L.I.F.E.
Learning is ForEver

Spring 2015 Course Offerings

A Program of the St. Mary’s County Department of Aging & Human Services

Brought to you by the Commissioners of St. Mary’s County and the Department of Aging & Human Services
# TABLE OF CONTENTS

- General Information ........................................... Page 3
- St. Mary’s County Emergency Control Center ............. Page 4
- Naval Air Station, Patuxent River Base Tour ............... Page 4
- U.S. National Arboretum ........................................ Page 5
- 150 Years after Lincoln’s Assassination
  John Wilkes Booth’s Escape Route ........................... Page 5
- National Colonial Farm ........................................... Page 6
- Thomas Jefferson’s Monticello ................................ Page 7
- National Museum of American Indians ..................... Page 8
- Amish and Mennonite Community Bus Tour ............... Page 8
- Hillwood Estate, Museum & Gardens ......................... Page 9
- Chesapeake Bay Lighthouse Tour ............................ Page 9
- Fishing on the Patty Lee ........................................ Page 10
- Kenilworth Aquatic Gardens .................................. Page 10
- Registration Form ............................................... Page 11
- Waiver ................................................................ Page 12
- Survey ................................................................ Page 13
- RSVP Volunteer Information ................................. Page 14
RSVP Supports the L.I.F.E. Program
The L.I.F.E. program is made possible with the help of volunteers with RSVP, the Retired and Senior Volunteer Program (RSVP) of St. Mary’s County.

If you are interested in planning and organizing a local trip or tour for the L.I.F.E. Program, we’d like to hear from you. Volunteers are needed who can handle all the logistics of a tour from start to finish. Mentors are also needed to accompany tours.

Call Norine Rowe, RSVP Project Manager, for more information on volunteer opportunities at 301.737.5670, ext. 1653.

GENERAL INFORMATION

Registration
Completed registrations are taken on a first-come, first-served basis beginning Monday, March 2, 2015. Classes fill up quickly, register early. You will be notified if a class is full or canceled, or if you are on a wait list.

To register, complete the program Registration Form located at the back of this booklet and sign the waiver. Return registration form and waiver with full payment to the Department of Aging & Human Services. Registration is complete when the forms and class fee(s) are received.

Priority is given to people 50 years of age and older who have not previously attended the class/tour in the past year.

If registering more than one (1) person, please use a separate form for each person. A maximum of two (2) people can be registered at one time.

Current registration with the Department of Aging & Human Services is required for program participation. These forms will be available for completion at each event location.

Cancellation and Refund Policy
If you are unable to attend a class, call 301.475.4200, ext. 1063 to cancel. Refunds will be made if your space can be filled. If the Department of Aging & Human Services is unable to hold a class or you are on a wait list, you will receive a refund. Fees and reservations are non-transferable.

Contact Information
Alice Allen, Division Manager
St. Mary’s County Department of Aging & Human Services
P.O. Box 653, Leonardtown, MD 20650
301.475.4200, ext. 1063
Alice.Allen@stmarysmd.com
St. Mary’s County Emergency Control Center
The St. Mary’s County Department of Emergency Services and Technology is a multi-faceted agency. Tour the 9-1-1 Control Center and learn about emergency call taking and dispatching, disaster preparedness, animal control, assistance and liaison with volunteer first responder agencies, and county government computer networking and telecommunications support. See a demonstration of the technology used by county government to respond to emergency calls and disasters and be briefed on the inner workings of the Department.
Tour Limit: 15
Tour Leader: Janet Kellam
Wednesday, April 8
10 a.m. – noon
Meet at the Garvey Senior Activity Center
301.475.4200, ext. 1063
Fee: None

Naval Air Station (NAS), Patuxent River-Base Tour
What a morning tour we have planned for you! NAS, Patuxent River was established in the early 1940’s as a center for testing Naval and Marine Corps aircraft. We will get an overview of this test facility from the Air Operations tower. Then we will drive around the base learning what happens on a daily basis, hearing stories of those who have lived there, and getting a real picture of the treasure we have right here in St. Mary’s County. At the conclusion of the tour, we will have lunch at the River’s Edge Restaurant on the base. Do not miss out on this experience!
Tour Limit: 15
Tour Leader: Bettie Broadhurst
Tuesday, April 14
8:30 a.m. - 1 p.m.
Bus departs from the Loffler Senior Activity Center promptly at 8:30 a.m. Please arrive at the Center by 8:15 a.m.
301.475.4200, ext. 1063
Fee: $22 (includes transportation and lunch)
WAIVER AND RELEASE

I volunteer to participate in L.I.F.E. trip(s) sponsored by the St. Mary’s County Department of Aging & Human Services as part of the Spring 2015 Semester. Upon the understanding and condition that:

I acknowledge that there are always certain risks involved in participating in travel programs. I understand those risks and declare myself physically healthy and that I have medical approval to participate in the program.

