Are You Prepared?
In This Issue… NEW Coming!

Nutrition and Age-Related Macular Degeneration
Do your eyes have all the nutrients they need to help prevent cataracts, macular degeneration, glaucoma and other sight woes?..............................page 5

CarFit Event
Have you been driving a car that's unfamiliar to you?
Have you had knee, back, or hip surgery that makes it difficult for you to get into and out of your car?..........page 7

Caring for an Adult with Special Needs
According to an AARP study four-in-ten caregivers live with their young adult care recipient......................page 9

Yellow Door Art Studios Offerings at Garvey
The Garvey Senior Activity Center has partnered with Yellow Door Art Studios to offer high quality, low cost art instruction...............................page 10

Find Balance at Your Senior Activity Center
An average of 100 people a day come to the Loffler Senior Activity Center to find balance in their lives through more than 40 regular and intermittent programs...............................page 13

Open Studio Art at Loffler Senior Activity Center
Jamie Naluai donates two Fridays a month so that people can enjoy practicing art for no fee..............page 15
From the Director’s Desk...

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

Emergency Preparedness for everyone is important when unexpected emergency situations arise; however, for Seniors there are special considerations to keep in mind. Most people know it’s important to have an emergency kit that contains such things as water, food, blanket, radio, flashlight, extra batteries, and cash. In addition to these items, according to Ready.gov older adults should keep “…specialized items ready, including extra wheelchair batteries, oxygen, catheters, medication, food for service animals and any other items…”

As well, “Seniors who receive federal benefit should consider receiving payments electronically. Keep in mind a disaster can disrupt mail service for days or even weeks. For those who depend on the mail for their Social Security benefits, a difficult situation can become worse if they are evacuated or lose their mail service.” Another suggestion is to begin forming a network of people who you may want to have included in your emergency plan.

Friends and family should know your needs and know the plans you have in the event of evacuation. Be prepared with a list of medications, have at least a one week supply of prescription and over-the-counter medications taken on a regular basis, talk to your service providers in advance of an emergency to discuss what your needs may be, just to name a few.

Copies of emergency documents should also be included in the emergency kit. Health insurance information, medical records, list of contacts, and copies of bank documents may prove to be vital information during or after an emergency. The Federal Emergency Management Agency (FEMA) message for older adults is Prepare for Emergencies Now.

(Continued next page)
Don’t wait until an impending emergency occurs. FEMA says, 1) Get a Kit and 2) Make a Plan. “The likelihood that you and your family will recover from an emergency tomorrow often depends on the planning and preparation done today.”

The Department of Aging & Human Services wants to encourage everyone to take time to become prepared as much as possible for an emergency.

www.ready.gov/seniors
www.fema.gov/

2016 Health Fair: The Way to Wellness

It’s that time of year again! The 2016 Health Fair, sponsored by the St. Mary’s County Department of Aging & Human Services, is scheduled for Friday, Oct. 21, from 8 a.m.-4 p.m. The event will be held in the Southern Maryland Higher Education Center, located at 44219 Airport Road in California, MD and is free to the public.

Flu Shots will be available for $20. Anyone billing the cost to Medicare should bring their card. Cash and check will be accepted for all other individuals.

In addition to the flu vaccines, the Health Fair will offer a variety of free screenings and health checks including:

- Skin Cancer Screening
- Hearing Screening
- Oral Health Screening
- Depression Screening
- Leg vein screening

A shredder truck will be available from 8 a.m.-1 p.m. for anyone who wishes to shred documents, including financial and other personal information that are no longer needed (three box limit per person). The Sheriff’s Office will be on-site to collect expired or unwanted medications.

Nearly 800 people attended last year’s event to learn more about the latest health and wellness news and products. The Department of Aging & Human Services looks forward to a similar turnout at the 2016 Health Fair.

To learn more contact Community Programs & Outreach Manager Sarah Miller at 301-475-4200, ext. *1073, email sarah.miller@stmarysmd.com, or visit www.stmarysmd.com/aging/healthfair.asp.
Nutrition and Age-Related Macular Degeneration

Do your eyes have all the nutrients they need to help prevent cataracts, macular degeneration, glaucoma and other sight woes? To get a glimpse of the top foods for eye health, we talked with Judy Caplan, RDN, a former spokesperson of the Academy of Nutrition and Dietetics.

Kale: See the Light
This leafy green is a rich source of lutein and zeaxanthin, which are related to vitamin A and beta carotene, and are believed to protect eye tissues from sunlight damage and reduce the risk of cataracts and macular degeneration. Other good sources of these peeper-friendly nutrients include dark green leafy vegetables such as collard greens, turnip greens and spinach, broccoli, peas, kiwi, red grapes, yellow squash, oranges, corn, mangoes and honeydew melon. Your body needs fat to absorb lutein and zeaxanthin, so be sure to eat them with a bit of healthy fat such as a drizzle of olive oil. And kale isn't just a one-note food; it contains vitamin C and beta carotene, other eye-friendly nutrients.

Sweet Potatoes: The Color of Health
These orange tubers are a good source of beta carotene, which may slow progress of macular degeneration. Your body converts beta carotene to vitamin A, a nutrient that helps prevent dry eyes and night blindness. Beta carotene and vitamin A also help reduce the risk of eye infections. Sweet potatoes not your favorite? For beta carotene, try other deep orange foods, which include carrots and butternut squash, plus dark green foods including spinach and collard greens. And liver, milk and eggs are other great sources of vitamin A.

But don't count on popping a pill to get these nutrients; your best sources of vitamins and antioxidants are from whole foods, since it may be a food's combination of nutrients that have a synergistic healing effect. And, similar to lutein and zeaxanthin, beta carotene and vitamin A are absorbed best when eaten with a little healthy fat such as olive oil.

Strawberries: Help You "C" Better
Fresh, juicy strawberries are a good thing for your eyes, and contain plenty of vitamin C, which is an antioxidant that can help lower your risk of cataracts. Also, be sure to load up your plate with other vitamin C-rich foods including bell peppers, broccoli, citrus (such as orange and grapefruit) and cantaloupe.

Salmon: Goodbye, Dry Eyes
Dry eyes? Eating enough omega-3 fatty acids can help alleviate the problem. Get some healthy fats every day in the form of salmon or other types of fish (two to three times per week), walnuts (which also include eye-healthy vitamin E), flax and chia seeds.
Are you prepared? “For what?” you might ask.

Are you prepared for an active, exciting, healthful time of your life? As you get older, you may now have the opportunity to do many things that you were not able to do when you were younger and busy raising a family and working. Being physically active plays an important role in how prepared you are to enjoy life and get the most out of it. Being physically active prepares you to meet the challenges that come your way. Being physically active prepares you to keep up with those grand and great grandchildren.

According to the Center for Disease Control, “only a few lifestyle choices have as large an impact on your health as physical activity.” And, “everyone can gain the health benefits of physical activity.”

