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From the Director’s Desk...

By Lori Jennings-Harris

The Department of Aging & Human Services encourages older adults and people of all ages to stay active and choose healthy options regarding diet and exercise. According to the CDC (Center for Disease Control and Prevention), there are several key messages and facts to keep in mind including, but not limited to:

- Physical activity need not be strenuous to achieve health benefits.
- Older adults can obtain significant health benefits with a moderate amount of physical activity, preferably daily. A moderate amount of activity can be in longer sessions of moderately intense activities (such as walking) or in shorter sessions of more vigorous activities (such as fast walking or stairwalking).
- Additional health benefits can be gained through greater amounts of physical activity, either by increasing the duration, intensity, or frequency. Because risk of injury increases at high levels of physical activity, care should be taken not to engage in excessive amounts of activity.
- Previously sedentary older adults who begin physical activity programs should start with short intervals of moderate physical activity (5-10 minutes) and gradually build up to the desired amount.
- Older adults should consult with a physician before beginning a new physical activity program.
- In addition to cardiorespiratory endurance (aerobic) activity, older adults can benefit from muscle-strengthening activities. Stronger muscles help reduce the risk of falling and improve the ability to perform the routine tasks of daily life.
- The loss of strength and stamina attributed to aging is in part caused by reduced physical activity.
- Social support from family and friends has been consistently and positively related to regular physical activity.

(continued on page 8)
Meet Your Staff Member...

My name is Jenny Beyer and I have been working in the Department of Aging & Human Services since October 2017. I am currently the Maryland Access Point (MAP) Coordinator. I enjoy my position because I am able to talk with many families and individuals, and assist them in finding out about the resources that St. Mary’s has to offer. Prior to this position, I worked as a case manager for a non-profit mental health agency in the county. I moved to St. Mary’s about three years ago after graduating from Towson University with a Bachelor’s degree in Family Science. Before attending Towson, I lived and grew up in the Philadelphia area. I am newly married, and my husband and I love living in Southern Maryland where we can enjoy life around the water doing activities like crabbing, fishing and boating.

Jennette Beyer

My husband and I (Andrea) have recently moved back to Southern Maryland when he retired after 29 years in the Navy. Thirteen moves in 29 years have made us appreciate our forever home here. We love the people, the pace and the beautiful landscape! Our two children are attending college away from home so we are enjoying our “empty nest” years. I spend much of my free time working in my yard and sloooooowly updating our house. My dog Boomer, loves being taken on many of the scenic walks and hikes that are available in the area.

I have always volunteered with seniors and am thrilled to now be working with the Retired and Senior Volunteer Program. I am inspired by the energy and commitment the seniors in this county are so willing to give to our community.

Andrea Wilson
Nutrition Corner
by Donna Taggert, RD/LD/CDE
dtaggert26@hotmail.com

It is a year now since I became the dietitian for the Department of Aging & Human Services. I am getting to know a lot of you from the various presentations and private counseling. One of my jobs is to make sure you are getting evidence-based nutrition information to help you achieve optimal health. There is so much information out there, some not so helpful and some potentially hazardous. Please join me at the Health Fair on October 19th to sift out fact from fiction.

One question I get asked a lot is “What do you think of the ketogenic diet?” There has been a myriad of diets through the years, this diet being a variation of the once popular Adkins diet. Basically, it is a very low carbohydrate (less than 50 grams of carbs per day), high fat and protein diet. Carbs are the body’s fuel and when there is not enough of that fuel, our body defaults to an alternate fuel source, fat. Fats burn incompletely leaving ketones, thus the name ketogenic diet. It has been around for a long time in medicine for the treatment of hard-to-control epilepsy and should be done under medical supervision.

It does cause weight loss but is not nutritionally balanced so over time a person following this diet can become nutrient deficient. It limits many foods such as most fruits, a lot of vegetables and whole grains, all of which have been shown to help decrease the risk of many cancers and other chronic diseases. The excess protein can be a strain on the kidneys and can be especially dangerous for someone already with CKD (chronic kidney disease). For people with type 1 diabetes, ketosis can be life-threatening. Importantly it is a very hard diet to follow to have a normal social life.

Most of us know that food is more than just nutrition for our bodies, it is important for our mental wellbeing. For 8 years in a row, the DASH diet has been rated #1 by US News and World Report. They rate diets on 5 categories; safety, ease of following, short and long-term weight loss, nutritional completeness, ability to decrease risk for heart disease, and ability to decrease and manage diabetes. Why not follow a diet that can achieve weight loss but also improve overall health over your lifetime. Find a diet that can become a lifestyle and you can still enjoy your life. For further information visit www.dashdiet.org  Hope to see you at the various Senior Activity Centers.

Upcoming presentations at the senior activity centers are as follows:

Healthy Eating on a Budget
September 10–Northern Senior Activity Center, 11 a.m. Individual counseling available beforehand at 8:30 & 9:30 a.m.
September 17–Loffler Senior Activity Center, 10 a.m. Individual counseling available afterward at 11:30 a.m. and 12:30 p.m.
September 24–Garvey Senior Activity Center, 1 p.m. Individual counseling available beforehand at 10 & 11 a.m. and noon

Keeping Bones and Joints Healthy through Nutrition
October 15–Northern Senior Activity Center, 11 a.m. Individual counseling available beforehand at 8:30 & 9:30 a.m.
October 22–Loffler Senior Activity Center, 10 a.m. Individual counseling available afterward at 11:30 a.m. and 12:30 & 1:30 p.m.
October 29–Garvey Senior Activity Center, 1 p.m. Individual counseling available beforehand at 10, & 11 a.m. and noon.

To make an appointment for individual counseling, call Donna at 240-538-6539.
You Might Be A Caregiver If…

You may not think you are a caregiver. But if you contribute to the care of a person living with a condition that inhibits their independence you are a caregiver. Not convinced? Consider the following:

**You Might Be A Family Caregiver If:**

You spend 20 minutes convincing your mother to wear a clean shirt. When you leave the house she looks great but you have bedhead and your shoes do not match.

Your calendar is full of medical appointments and none of them are yours.

You miss your spouse, and she is right next to you.

You arrange dental appointments and transportation for someone in a different state.

A sense of humor is your secret weapon.

You choose not to go because you would have to get a sitter for dad.

Friends stop inviting you because they know you are busy taking care of your loved one.

You know that the best parts of life are moments of kindness and love.

You are very familiar with services for people living with disabilities two states over.

You have to make a decision that will make your brother angry.

You are king of rolling with the punches.

Your social group consists of people you frequently see in waiting rooms and lines at the pharmacy.

You know that even if new memories can’t be made old memories can be enjoyed.

No one brings their kids over because your loved one “acts weird.”

You get angry because you are stuck taking care of everything.

You know that even a person whose cognition is compromised still enjoys a good joke.

You resent not having a couple hours to yourself and feel guilty when you do.

You know that real love is a verb.

Caregivers come in all different forms. Some are providing hands on day to day care. Some are managing finances. Some caregivers oversee services for a loved one who is living in a different town or state. Some caregivers do research to help a co-caregiver connect with services or make medical decisions.