I am participating in the St. Mary’s County Department of Aging & Human Services program upon the express agreement and understanding that I am hereby waiving and releasing the Department Of Aging & Human Services, the St. Mary’s County Government, its employees and volunteers from any and all claims, costs, liabilities, expenses and judgments, including attorney’s fees and court costs, arising out of my participation in these activities or any illness or injury resulting therefrom, and hereby agree to indemnify and hold harmless the Department of Aging & Human Services, the St. Mary’s County Government, its employees and volunteers from and against all such claims.

I hereby execute and deliver this waiver and release to induce the Department of Aging & Human Services to permit me to participate in its program.

The undersigned hereby acknowledges that he/she has read and understands the foregoing, and that he/she has the authority to execute this document on his/her own behalf.

The undersigned hereby agrees that the waiver, release, indemnification and hold harmless provision of the Agreement shall be binding upon his/her heirs, successors, and assigns, and shall survive the end of the above-described program.

___________________________   ______________________
Signature of Participant       Date

_______________________________
Mailing Address

___________________________   ______________________
Home Phone #                   Cell Phone #

U.S. National Arboretum
Come along with us on an exciting, professionally driven audio tape tram tour of the National Arboretum. The tour highlights the U.S. National Arboretum's 446 acres of gardens, collections and natural areas. During the 35-minute non-stop tram ride, you will hear an informative narrative about the Arboretum, its history, mission, research, garden displays and collections. After the tram tour, enjoy lunch on the grounds, then walk the grounds for an in-depth visit to see some of the Arboretum's wonderful gardens and collections.

Tour Limit: 14

Tour Leaders: Audrey Haynie & Dee Poole
Friday, April 24
8 a.m. – 4:30 p.m.
Bus departs from the Northern Senior Activity Center promptly at 8 a.m. Please arrive at the Center by 7:45 a.m.
301.475.4200, ext. 1063
Fee: $25 (includes bus transportation, tram ride and bag lunch).

150 Years after Lincoln’s Assassination–John Wilkes Booth’s Escape Route
In honor of the 150th anniversary of the assassination of Abraham Lincoln, join us as we travel back to April 14, 1865. We will follow Booth’s route beginning at Ford’s Theatre where Lincoln was killed then travel into Maryland following the path of escape used by John Wilkes Booth. At Ford’s Theatre, we’ll view the short play “One Destiny” which teaches us about the events leading up to Lincoln’s assassination. Following the play, you will have time to tour the museum at Ford’s Theatre. Then, hop back on the coach bus for the trip to the Surratt House in Clinton, MD where we will enjoy a docent-guided tour. Next is a guided tour of Dr. Mudd’s House. With a historian aboard, the bus will continue through Southern Maryland, stopping at various points of interest; all while hearing the story of Lincoln’s assassination and Booth’s attempted escape.

Tour Limit: 32

Tour Leader: Deb Johnstone & Audrey Haynie
Wednesday, April 29
7:30 a.m. - 5:30 p.m.
Bus departs from the Northern Senior Activity Center promptly at 7:30 a.m. Please arrive at the Center by 7:15 a.m.
301.475.4200, ext. 1063
Fee: $52 (includes motor coach transportation, bag lunch, museum admissions, play at Ford’s Theatre). Bring your own water and travel snacks.
National Colonial Farm
The Farm demonstrates 18th-century agriculture through the preservation of a rare breed of animals and crops. Structures include a circa 1770 farm dwelling, an 18th-century tobacco barn and an out-kitchen. The kitchen garden features 18th-century varieties of herbs, flowers, and vegetables. Historic varieties of field crops such as “Orinoco” tobacco and “Virginia Gourdseed” are grown and cultivated for seed. Hundreds of plant varieties allow visitors to explore food, medicine, textile dyes and more. Butterflies and songbirds are attracted to the garden that acts as a miniature ecosystem. The National Colonial Farm is a recognized leader in the field of historic plant preservation.
A box lunch will be provided.