Regular physical activity is important to good health and wellness for so many reasons. Physical activity helps reduce the risk of coronary heart disease. It helps one control or lose weight, which is important for those having diabetes. Regular physical activity helps control blood pressure and increases HDL cholesterol, the good kind. Your immune system is boosted by regular physical activity and your bones become stronger. Regular physical activity helps improve your sleep, reduces your risk of some types of cancer, lessens pain and stiffness from arthritis, and helps improve balance and keeps you strong which reduces your risk of falling.

So prepare for a fulfilling life by being physically active. Join the fun at your local senior activity center where you will find a variety of fitness programs designed to meet your needs. See page 32-33 of this newsletter for a complete listing of fitness programs offered at the senior activity centers. To learn more about a specific program, call me at 301-475-4200, ext. *1063.

During the month of September, join us as we celebrate National Senior Center month. Special activities are planned to “Find Balance at Your Senior Center.” Check out each center’s section of New Beginning for highlights of activities being offered and join us in our celebration of National Senior Center month. Remember, being active and involved at a senior activity center helps you to age healthfully!

L.I.F.E. (Learning is ForEver)
The Fall semester of the LIFE program is underway with an interesting array of day trips and programs planned for your enjoyment. Be sure to pick up the booklet at a senior activity center near you and register early. Some of the planned tours include: Q Street Kitchen cooking class, tours of Chesapeake Biological Lab, Patuxent River NAS Test Pilot School, Amish & Mennonite community, Washington D.C., Annapolis Statehouse & Governor’s Mansion, St. Mary’s City featuring the lead coffins and more. Don’t miss out, register today!
Do You Know About... “Walk A Million Miles?”

Did you know that St. Mary’s County seniors are participating in Governor Hogan’s Walk a Million Miles initiative? If you haven’t joined in, there is still time. Tie on your shoes, get a log sheet from your local senior activity center and record your time, mileage or number of steps walked during the month of September. Turn your log sheet in at a senior activity center by the 5th of the following month to be entered in the monthly drawing. The September drawing is for a $60 gift certificate from The Good Earth in Leonardtown. The October drawing is for a $75 gift certificate from Dick’s Sporting Goods. The Challenge ends October 5 on Walk Maryland Day. Take the challenge and let’s see Maryland walk a million miles!! Call 301-475-4200, ext. *1063 to learn more.

CarFit Event
Loffler Senior Activity Center
September 30, 12-4 p.m.
Have you been driving a car that's unfamiliar to you? Have you had knee, back, or hip surgery that makes it difficult for you to get into and out of your car? Do you want to make sure you're driving as safely as possible? Then sign up for the upcoming CarFit event to be held at Loffler Senior Activity Center on Friday, Sept. 30. Half-hour slots are available between 12 and 4 p.m. CarFit is an educational program created by the American Society on Aging and developed in collaboration with AAA (American Automobile Association), AARP and the American Occupational Therapy Association. The program is designed to help older drivers find out how well they currently fit their personal vehicle, to highlight actions they can take to improve their fit, and to promote conversations about driver safety and community mobility. A proper fit in one's personal vehicle can greatly increase not only the driver's safety but also the safety of others. Each driver will meet with a certified CarFit technician and an occupational therapist during their timeslot. Participants will receive a roadside safety kit from the Department of Aging & Human Services. Pre-registration is required. To learn more call Sarah Miller at 301-475-4200, ext. *1073, or email to sarah.miller@stmarysmd.com.

Newsletter Delivery Service Concerns

Have you stopped getting your Department of Aging & Human Services newsletter, New Beginning? If so, make sure the Department has your correct address, particularly if you use a P.O. Box for a mailing address. If you’ve moved recently or if you’ve stopped receiving the bi-monthly newsletter, get in touch with the Department of Aging & Human Services to make sure your mailing information is accurate and up-to-date. To learn more call Community Programs & Outreach Manager Sarah Miller at 301-475-4200, ext. *1073 or email sarah.miller@stmarysmd.com.
Emergency Preparedness Checklist for Caregivers

- Water, one gallon of water per person per day for at least three days, for drinking, sanitation
- Food, at least a three-day supply of non-perishable food
  - Battery-powered or hand crank radio and a NOAA Weather Radio and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask, to help filter contaminated air and plastic
  - Sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Local maps
- Prescription medications and glasses
- Nutritional Supplements
- Incontinence Supplies
- Pet food and extra water for your pet
- Important family documents such as copies of insurance policies,
  - Identification and bank account records in a waterproof, portable container
- Cash
- Sleeping bag or warm blanket for each person. Consider additional bedding
  - Complete change of clothing including a long sleeved shirt and sturdy shoes
- Household chlorine bleach and medicine dropper (When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.)
- Fire Extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates and plastic utensils, paper towels
- Paper and pencil
- Books, games, puzzles or other activities for the family

To learn more go to: www.cdc.gov/aging/emergency/preparedness.htm

Save the Date!
25th Anniversary Southern Maryland Caregivers’ Conference
Friday, April 21, 2017
Southern Maryland Higher Education Center, California, MD
*Learn more in the November-December issue of New Beginning!
**Caregiving Matters: Caring for an Adult with Special Needs**  
*Compiled by Daphne Benear*

According to an AARP study four-in-ten caregivers live with their young adult care recipient. “Most of us think about taking care of our aging parents or spouse, not our kids. But there are more than 11 million Americans currently providing care for a family member between the ages of 18 and 49. Many worry deeply about their loved one’s future should something unexpected happen to them or their spouse.” Sally Abrahms  
www.blog.aarp.org/2014/03/12/young-adults-with-special-needs-and-aging-caregivers/

Planning for the care of adults with special needs is never easy but there are some specific steps and conversations that can make the process less stressful and help to provide a safe future for your loved one.

Talk Early Talk Often (www.talk-early-talk-often.com/special-needs-adults.html) highlights some steps that can be taken to ensure the safety and wellbeing of an aging adult with special needs. Some of these include:

*Legal Documentation such as powers of attorney or guardianships can provide the ability for others to legally make medical or financial decisions for the person in need. They also permit a person to apply for benefits or services on behalf of the person.*

*Speaking with professionals who are familiar with specialized services and programs can provide information and a plan to tap into services that can assist with care, housing, income, etc.*

*Conversations relaying important information about care needs, resources and client preferences. Family members need to discuss requirements/needs that can help ensure continued safety and care in the community if the current care provider becomes ill or unable to provide the care.*

Talk Early Talk Often (www.talk-early-talk-often.com/special-needs-adults.html) provides a list of items to discuss and tips for bringing up these important topics. The National Family Caregiver Support Program offers information and support from our local office. Contact Daphne Benear at 301-475-4200 ext. *1069.

**Debt Collection with Maryland Legal Aid**

Garvey Senior Activity Center  
Tuesday, October 4, 10:30 a.m.

