February is
AMERICAN HEART MONTH

How Can We Help Your Heart?
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From the Director’s Desk...

By Lori Jennings-Harris, Director
Department of Aging & Human Services

American Heart Month is recognized during the month of February when we usually concentrate on the emotional feelings we have as it relates to Valentine’s Day. We share expressions of love, admiration, care, and appreciation. Sentimental poems, the ceremonial gifting of chocolates and flowers all contribute to warming one’s heart as we remind those close to us how we feel about them. While we have many reminders of all the ways we may choose to celebrate Valentine’s Day, February is also a good time to be reminded of the importance of taking care of our physical health. The American Heart Association (http://www.heart.org/HEARTORG/) provides lots of information on how to eat healthy, such as making better food choices when planning a meal, being mindful of salt intake, and tips on dining out. Physical activity is another way to promote a healthier lifestyle. Taking an exercise class, finding time to walk, even spending time doing our favorite hobby not only keeps us moving, but it helps with our mental and cognitive well-being. The American Heart Association also highlights weight management as a way to a healthier heart, stress management and how it impacts our body, and the benefits of quitting the habit of smoking.

The Department of Aging & Human Services wants to remind you that even though we have you on our Valentine’s Day list, we are also here to help you reach your nutrition and fitness goals. As well, we can assist you in finding ways to maintain a healthy weight, reduce your stress by participating in the many activities the Department offers and point you in the direction of resources that may benefit you in other ways, such as smoking cessation classes.

(Continued next page)
The Department has a strong commitment to providing a variety of programs, services and activities that encourage our older adults to get or remain active. We also offer an atmosphere that promotes new friendships, provide the opportunity to explore exciting adventures through our local excursions or by participating in one of our popular overnight trips. If you or someone you know is interested in discovering the active, energetic, and exciting activities the Department has to offer, I invite you to call or stop by one of our three senior activity centers. Our operations managers, program specialists and the entire team are available to help you reach your goals.

**American Heart Month/Wear Red Day**

President Lyndon B. Johnson declared the first American Heart Month in 1964. Ever since then, the month of February has been dedicated to cardiovascular health. In his declaration to kick off the annual awareness campaign last year, President Obama wrote, “My Administration is committed to leading a new era of medicine — one that delivers the right treatment at the right time — and to ensuring Americans live longer, healthier, more productive lives.” Cardiovascular disease is the nation’s No. 1 killer of both men and women, but steps can be taken to reduce risk and improve outcome. The American Heart Association is constantly conducting research and raising awareness to improve the cardiovascular health of all Americans.

This February 5th, help the American Heart Association and Go Red For Women celebrate American Heart Month and raise heart disease awareness by participating in National Wear Red Day. Every 80 seconds, one woman is killed by heart disease and stroke. That’s 1 in 3 deaths among women each year. These statistics can be shocking, but building awareness is one of the best ways to fight this horrible disease. Did you know that 80% of these deaths can be prevented with education and action? By wearing red and using #GoRedWearRed you are helping raise women’s awareness and support education on cardiovascular health. Visit this page to learn more about the Wear Red Day movement and Shop Heart to gear up!

**Get Your Numbers:** Ask your doctor to check your blood pressure, cholesterol and glucose.

**Own Your Lifestyle:** Stop smoking, lose weight, be physically active and eat healthy.

**Raise Your Voice:** Advocate for more women-related research and education.

**Educate Your Family:** Make healthy food choices for you and your family. Teach your kids the importance of staying active.

**Donate:** Show your support with a donation of time or money.
6 Ways to Eat Well As You Get Older

1. Know what a healthy plate looks like
   See how to build a healthy plate at ChooseMyPlate.gov

2. Look for important nutrients
   Eat enough protein, fruits and vegetables, whole grains, low-fat dairy, and Vitamin D.

3. Read nutrition labels
   Be a smart shopper! Find items that are lower in fat, added sugars, and sodium.

4. Use recommended servings
   Learn the recomended daily servings for adults aged 60+ at heart.org

5. Stay hydrated
   Water is an important nutrient too! Drink fluids consistently throughout the day.

6. Stretch your food budget
   Get help paying for healthy food at BenefitsCheckUp.org/getSNAP
25th Annual Southern Maryland Caregivers Conference

Friday, April 21, 2017
Southern Maryland Higher Education Center
California, Maryland

Sponsored by:
The Geriatrics and Gerontology Education and Research Program,
University of Maryland, Baltimore
&
St. Mary’s County Department of Aging & Human Services
In cooperation with:
Calvert County Office on Aging
&
The Charles County Department of Community Services,
Aging and Senior Programs Division

Whether you are assisting with the care of a frail spouse, parent, friend or other relative, caring for someone is a labor of love. Designed for the family caregiver, this one-day event is a wonderful opportunity to enrich one’s knowledge and skills in caring for people. The $25 conference fee includes a continental breakfast, lunch, conference materials, exposure to service providers in the exhibition area, and the opportunity to attend professionally presented educational sessions on the following topics:
• Planning for Successful Caregiving
• Understanding Medicare & Medicaid
• Oral Health Related to Total Health
• Prevention: Safe Use of Medication
• Coping with Challenging Behaviors Associated with Dementia
• Sexuality & the Older Adult
• Traumatic Brain Injury
• Body Mechanics and Safe Caregiving in the Home
• Behavioral Health Later In Life
• End of Life Choices
• Services & Support in the Community
• Hospice & Palliative Care
• Medical Orders for Life-Sustaining Treatment
• Family Issue & Caregiving
• Pre-funeral Planning

To inquire about this conference, please contact Rebecca Kessler, HCBS Division Manager, St. Mary’s County Department of Aging & Human Services by calling 301-475-4200, * 1061, or rebecca.kessler@stmarysmd.com.
2017 Medicare Premiums and Deductibles

As a result of the 0.3% 2017 Social Security cost of living increase, Medicare beneficiaries will be subjected to differing Medicare premiums based on key factors. For those who were receiving benefits in 2015 and prior years the premium will be $109 per month due to a hold harmless provision that prevents an individual’s Social Security benefit from decreasing due to an increase in Medicare premium. The actual 2017 premium is $134; however, only beneficiaries who are new to Medicare in 2017, pay their premium directly to Medicare, or have their premium deducted from a civil service annuity will be subjected to the higher premium. Those who are required to pay a Medicare premium penalty or an Income Related Medicare Adjustment will pay a higher premium.

• Medicare Part A covers inpatient hospital stays, care in a skilled nursing facility, hospice care, and some home health care. Only about 1 percent of people with Medicare pay a premium for Part A services. An individual who has paid Medicare payroll taxes for 40 quarters of employment or who is married to someone who did will not pay a premium for Part A. For those few affected who are required to pay the 2017 premium will be $413 per month.

• Medicare Part A Deductible: This deductible is the cost to people with Medicare for up to 60 days of Medicare-covered inpatient services in the hospital for each benefit period (a benefit period starts the day a patient is admitted and ends when the patient has been out of the hospital for 60 days in a row.) The deductible for 2017 will be $1,316. In the event a person is hospitalized for more than 60 consecutive days there will be a $329 coinsurance per day for days 61-90. For days 91 and beyond $658 will be charged for an individual’s “lifetime reserve day”. A person is only provided 60 “lifetime reserve days. Beyond lifetime reserve days 100% of the cost is the patient’s responsibility.

Part A also covers in-patient rehabilitation in a skilled nursing facility at 100% for the first 20 days. For days 21-100 there is a $164.50 per day charge.

• Medicare Part B Deductible will be $183. After the deductible has been met, Medicare pays 80% of the cost for Medicare approved out-patient related costs to include: doctor visits, medical equipment, MRI/CAT scans, etc.

• Income-related Adjustments: People with Medicare who filed a 2015 income tax return with an income above $85,000 a year ($170,000 filing jointly) are responsible to cover a larger portion of the cost of their coverage. These premium adjustments range from $53.50 to $294.60 a month for Medicare Part B.