Tour Limit: 15

Tour Leader: Deb Johnstone
Monday, May 4
9 a.m. - 3 p.m.
Bus departs from the Northern Senior Activity Center promptly at 9 a.m. Please arrive by 8:45 a.m.
301.475.4200, ext. 1063
Fee: $25 (includes bus transportation, box lunch and admission).

L.I.F.E.-Learning is ForEver
Registration Form:  Spring 2015

Name ___________________________ Date of Birth__________
Mailing Address________________________________________
City, State, Zip___________________________________________
Phone___________________________________________________
Email___________________________________________________

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TOTAL AMOUNT DUE =

Make Checks Payable to:  SMC Department of Aging & Human Services
Complete the registration form and waiver (see back of this form) and bring to a senior activity center or mail to:
Department of Aging & Human Services — L.I.F.E. Program
Attention:  Alice Allen, Division Manager
P.O. Box 653, Leonardtown, MD 20650

Registration opens March 2. No early registrations accepted.

Registrar Use Only
Date:__________ Time:__________ Initials:__________ AIM Verification____
Method of Payment:  Cash________ Check #:__________
Amount Paid:__________ Notes:_______________________________

WAIVER REQUIREMENT—- MUST SIGN REVERSE SIDE
A signed waiver is required to participate in any L.I.F.E. tour, so be sure to sign the waiver on the back of this form. You only need to sign the waiver once per semester.
Fishing on the ‘Patty Lee’

Let’s go fishing! Try to catch ’em aboard the ‘Patty Lee,’ a 40ft., Bay-built, Coast Guard-licensed charter boat. Capt. Paul Kellam will navigate the waters near Pt. Lookout to bottom fish. Tackle, bait and ice are furnished, as are bottled water. You will need to supply your own cooler to carry your catch home, and sunscreen. **Boat departs Pt. Lookout Marina on Miller’s Wharf Road in Ridge, MD (NOT the State Park) promptly at 8:00 a.m. and returns around noon. Please wear appropriate shoes and clothing so you can enjoy your fishing excursion.**

**Considerable agility** is needed to get on and off the boat. Transportation is on your own to the marina. In the event of questionable weather, call 301.475.4200, ext. 1063 after 7:00 a.m. for information.

**Tour limit: 15** (a minimum of 12 people is needed for this trip to run)

Tour leader: Janet Kellam

**Wednesday, June 17**

8 a.m. - noon  
Meet at Pt. Lookout Marina  
16244 Miller’s Wharf Rd, Ridge, MD  
301.475.4200, ext. 1063  
Fee: $35

Kenilworth Aquatic Gardens

First settled over 4,000 years ago, these wetlands have sustained humans with their clean water, abundant food, medicine and shelter. In the 1800’s, Walter Shaw discovered the wetlands and built his water garden. Threatened by dredging, Shaw’s daughter, Elizabeth lobbied Congress to save the gardens. Enjoy an informational guided tour of the Aquatic Gardens where you will see water lilies, lotus and wild flowers that grace the ponds as well as an assortment of flower beds around the gardens; all while hearing a variety of birds call in the distance. After lunch, enjoy an opportunity to revisit these gardens and walk the paths at your own pace.

**Considerable walking on uneven and possibly muddy paths is involved, wear suitable shoes.**

**Tour Limit: 14**

Tour Leaders: Audrey Haynie & Dee Poole

**Tuesday, June 23**

8:30 a.m. - 4 p.m.  
Bus departs from the Northern Senior Activity Center promptly at 8:30 a.m. Please arrive by 8:15 a.m.  
301.475.4200, ext. 1063  
Fee: $20 (includes bus transportation and bag lunch).

Thomas Jefferson’s Monticello

Enjoy a day trip to Charlottesville, VA to visit Monticello, home of Thomas Jefferson, author of the Declaration of Independence and the Third President of the United States. Spend a day on the beautiful grounds of Monticello, the autobiographical masterpiece of Thomas Jefferson that was designed and redesigned, built and rebuilt over more than forty years and get an intimate look at Thomas Jefferson. Included in admission are guided tours of the 1st floor of Monticello; a 45-minute *Slavery at Monticello Tour* that explores the experiences of the enslaved people who lived and labored on the Monticello plantation; and a *Gardens and Grounds* tour. Monticello’s gardens were a botanic showpiece, a source of food, and an experimental laboratory of ornamental and useful plants from around the world.