After you take care of your basic necessities, such as housing, food, and medicine, do you have trouble paying your other bills such as credit card debt? Do collectors call you demanding that you pay them? Can the collectors garnish your bank account or put you in jail? Attorneys from Maryland Legal Aid invite you to their presentation to learn about your right to protect yourself from harassment by creditors and what creditors can and cannot do to collect from you. There is no fee for this presentation; register in advance by calling 301-475-4200, ext. *1050.*
Yellow Door Art Studios Offerings at Garvey Senior Activity Center

The Garvey Senior Activity Center has partnered with Yellow Door Art Studios to offer high quality, low cost art instruction. All materials will be supplied.

**Monday Sept. 12, 1:30-3:30 p.m.** Memory Boxes (register by Sept. 7)

**Monday Sept. 19 1:30-3:30 p.m.** Birds with Watercolor (register by Sept. 14)

**Monday Oct. 3 1:30 - 3:30 p.m.** Fall Harvest with Watercolor (register by Sept. 28)

**Monday Oct. 24 1:30-3:30 p.m.** Postcards from Paradise with Ink (register by Oct. 19)

The cost is $10 per class, payable to Yellow Door Art Studios. Payment must be made at the Garvey Senior Activity Center at the time of registration. Space is limited so register early. To learn more call 301-475-4200, ext. *1050.

Reader’s Theater Club Forming

Garvey Senior Activity Center, Tuesday, Oct. 11, 10 a.m.

Reader’s theater provides an opportunity for those who enjoy theater to be involved without memorizing lines. Actors use only vocal expression to help the audience understand the story rather than visual storytelling such as sets, costumes, intricate blocking, and movement. This is an informational and interest meeting only. Linda Lagle, current actor with the Newtowne Players, will facilitate the group. Call 301-475-4200, ext. *1050 to sign up for the meeting. If you can’t attend the informational meeting, but still wish to be involved, call to let us know.

COPD: Prevention and Signs and Symptoms of a Problem

Garvey Senior Activity Center, Tuesday, Sept. 13, 9:30 a.m.

COPD can cause breathing symptoms like shortness of breath, wheezing, coughing, and more. COPD can be mistaken for a sign of aging or asthma. But COPD is something different—a chronic, progressive condition that can get worse over time. The first step is getting the right diagnosis. Then you can get the right treatment so you can breathe easier. Learn more during this presentation given by Health Connections, the community outreach program of MedStar St. Mary’s Hospital. Sign up for this presentation by calling 301-475-4200, ext. *1050.

Luncheon & Solo Pianist

Garvey Senior Activity Center, Monday, Sept. 19, noon

At this luncheon, you will enjoy a meal of roasted turkey breast, bread stuffing, cranberry sauce, gravy, mashed potatoes, broccoli, and peach crisp. Following the meal, enjoy music by solo pianist, Meleah Shrout. Mrs. Shrout is a classically trained pianist and composer who performs regularly. Cost for lunch is $6 for those under the age of 60 or a donation for those ages 60 and above. To sign up for this event, call 301-475-4200, ext. *1050.
Crossword Puzzle Fun
Garvey Senior Activity Center, Tuesdays, Sept. 13 & Oct. 11, 1 p.m.
This crossword puzzle group is a great way to keep your brain energized, have fun and make new friends. This is a group exercise where you work with other people to solve the puzzle. Have you ever worked a crossword puzzle and there are one or two words you just couldn't get? Here is an opportunity to have fun solving puzzles and make new friends. Besides using your own knowledge, bring your dictionary, and access the internet to help solve the puzzle. Fun prizes will be awarded. Sign up by calling 301-475-4200, ext. *1050.

Book Discussion Group
Garvey Senior Activity Center
Wednesdays, Sept. 14 & Oct. 12, 10:30 a.m.
In September the group will discuss *Go Set a Watchmen* by Harper Lee and in October the group will discuss *Proof of Heaven* by Eben Alexander. To learn more, call 301-475-4200, ext. *1050.

Introduction to Stand Up Paddleboard
Camp Calvert Road Launch, Saturday, Sept. 17, 10-11 a.m.
Learn the basics of getting on and off a board and proper paddling and maneuvering techniques in this one hour introductory class for adults ages 50 and above. There will be a brief dry-land introduction. Participants will begin sitting or kneeling on the board and, once comfortable, move to the standing position. The course is taught by Dana Gregory, a World Paddle Association Paddle Board Instructor with the Patuxent Adventure Center. The class does require balance and stamina. Cost: $40, includes instruction and use of a paddleboard, paddle and life jacket. Make checks payable to: Patuxent Adventure Center. Payment is due in advance at the Garvey Senior Activity Center. To learn more call, 301-475-4200, ext. *1062.

Alleviating Symptoms of Vertigo
Garvey Senior Activity Center, Tuesday, Sept. 20, 11 a.m.
Vertigo is a common and serious disorder that affects many older adults. It is not a normal part of aging and it can be helped with physical therapy. Physical Therapist, Mike O’Brien will explain the common causes of vertigo and will offer exercises and information to assist in alleviating the symptoms associated with vertigo. Mike O’Brien is a physical therapist with 20 years of experience. Mr. O’Brien is a native of St. Mary's County and owns Freedom Physical Therapy in Mechanicsville, Maryland. There is no fee to attend; advance sign-up required. Call 301-475-4200, ext. *1050.
AARP Smart Driver Course
Garvey Senior Activity Center, Tuesday, Sept. 27, 10 a.m.-3 p.m.
$15 for AARP members, $20 for nonmembers
As a result of evidence-based research findings, this course includes a focus on areas where older drivers could benefit from additional training, including: roundabouts, pavement markings, stop-sign compliance, red-light running, and safety issues such as speeding, seatbelt and turn-signal use. The cost is $15 for AARP members, $20 for nonmembers, payable to AARP. Members must show their membership card to get the member rate. Advance sign up is required. Lunch is available at the Center; cost is a donation for ages 60 and above and $6 for those under the age of 60. Call 301-475-4200, ext. *1050 to register for the class and lunch reservations.

Learn to Play Pickleball
Leonard Hall Recreation Center
Wednesday, Oct. 12, 8-10 a.m., $4
In this class you will learn important aspects of the game including rules, scoring, basic shot techniques, court positioning and basic strategy. Equipment available to borrow. To register, call 301-475-4200, ext. *1050.

6th Annual Barn Party at the St. Mary’s County Fairgrounds
Friday, Oct. 14, 10 a.m.-2 p.m.
Ticket Price: $8
Kick off the autumn season with a good old fashion barn party planned by the Garvey Senior Activity Center. Enjoy country music and food in a country setting. Tap your feet while listening to live country music by Billy Hill & Friends, twirl your partner around the dance floor, and enjoy a catered pulled pork meal provided by Smokey Joe’s Restaurant and Pit BBQ. There will be a 50/50 raffle and door prizes! Ticket price is $8. Tickets are available for purchase at all senior activity center locations beginning September 1, while supplies last. Tickets must be purchased in advance; there will be no ticket sales at the door. To learn more call 301-475-4200, ext. *1050.