We celebrate your contribution to the lives of those who benefit from your care! We celebrate your strength, loyalty, patience and love. **We celebrate you!**
State of Maryland Medicare Retirees Losing Prescription Coverage

Effective January 1, 2019 Maryland’s Medicare eligible retirees and their spouses will no longer receive their prescription coverage through their retiree policy. To ensure these individuals have prescription insurance as of January 1, they are encouraged to enroll in a Medicare Part D plan between October 15-December 7. An informational seminar will be held Friday, October 12 at the Chesapeake Building in Leonardtown at 10 a.m. to provide instruction about how to select a Medicare Part D policy. Plan options will be available on the Medicare.gov website beginning October 1, by calling 1-800-MEDICARE, or by making an appointment to meet with a counselor at one of our senior activity centers by calling 301-475-4200, ext. *1050.

Christmas In April

Applications for the April 2019 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 2019. For those who are already enrolled in Part D it is important they 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 2019 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.
(Continued from “Director’s...” page 3)

- **Benefits of Physical Activity**
- Helps maintain the ability to live independently and reduces the risk of falling and fracturing bones.
- Reduces the risk of dying from coronary heart disease and of developing high blood pressure, colon cancer, and diabetes.
- Can help reduce blood pressure in some people with hypertension.
- Helps people with chronic, disabling conditions improve their stamina and muscle strength.
- Reduces symptoms of anxiety and depression and fosters improvements in mood and feelings of well-being.
- Helps maintain healthy bones, muscles, and joints.
- Helps control joint swelling and pain associated with arthritis.

(Retrieved 7/19/18 from https://www.cdc.gov/nccdphp/sgr/olderad.htm)

Nearly twenty years after the CDC’s reminders about the benefits of a more active lifestyle, the HELPGUIDE (HG) tells us, “No Matter Your Age, It’s Never Too Late to Get Started.” In March 2018, HG posted their senior exercise and fitness tips.

A recent Swedish study found that physical activity was the number one contributor to longevity, adding extra years to your life; even if you don’t start exercising until your senior years. But getting active is not just about adding years to your life, it’s about adding life to your years. You’ll not only look better when you exercise, you’ll feel sharper, more energetic, and experience a greater sense of well-being.

Staying active helps you maintain or lose weight, reduces the impact of illness and chronic disease, enhances mobility, flexibility, and balance, improves sleep, boosts mood and self-confidence, and does amazing things for the brain.

Starting or maintaining a regular exercise routine can be a challenge at any age; and it doesn’t get any easier as you get older. No matter your age or physical condition, it’s never too late to get your body moving, boost your health and outlook, and improve how you age.

**Fact:** Regular physical activity helps you look and feel younger and stay independent longer. It also lowers your risk for a variety of conditions, including Alzheimer’s and dementia, heart disease, diabetes, certain cancers, high blood pressure, and obesity. And the mood benefits of exercise can be just as great at 70 or 80 as they were at 20 or 30.

**Fact:** Regular exercise, by building strength and stamina, prevents loss of bone mass and improves balance, actually reducing your risk of falling.

**Fact:** Changes in hormones, metabolism, bone density, and muscle mass mean that strength and performance levels inevitably decline with age, but that doesn’t mean you can no longer derive a sense of achievement from physical activity or improve your health. The key is to set lifestyle goals that are appropriate to your age. And remember: a sedentary lifestyle takes a much greater toll on athletic ability than biological aging.

**Fact:** Chair-bound people face special challenges but can lift light weights, stretch, and do chair aerobics, chair yoga, and chair Tai Chi to increase range of motion, improve muscle tone and flexibility, and promote cardiovascular health. Many swimming pools offer access to wheelchair users and there are adaptive exercise programs for wheelchair sports such as basketball.

**Fact:** Getting moving can help you manage pain and improve your strength and self-confidence. Many older people find that regular activity not only helps stem the decline in strength and vitality that comes with age, but actually improves it. The key is to start off gently.

HG HELPGUIDE.ORG (Retrieved 7-19-18)
Did you know that the month of September is celebrated as National Senior Center month? And, did you also know that St. Mary’s County has three wonderful senior activity centers whose mission is to provide a variety of high quality, dynamic, affordable programs and activities for the senior community that promote good health, fitness, education, socialization and the development of skills and interests. Enough mumbo-jumbo; check out a senior activity center near you for a variety of fun activities to keep you active and involved. Once you start attending, you’ll develop new friends and feel like you are home away from home.

Happening now is a walking program as part of Governor Hogan’s Walk MD initiative. It’s pretty simple. Pick up or download the walking log, lace up your sneakers, and hit the pavement. Keep track of how far you walk each day, record it on the log and turn your log in monthly. You’ll be eligible to win some awesome prizes, all while improving your fitness and health. Our culminating event happens on October 10 at 10 a.m. when we’ll have a 3 mile walk on the Three Notch Trail starting at Baggett Park in Laurel Grove. Walk as far as you are comfortable, up to 3 miles. We look forward to seeing you there for a fun morning of walking, comradery and giveaways.

Walking logs are available at any of the county’s senior activity centers or online at www.stmarysmd.com/aging. To learn more, call Alice Allen at 301-475-4200, ext.*1063.

**Kickboxing**
**Garvey Senior Activity Center**
**Wednesdays, November 7, December 12**
**8:30 a.m.**
**Cost: $30**
Kickboxing will be offered on Wednesdays from 8:30-9:30 a.m. starting in November. This form of exercise tones muscles through punching and kicking. During the class participants use focus pads, target pads and mitts. Participants may notice an improvement in overall balance and flexibility. The aerobic moves of kickboxing have been shown to improve circulation and it offers a great stress relief. This specialized class is geared toward active men and women age fifty and above and involves 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.
Aging Mastery Program
Garvey Senior Activity Center
Mondays, September 10–November 26 (no class Oct. 8 & Nov. 12), Cost: $30
The Aging Mastery Program (AMP) encourages mastery; developing confidence in behaviors across many dimensions that will help lead to improved health, stronger financial security, and overall well-being for those over 50. This 10-week course will have guest experts lead discussion on:

- Healthy Eating and Hydration
- Exercise and You
- Falls Prevention
- Medication Management
- Sleep
- Financial Fitness
- Community Engagement
- Advance Planning
- Healthy Relationships

RSVP with payment, $30 per person. Scholarships are available; inquire when registering. Register by September 5. Limited spots available. Call 301-475-4200, ext. *1072.

Seashell & Sea Glass Art
Garvey Senior Activity Center
Monday, September 10, 10 a.m., Cost: $8
This unique, one of a kind craft project is perfect for the person who loves the ocean. We will be using pieces of sea glass, shells, sand and rocks from the beach in a frame to create a beautiful sea glass themed piece of art. You do NOT need to be an expert at art to do this project. Grab a friend and join us! All supplies are provided. Cost for the class is $8 and is payable at the time of reservation. Space is limited. For more information, call 301-475-4200, ext. *1050.