The costs referenced above pertain to individuals who do not have a supplementary insurance policy. Most supplement policies cover Medicare deductibles and co-insurance payments.
Can you believe that we are already deep into another Southern Maryland winter?? We’ve gotten through the holidays and it will soon be February which conjures up thoughts of Valentine’s Day and hearts. Speaking of hearts, it is common knowledge that good heart health is important to good health, period. And, it is also common knowledge that physical activity (sometimes called exercise) is an important tool to help keep your heart ticking as it should. Unfortunately, about 80% of Americans do not exercise regularly, even though regular physical activity helps to increase energy, improves cardiovascular health, decreases cholesterol, reduces the risk of heart disease and stroke and helps to maintain a healthy weight.

So, if you are one of the 80% of people who are not physically active on a regular basis, what can you do about it? Try these action items:

**Find a physical activity/exercise that you like**
Of course, the Senior Activity Centers have a variety of exercise opportunities available for you. If you prefer a social setting, group exercise classes are available. You can try your first class for free. If you prefer to do something by yourself, on your own, each senior activity center has an exercise room available with fitness equipment that is free to use. Walking is a terrific physical activity that is easy to do, either indoors on a treadmill or outdoors.

**Make it a habit**
It takes three weeks to develop a habit, so find what you like to do and do it regularly for three weeks. The American Heart Association guideline for physical activity is 30 minutes of physical activity 5 days/week. Before you know it, you’ve developed a positive habit that will improve your health and your life.

**Keep Going**
Don’t give up if you miss a day and are unable to exercise. Just get back to it as soon as you can.

Be good to yourself by being more physical active; your heart will love it!! If you need more information about the fitness opportunities available to you through the Department of Aging & Human Services, see pages 32-33 of this newsletter or call 301-475-4200, ext. *1063.

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**Social Security Updates**
Social Security replacement cards can now be requested by creating a My Social Security Account on-line at www.ssa.gov. This feature is available to individuals who have a valid Maryland-issued driver’s license or ID card. Individuals who need to make changes to their Social Security card such as a name change or who do not have a Maryland ID are still required to visit the local office located at 30071 Business Center Drive, Charlotte Hall, Monday-Friday, 9 a.m.-4 p.m., except Wednesday’s 9 a.m.-12 p.m.
American Heart Month Sponsor: The American Heart Association (http://www.heart.org/HEARTORG/)

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease.

The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices.

Make a difference in your community: Spread the word about strategies for preventing heart disease and encourage people to live heart healthy lives.

How can American Heart Month make a difference? We can use this month to raise awareness about heart disease and how people can prevent it both at home and in the community. Here are just a few ideas:

- Encourage families to make small changes, like using spices to season their food instead of salt.
- Motivate teachers and administrators to make physical activity a part of the school. This can help students start good habits early.
- Ask doctors and nurses to be leaders in their communities by speaking out about ways to prevent heart disease.

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.

Loffler Senior Activity Center phone numbers have changed!
To contact the Loffler Senior Activity Center or the Retired and Senior Volunteer Program (RSVP) call 301-475-4200 and dial the extensions below:
Joyce Raum (Operations Manager) - ext. *1656
Holly ""Kim"" Clarke (RSVP PT Office Specialist) - ext. *1650
Melissa Craig (Senior Information & Assistance Caseworker) - *1654
Shellie Graziano (Program Specialist) - ext. *1655
Brenda Kaye (Senior Office specialist) - ext. *1658
Norine Rowe (RSVP Division Manager) - ext. *1653
Drema Russell (Rood Service Technician) - ext. *1657
GARVEY Senior Activity Center

In Leonardtown, 301-475-4200, ext. *1050

Basketball for Ages 50 Plus
Margaret Brent Recreation Center
Fridays, Jan. 6-Feb. 24, 10-11 a.m.
Cost: $16
Pick-up basketball games are held in the gymnasium during this eight-week session. Games are open to both males and females. Advance registration is required. Players may register at the Garvey Senior Activity Center in Leonardtown. For more information, call 301-475-4200, ext. *1050.

Brain.e.ology
Garvey Senior Activity Center
Tuesdays, Jan. 10 – Feb. 21, 1-2 p.m.
Losing memory or cognitive ability is a tremendous fear but there is growing evidence that cognitive ability can be maintained or even improved to the end of life! Brain-e.ology is designed to:
• dispel the limiting myths of memory loss and aging
• give participants a better understanding of how their brain works.
• give participants the tools to incorporate brain fitness activities into their daily lives
• create open minds
More than 90% of participants report that they feel like they have more control over future memory loss after taking this program! There is no fee for this program. Class size is limited so register early. To make reservations call 301-475-4200, ext. *1050.

Luncheon with Entertainment by vocalist, Bruce Thomas
Wednesday, Jan. 11, noon
Enjoy a meal of Stuffed Shells with Meat Sauce, Tossed Salad with Italian Dressing, Garlic Bread, Green Beans, Lemon Meringue Pie, Apple Juice/Milk/Coffee/Tea. Following the meal, enjoy the vocal sounds of Bruce Thomas, rising mid-Atlantic vocalist. Over the years, his vocal style has been influenced by musicians such as Al Jarreau, Frank Sinatra, Al Green, and Miles Davis. His vocal style is infused with verve, energy, and charismatic personality. Sign up for lunch and the performance by calling 301-475-4200, ext. *1050.

Book Discussion Group
Garvey Senior Activity Center
Wednesdays, Jan. 11 & Feb. 8, 10:30 a.m.
The book discussion group is always ready to welcome new members. In January, the group will discuss Dead Wake: the Last Crossing of the Lusitania by Erik Larson and in February the group will discuss George Washington’s Secret Six by Brian Kilmeade. To learn more or for information about how to obtain a copy of the books, call 301-475-4200, ext. *1072.
**Kickboxing**
Garvey Senior Activity Center  
**Wednesdays, Jan. 11-Feb. 22, 8:30-9:30 a.m.**  
Kickboxing tones muscles through punching and kicking using focus pads and target pads and mitts. Participants may notice improvement in overall balance and flexibility. The aerobic moves of kickboxing have been shown to improve circulation and it offers a great stress relief. This specialized class is geared toward active men and women ages 50 and above and 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 certified Martial Fusion and Kickboxing instructor. Cost is $30 payable to Geno Rothback. Payment required at time of reservation. Call 301-475-4200, ext. *1050 to learn more.

**Common Causes of Back Pain and Relief Techniques**
Garvey Senior Activity Center  
**Wednesday, Jan. 18, 10 a.m.**  
If you have low back pain or sciatica, common questions you may have are, "What should I avoid, what should I do, and when should I do it?" It seems there are hundreds of treatments for low back pain, and many different exercises that can be done to help treat your condition. Some exercises are to help strengthen your spine, while others are to improve flexibility of your back. Physical Therapist, Rick Hageman, will be here to answer these questions. Call 301-475-4200, ext. *1050 to register.

**Crafting with Deb**
Garvey Senior Activity Center  
**Wednesday, January 18, 10 a.m. Abstract Canvas, Paint & Tape, $2**  
Tape off sections of a canvas stretch board and paint each section using different colors of acrylic paint. Once dry, remove the tape to reveal a unique piece of abstract art.  
**Wednesday, February 15, 1 p.m. Quad Canvas Stenciling, $5**  
Create a painted stencil pattern on four canvas stretch boards. Each board will be different, but all fit together to create the completed work of art. To register for either of these projects, see the receptionist or call 301-475-4200, ext. *1050.