Fee includes admission and guided tours, coach bus transportation and lunch. Bring your own travel snacks and water as it will be a long day but well worth the effort! **Trip involves a great amount of walking; please dress comfortably and wear suitable shoes.**

**Tour Limit: 37**

Tour Leader: Patsy Baxley & JoAnne Easton

**Thursday, May 14**

7 a.m. - 7 p.m.  
Bus departs from the Northern Senior Activity Center promptly at 7 a.m.  
Please arrive by 6:45 a.m.  
301.475.4200, ext. 1063  
Fee: $ 75 (includes coach bus transportation, guided tours, admission and box lunch).
National Museum of American Indians
Join us as we visit the National Museum of American Indians, now celebrating its 10th anniversary. We'll view the short film, "Who We Are," which celebrates the vitality and diversity of Native life. Then, tour the museum on your own.

Lunch is on your own while at the Museum. You may bring your own lunch; however, food and drinks are not permitted in the Museum. There is a Mitsitam Native Foods Café & Espresso Bar offering traditional meals and light fare.

Tour Limit: 15

Lour Leader: Deb Johnstone
Monday, May 18
9:15 a.m. - 3 p.m.
Bus departs from the Northern Senior Activity Center promptly at 9:15 a.m. Please arrive at the Center by 9 a.m.
301.475.4200, ext. 1063
Fee: $18 (includes bus transportation).

Amish and Mennonite Community Bus Tour
Have you always wanted to visit some of the Amish or Mennonite farms in our area? Many of them have products and services for sale: some seasonal and some year-round. This tour is designed to acquaint you with the customs and traditions of these fine folk while we travel the back roads of St. Mary's County. We’ll visit their workshops, greenhouses and shops to see first-hand all that is available for sale. A lunch stop will be made at the Northern Senior Activity Center and is included in your cost. Comfortable attire, especially shoes, is the order of the day. Trip leaves promptly from the Garvey Senior Activity Center in Leonardtown. Transportation is provided.

Tour limit: 14

Tour Leaders: Bettie Broadhurst & JoAnne Easton
Wednesday, May 20
9 a.m. - 3:30 p.m.
Bus departs from the Garvey Senior Activity Center
301.475.4200, ext. 1063
Fee: $18 (includes bus transportation and lunch)

Hillwood Estate, Museum & Gardens
Hillwood Estate, Museum and Gardens is the estate and collections of the late Marjorie Merriweather Post. Hillwood was bought in 1955 after which Ms. Post decided her home would be a museum that would inspire and educate the public. The estate endowed the country with the largest collection of Russian imperial art outside of Russia, a distinguished 18th-century French decorative art collection, and twenty-five acres of serene landscaped gardens and natural woodlands for all to enjoy. Opened as a public institution in 1977, today Hillwood’s allure stems from the equally fascinating parts that make up the whole. From the captivating life of Marjorie Post, to the exquisitely maintained Mansion and Gardens, the experience of Hillwood outshines even the Faberge eggs. A box lunch is included with the tour.

Tour Limit: 14

Tour Leaders: Audrey Haynie & Dee Poole
Wednesday, June 3
8 a.m. - 5 p.m.
Bus departs from the Northern Senior Activity Center
301.475.4200, ext. 1063
Fee: $30 (includes bus transportation, admission and bag lunch).

Chesapeake Bay Lighthouse Tour
Hop aboard for a fantastic cruise on the Chesapeake Bay to see three prominent lighthouses that are treasures of the Chesapeake. Pass under the twin spans of the Bay Bridge and cruise by Sandy Point Shoal, Baltimore Harbor and Thomas Point lighthouses on this three-hour cruise that is sure to create memories. A historic interpretation by a costumed, turn-of-the-century lighthouse keeper will keep you entertained with humor, anecdotes, tales of famous lighthouse keepers, and possibly a ghost story or two. This Chesapeake Bay tour is for lighthouse enthusiasts or for those who just want to enjoy a nice time on the water. Lunch is included in the climate-controlled boat.

Tour Limit: 15

Tour Leader: JoAnne Easton
Thursday, June 11
9 a.m. - 4 p.m.
Bus departs from the Loffler Senior Activity Center
301.475.4200, ext. 1063
Fee: $62 (includes bus transportation, boat tour, and box lunch on the boat).