NEW!! Drums Alive: Golden Beats
Garvey Senior Activity Center
Wednesday, September 12-October 17, 8:45 a.m.
Using rhythm as the source of inspiration to discover a new group fitness experience, Drums Alive combines the benefits of a traditional physical fitness program with the brain affected benefits of music and rhythm. Drums Alive is a program that fosters a healthy balance physically, mentally, emotionally and socially! Golden Beats stimulates people whether they are young or old, healthy or ill. When we drum and dance we are having FUN! This in return releases endorphins and releases negative feelings. The rhythmic patterns of the drum increases synchronization of brain wave activity which in turn provides feelings of euphoria and improved mental awareness. Golden Beats® is specially designed for the senior population. Kathy Creswell, Program Specialist at Garvey Senior Activity Center, is the instructor for this new program and will demonstrate different levels of participation that best meet the class’s physical needs. You do not need any prior experience in drumming or music!!! This class is FREE, but space is limited so make sure to sign up quickly. For more information or to sign up, call 301-475-4200, ext. *1050.
Reader's Theater
Garvey Senior Activity Center, Wed., September 12, Noon
In A Slight Misunderstanding, a woman is adopting a puppy. Unfortunately, her friends misinterpret some comments they’ve overheard and think the woman is adopting a baby. Needless to say, the conversation that ensues turns out to be a hilarious comedy of errors! In The Mystery Thing, an amateur theater group is struggling through an improbable mystery play written by their director. The script is badly typed and this creates a comedy of hysterical proportion. Nevertheless, the show must go on. To sign up for lunch and to attend these two comical performances, call 301-475-4200, ext.*1050 to make your reservation. One play is preformed before lunch and one after.

Book Discussion Group
Garvey Senior Activity Center
Wednesdays, September 12 & October 10, 10:30 a.m.
In September the group will discuss Caleb’s Crossing by Geraldine Brooks and in October they will discuss The Lace Reader by Barry Brunonia. Loaner copies are available at the Garvey Senior Activity Center. See the receptionist to reserve your copy or call 301-475-4200, ext.*1050.

Americanism Series Continues
Garvey Senior Activity Center
As part of their Americanism outreach initiative, Southern Maryland American Legion Post 221, from Avenue, MD will continue their presentations. Reserve your lunch at noon, or bring your own bagged lunch; presentations will begin shortly after. Advance registration for the presentations is required. There is no cost to attend the presentation; lunch cost is $6 for those under 60 and a donation for those 60 and above. Call 301-475-4200, ext. *1050 to make reservations; indicate which presentation(s) you would like to attend when making reservations.

Part three of the Southern Maryland American Legion Post 221 Americanism outreach initiative series, this presentation will provide an overview of the Maryland state flag and the protocol and etiquette associated with its display and use and also the state seal.

Wed., October 3: What is a Veteran’s Organization?
Part four of the Southern Maryland American Legion Post 221 Americanism outreach initiative series, this presentation will provide an overview of the veteran’s organizations in St. Mary’s County and nearby areas. Mike Barbour, retired U.S. Navy veteran and lifetime member of American Legion Post 221, American Veterans (AMVETS) Post 13 [Waldorf], Disabled American Veterans (DAV) 26, Navy League, Veterans of Foreign Wars (VFW) 2632, and the Patuxent River Chief Petty Officer’s Association (CPOA) will discuss the charter of these organizations and the important role they play in advocating for our veterans benefits.

Wed., October 17: Color Guard
Part five of the Southern Maryland American Legion Post 221 Americanism outreach initiative series, in conjunction with the color guard unit from the Leonard Hall Junior Naval Academy, will provide an overview of the proper way to carry several types of flags, including national, state, county, and organizational level flags. The flag order of precedence and proper positioning will be among the topics discussed during this presentation.
Explore the World through Food: Ethnic Lunch Bunch
Wednesday, September 19 & October 17, 11:30 a.m.
Do you want to explore the world, but your budget is limited? Well, Southern Maryland has a variety of ethnic restaurants. Maybe you have wanted to visit these restaurants, but don’t like dining alone? Here’s your chance! Join Deb Johnstone as she samples food from around the world. On Wednesday, September 19 she will be going to Silver Skewers in Waldorf, MD in conjunction with a LIFE trip. Silver Skewers offers a delicious Persian menu. On Wednesday, October 17 the group will visit Niko’s in Lexington Park, MD. Call 301-475-4200, ext. *1050 to learn more or sign up.

Southern Maryland Sound Barber Shop Quartet Luncheon
Garvey Senior Activity Center
Friday, September 21, 12 p.m.
The Garvey Senior Activity Center is having a very special performance on Friday, September 21 at 12 p.m.! This all-male group will keep you smiling and singing along as they entertain you with their beautiful harmonization. Lunch will be served before the performance. A donation toward the cost of your meal is appreciated if you are 60 years of age or older. For others the cost of your meal is $6. To make reservations call 301-475-4200, ext. *1050.

AARP Smart Driver Course
Garvey Senior Activity Center
Tuesday, September 25, 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 for lunch 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 for the lunch menu and to make a lunch reservation.

Pinecone Feeder Craft
Garvey Senior Activity Center
Wednesday, October 10, 10 a.m., Cost $1
As cold weather approaches, many wild birds begin their migratory flight in search of food and warmer climates. Others remain despite the depleted food supply. Nourish avian friends with a bird feeder made out of a large pinecone. This project is sure to attract many birds to your yard. All supplies are provided. Cost of the class is $1 per pinecone payable at the time of reservation. To learn more, call 301-475-4200, ext. *1050.
8th Annual Barn Party at the St. Mary’s County Fairgrounds
Friday, October 12, 10 a.m., 2 p.m. Suggested Ticket Donation: $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 True Blue Country, twirl your partner around the dance floor, and enjoy a catered pulled pork meal. There will be a 50/50 raffle, photo booth and door prizes! Tickets are available for purchase at all senior activity center locations beginning September 4, while supplies last. Tickets must be purchased in advance; there will be no ticket sales at the door. For more information, call 301-475-4200, ext. *1050.

Pickleball for Experienced Players
Leonard Hall Recreation Center
Mondays, October 29-December 17, 8-10 a.m. Cost: $28
Wednesdays, October 31-December 19, 8-10 a.m. Cost: $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. Court rotation procedures will be discussed at the first sessions (October 29 & 31) at 7:50 a.m. Plan to arrive early as to not miss important information. Payment is due at the time of reservation. Registration opens October 1 at 8 a.m. at the Garvey Senior Activity Center. Space is limited and fills quickly. To learn more, call 301-475-4200, ext. *1050.

Learn to Play Pickleball
Tuesdays, October 30 – December 18, 8-10 a.m. Cost: $32
In this class you will learn important aspects of the game including rules, scoring, basic shot techniques, court positioning and basic strategy. Equipment will be available to borrow. Registration opens October 1. Space is limited. To learn more, call 301-475-4200, ext. *1050.