**Social Contract Bridge**
Garvey Senior Activity Center  
**2nd & 4th Fridays of each month, 10 a.m. - 1 p.m.**  
A new social contract bridge group is meeting at the Garvey Senior Activity Center and is looking for more players. Interested players must be familiar with the game and able to keep score. To sign up, call 301-475-4200, ext. *1050.
Tai Chi for Arthritis: The Core Movements
Garvey Senior Activity Center
Mondays, Jan. 23-Mar. 6, 8:15-9:15 a.m. (no class Feb. 20)
The Arthritis Foundation Tai Chi Program developed
by Dr. Paul Lam, uses gentle Sun-style Tai Chi rou-
tines that are safe, easy to learn and suitable for every
fitness level. The Tai Chi program helps reduce stress,
increase balance and flexibility, and improves your
overall mind, body and spirit. During the six weeks,
participants learn warm-up and cool-down
exercises, six basic core movements, and direction
changes to add challenge. Due to the nature of this
class, attendance at all sessions is highly recommend-
ed and no walk-ins are accepted; advance sign up is
required. To register, call 301-475-4200, ext. *1050.

Pickleball for Experienced Players
Leonard Hall Recreation Center
Mons., Feb. 6-Mar. 27 (none Feb. 20) 8-10 a.m., $28
Weds., Feb. 8-Mar. 29, 8-10 a.m., $32
The Monday/Wednesday sessions are for those
players who are familiar with the rules of the
game. Sign up for Mondays or Wednesdays, or
both days. Payment is due at the time of reser-
vation. Registration opens January 3. To learn
more, call 301-475-4200, ext. *1050.

Pickleball for Beginners
Leonard Hall Recreation Center
Tuesdays, Feb. 7-Mar. 28, 8-10 a.m., cost:
$32
If you are new to the sport of Pickleball, it is
highly suggested that you begin with this
course. You will learn basic shot techniques,
rules, scoring, court positioning and basic strat-

ty. Over the 8-week period you will get plen-
ty of court time to develop the confidence
needed to compete against intermediate and
advanced players. Your love for the game starts
now! Payment is due at the time of reservation.
Registration opens January 3. To learn more, call 301-475-4200, ext. *1050.
Valentine’s Day Card Workshop
Garvey Senior Activity Center
Tuesday, Feb. 7, 10 a.m.
A few crafts materials can transform plain paper into wonderfully unique and personal greeting cards for Valentine’s Day. Make three cards to send out to your friends, family, or special somebody for Valentine’s Day. All materials are provided, there is no fee; however, space is limited. Sign up by calling 301-475-4200, ext. *1050.

Garvey Reader’s Theater
Performance and Luncheon
Garvey Senior Activity Center
Wednesday, Feb. 8, noon
The Garvey Reader’s Theater Club will perform 2 acts centered around the month’s favorite topic… love. Between performances guests will dine on a scrumptious meal of cranberry juice, beef stroganoff over egg noodles, dinner roll, tossed salad, California blend, apple pie. The cost for lunch is $6 for those under the age of 60 or a donation for those age 60 and above. Make reservations by calling 301-475-4200, ext. *1050.

Valentine’s Day Chocolate Tasting
Garvey Senior Activity Center
Tuesday, Feb. 14, 11 a.m. Cost: $2
What better way to celebrate Valentine’s Day than with a chocolate tasting? Bring a friend and get ready to learn all there is to know about chocolate. Taste a variety of chocolates ranging from bittersweet to creamy white chocolate and experience the smell, touch and taste of each flavor. Attend the Garvey Senior Activity Center’s chocolate tasting and you can become a chocolate connoisseur. Advance sign up is required. Call the Garvey Senior Activity Center at 301-475-4200, ext. *1050 or sign up with the receptionist.
LOFFLER Senior Activity Center

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

Art Classes by Jamie Naluai
Loffler Senior Activity Center, Tuesdays 10 a.m.-noon
Jan. 3, 10, 17 & 24, $85
Feb. 7, 14, 21, 28, $85

How about taking up art in the New Year? Jamie’s classes are suitable for beginners as well as intermediate level students. She teaches drawing, painting and other mediums in four 2-hour sessions per month. Learn many drawing and painting techniques to create pieces of artwork during each session. Cost of these classes includes enough paint and supplies to get you started. Payment may be made to instructor on the first day of class. Call 301-475-4200, ext. *1658, to sign up or to learn more.

Beginner Tai Chi for Arthritis and Fall Prevention
Loffler Senior Activity Center
Mondays & Thursdays beginning Jan. 19-Feb. 23, 11 a.m., Free

Beginner classes for Tai Chi for Arthritis and Fall Prevention meet on Mondays and Thursdays at 11 a.m. beginning January 19. In this class you will learn to do some core movements on each side in a graceful routine while applying basic Tai Chi principles. There is no fee for this class, but a commitment to attendance and practice is necessary for success. Also, since space is limited to 20 new participants, we ask that you sign up only if you are sure that you will be able to attend regularly. Pre-registration is required. To sign up call 301-475-4200, ext. *1658, or stop by the reception desk.

January Monthly Craft: Make a Chalkboard Tray
Loffler Senior Activity Center
Friday, Jan. 13, 10 a.m., Free

Bring in an old metal tray or pick up a cheap one from the dollar store to make a stylish blackboard that you can reuse again and again! We will supply the rest of the materials. Call 301-475-4200, ext. *1658, or stop by the reception desk to get in on the fun. Pre-registration is required.

History and Educational Video Series: The Amish
Loffler Senior Activity Center, Free, Wed. Jan. 11, 10 a.m. This video, written and directed by David Belton, explores the insular religious community whose intense faith and adherence to 400-year-old traditions have captivated and baffled Americans for more than a century. The film examines the beliefs, lifestyle, and history of the Amish, as well as their complex relationship to mainstream American culture. Beautifully and lyrically photographed, The Amish is part history and part observational documentary that takes viewers into the world of the Amish. (120 min.) Register for this video by calling 301-475-4200, ext. *1658, or stop by the reception desk to sign up. Seating is limited.
Open Studio Art
Loffler Senior Activity Center
Fridays, Jan. 13, 27 and Feb. 10, 24, 10 a.m.-noon, $5 Supply Fee
Jamie donates two Fridays each month so that people can enjoy practicing art for little or no fee. These classes are opportunities to learn something new ($5 supply fee applies) or you can bring in a project you are working on. For questions call 301-475-4200, ext. *1658.

AARP Safe Driving Course
Loffler Senior Activity Center, Wednesday, Jan. 18, 9 a.m.-2 p.m.,
$15 for Members/$20 for Non-Members
This revised program now includes emphasis on roundabouts, pavement markings, stop-sign compliance, red-light running, and safety issues such as speeding, seat belt and turn signal use. The fee is payable to AARP on the day of class. Pre-registration is required, call 301-475-4200, ext. *1658. When you register, please indicate if you wish to order lunch at the center for that day.

Health Topic Presentation: Make the Most of Your Doctor Visit
Loffler Senior Activity Center
Friday, Jan. 20, 10 a.m., Free
As we get older, medical appointments become a way of life and we find ourselves traveling from one specialist to another. At the same time, our appointment times are getting shorter and shorter. Learn to make the most of that time by preparing ahead of time. This presentation will give you tips on making lists of your concerns, symptoms and medications. We will offer handouts that include charts for all of these lists to make your visit even more efficient for both you AND your provider. Call 301-475-4200, ext. *1658 to register for this class.

Beginner Keyboard/Piano Lessons
Loffler Senior Activity Center, Tuesdays, Jan. 24-Feb. 28, 1-2 p.m., 6 sessions
$100 for 6 sessions (includes instruction and textbook)
Need to invest in an inexpensive keyboard. ($50-$100+ available at local stores and online) These will be group lessons and a minimum of 3-4 students are required for these lessons to commence.