Pickleball
Leonard Hall Recreation Center, Mondays, Oct. 17-Dec. 5, 8-10 a.m., $32
Wednesdays, Oct. 19-Dec. 7, 8-10 a.m., $32
Pickleball continues to grow in popularity throughout St. Mary’s County. Sign up for Mondays or Wednesdays, or both days. Payment is due at the time of reservation. To learn more, call 301-475-4200, ext. *1050.
A Matter of Balance
Garvey Senior Activity Center
Mondays, Oct. 17-Dec. 5, 1:30-3:30 p.m.
“A Matter of Balance” is a nationally recognized, award-winning time-tested program for people over 60 designed to help manage falls and increase activity levels. In this class, participants will learn to view falls and fear of falls as controllable, set realistic goals for increasing activity, make changes to reduce falls at home, and exercise to increase strength and balance.

Classes are two hours in length and are held once a week for eight weeks and are led by two trained coaches in the Matter of Balance program. Class format is mostly lecture/discussion with approximately 30 minutes of exercise each session. All materials are provided. To sign up for the course, call 301-475-4200, ext. *1050. Space is limited so sign up early.

Get the Results You Want with Physical Activity
Garvey Senior Activity Center
Tuesday, Oct. 18, 10 a.m.
Rick Hageman, Board Certified Specialist in Orthopedic Physical Therapy with over thirty-five years of experience and Clinic Manager at the Rehabilitation Center of Southern Maryland in Leonardtown for the last 17 years, will be here to discuss the importance of exercise for seniors, how to get started with exercise and how to achieve the necessary goals of an exercise program. He will discuss a variety of orthopedic conditions including arthritis, joint replacement, osteoporosis, diabetes, stroke and fall prevention strategies. He will share specific exercises and techniques proven to get results and will discuss how to work with your doctor to develop a healthy lifestyle and improve the quality of life.
There is no fee to attend this presentation. Advance sign up is required. Call 301-485-4200, ext. *1050 to sign up.

Button Tree on Canvas Wall Art
Garvey Senior Activity Center
Friday, Oct. 28, 10 a.m.
Create a beautiful button tree on stretched canvas. All materials will be provided; however, participants are welcome to bring some of their own buttons for inclusion. Cost: $7 which must be paid in advance at the Garvey Senior Activity Center. To learn more, call 301-475-4200, ext. *1050.
September is National Senior Center Month. This year’s theme is:

*Find Balance at Your Senior Center*

An average of 100 people a day come to the Loffler Senior Activity Center to find balance in their lives through more than 40 regular and intermittent programs. In addition, there are guest presentations, trips, and center amenities like the library, fitness room, computer lab and dining room. Then there are the entertainers, luncheons and parties, plus special events that honor moms, dads and veterans. New ideas from the many people who come through these doors frequently result in new programs. During this special month that highlights active people who make good use of their senior activity centers, photographs will be on display along the halls of Loffler of the many people who have found balance here. Stop in to see if you are on our walls of fame!

Art Classes by Jamie Naluai

Loffler Senior Activity Center, Tuesdays, 10 a.m.-12 p.m. Cost: $85 each month
September 6, 13, 20, 27, October 4, 11, 18, 25

Have you always wanted to take art classes but weren’t sure where to begin? Perhaps you would just like to pursue a new interest. Whatever your scenario, here is your chance to take up art! Jamie’s classes are suitable for beginners as well as intermediate level. 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 at 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 301-737-5670, ext. 1658 to sign up or to learn more.
Open Studio Art
Loffler Senior Activity Center  
2nd and 4th Fridays, Sept. 9 & 23  
Oct. 14 & 28, 10 a.m.-12 p.m., Free
Jamie donates two Fridays a month so that people can enjoy practicing art for no fee. These classes are opportunities to learn something new or practice your favorite techniques! Some supplies will be on hand or you can just bring a project you are working on. Call 301-737-5670, ext. 1658.

Independent Art
Loffler Senior Activity Center, Wednesdays, 1 p.m., Free
Do you have something you’re working on and would like a place to spread out a bit while visiting with others who are doing the same? There is no instructor for this session but art and craft supplies are available- we’ll show you where we keep them. This session is for any art or craft you enjoy. There is no need to sign up, just show up. For questions call 301-737-5670, ext. 1658.

Monthly Crafts
Loffler Senior Activity Center  
Friday, Sept. 9, 10 a.m., Canvas, Paint & Tape, Free  
Friday, Oct. 7, 10 a.m., Stepping Stones, Free
In September we will take a canvas, tape off sections of it and then paint each section using acrylic paint. When it is dry, we will remove the tape to reveal a unique piece of art suitable for hanging. In October you can make a stepping stone using concrete, then add design with glass beads, shells, broken ceramic pieces or by simply imprinting a pattern onto it. Both of these projects will make nice gifts for the upcoming holiday season since you will definitely want to make some more when you go home! Sign up for either of these projects by calling 301-737-5670, ext. 1658, or at the Loffler reception desk.

Walk With Ease
Loffler Senior Activity Center  
Mondays, Wednesdays and Fridays, 9 a.m.  
Sept.12-Oct. 21 (6 week sessions), Free
The Arthritis Foundation has developed a program that uses walking to relieve the pain and stress of arthritis. This six-week program is part classroom instruction and part walking, and has been shown to help reduce the pain of arthritis and improve your overall health. This series is taught by Arthritis Foundation-trained lay leaders and is being offered for free. Commitment to regular class attendance and follow up at home is required. Call 301-475-6019 (Medstar St. Mary’s Hospital Health Connections) to sign up. Class size is limited.
Loffler’s LUNCH CONNECTION
Tuesday Sept. 13; Thursday Sept. 22, Tuesday Oct. 18

Lunch Connection switches to the THIRD TUESDAY (only one event per month) for October, November & December. 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 301-737-5670, ext. 1658. There will be an appreciation basket for our performers and a 50/50 raffle at each luncheon.

Tuesday Sept. 13: Rearview Mirror returns from Columbia, MD to remind us of our favorite tunes over the past five decades and you can enjoy a cool meal on what likely will be a warm day! You will be served Orange Juice, Chicken Caesar Salad made with Romaine Lettuce, with Grilled Chicken Strips and Chick Peas, topped with Caesar Salad Dressing. Whole Wheat Dinner Roll and Fresh Apple Slices round out the meal, to be finished with a serving of Peach Crisp.

Thursday Sept. 22: The menu for this day will be Orange Juice, Meatball Hoagies (Meatballs in Tomato Sauce served on a Hoagie Roll), Green Beans, Banana and a slice of Lemon Meringue Pie for dessert.

Tuesday Oct. 18: Coastline, the group whose smooth harmonies and familiar tunes make everyone feel good, will gift us with song this day! Enjoy a lunch of Fruit Juice Blend, BBQ Chicken, Oven Roasted Red Potatoes & Onions, Roasted Carrots, WW Dinner Roll, Baked Apples and a Brownie for dessert.