In Search of Molly Dyer… & an overview of other Witch Trials Held in St. Mary’s County
Garvey Senior Activity Center
Wednesday, October 31, 2018, Noon
Lynn Buonviri, a retired St. Mary’s County school teacher, historical author, and current volunteer at the Surratt House and Tavern Museum in Clinton and the Dr. Samuel A. Mudd House Museum in Waldorf will present findings of her extensive research project about the identity of Molly Dyer, the facts related to the history of witch trials in Maryland, and the tragic events surrounding the Legend of Molly Dyer. Mrs. Buonviri is currently working on her second book titled, “Molly Dyer and Witchcraft in Southern Maryland,” which will be released by Arcadia Press in early 2019. Lunch will be served prior to the presentation. The menu is Bratwurst & Roll with mustard, Seasoned Oven Fried Sweet Potato, Mandarin Orange & Spinach Salad, Honey Baked Apple, and a Cupcake. Cost of lunch is $6 for those under the age of 60 and a donation by others. Make reservations for lunch and the presentation by calling 301-475-4200, ext. *1050.
September is Senior Center Month. This year’s national theme is:  
**Senior Centers: Building Momentum**

About 100 people come to the Loffler Senior Activity Center every day to take advantage of more than 40 regular and intermittent programs in addition to guest presentations, trips, 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 and presentations. 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 are building momentum right here; stop in to see if you are on our walls of fame!

**Scripture Study**  
**Loffler Senior Activity Center, Fridays at 10 a.m., Free**

Solomon Olumese directs this Christian-based but non-denominational Scripture Study every Friday at 10 a.m. The bible used is the Thomas Nelson King James Version Pew Bible, large print edition. There are several copies that are kept at Loffler for everyone’s convenience. Spiritual growth is the focus for this scripture study. There is no need to sign up in advance, just stop in on a Friday morning. If you wish to stay for lunch, reserve a meal Thursday before noon by calling 301-475-4200, ext. *1657. Lunches are $6 per person for those under 60 and by a donation by others.

**Art Classes by Jamie Naluai:**  
**Loffler Senior Activity Center**  
**Tuesdays September 4, 11, 18, 25; October 2, 9, 16, 23**

10 a.m.-12 p.m. Cost is $85 each month

Try your hand at art under the direction of Jamie Naluai! Art classes at Loffler are suitable for beginners as well as intermediate level. Cost will cover enough supplies to get you started. Payment may be made to instructor on the first day of class. Call 301-475-4200, ext. *1658 or stop by the reception desk to sign up or to learn more.

**September Monthly Craft:** *Autumn Wreath*  
**Loffler Senior Activity Center**  
**Friday, September 14, 10 a.m., Free**

Using a mixture of natural and artificial trappings you can make a lovely, unique wreath that will cheerfully hail the season of changing colors. We will supply everything you need for this fun and beautiful project. You can sign up by calling 301-475-4200, ext. *1658 or by stopping by the reception desk. Class size is limited to 8.
Educational Video Series:
The Hunt for John Wilkes Booth
Loffler Senior Activity Center
Wed, September 12, 10 a.m., 94 Minutes, Free
From the fateful balcony in Ford's Theatre to Dr. Samuel Mudd's remote home to the fiery showdown in a Virginia farmhouse, experience firsthand the suspenseful, breakneck search for America's first presidential assassin. Discover the awesome reach of his conspiracy, which had further targeted Vice President Andrew Johnson and Secretary of State William Seward in a bid to undermine the U.S. Government and give the Confederacy a second chance. No man has ever been hunted with greater fervor, with 10,000 federal troops, detectives and police hunting those responsible for assassinating President Lincoln. There are 16 seats available, reserve yours by calling 301-475-4200, ext. *1658 or stop by the reception desk.

Health Watch Presentation: Strategies to Stay Steady (Fall Prevention)
Loffler Senior Activity Center
Thursday, September 13, 10 a.m., Free
Though the first day of Fall has been selected by the CDC as National Falls Prevention Day, Loffler will get a jump on the tradition by highlighting this crucial topic on Friday, Sept. 13 at 10 a.m. by offering a free presentation by our Health Watch volunteer Coordinator, Linda Weintraub. Handouts will include safety checklists, risk factor quizzes and other ‘goodies’ to help you stay on your feet and off the floor. Sign up by calling 301-475-4200, ext. *1658, or stop by the reception desk to secure your place at this fun and informative session.

Scarf Up Your Style
Loffler Senior Activity Center
Tuesday, September 18, 12:30 p.m., Free
For the past several years the scarf has been the hottest accessory and it is still going strong! There are so many shapes and sizes that there are endless ways to wear them- where does one begin? Fortunately for us, Joyce Blackwell has turned so many heads with her beautiful sense of scarf-style that friends have begged her to show them how she’s created her many looks. So, for the past two years we held a workshop where she demonstrated some fun ways you can wear a scarf. Back by popular demand, she is repeating her magic. If you like, bring a couple of scarves that challenge you or you can just sit back and watch. Sign up for this demonstration by calling 301-475-4200, ext. *1658 or stop by the Loffler reception desk.

Our Perennial Garden, What’s Up?
Loffler Senior Activity Center
Thursday, September 27, 10 a.m., Free
Patricia Armstrong will discuss the latest in our perennial garden and give you some great garden tips before leading the class outside for some hands-on gardening. No previous experience needed! Call 301-475-4200, ext. *1658, or stop by the reception desk to sign up.
Educational Video Series: *Salem Witch Trials*
Loffler Senior Activity Center, Wednesday, October 3, 10 a.m., 50 min., Free
This video presents an account of the events of 1693 when the village of Salem, Massachusetts, in the grip of superstitious hysteria fueled by the accusations of several young girls, began putting people on trial for witchcraft, leading to the executions of twenty men and women. There are 16 seats available so reserve yours by calling 301-475-4200, ext. *1658 or stop by the reception desk.

October Monthly Craft: *Garden Stepping Stone*
Loffler Senior Activity Center, Friday, October 5, 10 a.m., Free
Make a stepping stone using concrete then design it with glass beads, shells, broken ceramic pieces or by simply imprinting a pattern onto it. This project will make nice gifts for the upcoming holiday season since you will definitely want to make more when you go home! You can sign up for this project by calling 301-475-4200, ext. *1658 or by stopping by the reception desk by Friday, September 28. Limited space available.

Health Watch Presentation: *Macular Degeneration*
Loffler Senior Activity Center, Thursday, October 11, 10 a.m., Free
Macular degeneration is the leading cause of vision loss, affecting more than 10 million Americans – more than cataracts and glaucoma combined. What causes it and what can be done to reduce the effects and progression if you are diagnosed with it? Health Watch volunteer Coordinator Linda Weintraub will discuss this important topic at the monthly Health Watch Presentation in October. Call 301-475-4200, ext. *1658, or stop by the reception desk to sign up.

AARP Safe Driving Class
Loffler Senior Activity Center
Wednesday, October 17, 9 a.m.-2 p.m., $15 for AARP Members, $20 for non-members
An AARP Safe-Driving course will be held at the Loffler Senior Activity Center on Wednesday, October 17 from 9 a.m. to 2 p.m. (with an hour lunch break at 11:30). This program includes emphasis on roundabouts, pavement markings, stop-sign compliance, red-light running, and safety issues such as speeding, seat belt and turn signal use. Pre-registration is required by calling 301-475-4200, ext. *1658 or stop by the registration desk at Loffler. If you wish to order a lunch from the center, the cost is $6 if you are under 60 and a donation for all others. Lunch can be ordered at the same time you register for the class.