We are pleased to announce that Dr. Robert L. Jefferson, author of the book series “How to Play Gospel” and an experienced vocalist, songwriter, recording artist, pianist and teacher will be returning to the Loffler Senior Activity Center to offer his specialized beginner classes. If you have already taken this class, you are welcome to take it again. $100 payment is due to Dr. Jefferson on the first day of class. To sign up for these lessons, call 301-475-4200, ext. *1658, or sign up at the reception desk by January 20.
Loftler’s LUNCH CONNECTION
Tuesday, Jan. 10 / Thursday, Jan. 26 / Thursday, Feb. 23

NO TUESDAY LUNCH CONNECTION IN FEBRUARY. Entertainment on Tuesday begins at 11:30 a.m., lunch is served at noon. Advance reservations are required, preferably at least 2 weeks in advance. Call 301-475-4200, ext. *1658. There will be an appreciation basket for our performers and a 50/50 raffle at each luncheon.

Tuesday Jan. 10: Start 2017 at the Senior Activity Center with a meal of Roast Beef & Gravy, Mixed Vegetables, Baked Potato with Margarine & Sour Cream, Peaches, Whole Wheat Dinner Roll, V-8 Juice and Bread Pudding with Vanilla Sauce for dessert. At 11:30, enjoy the music of Ben Connelly, as he returns to Loftler playing music that we all love.

Thursday, Jan. 26: Join your friends as lunch is served! Orange Juice, Roast Turkey, Gravy, Stuffing, Mashed Potatoes, Carrots, Fruit and a piece of Chocolate Cake will fill you on this winter day.

Tuesday, Feb. 14: LOVE DAY, no Lunch Connection.

Thursday, Feb. 23: The menu for this day is Apple Juice, Roast Pork, Gravy, Mashed Sweet Potatoes, Broccoli, Whole Wheat Dinner Roll, Crushed Pineapple and a Lemon Bar for dessert.

Facebook Class
Loftler Senior Activity Center
Friday, Jan. 27, 10 a.m., Free
What’s all the buzz about Facebook? Facebook is the exciting way to keep up with your friends and family members. Lost touch with relatives and school chums from back in the day? Type their names in and find out if they are on Facebook- then check out their pictures and learn what they’ve been up to over the years. It is so much fun! Sarah Miller will be at the Loftler Senior Activity Center to show you how to set up an account. All you need to get started is an e-mail account. Make sure you know your e-mail address and password. If you already have a Facebook account but just want some tips on how to widen your experience, make sure you know your username and password. To reserve your seat for this class call 301-475-4200, ext. *1658, or sign up at the reception desk. Seating is limited.
History and Educational Video Series

*Abraham Lincoln: Father of Freedom*
Loffler Senior Activity Center
Wednesday, Feb. 1, 10 a.m., Free
Start the month of American presidents by watching an exciting, historical journey through the trials and triumphs that surrounded the life of Abraham Lincoln, as depicted through narration, photographs, and paintings of the 16th President of the United States and his founding ideals of liberty and freedom. (97 min.) Register for this video by calling 301-475-4200, ext. *1658, or stop by the reception desk to sign up. Seating is limited.

February Monthly Craft: *Make a Red & White Wreath*
Loffler Senior Activity Center, Friday, Feb. 3, 10 a.m., Free
Let’s celebrate the month of love by making a lovely red and white wreath from coffee filters, flowers and other accents that speak to the heart! We will supply everything you need. Call 301-475-4200, ext. *1658, or stop by the reception desk to secure your place at this workshop.

**LOVE DAY at Loffler**
Loffler Senior Activity Center
Tuesday, Feb. 14, 10 a.m.-2 p.m., Ticket Required, $10 Suggested Donation
LOVE DAY is back this year, and we are hoping for a great turnout! The date is set for Tuesday, Feb. 14, from 10 a.m.-2 p.m. with Tuesday, Feb. 21 as the snow date. We will have DJ Mean Gene and some LOVE DAY fun, along with a tasty meal. Enjoy a meal of *BBQ Chicken, Oven Roasted Red Potatoes & Onions, and Roasted Carrots, Baked Apple, Fruit Juice blend & a Dinner Roll, with Cherry Pie and a scoop of Ice Cream* for dessert. LOVE DAY will feature door prizes, a 50/50 raffle and a healthy dose of fun along with a special RED toast to all the love in this world! Advance tickets are required, suggested donation of $10 each. A limited number of tickets will be sold, and ticket holders ONLY will be able to have lunch at Loffler on this day. Tickets are available at the Loffler Senior Activity Center starting Jan. 2, 2017. Call 301-475-4200, ext. *1658, for details.

**Looking ahead:** A St. Patrick’s Day celebration will be held from 11 a.m.-1:30 p.m. on Friday, Mar.17. Wear your green; enjoy an Irish lunch and an hour of live IRISH music by David Norris during the lunch hour. For your Irish Lunch, enjoy Shepherd’s Pie, Irish Soda Bread, Steamed Cabbage and a yummy dessert. There may be a bit of Tom Foolery after the entertainment ends, so bring your sense of humor! Advance tickets are required, $7 suggested donation. A limited number of tickets will be sold, and ticket holders ONLY will be able to have lunch at Loffler on this day. Tickets will go on sale on Feb. 1 at the Loffler Senior Activity Center. Call 301-475-4200, ext. *1658.
Veterans Circle at Loffler Senior Activity Center
Veteran’s Circle Celebration at Loffler Senior Activity Center in November, 2016. Photos by Norine Rowe
Tai Chi for Arthritis and Fall Prevention
Northern Senior Activity Center, Free
Tuesdays, Jan. 3-Feb. 7, 10-10:45 a.m.,
This evidence-based program is designed to help reduce pain, improve balance, and promote total body wellness. It is beneficial for people with all levels of Tai Chi experience and is ideal for those who are interested in learning more about this art. Classes are progressive and are held on six consecutive Tuesdays. This series does involve commitment to attend as many of the six classes as possible to ensure the maximum benefit. Space is limited. Advanced sign up is required, no drop in space is available. To sign up for this series in advance, visit the signup table or call 301-475-4200, ext. *3103.

The Beauty of Belly Dancing
Northern Senior Activity Center
Fridays, Jan. 13-Feb. 3
11:30 a.m.-12:30 p.m., $40
The art of belly dancing originated over 5,000 years ago and the beauty of its movements are still popular today. Learn the fundamentals of belly dancing in this four-session workshop taught by Geno Rothback. Class will be taught in a small group of up to 8 participants in a private setting for comfort. The cost of $40 covers all 4 sessions and payment is due at signup to secure your place. To sign up and pay for this workshop in advance, visit the front desk.

Fresh Cup of Flowers
Northern Senior Activity Center, Friday, Jan. 20, 10:30-11:30 a.m., $10
A flower arrangement in a mug is the perfect gift for any season or occasion! Learn to make an adorable fresh flower arrangement in mug of your choice. The cost is $10 and is due at signup. This fee includes all flowers and materials. Space is limited. To sign up and pay for this class in advance, visit the front desk.
Breakfast Café
Northern Senior Activity Center
Wednesdays, Jan. 25 & Feb. 15
9-10 a.m., $2

What a wonderful way to start your day! Make your reservation for a delicious staff prepared breakfast with friends and let us do the cooking and clean up.

Breakfast for January 25 will be French toast, bacon, and fruit. Breakfast for February 15 will be scrambled eggs, ham, potatoes, toast, and a sweet roll. The cost is $2 and is due at sign up. Space is limited. To sign up and pay for breakfast in advance visit the front desk.

Southern Maryland Wine & Design Painting Events
Northern Senior Activity Center
Thursday, Jan. 19 & Feb. 16, 9:30-11:30 a.m., $25

Enjoy the fellowship of friends, food, and fun at our Southern Maryland Wine & Design painting events. Learn to paint a beautiful work of art from professional instructors. Each picture will be pre-sketched to guide you during the painting process and is perfect for artists of all skill levels. All supplies are provided and refreshments are offered courtesy of the center. Leave with a 16x20 canvas of your acrylic painting and a sense of accomplishment. The January painting will have a winter theme and the February painting will celebrate the spirit of Black History Month. No alcohol is provided or permitted. The cost is $25 per session and is made payable to Southern Maryland Wine & Design. The painting design will be on display at the center during signups. To sign up and pay for the class in advance, visit the front desk.