Keep Safe and Sound to Avoid Falls
Loffler Senior Activity Center, Sept. 22, 10 a.m., Free
Preventing a fall is one of the most important things you can do to keep well and able as you get older. Some of the things that help are watchfulness, keeping your environment as hazard free as possible as well as some strength building and balance exercises. On this National Falls Prevention Day we will be offering a presentation highlighting these aspects of safety and well-being. Sign up for this hot topic talk by calling 301-737-5670, ext. 1658, or stop by the reception desk.

Fall Prevention Awareness
Loffler Senior Activity Center, Sept. 22
The first day of Fall has been selected by the CDC as National Falls Prevention Day so on that day Loffler will highlight this important topic by offering safety checklists, pop quizzes and other ‘goodies’ to help you stay on your feet and off the floor. Pick up your free materials at the display near the reception desk.
History and Educational Video Series
Loffler Senior Activity Center, Free
Wed. Sept. 14: The Dark Ages, 10 a.m.
Between the Fall of Rome and the dawn of the Renaissance, Europe plunged into a dark night of constant war, splintered sovereignties, marauding pagans, and more. As chaos replaced culture, Europe was beset by famine, plague, persecutions, and a state of war that was so persistent it was only rarely interrupted by peace. This program covers warlords whose armies threatened to cause the demise of European society, such as Alaric, Charles the Hammer, and Clovis; and the people who valiantly tended the flames of justice, knowledge, and innovation, including Charlemagne, St. Benedict, Empress Theodora, and other brave souls who fought for peace and enlightenment. (DVD-94 min.)

Wed. Oct. 5: Ancient Mysteries: Bigfoot, 10 a.m. Since 1884, Bigfoot has provoked controversy within the scientific community as the most-sighted mythical beast in the world. Is he real or merely a popular legend passed on through the generations? Narrated by Leonard Nimoy (DVD-50 min.) Register for either of these videos by calling 301-737-5670, ext. 1658, or stop by the reception desk to sign up. (Seating is limited.)

Creative Ways to Tie Your Scarf
Loffler Senior Activity Center, Tuesday, Oct. 11, 11 a.m., Free
The right accessories can transform an outfit from 'ho hum' to 'oh YUM!' and these days the hottest accessory is the scarf! Joyce Blackwell has turned so many heads with her beautiful sense of style that friends beg her to show them how she created her look. To that end, she is willing to demonstrate some of the simple, fun ways you can wear a scarf. If you like, bring a long rectangular scarf and a large square one to the demonstration so you can practice or you can just sit back and watch her do her magic. Sign up for this demonstration by calling 301-737-5670, ext. 1658 or stop by the Loffler reception desk.

Halloween Party
Loffler Senior Activity Center, Monday, Oct. 31
11 a.m.-1:30 p.m., Ticket required: suggested donation is $6
To dress up or not to dress up; that is the question. One thing that is not questionable: whether or not the Halloween Party at Loffler will be a good time! There will be tricks as well as treats so be a good sport or the laugh is on you. We’ll do a bit of dancing, have a costume contest with lots of categories and devour a gruesome lunch: Fallen Leaves with Blood Red Acorns, Plucked Fowl in Aged Curds Sauce, Tiny Treetops, Grains Floor Bits, Devil’s Opposite Dessert with a Ghoulish surprise.... (If you are too squeamish for this repast, you can have instead: Tossed Salad w/ kidney beans, Salad dressing, Chicken Divine, Rice, Broccoli, WW Dinner Roll, Angel Food Cake with Strawberries.)
Midsummer Celebration at Loffler Senior Activity Center; Bringing Generations Together…
Midsummer Celebration at Loffler Senior Activity Center; Bringing Generations Together... 

Staff Photos by Norine Rowe
Genealogy Workshops
Northern Senior Activity Center
Tuesdays, Sept. 6 & Oct. 18, 9-11 a.m., Free
Have you hit a road block trying to learn more about your family history? The Northern Senior Activity Center will have two Genealogy classes that could help you along your journey. On September 6, this class will focus on using DNA to build your family tree, identify the tests available, and where you can find them. Back by popular demand, the October 18 class will focus on internet searching technique and understanding the US census records for genealogical research. Classes are taught by Louise McDonald in the computer lab. Space is limited. To sign up for either session in advance visit the sign-up table or call 301-475-4002, ext. *3103.

Football: Favs, Fans & Fun
Northern Senior Activity Center
Monday, Sept. 12
11:30 a.m.-12:30 p.m., Free
Show your spirit for the start of the season and dress up in your favorite football team’s jersey or colors. Participate in our free football pool game for a chance to win a prize! The pool will follow Monday night’s game, Redskins vs. Steelers, and the winners will be contacted the next day. Complimentary beverages of iced tea, coffee and soda will be on hand. Reserve a lunch and some tailgate favorites before noon on Friday, September 9. Lunch is a donation from seniors 60 and older; $6 for others and is made the day of the event. To sign up for lunch in advance visit the front desk or call 301-475-4002, ext. *3101.

Breakfast Café
Northern Senior Activity Center
Wednesdays, Sept. 14 & Oct. 12
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 on September 14 will be French toast casserole, bacon, and fruit. Breakfast on October 12 will be ham, scrambled eggs, fried potatoes, biscuit, and fruit. 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.

(NOTE: Our new phone system requires a * before the extension)
**Autumn Bench Painting**  
Northern Senior Activity Center  
**Thursday, Sept. 15, 9:30-11:30 a.m., $25**  
Enjoy the fellowship of friends, food, and fun at our St. Mary’s Wine & Design painting event. Learn to paint a beautiful autumn bench scene from professional art instructors. The picture will be pre-sketched to guide you during the painting process and is perfect for artists of all skill levels. All supplies, including snacks, are provided and you will leave with a 16x20 canvas of your acrylic painting at the end of class. The cost is $25 and made payable to St. Mary’s Wine & Design. To sign up and pay for the class in advance, please visit the front desk. To learn more call 301-475-4002, ext. *3103. (No alcohol in these “mock cocktails.”)

**Get to Know Your Camera**  
Northern Senior Activity Center  
**Thursday, Sept. 22, 12:30-1:30 p.m., $5**  
Want to learn what those strange buttons and fancy settings do on your camera? Professional Photographer Beth Graeme will show you how to navigate your camera and use advanced settings and filters to improve the quality of your photos. The class cost is $5 and payment is due at sign-up. Space is limited. To sign up and pay for the class in advance, please visit the front desk. To learn more regarding the class call 301-475-4002, ext. *3103.