Halloween Party
Loffler Senior Activity Center, Wednesday, Oct. 31, 11 a.m.-1 p.m.
Ticket required: $6 donation suggested
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 if 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: *Spicy Spider Cider, Coffin-Wrapped Monster with Sour Yellow Sauce, Dirt-Dabbled Orange Earth Apples, Green Leaves with Severed (Mandarin) Sections, Hon- eyed Toadstool, and for dessert: Smothered Burial Mounds.* (If you are too squeamish for this repast, you can be served the following instead- *Bratwurst & Roll with Mustard, Seasoned Oven Fried Sweet Potato, Mandarin Orange & Spinach Salad, Honey Baked Apple, and a Cupcake*). Tickets available September 4. Call 301-475-4200, ext. *1658.
Loeffler’s LUNCH CONNECTION
Tuesday Sept. 11; Thursday Sept. 27 and Tuesday October 16

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, *1658. There will be an appreciation basket for performers and a 50/50 raffle at each luncheon.

Tuesday Sept. 11: David Norris will entertain you with familiar and not-so-familiar songs, certain to make you relax and reminisce. You will be served Pineapple Juice, Sliced Turkey, Gravy, Cranberry Sauce, Succotash, Kale, Whole Wheat Dinner Roll, Pears and Lemon Meringue Pie for Dessert.

Thursday Sept. 27: Join friends for a luncheon featuring Fruit Juice Blend, BBQ Chicken, Oven Roasted Red Potatoes & Onions, Roasted Carrots, Whole Wheat Dinner Roll, Baked Apples and a slice of Apple Pie for dessert.

Tuesday October 16: Enjoy a lunch of Fruit Juice Blend, Meatloaf, Gravy, Mashed Potatoes, Asparagus, Whole Wheat Dinner Roll, Spiced Peaches and a Brownie for dessert. While you dine, Coastline will play from their collection of favorite tunes!

Senior League Mixed Bowling Season Kick-off Meeting
Loeffler Senior Activity Center, Thursday, Sept. 6, 12:30 p.m.

September is the month that a new bowling season starts for the Department of Aging & Human Services-sponsored league. This is a mixed league with 3 people on each team that plays on the 2nd and 4th Thursdays (with a few adjustments for holidays) from September through May at Esperanza Lanes in Lexington Park. The season concludes with a bowling banquet at a local restaurant on the 3rd Thursday in May where prize money is awarded. This past season we had 12 teams and the cost was $15 per Thursday for 3 games. Cost includes shoe rental. The kick-off meeting will take place at 12:30 p.m. the Thursday before league play begins. At this meeting we will: vote on the cost to play, update and adopt the rules and resolve any other administrative details including finalizing of the teams. If you are interested in bowling with this league for the upcoming 2018-19 season, call Shellie Graziano at 301-475-4200, ext. *1655 or e-mail Sheila.graziano@stmarysmd.com by Tuesday, September 4th so that you can be placed on the team list. Subs are also needed and are encouraged to sign up and attend the meeting. Note: those who bowled during the 2017-18 season will receive a call from your team captain in August to confirm your status as a player for the new season.
Organics & Non-GMOs  
Northern Senior Activity Center  
Thursday, September 6, 9-10 a.m. Free  
Learn about organic and non-GMO foods and products. A representative from the Good Earth, a local health food store, will give a presentation on the importance of incorporating organic and non-GMO products into your daily life. Space is limited. To sign up for this free presentation in advance, visit the signup table or call 301-475-4200, ext. *3103.

Football: Favs, Fans & Fun Day  
Northern Senior Activity Center  
Friday, September 7, 10 a.m.-12 p.m., $3 for bingo  
Show your spirit for the start of the season and dress up in your favorite football team’s jersey or colors for a day of football fun. Start the day off with a football themed bingo. The cost is $3 and is due at sign up. Participate in our free football pool game for a chance to win prizes! The pool will follow Monday night’s game, Redskins vs. Cardinals, and the winners will be contacted the next day. Reserve a cheeseburger lunch and some tailgate favorites before noon on Thursday, September 8. Lunch is a separate donation from seniors 60 and older; $6 for others made the day of the event. To sign up for bingo and lunch in advance, visit the front desk or call 301-475-4200, ext. *3101.

Casino Day  
Northern Senior Activity Center, Friday, September 14, 9:30 a.m.-1:30 p.m., $5  
The Northern Senior Activity Center Council will sponsor a casino day event featuring many casino games throughout the center, including bingo. The $5 suggested ticket covers all casino games and includes a lunch of pizza, salad, wings, and fruit salad. Entertainment will be provided by Paul Barber. Space is limited. Purchase your ticket at the Northern Senior Activity Center front desk while supplies last. For ticket availability, call 301-475-4200, ext. *3101.

Diamond Dotz  
Northern Senior Activity Center  
Monday, September 17, 1-3 p.m., $20  
Diamond Dotz are the latest crafting craze! Learn how to complete this beautiful, multi-faceted, jeweled work of art. Class will be led by experienced crafter, Martha Baker. Martha will help guide you on how to complete the kit and frame your work. Please note that this project will not be completed within this session and another class may be needed to complete the project. The cost is $20 and includes all materials and frame. Payment is due at sign up. Space is limited. To sign up and pay for this class in advance, visit the front desk. For more information call 301-475-4200, ext. *3101.
Breakfast Café
Northern Senior Activity Center
Wednesday, September 19 & October 17, 9-10 a.m., $2

Start your day off right with a delicious breakfast made by Ginger! Make your reservation today to have breakfast with friends and let us do the cooking and clean up.

**September 19**, breakfast will be *Sausage Gravy, Biscuit, Home Fries and Fruit.*

**October 17**, breakfast will be *Scrambled Eggs, Ham, Fried Potatoes, Toast, and Fruit.*

The cost is $2 due at signup. Space is limited. To sign up and pay for breakfast in advance, visit the front desk.

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ClearCaptions Presentation & Hearing Screenings
Northern Senior Activity Center
Monday, September 24, 11 a.m.-4 p.m.

Having trouble hearing who’s on the other line? Perhaps a free Ensemble ClearCaptions phone is right for you. Rupali Dewn Tetrick is a Title IV Americans with Disabilities Act (ADA) Specialist and will be giving a presentation about the free ClearCaptions phone and if you qualify. The presentation is from 11-11:30 a.m. and comes with a free pizza lunch! Audiologist Gina Diaz will also be onsite to take 15-minute hearing screening appointments. Appointments are scheduled in advance. To sign up for this presentation, lunch, and/or hearing screenings, call Rachel 301-475-4200, ext. *3103 or stop by her office at the Northern Senior Activity Center.