AARP Smart Driving Course
Northern Senior Activity Center
Monday, Jan. 30, 9 a.m.-2 p.m.
$15 for AARP members, $20 for non-members

This course includes proven safety strategies that older drivers can use to compensate for changes as they age and allow them to drive more safely and confidently for as long as possible. The fee is $15 for AARP members and $20 for non-members with cash or check made payable to AARP. Payment is required to sign up for the class. Class is 4 hours with a break for lunch at 11:30 a.m. Lunch is a donation from seniors 60 and older; $6 for others made the day of the class. To sign up and pay for this class in advance and to sign up for lunch, visit the front desk or call 301-475-4200, ext. *3101.
Famous African American Figures
Northern Senior Activity Center
Feb. 1-28, On Display
The Northern Senior Activity Center will display a different photograph and biographical information of a prominent African American each day during the month of February. Historical and modern leaders in art, music, science, politics, and social reform will be highlighted for their amazing contributions to their field and the African American community. If you have a suggestion or recommendation of a person you would like to see included, contact Rachel Mowatt at 301-475-4200, ext. *3103 by Jan. 31.

Dr. Mike: Massage and Physical Therapy
Northern Senior Activity Center
Thursday, Feb. 9, 11 a.m.-12 p.m., Free
Dr. Mike O’Brien will visit the Northern Senior Activity Center to discuss the use of massage as part of a physical therapy regimen. Learn about the importance of massage, the difference between physical therapy massage and a massage at a spa, as well as self-massage techniques. Space is limited. To sign up for this series in advance, visit the signup table or call 301-475-4200, ext. *3101.

Valentine Bingo
Northern Senior Activity Center
Friday, Feb. 10, 10-11:30 a.m., $2
Love is in the air for Valentine Bingo! Bring your special sweetie or dearest friend to bingo and enjoy prizes that celebrate the holiday. Prizes will be heart themed, pink or red, sweet, and so much more. The cost is $2 and is due at signup. To sign up and pay for this event in advance visit the front desk.

Pitch Tournament Lottery
Northern Senior Activity Center
Deadline is Friday, Feb. 24, 4:30 p.m.
Attention Pitch Players! If you are interested in submitting your name into our Pitch Tournament Lottery for the March/April tournament (runs March 6-April 10) please fill out a lottery slip and give it to Rachel Mowatt or call to have one completed for you. Please indicate if you are interested in being a sub should you not be selected for participation. The deadline to submit your information is Friday, Feb. 24. Names will be drawn on Monday, Feb. 27 at 9 a.m. You will be contacted regarding your status whether chosen or not. If you are interested in being a sub but not being part of the lottery contact Rachel at 301-475-4200, ext. *3103.
Throwing Clay 101
Northern Senior Activity Center
Monday, Feb. 27, 1 p.m., Free
Makeup Date March 13
Are you interested in learning how to use a potter’s wheel? Pam King, our pottery group leader, will provide instruction on how to use the potter’s wheel to “throw” clay and make beautiful vessels. This class is free and includes instruction and all supplies; firing fee may apply if you chose to fire your piece. Space is limited, advance signup required. To sign up for this class in advance, visit the signup table or call 301-475-4200, ext. *3101.

A Year in Review: 2016
by MarieNoelle Lautieri, Operations Manager

In looking ahead at 2017, there is much to appreciate and reminisce from 2016. Attendance at the Center has been stronger than ever, we have been very busy. Often with so many programs, there is a need to take turns sharing space. We started a few new programs and updated others to keep current with the times and interest of our membership.

At our facility, parking continues to be an issue. Please be patient and careful in the parking lot. For safety purposes, signs have been put up by the Department of Public Works & Transportation to more carefully direct the flow of traffic and restrict parking. Use of the Three Notch Trail has been high and there have been some snags with Trail users taking parking spots that members need. We are working with the Library and the Department of Recreation & Parks to direct folks to the Welcome Center to park when using the Trail.

Inside the Center, much has been done to keep up the high standards of health, comfort and vibrancy. The Department paid for all the fabric chairs to be steam cleaned and purchased new chairs for the dining room that are more comfortable and easier to clean. Another notable purchase was the 21-speed Trek bicycle that brings our bicycle fleet more up-to-date and offers easy options for going outdoors and being active.

As always, the Northern Senior Activity Center Council has been instrumental in doing so much for everyone. They funded a supplemental cleaning of the center to address what’s not included in our custodial contract (cleaning of all banquet and activity tables, folding chairs, fitness supplies and equipment and artificial plants/trees decorating the Center.) They also continue to maintain the Memorial Garden and provide kitchen volunteers. They have planned numerous bus trips and ice cream socials for members, a Spring Vendor Fair for the community, and a special volunteer recognition for helpers. Most recently they purchased lighter banquet tables for setup ease and to replace older, bulky tables. They also organized some very special events such as the Veterans Salute to Service and the Christmas Party.

If you are available and interested in helping at the Center, let us know so we can consider what might be a good fit! We are very grateful to have nearly 35 volunteers who help oversee many programs and activities. We couldn’t do it without them and you! Many thanks to everyone who puts so much into the Center and a very happy New Year to all!
Retired and Senior Volunteer Program
By Norine Rowe, RSVP Project Manager

A New Year, A New Beginning
As we enter a new year, it always seems worthwhile, even wise, to pause for a moment to reflect on the year we’re leaving behind before turning the page on a new chapter in our lives. As we take a final glimpse in the rear view mirror of the past year, we acknowledge where we’ve been before heading off into new horizons. For many of us this entails reviewing our successes and our failures, as well as our hopes and dreams still waiting to be fulfilled. We celebrate all those who enriched our lives over the past year, and we honor all those who departed from us. In revisiting our joys and sorrows, we prepare our hearts for a new beginning and make way for a new year that brings with it a season of hope, discovery, and a fresh new start.

Volunteering Your Way to New Horizons
After reviewing and reflecting on the past year, we set our sights on the year ahead, focusing on the goals we’ve set for ourselves and how we hope to achieve them. It’s a time for new beginnings, a time to explore, a time for discovering new things about ourselves, our community, and others. It’s an exciting time, especially if we open ourselves to new possibilities through volunteering. For those already serving as RSVP volunteers, it may mean exploring a new volunteer opportunity or taking part in a new activity at one of our Senior Activity Centers. Wherever your explorations and discoveries lead you, may the new year be richly rewarding and full of blessings.

Last Call for All 2016 RSVP Volunteer Hours
We’re issuing a last call to RSVP volunteers to submit ALL your 2016 hours as soon as possible in January so we can tally year-end totals and order volunteer awards. Every volunteer should have already received a letter listing the total number of hours we have on record for you for 2016. If any hours are missing, or if you have additional hours to report, please let us know at your earliest opportunity. We’ll be using your total 2016 volunteer hours to order awards for our Volunteer Awards Banquet, and we want to be sure to credit you for all of the volunteer hours you served in 2016.
Volunteer Awards Banquet Scheduled for March 22, 2017
Be on the Lookout; Invitations Coming Soon!
This year’s RSVP Volunteer Appreciation Ceremony and Awards Banquet will be held Wednesday, March 22, at the Dr. James Forrest Career and Technology Center located across from the county fairgrounds in Leonardtown. Volunteer check-in and registration begins at 10 a.m. followed by the Awards Ceremony at 11:00 a.m. and then lunch. All RSVP Volunteers who served hours in 2016 will receive an invitation to the event. Invitations will be mailed soon, so be on the lookout for your invitation in the mail. Reservations are required, so all who plan to attend need to respond on or before February 28. We hope to see you there!