**Empath Workshop**  
Northern Senior Activity Center  
**Monday, Sept. 26  
10:30-11:30 a.m., Free**  
Empaths are individuals that have a natural heightened sensitivity to their environment and are greatly affected by the energy and emotions of others. While this can be very helpful when helping people, it can also become emotionally draining. Gini Webster with Journeys Holistic Therapy Group will lead a workshop on recognizing and processing emphatic abilities within you. This session will embrace the special qualities that make you uniquely sensitive to others while offering coping tips to protect yourself emotionally. Space is limited so advanced sign up is required. To sign up for this discussion in advance visit the sign-up table or call 301-475-4002, ext. *3103.
Meet Mike—Physical Therapy Hacks
Northern Senior Activity Center
Thursday, Sept. 29, 11 a.m.-Noon, Free
Physical Therapist Mike O’Brien will lead a discussion on daily physical therapy hacks. This discussion will specifically focus on the best ways to complete tasks around your home to reduce risk of injury. Space is limited. To sign up for this discussion in advance visit the sign-up table or call 301-475-4002, ext. *3101.

Tai Chi for Arthritis and Fall Prevention
Northern Senior Activity Center
Tuesdays, Oct. 4-Nov. 8
10-10:45 a.m., Free
This evidenced-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. Space is limited. Advanced sign up is required, no drop in space is available. To sign up for this series in advance visit the sign-up table or call 301-475-4002, ext. *3103.

CSM Wellness Clinic
Northern Senior Activity Center
Thursday, Oct. 6, 9-11:30 a.m., Free
The College of Southern Maryland’s Nursing Program will provide a free wellness clinic at the Northern Senior Activity Center. Health checks include blood pressure, height and weight, heart rate, and memory assessment. Presentations include topics such as Depression, Influenza, Vision Disorders, and Understanding the Zika Virus. Drop-ins are welcome; prior sign up is not required.
Day of Pink
Northern Senior Activity Center
Friday, Oct. 7
October is Breast Cancer Awareness Month. In honor of our loved ones that have battled this disease, we are asking that members wear pink on this day to show their support. In addition to this, we will be collecting names of loved ones that have fought breast cancer and will use them to decorate our pink tree. If you would like to bring in a photograph of a loved one to hang on our tree, please bring a copy of the photo, not the original. This tree will be on display for the month of October.

Living Well With Chronic Conditions
Northern Senior Activity Center
Mondays, Oct. 17, 24, 31 and Nov. 7, 14, 21 (6 sessions)
12:30-3 p.m., Free
Start doing something wonderful for yourself, improving your life even while dealing with a chronic health condition! This is an evidence-based program developed by Stanford University to help people with chronic conditions take charge of their life by developing self-management skills, including dealing with depression and fatigue, pain management, working with health care providers and more. If you have a chronic condition and are serious about improving the way you feel, this is the workshop for you. There is no charge for taking this class; however, a commitment to regular attendance is needed for good results. To sign up for this series in advance visit the sign-up table or call 301-475-4002, ext. *3101.

Mystery & the Masquerade:
Music, Masks, and Mischief
Northern Senior Activity Center
Monday, Oct. 31, 10 a.m.-2 p.m.
Celebrate Halloween at the Northern Senior Activity Center by attending our Mystery & the Masquerade event. Costumes are encouraged as we celebrate with food, fun, and music. Party with Mean Gene and enjoy the interaction with colorful characters portrayed by the Northern Stars Theatre Group. The ticket cost is $8 and will include a lunch of Chicken Divine with Rice and Broccoli, Tossed Salad with Kidney Beans, Whole Wheat Dinner Roll, Strawberries, and Angel Food Cake for dessert. Purchase your ticket before noon on Friday, October 28 while supplies last. To purchase your ticket visit the front desk or call 301-475-4002, ext. *3101 to learn more.
The Presidential General Election will take place Tuesday, November 8!!
Don’t forget to Vote!!

Early voting will take place from October 27-November 3 from 8 a.m.-8 p.m. at the Hollywood Volunteer Firehouse bingo carnival building.

Persons who need an absentee ballot application may request one through the St. Mary's County Board of Elections office or by calling 301-475-7844, ext. *1100 or ext. *1614; by emailing susan.julian@stmarysmd.com; by contacting the State Board of Elections at 1-800-222-8683; or if you have a Maryland drivers license or identification you can download an application at www.stmarysmd.com/supervisorofelections.

Absentee ballot requests must be received (not just mailed) by November 1, 2016 or November 4, 2016 if requested through the Board of Elections website at www.stmarysmd.com/supervisorofelections. After these dates, individuals must come to the St. Mary’s County Board of Elections office located at 41650 Tudor Hall Road, Leonardtown to submit a late absentee ballot.

Any absentee ballot, whether mailed or hand delivered, is timely if it reaches the election office by 8 p.m., November 8. An absentee ballot may not be faxed. Any ballot received by mail is timely if it arrives by 4 p.m., November 9, and if the U.S. Postal Service has affixed a postmark on the envelope verifying that the ballot was mailed before November 8. If the postmark is illegible, the voter's affidavit on the ballot envelope, indicating that the ballot was completed and mailed before November 8, is sufficient.

Christmas In April

Applications for the April 2017 program year are due by October 15 and are available at all Senior Activity Centers or by calling Christmas In April at 301-884-2905.

Medicare Part D Open Enrollment

Each year between, October 15 — December 7, Medicare beneficiaries who have or need to enroll in Medicare Part D should review their plan options for 2017. For those who are already enrolled in Part D it is important to take time to review information received from their plan in September. The following are important questions to ask:

* Are my medications covered next year?
* Will I have a deductible to meet?
* Are my co-pays increasing?
* Has the premium increased?
If there are no concerns regarding your coverage in 2017 then no further action is required and the policy will automatically renew in January. For those who have concerns about policy changes, now is the time to compare other coverage options. To do so, go to www.medicare.gov and follow the instructions to compare all available Part D plans. The Department has trained counselors available to provide comparison assistance. Appointments can be made by calling 301-475-4200, ext. *1050.

Enjoying the fellowship of friends, food, and fun at our Northern Senior Activity Center St. Mary’s Wine & Design painting event. (See page 21).
Retired and Senior Volunteer Program

By Norine Rowe, RSVP Project Manager

Focusing on Healthy Futures
Promoting health among RSVP volunteers and the persons we serve is key to our RSVP Project. In fact, “Healthy Futures” is the Priority Focus Area of our federal grant. This means that the majority of our volunteer service activities focus on promoting healthy living and wellness.

One way we promote health is by providing volunteers to support a large-scale Community Health Fair each year. We also have volunteers who serve as Home Delivered Meals Delivery Drivers and Senior Rides Medical Transportation Drivers. Additionally, many RSVP volunteers help to provide assistive medical equipment free of charge to persons in need through A Community That Shares (ACTS).

Preventing Falls is a Matter of Balance
After receiving training and certification as Matter of Balance Coaches, RSVP volunteers are leading classes at several of our Senior Activity Centers. These volunteer coaches help seniors learn how to de-clutter their home environments and become more aware of the causes of falls and how to prevent them. They’re also teaching simple exercises to help seniors strengthen their muscles, increase flexibility, and promote balance.