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BioMat and Reflexology
Northern Senior Activity Center
Fridays, September 28 & October 26, 9:30 a.m.-4 p.m., Prices Vary

Reflexologist Sarah Strain will be introducing the BioMat to her menu of services provided at the Northern Senior Activity Center. The BioMat provides deep penetrating heat which can help provide temporary relief from muscle pain and joint stiffness associated with arthritis and minor back pain. It can temporarily increase circulation and oxygenation in local areas, reduce stress and promote restful sleep. Sarah will offer a 15 minute session for $10 or a 30 minute session for $20. Appointments are made directly with Sarah for reflexology and/or BioMat services. For more information or to schedule an appointment, contact Sarah Strain at 240-216-0686 or by email at soledancerreflexology@hotmail.com.
**Truth Be Told Art: Pumpkin Harvest Design**  
Northern Senior Activity Center  
Friday, September 28, 12:30-3:30 p.m., $30  
Truth Be Told Art (TBTA) is a Christian-based paint party business, with God's Word as its focus. Artist Beth Radford will guide you as you paint this Pumpkin Harvest Design on an 8” x 24” canvas with finishing touches to give it a wooden effect. The design features Psalm 85:12. There will be a brief video introducing the company story and an opening prayer at the beginning of the event with Christian music played during the class. The cost is $30 and includes all supplies and instruction. Snacks and beverages will be provided as a courtesy by the center. Space is limited and payment is due at sign up. Participants must sign up no later than end of business on Wednesday, Sept. 26. To sign up and pay for this painting party in advance, visit the front desk. For more information call 301-475-4200, ext. *3101.

**Focus on Fitness: Dumbbells**  
Northern Senior Activity Center  
Thursday, October 4, 12:30-1:30 p.m., $5  
Learn how to properly use dumbbells/hand weights to enhance your workout. Personal trainer, Dave Scheible will guide you on different exercises and proper technique. Workouts will include both seated and standing hand weight applications. The cost is $5 for the training. Weights are provided by the center. Space is limited. To sign up and pay in advance, visit the front desk. For more information, call 301-475-4200, ext. *3101.

**Senior Tech: Computer Basics**  
Northern Senior Activity Center  
Wednesday, October 24, 10-11:30 a.m., Free  
Welcome to the beginning of our Senior Tech series! If you know nothing about computers, this is the perfect place to start. Our Computer Basics lesson will cover the basics about using computers in the Northern Senior Activity Center computer lab. This lesson will cover how to properly turn the unit on and off, using an internet browser, email, and more. There will be a period at the end where the instructor can work with participants individually to address specific questions. Space is limited. To sign up for this free class in advance, visit the sign-up table or call 301-475-4200, ext. *3103.

**Fresh Floral Spider Jar**  
Northern Senior Activity Center  
Thursday, October 18, 10 a.m.-12 p.m., $15  
Check out this creepy, crawly cutie! Learn to make this spider inspired jar using glue and glitter. Take this piece to the next level with a beautiful fresh floral arrangement with spider accents. You can even put a candle in afterwards and make it part of your Halloween décor. The cost of the class is $15 and includes all materials and instruction. Space is limited. To sign up and pay for this class in advance, visit the front desk. To learn more call 301-475-4200, ext. *3103.
AARP Smart Driving Course
Northern Senior Activity Center
Tuesday, October 30, 9 a.m.-2 p.m., $15 AARP members, $20 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. For more information call 301-475-4200, ext. *3101.

Halloween Bingo
Northern Senior Activity Center
Friday, October 26
10-11:45 a.m., $3
Greetings ghostly ghouls and goblins! Feeling up to some frightful fun? Join us at the Northern Senior Activity Center for Halloween Bingo. Play to win Halloween themed prizes. Participate in our costume contest for a chance to win a special prize. The cost to play is $3 for two cards and is due at sign up. Space is limited. To sign up with payment for bingo in advance, visit the front desk. For availability call 301-475-4200, ext. *3101.

Monster Mash Mixer
Northern Senior Activity Center
Wednesday, October 31, 1-4 p.m., $5
Put on your Halloween Spirit, get together with your friends, and dance. Come get your groove on with DJ Mean Gene for an afternoon of Halloween dance fun. Feel free to dress in costume! The cost is $5 and supports the cost of the DJ. Refreshments will be provided as a courtesy of the Northern Senior Activity Center. There will also be a money raffle for event participants. Payment is due at sign up. To sign up and pay for this program in advance, visit the front desk. To learn more call 301-475-4200, ext. *3103.
YES Cycling Events
Northern Senior Activity Center
Wednesday & Friday, Sept. 5 & 21, 9-11 a.m. & Oct. 3 & 26, 10 a.m.-12 p.m., Free
YES Cycling rides will resume in the fall on the first Wednesday and third Friday of Sept. from 9-11 a.m. In Oct. rides will be on the first Wednesday and the fourth Friday from 10 a.m.-12 p.m. While many rides are held on the scenic Three Notch Trail, on Oct. 3 the ride will be on the BWI trail in Glen Bernie. The trips will be led by Dan and Diana Donahue, experienced cyclists and bicycle trip leaders. Ride lengths adjust to meet the needs of the group. The Northern Senior Activity Center has three bicycles and one trike available to borrow for local trips only. Helmets and cell phones are required to participate on all rides and are not provided by the center. To sign up for the trip or to reserve one of the cycles in advance for a local ride or for more information about the BWI trail ride, please visit the signup table or call 301-475-4200, ext. *3103.

Save The Date!
November 16, 2018
Breakfast is on us!
Family caregivers are invited to enjoy a hearty breakfast, an encouraging speaker and inspirational music!
Contact Daphne Bennear to learn more
301 475 4200 ext. *1069
Daphne.bennear@stmarysmd.com

Get ready, get set, GO…
to your local senior activity center to pick up the Fall 2018 LIFE booklet of classes. Registration is open on a first-come, first-served basis either through the mail or walk-in at senior activity centers. Classes fill quickly, so don’t delay. Many exciting, interesting, educational events are planned so be sure to pick up your booklet soon. Booklets are also available on-line at stmarysmd.com/aging. Call 301-475-4200, ext. *1063 with questions. And remember, learning is forever!
Hosted by:
St. Mary’s County Department of Aging & Human Services
at the
Southern Maryland Higher Education Center
Friday, October 19, 2018
9 a.m.-3:30 p.m.
Free Community Event

Health Screenings, Demonstrations, and Presentations will be offered.

Flu Shots
Mental Health Screenings
Hearing Screenings
Vision Screenings
Skin Screenings
Oral Health Screenings
Blood Pressure Screenings
Workshops
Interactive Demonstrations

Sponsors Include:

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

Brought to you by the Commissioners of St. Mary’s County and the Department of Aging & Human Services
Retired and Senior Volunteer Program
By Norine Rowe, RSVP Project Manager

Promoting Healthy Futures
Our RSVP Project focuses on “Healthy Futures” by engaging senior volunteers in service activities that contribute to the health and wellbeing of our community. Many of our volunteers participate in this effort through a wide range of service activities, whether delivering meals to homebound persons, providing medical transportation services to a senior who can no longer drive, or providing a refurbished wheelchair free of charge to someone in need. Through these and other volunteer service activities, RSVP volunteers are helping members of our community maintain their health and independence. On these pages, we shine a spotlight on two of our RSVP Volunteer Stations whose volunteers have been making significant contributions to the health of our community over many years. They represent the good work that all of you are doing to help others in our community remain active, healthy, and independent. Thanks to all of you for your service!

A Community That Shares (ACTS) Celebrates 25th Anniversary
Earlier this year, ACTS celebrated its 25th anniversary of providing a wide and ever-growing variety of assistive medical equipment free of charge to persons in need for as long as they need. ACTS started 25 years ago in the garage of a 7th District community member as a way to meet the needs of local neighbors. ACTS now operates out of a large warehouse in Avenue where volunteers are helping hundreds of citizens throughout St. Mary’s County on a monthly basis.