RSVP Volunteer Sam Brown of ACTS Receives Outstanding Maryland Rural Health Volunteer Award
Sam Brown, President of A Community That Shares (ACTS), is pictured here being congratulated by Lara Wilson, Executive Director of the Maryland Rural Health Association (MRHA), on receiving the Outstanding Maryland Rural Health Volunteer Award at the group’s 2016 annual conference at Solomon’s Holiday Inn. Brown received this prestigious honor for his work at ACTS, an RSVP Volunteer Station, where he leads a team of dedicated volunteers who refurbish and distribute thousands of pieces of convalescent equipment to persons in need for as long as they need. Among his accomplishments, Brown led a successful effort to double the ACTS warehouse space from 1,500 to 3,000 square feet and a fundraising effort that paid off the $80,000 cost of expansion within one year of construction. Sam was also recognized for his contributions to the health of community members through his service on the Commission for Persons with Disabilities and the Commission on Aging. Congratulations, Sam, on receiving this well-deserved award and for all you and the dedicated volunteers serving at ACTS do to help persons in need in our community!

RSVP Makes National News
RSVP of St. Mary’s County was featured in an e-mail news blast distributed nationwide by the National Association of Area Agencies on Aging (n4a) for our participation in their national campaign on the Health Benefits of Volunteering. We utilized materials from the campaign’s toolkit at our RSVP Health Fair Exhibit to help recruit new volunteers. The article featured a quote from RSVP volunteer Leigh Alvey who said, “There’s no doubt that volunteering has helped me stay mentally and physically fit.” She also had a message to older adults who have never volunteered: “Get off the couch, get out into the world and see how much healthier and happier you will be!”

To learn about RSVP volunteer opportunities for seniors 55+, call RSVP at 301-475-4200, ext. *1653, or e-mail norine.rowe@stmarysmd.com.
Santa’s Helpers Construction Crew...

Christmas Cottages in the making.
VOLUNTEERS NEEDED

In order to sustain the Senior Rides Program and the Home Delivered Meals Program, there is an ongoing effort to recruit Volunteers.

A great way to give back to your community

**Senior Rides Volunteer Drivers:**

**Purpose of Position:**
To enhance the lives of St. Mary’s County senior citizens by providing valuable transportation services.

**Duties of Position:**
Volunteer drivers will provide door to door transportation to St. Mary’s County residents 60 years of age and older who are unable to transport themselves or lack the ability to access other means of transportation services. Examples: medical appointments, grocery shopping, church, and other places.

**Service Schedule:**
Drivers are not required to volunteer a minimum number of hours per month. Emails sent out daily, volunteer driver choose trips when and if available.

**Driver Qualifications and Requirements:**
- Patience and a genuine love of helping others
- 21 years of age or older
- Own a personal vehicle
- Have an automobile insurance policy with a minimum personal liability limit of $100,000
- Pass a criminal background check
- Pass MVA driving record check
- Live in St. Mary’s County or neighboring
- Sign a volunteer driver release waiver
- Attend Driver Safety Course
- Participate in informal interview

**Volunteer Driver Benefits:**
- Mileage reimbursement
- Supplemental accident insurance
- Driver Safety Training
- CPR/First Aid Training
- Volunteer Recognition

**Contact:**
Julie Burch, Senior Rides Coordinator
301-475-4200, Ext. *1066
Julie.burch@stmarysmd.com

**Home Delivered Meals:**

**Setting:**
Volunteers pick up meals at one of three Senior Activity Centers in St. Mary’s County and deliver to homebound clients on a specified delivery route within the county.

**Service Schedule:**
Volunteers serve as determined by HDM Coordinator and volunteer consensus. Meals are delivered Monday through Friday, 11:15 a.m. through 1:30 p.m. No meals will be delivered on days that the Senior Activity Centers are closed.

**Examples of Services Performed:**
Pick up meals and pack into coolers provided. Drive the established route and deliver meals to homebound seniors. Inform HDM Coordinator of any customers who do not answer the door.

**Driver Qualifications and Requirements:**
- Valid Drivers License
- Access to reliable mode of transportation
- 21 year of age or older
- Attend training provided by HDM coordinator and experienced HDM driver

**Volunteer Benefits:**
- Mileage reimbursement or tax deduction.

**Contact:**
Monika Williams, Home Delivered Meals Coordinator
301-475-4200 Ext. *1060
Monika.williams@stmarysmd.com
## Ongoing Creative Expressions

<table>
<thead>
<tr>
<th>Location</th>
<th>Title</th>
<th>Instructor</th>
<th>Day(s)</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Garvey Senior Activity Center</td>
<td>Intermediate Quilting</td>
<td>Louise Park</td>
<td>1st &amp; 3rd Fridays</td>
<td>9:30 a.m.</td>
<td>Supplies</td>
</tr>
<tr>
<td>Leonardtown, 301-475-4200, ext. *1050</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Loffler Senior Activity Center</td>
<td>Needle Crafters</td>
<td>Audrey Hanie</td>
<td>Mondays &amp; Thursdays</td>
<td>10-11:30 a.m.</td>
<td>Free</td>
</tr>
<tr>
<td>Great Mills, 301-475-4200, ext. *1658</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Open Studio Art</td>
<td>Jamie Naluai</td>
<td>2nd &amp; 4th Fridays</td>
<td>10 a.m.</td>
<td>Supplies</td>
<td></td>
</tr>
<tr>
<td>Appliqué</td>
<td>Judith Nelson</td>
<td>Monday</td>
<td>1 p.m.</td>
<td>Free</td>
<td></td>
</tr>
<tr>
<td>Independent Art Art Classes</td>
<td>Self-directed</td>
<td>Wednesday</td>
<td>1 p.m.</td>
<td>Bring materials</td>
<td>$85/4 wks</td>
</tr>
<tr>
<td>Auditations</td>
<td>Jamie Naluai</td>
<td>Tuesday</td>
<td>10 a.m.</td>
<td>Free</td>
<td></td>
</tr>
<tr>
<td>Honey Bee Quilters</td>
<td>Jan Goings</td>
<td>1st &amp; 3rd Wednesdays</td>
<td>10 a.m.-noon</td>
<td>Free</td>
<td></td>
</tr>
<tr>
<td>Project Linus</td>
<td>Debbie Rumple</td>
<td>3rd Fridays</td>
<td>10 a.m.</td>
<td>Free</td>
<td></td>
</tr>
<tr>
<td>Monthly Craft</td>
<td>Audrey Haynie</td>
<td>1st or 2nd Fridays</td>
<td>10 a.m.</td>
<td>Fee</td>
<td></td>
</tr>
<tr>
<td>Wood Carving</td>
<td>W. &amp; M. Brown</td>
<td>Tuesdays</td>
<td>1 p.m.</td>
<td>Supplies</td>
<td></td>
</tr>
<tr>
<td>Form-A-Line Cards</td>
<td>Linda Wright</td>
<td>Mondays</td>
<td>1 p.m.</td>
<td>$5 for starter kit</td>
<td></td>
</tr>
<tr>
<td>Simply Crafty</td>
<td>Self-directed</td>
<td>Daily</td>
<td>Open</td>
<td>Free</td>
<td></td>
</tr>
<tr>
<td>Whimsie Works Pottery</td>
<td>Pam King</td>
<td>2nd &amp; 4th Mondays</td>
<td>1:30 p.m.</td>
<td>Fee</td>
<td></td>
</tr>
<tr>
<td>Quilting for Beginners</td>
<td>Gina Alexander</td>
<td>2nd &amp; 4th Wednesdays</td>
<td>12:30 p.m.</td>
<td>Free</td>
<td></td>
</tr>
<tr>
<td>Dynamic Ceramics</td>
<td>Nancy Norris</td>
<td>Wednesdays</td>
<td>9:30 a.m.-noon</td>
<td>Fee</td>
<td></td>
</tr>
<tr>
<td>Open Studio</td>
<td>Self-directed</td>
<td>Mondays &amp; Fridays</td>
<td>9 a.m.</td>
<td>Free</td>
<td></td>
</tr>
<tr>
<td>Northern Senior Activity Center</td>
<td>Whimsie Works Pottery</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Charlotte Hall, 301-475-4200, ext. *3101</td>
<td>Quilting for Beginners</td>
<td>Gina Alexander</td>
<td>2nd &amp; 4th Wednesdays</td>
<td>Free</td>
<td></td>
</tr>
<tr>
<td>Northern Stars Theater Group</td>
<td>Nancy Norris</td>
<td>Wednesdays</td>
<td>9:30 a.m.-noon</td>
<td>Fee</td>
<td></td>
</tr>
<tr>
<td>Northern Stars Theater Group</td>
<td>Self-directed</td>
<td>Mondays &amp; Fridays</td>
<td>9 a.m.</td>
<td>Free</td>
<td></td>
</tr>
<tr>
<td>Northern Stars Theater Group</td>
<td>Rachel Mowatt</td>
<td>Varies</td>
<td>1 p.m.</td>
<td>Free</td>
<td></td>
</tr>
</tbody>
</table>

