio hours. Bring your own supplies. Instruction not provided.	No	No
Billiards	Daily 8 a.m. -4 p.m.	Bring your own or use ours.	No	No
Bingo	Mondays 10-11:30 am	Game with volunteer bingo callers. Pantry items for prizes.	No	No
Book Discussion Group	2 nd Wednesdays 11 a.m.	Loaner books provided by St. Mary's Public Library.	No	No
Bridge Club	Wednesdays & Thursdays 10 a.m.-2 p.m.	Best suited for experienced players.	Call to inquire 301-475-4200 ext. 1080	No
Cardio Lite	Mondays 5:30 p.m.	Light Cardio & low impact class.	No	Fitness Card
Collage Group	1st & 3rd Tuesdays 6 p.m.	In this drop-in class you will learn how to make collages on postcards to send out to your friends and family.	No	No
Cornhole	Daily 8 a.m. -4 p.m.	2 boards, 8 bags.	No	No
Crochet Club	1st & 3rd Tuesdays 5:30 p.m.	This is a social group and you must bring your own projects as there will not be materials available or an instructor.	No	No
Diamond Dots	Every Thursday 2 p.m.	Paint by color with diamonds. No experience needed. Bring your own supplies. Light boards provided.	No	No
EnhanceFitness	Mon., Wed., Fri. 11-12 p.m. Wednesdays 5:30 p.m.	Cardiovascular/weight training exercises to improve flexibility, strength, balance.	No	Fitness Card
Fitness Room	Daily 8 a.m. -4 p.m.	1 Elliptical Trainer; 1 Seated Elliptical. 3 Treadmills; 2 Recumbent Bikes; 1 Row machine, 1 Independent Total Body Trainer.	No	No
Geri-Fit	Monday & Wednesday 2-3 p.m.	Helping to rebuild strength that has been lost.	No	No
Line Dancing	Tuesdays 11 a.m.	No experience necessary. Volunteer leads group in a variety of steps.	No	No
Men's Strength	Mondays 9:30-10:30 a.m.	Low impact strength training class.	No	Fitness Card
Pickleball Courts	Open	Pickleball courts are available daily, dawn to dusk. See staff during hours for access info.	No	No
Ping Pong	Daily 8 a.m. -4 p.m.	1 table, paddles and balls are available.	No	No

Ongoing Activities - Garvey

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

Helpful Links:

St. Mary's County
Department of Aging & Human Services
www.stmaryscountymd.gov/aging

Senior Information & Assistance Contacts
www.stmaryscountymd.gov/aging/SeniorIA-Contacts

Department of Aging & Human Services Facebook Page
www.facebook.com/SMCDAHS

Department of Aging & Human Services YouTube Channel
www.youtube.com/c/SMCAgingHumanServices

Ongoing Activities - Loffler

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

Ongoing Activities - Loffler

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

Ongoing Activities - Northern

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Arthritis Foundation Exercise Program	Wednesdays 10:45-11:45 a.m. Thursdays, 1-2 p.m.	Gentle, range of motion, stretching and flexibility led by certified instructor.	No	No
Awakening Yoga	Mondays , 9:30-10:30 a.m.	Gentle range of motion/ meditation.	No	Fitness Card
Basket Weaving	Periodically	Typically, two-part classes offered.	Yes	Varies; \$30
Billiards	Mondays & Wednesdays	Bring your own or use ours.	No	No
Bingo	Fridays 9:45-11:15 a.m.	Game with volunteer bingo callers. Pantry items for prizes.	Yes	Suggested Donation
Book Club: Book Chatter	4 th Thursdays 10:30 -11-30 a.m.	Read & review new books each month. Different books for each club.	Yes	No
Bridge	Thursdays 10 a.m.-2 p.m.	Best suited for experienced players.	Preferred	No
Crafty Corner	Mon., Tues., Thurs., Fri. 8 a.m.-4 p.m. Wednesdays, 1-4 p.m.	Open time to work on textile based projects like beads, crochet, and coloring.	No	No
Coloring Group (two groups)	1 st & 3 rd Wednesdays 1-2:30 p.m.	Participants supply coloring utensils if possible; some are provided.	Waitlist	No