As word about ACTS and the services it provides has spread over the years, the demand for medical equipment has also increased along with the need for more volunteers. RSVP has helped to meet this need by recruiting volunteers to provide this important community service. Last year, alone, 23 RSVP volunteers serving at ACTS provided 3,979 hours of service receiving calls, repairing, and distributing medical equipment to community members in need.

Pictured above, Commissioner President Randy Guy (left) congratulates 90-year-old RSVP volunteer Frank Roys (right) for his many years of faithful service to ACTS. Also receiving a certificate of commendation from the county commissioners was ACTS President, Sam Brown, who has been instrumental in building a team of committed volunteers, soliciting community donations of equipment, leading the warehouse expansion, and raising funds for ACTS. We offer our thanks to the founding members of ACTS who 25 years ago planted the seeds of this important community service. Thanks, also, to all those community members who have helped ACTS grow over the past 25 years. And thanks to the new volunteers who are helping ACTS expand and thrive. We’d say keep up the good work, but we already know that’s exactly what you’ll be doing!
Senior Rides Program Celebrates 10-Year Anniversary
The Senior Rides Program, which provides transportation services to homebound seniors with the help of Volunteer Drivers, celebrated its 10th Anniversary this year. Pictured left is Julie Burch, Senior Rides Program Coordinator, who coordinates transportation services for medical appointments and other important errands provided by Senior Rides Volunteer Drivers. Pictured above right are current Senior Rides Volunteer Drivers as well as some of the original volunteers who started with the program ten years ago. This past year, 18 RSVP Senior Rides Volunteer Drivers provided 1,112 hours of transportation services and 245 rides to homebound persons. Many of these rides were for medical appointments, pharmacy visits, and other essential services. More volunteer drivers are needed to help meet growing demand, so if you’d like to contribute, please give us a call. You could be in the picture at the next anniversary celebration!

Community Health Fair Volunteers Needed
The Department of Aging & Human Services will be sponsoring a large-scale Community Health Fair on Friday, October 19, 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 11, 9 a.m.-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!

To learn about these and other volunteer opportunities for seniors 55 years of age and above, call RSVP at 301-475-4200, ext. *1653, or e-mail Norine.Rowe@stmarysmd.com.
Veterans Resource Day

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

Wednesday, Nov. 7, 2018
9 a.m. - 2 p.m.

Southern Maryland Higher Education Center
44219 Airport Road, California, MD

There will be more than 20 veterans support organizations and a panel of experts on Veterans Affairs at the Third Annual Veterans Resource Day. A live question and answer forum will begin at 9:30 a.m., followed by lunch and workshops. This event is free and open to the public. We hope to see you there!

Thank you to our generous sponsors:

For more information, contact Sarah Miller
Phone: 301-475-4200, ext *1073
Email: sarah.miller@stmarysmd.com
Website: www.stmarysmd.com/veterans.asp

Brought to you by the Commissioners of St. Mary's County and the Department of Aging & Human Services
Walk Maryland Day
Walk a Million Miles
Aug. 1-Oct. 9

Win Prizes
August: Fitness Pass ($30 value)
September: Movie Passes ($30 value)
October: Gift Certificate for The Good Earth health food store ($50 value)
GRAND Prize: Gift Certificate for Dick’s Sporting Goods ($75 value)

Join St. Mary’s County Department of Aging & Human Services and seniors across the state of Maryland as we “Walk a Million Miles.” Track your minutes, miles, or steps on the monthly log sheet available at the centers, through email, and on our website. Turn your monthly sheet in at your local center by the 5th of the following month for a chance to win a monthly prize drawing. Seniors that participate for the entire duration will be entered for a chance to win the grand prize!

Walk Maryland Day 5K
John V. Baggett Park at Laurel Grove
Wednesday, Oct. 10, 10 a.m.-1 p.m.
Check in starts at 9:30 a.m.
Governor Larry Hogan has declared this year’s Walk Maryland Day be Oct. 10. Finish your Walk a Million Miles campaign strong by joining us at our Walk Maryland Day 5K event at Baggett Park. Senior participants will receive a free water bottle while supplies last, and a special gift for completing the 5K (3.1 miles). Lunch will be available for purchase from food trucks on site.

For more information about this event contact Alice Allen at 301-475-4200, ext. *1063.
The Little Mermaid at
Toby’s Dinner Theater
Wednesday, December 5,
Adults $98; Children 12 & Under $90
Be amazed at the musical adaptation of the classic story of The Little Mermaid performed at Toby’s Dinner Theater. Follow the mermaid princess Ariel as she longs to venture to the world beyond the sea in her quest for love of Prince Eric. This show features the beloved songs, Under the Sea, Kiss the Girl, and Part of Your World. Please note this show has special effects that include fog, haze, and strobe lights. The cost of this trip is $98 for adults and we are including a special ticket price for children 12 and under of $90. Cost covers ticket to the show, lunch buffet, transportation on a spacious motor coach, driver gratuity, and snacks for the return trip. The bus will depart from the Northern Senior Activity Center at 8:45 a.m. and will return at approximately 5:15 p.m. Payment is due at signup to secure your spot for the trip. Please let staff know at signup if you need any seating or special accommodations. To learn more contact Rachel Mowatt by phone at 301-475-4200, ext. *3103 or by email at rachel.mowatt@stmarysmd.com.

National Senior Center Month Open House
Join us in celebrating National Senior Center Month in September. The theme for this year’s celebration is “Senior Centers: Building Momentum.” And boy, are we building!!
According to the National Institute of Senior Centers, “senior centers are the future of what aging can be. Innovative programs hosted at senior centers can change the perception of aging, and create important community resources for aging expertise.”
Join us Tuesday, September 11 at 9 a.m. in the Commissioners meeting room in the Chesapeake Building for a proclamation for National Senior Center Month. Following will be an Open House at the Garvey Senior Activity Center. Enjoy refreshments while getting an update on the progress of construction of the new building. Located on Leonard’s Grant Parkway, the building of the new Leonardtown Library/Garvey Senior Activity Center is underway. We’ll have photos and a presentation of the site so you’ll have the latest information on its progress. To learn more call 301-475-4200, ext.*1050.
## Ongoing Creative Expressions