*JANUARY-FEBRUARY*
**Ongoing Social Events at the Northern Senior Activity Center**

<table>
<thead>
<tr>
<th>Location</th>
<th>Title</th>
<th>Day(s)</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Senior Activity Center Charlotte Hall 301-475-4200, ext. *3101</td>
<td>“Bring Your Buddy” Billiards</td>
<td>Mondays Wednesdays Thursdays, No Fridays, Tuesdays</td>
<td>All day Before 1 p.m. After 3 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Hand &amp; Foot</td>
<td>3rd Tuesday</td>
<td>10 a.m.-12:30 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>“Oh, Heck”</td>
<td>Tuesdays and Fridays</td>
<td>9:30 a.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Double Pinochle</td>
<td>Tuesdays Fridays</td>
<td>11 a.m. Noon</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Breakfast Café</td>
<td>Varies (see pg. 21)</td>
<td>9 a.m.</td>
<td>$2</td>
</tr>
<tr>
<td></td>
<td>Western Mahjong</td>
<td>Wednesdays</td>
<td>1 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Eastern Mahjong</td>
<td>1st. &amp; 2nd Tuesdays &amp; Thursdays</td>
<td>10 a.m. 1 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Pitch Tournament</td>
<td>TBD 5 week sessions</td>
<td>12:30 p.m.</td>
<td>$10</td>
</tr>
<tr>
<td></td>
<td>Bridge</td>
<td>Thursdays</td>
<td>10 a.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Bingo</td>
<td>Fridays</td>
<td>10 a.m.</td>
<td>$2</td>
</tr>
<tr>
<td></td>
<td>Eat. Play. Fun. Pitch.</td>
<td>2nd and 4th Thursdays</td>
<td>12:30 p.m.</td>
<td>Free</td>
</tr>
</tbody>
</table>

**Wanted: Older Adults Who Like to Eat!!**
Did you know that St. Mary’s County has three senior activity centers open to independent older adults Monday through Friday where lunch is served? Adults age 60 and over can enjoy lunch among friends, and donations are accepted. Continued social involvement and good nutrition are key to healthy, independent aging. By joining your friends for lunch at the Garvey, Loffler, or Northern Senior Activity Centers, you are taking a positive step, and enjoying these benefits. Try lunch at your local senior activity center. Call 301-475-4200, ext. *1050 by noon the day before to make a reservation. The monthly menu is available at the centers or on-line at www.co.saint-marys.md.us/docs/agingmonthlymenu.
# Ongoing Social Events at the Garvey and Loffler Senior Activity Centers

<table>
<thead>
<tr>
<th>Location</th>
<th>Title</th>
<th>Day(s)</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
</table>
| Garvey Senior Activity Center  
Leonardtown  
301-475-4200, ext. *1050 | Bingo | 1st & 3rd Mondays | 10 a.m.-noon | $1-3 |
| | Billiards | Call for availability | 8 a.m.-5 p.m. | Free |
| | Casual Contract Bridge | 2nd & 4th Fridays | 10 a.m.-1 p.m. | Free |
| | Senior Vibes | 1st Tuesday | 9:30-11:30 a.m. | Free |
| | Bridge Club | Thursdays | 10 a.m.-3 p.m. | Free |
| | | | (call for info) | |
| Loffler Senior Activity Center  
Great Mills  
301-475-4200, ext. *1658 | Pinochle | Mon., Wed. & Fri. | 8 a.m.-12:30 p.m. | Free |
| | Canasta/Pitch Club | Tuesdays | 9:30 a.m.-2 p.m. | Free |
| | Contract Bridge | Tuesdays | 10 a.m.-noon | Free |
| | Bingo | Tuesdays-  
Jan. 3, 17, 24, 31  
Feb. 7, 21, 28 | 12:30-1:30 p.m. | $1 (up to three cards) |
| | Bingo | Wednesday,  
Jan. 11  
Feb. 15 | 12:30-1:30 p.m. | $1 (up to three cards) |
| | Canasta & More | Wednesdays | 1-4 p.m. | Free |
| | Puzzles | Daily | 9-Noon | Free |
| | Polish Poker & Pitch | Wednesdays | 10 a.m. | Free |
| | Coloring Conquests | Daily | 9 a.m. | Free |
| | Pitch | Thursdays | 10 a.m. | Free |

## Our Extensions Have Changed

Please be advised that the phone extensions for the Department of Aging & Human Services, Garvey, Northern, and Loffler Senior Activity Centers have changed. Please make sure to dial an asterisk (*) before these extensions.
# Ongoing Physical Fitness Activities At Garvey and Loffler Centers

<table>
<thead>
<tr>
<th>Location</th>
<th>Title</th>
<th>Day(s)</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Garvey Senior Activity Center</td>
<td>Fitness Equipment</td>
<td>Daily</td>
<td>8 a.m.-5 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td>Leonardtown 301-475-4200, ext. *1050</td>
<td>Wii Sports</td>
<td>Call for availability</td>
<td>8 a.m.-5 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Men’s Strength Training</td>
<td>Mondays &amp; Thursdays</td>
<td>9:30-10:30 a.m.</td>
<td>F.C.</td>
</tr>
<tr>
<td></td>
<td>EnhanceFitness</td>
<td>Mon., Wed., Fri.</td>
<td>10:45-11:45</td>
<td>F.C.</td>
</tr>
<tr>
<td></td>
<td>Open Table Tennis</td>
<td>Tuesdays except 1st. Thursdays</td>
<td>10 a.m.-noon 2:15 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Arthritis Foundation Exercise</td>
<td>Tuesdays &amp; Thursdays</td>
<td>8:45-9:20 a.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Yoga For Everyone</td>
<td>Tuesdays &amp; Fridays</td>
<td>1:05-2:05 p.m.</td>
<td>F.C.</td>
</tr>
<tr>
<td></td>
<td>Line Dancing</td>
<td>Wednesdays</td>
<td>1:30-2:30 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Exercise for Parkinson’s Disease</td>
<td>Thursdays</td>
<td>1:15-2 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Zumba</td>
<td>Thursdays</td>
<td>10:45-11:45 a.m.</td>
<td>F.C.</td>
</tr>
<tr>
<td></td>
<td>Walk Tone</td>
<td>Fridays</td>
<td>9:30-10:30 a.m.</td>
<td>F.C.</td>
</tr>
<tr>
<td></td>
<td>Video Aerobics</td>
<td>Fridays</td>
<td>8:30-9:30 a.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Fitness Equipment Available</td>
<td>Daily</td>
<td>8 a.m.-5 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td>Loffler Senior Activity Center</td>
<td>Wii Sports</td>
<td>Daily</td>
<td>8 a.m.-5 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td>Great Mills 301-475-4200, ext. *1658</td>
<td>Zumba</td>
<td>Mondays</td>
<td>Noon</td>
<td>F.C.</td>
</tr>
<tr>
<td></td>
<td>Walking Club</td>
<td>Mon., Wed. &amp; Fri.</td>
<td>9 a.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Arthritis Foundation</td>
<td>Mondays &amp; Fridays</td>
<td>1-2 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>EnhanceFitness</td>
<td>Mondays &amp; Fridays Wednesdays</td>
<td>2 p.m. 1 p.m.</td>
<td>F.C.</td>
</tr>
<tr>
<td></td>
<td>Strength Training</td>
<td>Tuesdays, Thursdays</td>
<td>10-11 a.m.</td>
<td>F.C.</td>
</tr>
<tr>
<td></td>
<td>Yoga</td>
<td>Mon., Wed., Fri.</td>
<td>9:50-11 a.m.</td>
<td>F.C.</td>
</tr>
<tr>
<td></td>
<td>Yoga</td>
<td>Thursdays</td>
<td>8:50-10 a.m.</td>
<td>F.C.</td>
</tr>
<tr>
<td></td>
<td>Line Dance</td>
<td>Fridays</td>
<td>11 a.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Tai Chi for Arthritis &amp; Fall Prevention</td>
<td>Mondays, Thursdays by schedule; call.</td>
<td>11 a.m.</td>
<td>Free</td>
</tr>
</tbody>
</table>