Holistic Approach to Health
We take a holistic approach to wellness and encourage RSVP volunteers to lead activities that address not only physical health, but a person’s emotional, social, and intellectual health as well. Whether leading craft activities, an educational tour, or a current events discussion group, RSVP volunteers are promoting healthy living and healthy futures in our community.
Community Health Fair Volunteers Needed
The Department of Aging & Human Services will be sponsoring a large-scale Community Health Fair on Friday, October 21, at the Southern Maryland Higher Education Center. The Health Fair will feature local health programs, services, and resources available to the public. Flu shots and a variety of health screenings will also be offered.

More than 30 RSVP volunteers are needed to support this large-scale event, which last year drew more than 600+ attendees. Volunteers are needed to staff screening stations, assist with parking, and help meet, greet, and direct visitors. Volunteers can serve either a four-hour or eight-hour shift. To prepare for the event, a training and information session will be held on Thursday, October 13, 9 a.m.-12 Noon at the Loffler Senior Activity Center on Chancellors Run Road.

If you’d like to serve as a Health Fair Volunteer, please call or e-mail RSVP to sign up. Free lunch is provided at both the training session and the Health Fair. We also encourage volunteers to visit the Health Fair for their own flu shots, screenings, and health information!

Senior Vibes Volunteers Needed
We are seeking vocalists and instrumentalists to join the Senior Vibes, a friendly group of RSVP volunteers who bring musical entertainment and friendly Visitation to residents of Charlotte Hall Veterans Home, St. Mary’s Nursing & Rehabilitation Center, and Cedar Lane Senior Housing Community.

Senior Vibes practices once per month at the Garvey Senior Activity Center in Leonardtown, followed by weekly community performances. No auditions are required, and you can attend one or more performances as your schedule allows. You’re welcome to join a practice session to see if you’d like to become part of this wonderful group of seniors who love music and love sharing it with others. The repertoire features many old-time favorites as well as folk, country, hymns, patriotic music, and more. Contact RSVP to learn more about this opportunity to spread joy to others through music!

More Exciting Senior Volunteer Opportunities Available
RSVP has many other volunteer opportunities available in our community. We always need Home Delivered Meals and Senior Rides Volunteer Drivers, as well as Hospice Volunteers, Computer Tutors, Museum Docents and Park Volunteers, Friendly Visitation Volunteers, Senior Activity Center Volunteers, Administrative Office Volunteers, and ACTS Workshop Volunteers.

To learn about our many volunteer opportunities for seniors 55 years of age and above, call RSVP at 301.737.5670, ext. 1653, or e-mail Norine.Rowe@stmarysmd.com

SEPTEMBER-OCTOBER
**TRIPS & TOURS**

**73rd Waterford Homes Tour and Crafts Exhibit**  
Saturday, October 8, 2016  
Waterford, Virginia

Pick up time: Garvey Senior Activity Center, 7:30 a.m.  
Northern Senior Activity Center, 8 a.m.

Return time: Northern Senior Activity Center, 6 p.m.  
Garvey Senior Activity Center, 6:30 p.m.

Enter the National Historic Landmark village of Waterford, Virginia, and step back in time. The Waterford Homes Tour and Crafts Exhibit is the oldest juried crafts fair in Virginia and four-time winner of the Loudoun Convention & Visitors Association Best Event of the Year. In addition to historic homes open for tour, 155 juried heritage craftspeople (many nationally known) provide hands-on demonstrations, entertainers provide continuous traditional music and dance, and Colonial and Civil War-era militia encamp and demonstrate. There really is something for everyone!

The Fair is held throughout the village on hilly streets and uneven ground, and the village is closed to automobile traffic. A good deal of walking is required, and most of the historic buildings and private houses on tour are not wheelchair accessible. The Fair goes on rain or shine.

The cost is $55 per person, and includes motor coach bus transportation, the bus driver’s tip, snacks for the return trip and a ticket that will get you into the Fair (admission, tour houses and all exhibit buildings, all entertainment and re-enactments, and craft demonstrations). To learn more call 301-475-4200, ext. *1062.
## 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>
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<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>
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<td>Leonardtown 301-475-4200, ext. *1050</td>
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<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>
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<td>Great Mills 301-737-5670, ext. 1658</td>
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<tr>
<td>Open Studio Art</td>
<td>Open Studio Art</td>
<td>Jamie Nalau</td>
<td>2nd &amp; 4th Fridays</td>
<td>10 a.m.</td>
<td>Supplies</td>
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<td>Appliqué</td>
<td>Appliqué</td>
<td>Judith Nelson</td>
<td>Mondays</td>
<td>1 p.m.</td>
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<td>Independent Art</td>
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<td>Self-directed</td>
<td>Wednesdays</td>
<td>1 p.m.,</td>
<td>Bring materials</td>
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<tr>
<td>Art Classes</td>
<td>Art Classes</td>
<td>Jamie Nalau</td>
<td>Tuesdays</td>
<td>10 a.m.-noon</td>
<td>$85/4 wks</td>
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<td>Honey Bee Quilters</td>
<td>Honey Bee Quilters</td>
<td>Jan Goings</td>
<td>1st &amp; 3rd Wednesdays</td>
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<td>Project Linus</td>
<td>Project Linus</td>
<td>Debbie Rumple</td>
<td>3rd Fridays</td>
<td>10 a.m.</td>
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<td>Monthly Craft</td>
<td>Monthly Craft</td>
<td>Audrey Haynie</td>
<td>1st or 2nd Fridays</td>
<td>10 a.m.</td>
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<tr>
<td>Wood Carving</td>
<td>Wood Carving</td>
<td>W. &amp; M. Brown</td>
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<td>Form-A-Line Cards</td>
<td>Form-A-Line Cards</td>
<td>Linda Wright</td>
<td>Mondays</td>
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<td>$5 for starter kit</td>
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<td>Northern Senior Activity Center</td>
<td>Simply Crafty</td>
<td>Self-directed</td>
<td>Daily</td>
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<td>Charlotte Hall 301-475-4002, ext. *3101</td>
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<td>Whimsie Works Pottery</td>
<td>Whimsie Works Pottery</td>
<td>Pam King</td>
<td>2nd &amp; 4th Mondays</td>
<td>1:30 p.m.</td>
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<td>Quilting for Beginners</td>
<td>Quilting for Beginners</td>
<td>Gina Alexander</td>
<td>2nd &amp; 4th Wednesdays</td>
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<td>Dynamic Ceramics</td>
<td>Dynamic Ceramics</td>
<td>Nancy Norris</td>
<td>Wednesdays</td>
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<td>Open Studio</td>
<td>Open Studio</td>
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<td>Northern Stars Theater Group</td>
<td>Northern Stars Theater Group</td>
<td>Rachel Mowatt</td>
<td>Varies</td>
<td>1 p.m.</td>
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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>
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<tbody>
<tr>
<td></td>
<td>“Bring Your Buddy” Billiards</td>
<td>Mondays, Tuesdays Wednesdays Thursdays No Fridays</td>
<td>Before 11 a.m. Before 1 p.m. After 3 p.m.</td>
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<td>Hand &amp; Foot</td>
<td>3rd Tuesday at 10 a.m., 4th Tuesday at 12:30 p.m.</td>
<td>12:30 p.m.</td>
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<td>“Oh, Heck”</td>
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<td>Double Pinochle</td>
<td>Tuesdays Fridays</td>
<td>11 a.m. Noon</td>
<td>Free</td>
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<td>Breakfast Café</td>
<td>Varies (see pg. 23)</td>
<td>9 a.m.</td>
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<td>Western Mahjong</td>
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<td>Eastern Mahjong</td>
<td>1st. &amp; 2nd Tuesdays at 10 a.m., Thursdays at 1 p.m.</td>
<td>1 p.m.</td>
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<td>Pitch Tournament</td>
<td>TBD 5 week sessions</td>
<td>12:30 p.m.</td>
<td>$10</td>
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<td>Bridge</td>
<td>Thursdays</td>
<td>10 a.m.</td>
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<tr>
<td></td>
<td>Bingo</td>
<td>Fridays</td>
<td>10 a.m.</td>
<td>$2</td>
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Health Connections Presentation:
Nutrition and Maintaining a Healthy Weight
Loffler Senior Activity Center, Thursday, October 6, 9:30-11 a.m., Free
What is the connection between nutrition and weight? Is it really all about the calories and are all calories created equal? New information about nutrition and weight may surprise you! To sign up for the presentation that is being offered by Health Connections of St. Mary’s Hospital call 301-737-5670, ext. 1658.