Ongoing Activities - Northern

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Chair Yoga	Wednesdays, 9:30 – 10:30 a.m.	Chair Yoga has been modified to allow participants to safely perform positions with a chair incorporated for ease and stability.	No	Fitness Card
Crochet DIY	Mon. & Wed., 1-4 p.m.	Beginners or experienced.	No	No
Cycling Meetup	2nd & 4th Wednesdays 9 a.m. (for Summer)	Meet at Northern for a group ride on Three Notch Trail.	No	No
Cycling Without Age	1st Thursdays 9 a.m.-12 p.m.	Fun rides on trishaw, by appointment only.	Yes	No
Double Pinochle	Tuesdays & Fridays 10 a.m.-4:30 p.m.	Moderately experienced players.	No	No
Drums Alive	Tuesdays February 20-March 26 2-3 p.m.	Instructor-lead drum and dance class. Helps cognitive function. Program runs for 6-weeks at a time .	Yes	\$12 for 6-week program
Dynamic Ceramics	Wednesdays 9:30 a.m.-12:30 p.m.	Variety of bisque pieces available to purchase. Supplies provided.	Drop-in	Buy items, firing fees
EnhanceFitness	Tuesday & Thursdays 9:30-10:30 a.m. Fridays, 9-10 a.m.	Cardiovascular/weight training exercises to improve flexibility, strength, balance.	No	Fitness Card
Homemakers	2nd & 4th Tuesdays 10 a.m.-12 p.m.	Social time and homemade items made for fun and charity.	Yes Call to inquire 301-475-4200 ext. 3101	No
Line Dancing	Wednesdays 1-2:30 p.m.	Volunteer leads group/variety of steps.	No	No
Lyme Discussion & Support Initiative	TBD ToolKits by pickup	Facilitator-led group with education and support for Lyme Disease.	Yes, all ages	No
Mahjong (Eastern)	Thurs 1-4:30 p.m.	Popular tile game involves skill, strategy & luck. Beginners welcome.	No	No
OH HECK (Cards)	Tuesdays & Fridays 10 a.m. -2 p.m.	Experienced players and beginners welcome.	No	No
Open Studio: Pottery and Ceramics	Mon., Tues., Thurs., & Fri. 8 a.m. -4 p.m.	Crafters continue work on individual clay, pottery, or paint pieces. Some Fridays are reserved for specific art pottery projects/ classes.	Studio orientation	Fee for clay ceramics, fire, supplies
Pitch Card Day	Last Thursday of the month 12:30-3:30 p.m.	Experienced players enjoy an afternoon of Pitch. Top players will receive a prize.	Yes	\$10
Quilting for Beginners	2 nd & 4 th Wednesday 12:30-4:30 p.m.	Instructor teaches basic skills and techniques. Individual projects.	Preferred- Not required	TBD, Varies
R&B Line Dancing	Fridays 1-2 p.m.	Popular line/party dance styles.	No	No
Scrapbooking	2nd Monday, 10 a.m.-3 p.m.	Organizing photos into a book using artistic skill.	Waitlist	Bring your own materials
S.W.A.G. (Seniors Winning at Games)	Tuesdays & Fridays 1-4:30 p.m.	Various card games like SkipBo, Canasta, Rummy, etc.	No	No
Tech Rescue	Monday-Friday after 2 p.m. By appointment only	15-30 requested appointments with Keilan Ruppert to work on specific needs with computers, smartphones, etc.	Yes	No
Workout Room	Open during normal operating hours	1 Bow Flex; 1 Standing Elliptical; 1 Seated Elliptical; 2 Pec/Fly; 2 Treadmills; 2 Recumbent Bikes.	No	No
Zumba Gold	Tuesdays 10:45 a.m. -11:45 a.m.	Latin music and dance fitness program.	No	Fitness Card

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

Lori Jennings-Harris, Director

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

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

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

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

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

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

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

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

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

Website: www.stmaryscountymd.gov/aging

Facebook: www.facebook.com/SMCDAHS

YouTube: www.youtube.com/c/SMCAgingHumanServices

Phone: 301-475-4200, ext. 1050

Fax: 301-475-4503

LOCATIONS



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

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

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

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

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



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

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

Thursday, July 4 - Independence Day

NEW BEGINNING