*F.C. = Fitness Card, available at all Senior Activity Centers. The first session of activities is a free trial, with F.C. required thereafter.
Ongoing Physical Fitness Activities At
The Northern Senior Activity Center

We’ll Read to You; Audio Version of the *New Beginning* Newsletter and Calendars are Online

Thanks to volunteer reader, Barbara Homan, an audio version of this bi-monthly *New Beginning* newsletter is available on the Department of Aging website. To have New Beginning read to you, go to the web page www.stmarysmd/aging. Click on Community Programs, or click on “Bi-monthly Newsletter” under “Quick Links.” This will take you to past newsletters, and you can click on the issue you want to read, or click on the speaker icon to the right of the monthly edition you want to have read to you.

Call 301-475-4200, ext. *1073 to learn more about this audio availability.

Additional volunteer readers and those proficient in other languages are particularly welcome; the time commitment is approximately two hours on a bi-monthly basis.

You can also view the Senior Activity Center monthly calendars by going to www.stmarysmd.com/aging and clicking on the “Loffler Activities Calendar,” the “Northern Activities Calendar,” or the “Garvey Activities Calendar.”

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<table>
<thead>
<tr>
<th>Location</th>
<th>Title</th>
<th>Day(s)</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Senior Activity Center Charlotte Hall 301-475-4200, ext. *3101</td>
<td>Fitness Equipment Available</td>
<td>Daily</td>
<td>8 a.m.-5 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Wii Sports</td>
<td>Daily</td>
<td>Noon-5 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Walking on Three Notch Trail</td>
<td>Daily</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Awakening Yoga</td>
<td>Mondays</td>
<td>9 a.m.</td>
<td>F.C.</td>
</tr>
<tr>
<td></td>
<td>Total Body Strength</td>
<td>Mondays</td>
<td>2-3 p.m.</td>
<td>F.C.</td>
</tr>
<tr>
<td></td>
<td>Zumba</td>
<td>Tuesdays</td>
<td>10-11 a.m.</td>
<td>F.C.</td>
</tr>
<tr>
<td></td>
<td>Arthritis Foundation Exercise</td>
<td>Wednesdays &amp; Thursdays</td>
<td>10-10:45 a.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>EnhanceFitness</td>
<td>Tues. &amp; Thurs., Saturdays</td>
<td>9-10 a.m.</td>
<td>F.C.</td>
</tr>
<tr>
<td></td>
<td>Line Dancing</td>
<td>Wednesdays</td>
<td>1-2:30 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Regular Bike Riding</td>
<td>Daily</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>YES cycling</td>
<td>Appointment</td>
<td>Scheduled Times</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Regulation Horseshoes</td>
<td>(Call)</td>
<td>(Call)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Tai Chi for Arthritis</td>
<td>Workshops Vary</td>
<td>(Call)</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Chair Yoga</td>
<td>1st &amp; 3rd Fridays &amp; Alternating Wednesdays</td>
<td>9-10 a.m.</td>
<td>F.C.</td>
</tr>
</tbody>
</table>

* F.C. = Fitness Card, available at all Senior Activity Centers. The first session of activities is a free trial, with F.C. required thereafter.
Ongoing Education Classes

<table>
<thead>
<tr>
<th>Location</th>
<th>Title</th>
<th>Instructor</th>
<th>Day(s)</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Garvey Senior Activity Center, Leonardtown</td>
<td>Book Discussion</td>
<td></td>
<td>2nd Wednesday</td>
<td>10:30 a.m.</td>
<td>Free</td>
</tr>
<tr>
<td>301-475-4200, ext. *1050</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Loffler Senior Activity Center, Great Mills</td>
<td>Current Events</td>
<td>Dave Spore</td>
<td>Mondays</td>
<td>10 a.m.</td>
<td>Free</td>
</tr>
<tr>
<td>301-475-4200, ext. *1658</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Scripture Study</td>
<td>Solomon Olumese</td>
<td></td>
<td>2nd &amp; 4th Fri.</td>
<td>10 a.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Computer Tutor</td>
<td>Volunteer</td>
<td>Daily</td>
<td>By appt.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Northern Senior Activity Center, Charlotte</td>
<td>Page Turners Book Club</td>
<td>Gloria Fusco</td>
<td>4th Wednesday</td>
<td>1 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td>Hall</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>301-475-4200, ext. *3101</td>
<td>Lyme Disease Support &amp; Discussion</td>
<td>MarieNoelle</td>
<td>TBD</td>
<td>1 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Group</td>
<td>Lautieri</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Book Chatter</td>
<td>Joyce Summers</td>
<td>4th Thursday</td>
<td>11 a.m.</td>
<td>Free</td>
</tr>
</tbody>
</table>

Sign Up Online to Receive New Beginning

You can sign up to receive a notification when the newsletter is available online in PDF format via stmarysmd.com/citizen/signup.asp. This link will also allow you to sign up for news releases and emergency alerts. The newsletter can also be viewed on the Department of Aging website, stmarysmd.com/aging/.

If you choose to receive the newsletter via e-mail or view online rather than mailing, contact Community Programs and Outreach at 301-475-4200, ext. *1073.
St. Mary’s County Department of Aging & Human Services At A Glance

Lori Jennings-Harris, Director

MAP/I&A-Your link to health and support services providing older adults, persons with disabilities and caregivers with a single point of entry. 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. *1050 for information.

Home and Community-Based Services (HCBS)-Consists of multiple programs providing the following services: Guardianship for individuals age 65 and over, Medicaid-funded community-based services, Long-Term Care Ombudsman, Senior Care Program, Respite Assistance and Caregiver Support. Call Rebecca Kessler, Division Manager, at 301-475-4200, ext. *1061.

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

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

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

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

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

Human Services-Areas of responsibility of the Division of Human Services include: services provided to citizens with mental health needs; substance abuse treatment and prevention options including outpatient and residential options; supportive services for children and youth; and social, educational, and recreational activities to children and families. Call 301-475-4200, ext.*1849.

Website: www.stmarysmd.com/aging
Phone: 301-475-4200, ext. *1050 Fax: 301-475-4503

Address: 41780 Baldridge Street, P.O. Box 653, Leonardtown, MD 20650
(Please send donations and correspondence to the Post Office Box.)

Senior Activity Centers:
- Garvey Senior Activity Center, 301-475-4200, ext. *1050
  41780 Baldridge St., Leonardtown, MD, 20650
- Loffler Senior Activity Center, 301-475-4200, ext. *1658
  21905 Chancellor's Run Rd., Great Mills, MD 20634
- Northern Senior Activity Center, 301-475-4002, ext. *3101
  29655 Charlotte Hall Rd., Charlotte Hall, MD, 20622
2017 Holiday Closings...
(Also, no Home-Delivered Meals)

New Year’s Day, January 2, 2017

Dr. Martin Luther King, Jr. Birthday, January 16, 2017

Presidents’ Day, February 20, 2017