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>
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<tr>
<td><strong>Garvey Senior Activity Center</strong></td>
<td>Bingo</td>
<td>1&lt;sup&gt;st&lt;/sup&gt; &amp; 3&lt;sup&gt;rd&lt;/sup&gt; Mondays</td>
<td>10 a.m.-noon</td>
<td>$1-3</td>
</tr>
<tr>
<td>Location</td>
<td>Billiards</td>
<td>Call for availability</td>
<td>8 a.m.-5 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td>Location</td>
<td>Pitch</td>
<td>2nd &amp; 4th Mondays</td>
<td>10 a.m.-noon</td>
<td>Free</td>
</tr>
<tr>
<td>Location</td>
<td>Senior Vibes</td>
<td>1&lt;sup&gt;st&lt;/sup&gt; Tuesday</td>
<td>9:30-11:30 a.m.</td>
<td>Free</td>
</tr>
<tr>
<td>Location</td>
<td>Bridge Club</td>
<td>Thursdays</td>
<td>10 a.m.-3 p.m.</td>
<td>Free</td>
</tr>
</tbody>
</table>

| **Loffler Senior Activity Center** | Pinochle       | Mon., Wed. & Fri.       | 8 a.m.-12:30 p.m. | Free                  |
| Location                          | Canasta/Pitch Club | Tuesdays               | 9:30 a.m.-2 p.m. | Free                  |
| Location                          | Contract Bridge | Tuesdays                | 10 a.m.-noon     | Free                  |
| Location                          | Bingo          | Tuesdays: Sept. 6, 20 & 27, Oct. 4, 11, & 25. | 12:30-1:30 p.m. | $1 (up to three cards) |
| Location                          | Bingo          | Wednesdays, Sept. 14 & Oct. 19. | 12:30-1:30 p.m. | $1 (up to three cards) |
| Location                          | Canasta & More | Wednesdays              | 1-4 p.m.        | Free                  |
| Location                          | Puzzles        | Daily                   | 9-Noon          | Free                  |
| Location                          | Polish Poker & Pitch | Wednesdays             | 10 a.m.        | Free                  |
| Location                          | Hand & Foot    | Every Thursday          | 1 p.m.          | Free                  |
| Location                          | Coloring Conquests | Daily                | 9 a.m.          | Free                  |
| Location                          | Pitch          | Thursdays               | 10 a.m.         | Free                  |

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**Our Extensions Have Changed**

Please be advised that the phone extensions for the Department of Aging & Human Services, Garvey Senior Activity Center, and Northern Senior Activity Center have changed. Please make sure to dial an asterisk (*) before these extensions. Loffler Senior Activity Center is not affected.
### 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&lt;br&gt;Leonardtown&lt;br&gt;301-475-4200, ext. *1050</td>
<td>Fitness Equipment</td>
<td>Daily</td>
<td>8 a.m.-5 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td></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>Zumba Toning</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>Loffler Senior Activity Center&lt;br&gt;Great Mills&lt;br&gt;301-737-5670, ext. 1658</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>8 a.m.-5 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td></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</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

<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 301-475-4002, 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>Yoga For Everyone</td>
<td>Mondays &amp; Alternating Fridays</td>
<td>9 a.m. 8 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. 9:30-10:30 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></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>Alternating Fridays &amp; 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.

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.”
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</td>
<td>Book Discussion</td>
<td></td>
<td>2nd Wednesday</td>
<td>10:30 a.m.</td>
<td>Free</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>Current Events</td>
<td>Dave Spore</td>
<td>Mondays</td>
<td>10 a.m.</td>
<td>Free</td>
</tr>
<tr>
<td>Great Mills 301-737-5670, 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>Computer Tutor</td>
<td>Volunteer</td>
<td></td>
<td>Daily</td>
<td>By appt.</td>
<td>Free</td>
</tr>
<tr>
<td>Northern Senior Activity Center</td>
<td>Page Turners Book Club</td>
<td>Gloria Fusco</td>
<td>4th Monday</td>
<td>1 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td>Charlotte Hall 301-475-4002, ext. *3101</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lyme Disease Support &amp; Discussion Group</td>
<td>MarieNoelle Lautieri</td>
<td></td>
<td>TBD</td>
<td>1 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td>Book Chatter</td>
<td>Joyce Summers</td>
<td></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

**Aging & Disability Resource Center/Maryland Access Point**—Your link to health and support services, providing older adults, persons with disabilities and caregivers with a single point of entry. Access to information and referrals to services, options counseling, support for caregivers, and more, are provided through the ADRC/MAP. Call 301-475-4200, ext. *1050 for information.

**Senior Information and Assistance (Senior I&A)**—Provides important updated information as it relates to senior services, benefits, and assistance programs. You may reach Debbie Barker, Division Manager, at 301-475-4200, ext. *1064 or Melissa Craig at 301-475-4002, ext. *1004, or 301-737-5670, ext. 1654.

**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 301-737-5670, 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](http://www.stmarysmd.com/aging)  
**Fax:** 301-475-4503  
**Phone:** 301-475-4200, ext. *1050  
**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, 301-737-5670, 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

**SEPTEMBER-OCTOBER**
Holiday Closings...
(Also, no Home-Delivered Meals)

Labor Day, Monday, September 5, 2016

Columbus Day, Monday, October 10, 2016