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<th>Location</th>
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<td>Varies</td>
<td>1:30-4:30 p.m.</td>
<td>Supply Donation</td>
</tr>
</tbody>
</table>
# 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</td>
<td>“Bring Your Buddy” Billiards</td>
<td>Mondays, Wednesdays, Thursdays,</td>
<td>All day Before 1 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td>Charlotte Hall</td>
<td></td>
<td>No Fridays, Tuesdays</td>
<td>After 3 p.m.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Hand &amp; Foot</td>
<td>4th Tuesday</td>
<td>12:30-4:30 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. 19)</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>Thursdays</td>
<td>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>$5</td>
</tr>
<tr>
<td></td>
<td>Poker</td>
<td>1st &amp; 3rd Tuesday</td>
<td>1-4:30 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 them 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>
<tbody>
<tr>
<td><strong>Garvey Senior Activity Center</strong> &lt;br&gt;Leonardtown &lt;br&gt;301-475-4200, ext. *1050</td>
<td>Bingo</td>
<td>1st &amp; 3rd Mondays</td>
<td>10 a.m.-noon</td>
<td>$1-3</td>
</tr>
<tr>
<td></td>
<td>Billiards</td>
<td>1st &amp; 3rd Wed.</td>
<td>8:30 a.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Senior Vibes</td>
<td>1st Tuesday</td>
<td>10-Noon</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Bridge Club</td>
<td>Thursdays &amp; 4th Wednesdays</td>
<td>10 a.m.-3 p.m. (call for info)</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Cribbage</td>
<td>2nd &amp; 4th Mondays</td>
<td>10 a.m.-Noon</td>
<td>Free</td>
</tr>
<tr>
<td><strong>Loffler Senior Activity Center</strong> &lt;br&gt;Great Mills &lt;br&gt;301-475-4200, ext. *1658</td>
<td>Pinochle</td>
<td>Mon., Wed. &amp; Fri.</td>
<td>8 a.m.-12:30 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Canasta/Pitch Club</td>
<td>Tuesdays</td>
<td>9:30 a.m.-2 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Contract Bridge</td>
<td>Tuesdays</td>
<td>10 a.m.-noon</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Bingo</td>
<td>Tuesdays-Sept. 4, 18, &amp; 25, Oct. 2, 9, 23, &amp; 30</td>
<td>12:30-1:30 p.m.</td>
<td>$1 (up to three cards)</td>
</tr>
<tr>
<td></td>
<td>Bingo</td>
<td>Wednesdays-Sept. 12 &amp; Oct. 17</td>
<td>12:30-1:30 p.m.</td>
<td>$1 (up to three cards)</td>
</tr>
<tr>
<td></td>
<td>Canasta &amp; More</td>
<td>Wednesdays</td>
<td>1-4 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Puzzles</td>
<td>Daily</td>
<td>9-Noon</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Polish Poker &amp; Pitch</td>
<td>Weds. &amp; Thurs.</td>
<td>9:30 a.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Coloring Conquests</td>
<td>Daily</td>
<td>9 a.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Rummikub</td>
<td>Tuesdays</td>
<td>9:30 a.m.</td>
<td>Free</td>
</tr>
</tbody>
</table>

*Please be advised the phone extensions for the Department of Aging & Human Services, Garvey, Northern, and Loffler Senior Activity Centers require an asterisk (*) before the 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>
</table>
| **Garvey Senior Activity Center**  
Leonardtown  
301-475-4200, ext. *1050 | Fitness Equipment | Daily | 8 a.m.-5 p.m. | Free |
| | Men’s Strength Training | Mondays & Thursdays | 9:30-10:30 a.m. | F.C. |
| | EnhanceFitness | Mon., Wed., Fri. | 10:45-11:45 | F.C. |
| | Open Table Tennis | Tuesdays except 1st. Thursdays | 10 a.m.-noon 2:15 p.m. | Free |
| | Arthritis Foundation Exercise | Tuesdays, Thursdays, & Fridays | 8:45-9:20 a.m. | Free |
| | Yoga For Everyone | Tuesdays & Fridays | 1:05-2:05 p.m. | F.C. |
| | Line Dancing | Wednesdays | 1:30-2:30 p.m. | Free |
| | Exercise for Parkinson’s Disease | Thursdays | 1:15-2 p.m. | Free |
| | Zumba | Thursdays | 10:45-11:45 a.m. | F.C. |
| | WalkTone | Fridays | 9:30-10:30 a.m. | F.C. |
| | Chair Yoga | Wednesdays | 9:40-10:40 a.m. | Free |
| **Loffler Senior Activity Center**  
Great Mills  
301-475-4200, ext. *1658 | Fitness Equipment Available | Daily | 8 a.m.-4:30 p.m. | Free |
| | Wii Sports | Daily | 8 a.m.-4:30 p.m. | Free |
| | Zumba | Mondays | Noon | F.C. |
| | Walking Club | Mon., Wed. & Fri. | 9 a.m. | Free |
| | Arthritis Foundation Exercise | Mondays & Fridays | 1-2 p.m. | Free |
| | EnhanceFitness | Mondays & Fridays Wednesdays | 2 p.m. 1 p.m. | F.C. |
| | Strength Training | Tuesdays Thursdays | 10-11 a.m. 8:40-9:40 a.m. | F.C. |
| | Yoga | Mon., Wed., Thurs. & Fri. | 9:40-11 a.m. | F.C. |
| | Line Dance | Fridays | 11 a.m. | Free |
| | Tai Chi for Arthritis & Fall Prevention | Mondays, Thursdays by schedule; call. | 11 a.m. | Free |

*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></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>Call</td>
<td>Call</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>9-10 a.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>1st &amp; 3rd Wed. weather permitting</td>
<td>10-12 a.m.</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.

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

Thanks to volunteer readers Barbara Homan and Linda Wheeler, an audio version of this bi-monthly New Beginning newsletter is available on the Department of Aging & Human Services 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 previous 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.
## 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 301-475-4200, ext. *1050</td>
<td>Book Discussion</td>
<td>Volunteer</td>
<td>2nd Wednesday</td>
<td>10:30 a.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Diabetes Discussion</td>
<td>Margaret Forrest</td>
<td>3rd Wednesday</td>
<td>12:45 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Reader’s Theater</td>
<td>Linda Lagle</td>
<td>2nd &amp; 4th Wed.</td>
<td>11 a.m.</td>
<td>Free</td>
</tr>
<tr>
<td>Loffler Senior Activity Center Great Mills 301-475-4200, ext. *1658</td>
<td>Current Events</td>
<td>Paul Kelley</td>
<td>Mondays</td>
<td>10 a.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Scripture Study</td>
<td>Solomon Olumese</td>
<td>Every Friday</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>
<td>Page Turners Book Club</td>
<td>Gloria Fusco</td>
<td>4th Wednesday</td>
<td>10:30 a.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Lyme Disease Support &amp; Discussion Group</td>
<td>MarieNoelle Lautieri</td>
<td>TBD</td>
<td>1 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Book Chatter</td>
<td>Martha Baker</td>
<td>4th Thursday</td>
<td>11 a.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>What’s The Word Bible Study</td>
<td>Karen Beck</td>
<td>1st &amp; 3rd Tue.</td>
<td>10-11:30 a.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Senior Matters</td>
<td>Linda Perry</td>
<td>(On summer break)</td>
<td>12:30-1:30 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td>Northern Senior Activity Center Charlotte Hall 301-475-4200, ext. *3101</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></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 & Human Services 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.
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 active adults age 50 and over 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: community development, homelessness, supportive services for children and youth, and social, educational and recreational activities for children and families. Call 301-475-4200, ext.*1849.

Website: www.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, 301-475-4200, ext. *3101
  29655 Charlotte Hall Rd., Charlotte Hall, MD, 20622
2018 Holiday Closings...
(Also, no Home-Delivered Meals)

Labor Day, Monday, September 3
Columbus Day, Monday, October 8