NATIONAL FAMILY CAREGIVER MONTH!

We're here to offer YOU special care as you care for the ones you love.
In This Issue… NEW Coming!

Garvey Senior Activity Center Council
Fundraising Event; Lobster Dinner. Take a break from cooking and enjoy a delicious Lobster dinner......... page 7

Wild Birds Unlimited of St. Mary's County will present a program about creating a backyard bird feeding habitat. Now is the time to create a back yard winter refuge for the birds and for yourself.........page 10

If you missed your chance to get a flu shot at the Health Fair, you can still get one at a convenient Place, Loffler Senior Activity Center. Walk-ins are welcome ............................................page 14

Floor cloths are not only one of the earliest floor coverings, but they are also a medium for artistic expression.............................................page 22

A “Thank You” to the RSVP Volunteers who sow seeds of kindness throughout the year, our Thanksgiving prayer.............................................page 26

Your Invitation to The Family Caregivers Breakfast this November.........................page 28
From the Director’s Desk...

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

National Family Caregivers Month

The theme for this November’s recognition of National Family Caregivers Month is Take Care to Give Care. According to the Caregiver Action Network website...

The first rule of taking care of others: *take care of yourself first*. Caregiving can be a rewarding experience, but it is also physically and emotionally demanding. The stress of dealing with caregiving responsibilities leads to a higher risk of health issues among the Nation’s 90 million family caregivers. So as a family caregiver, remember to pay attention to your own physical and mental wellness, and get proper rest and nutrition. Only by taking care of yourself can you be strong enough to take care of your loved one. You really do need to “take care to give care!”

- **Caregiving can be a stressful job.** Most family caregivers say they feel stressed providing care for a loved one. With all of their caregiving responsibilities; from managing medications to arranging doctor appointments to planning meals; caregivers too often put themselves last.

- **The stress of caregiving impacts your own health.** One out of five caregivers admit they have sacrificed their own physical health while caring for a loved one. Due to stress, family caregivers have a disproportionate number of health and emotional problems. They are twice as likely to suffer depression and are at increased risk for many other chronic conditions.

(Continued next page)
New beginning

(From The Director’s Desk; continued)

- **Proper nutrition helps promote good health.** Ensuring that you are getting proper nutrition is key to help maintain your strength, energy and stamina, as well as strengthening your immune system. Maintaining a healthy diet is one of the most powerful things you can do to take care of yourself and keep a positive attitude overall.

- **Ensuring good nutrition for your loved one helps make care easier.** As many as half of all older adults are at risk for malnutrition. Good nutrition can help maintain muscle health, support recovery, and reduce risk for re-hospitalization – which may help make your care of a loved one easier.

- **Remember: “Rest. Recharge. Respite.”** People think of respite as a luxury, but considering caregivers’ higher risk for health issues from chronic stress, those risks can be a lot costlier than some time away to recharge. The chance to take a breather, the opportunity to re-energize, is vital in order for you to be as good a caregiver tomorrow as you were today. During National Family Caregivers Month, we remind family caregivers that to be strong enough to care for your loved one, you must

  **Take Care to Give Care!**

The Department of Aging & Human Services has a number of ways to support eligible informal caregivers, such as family, friends and neighbors. Our Family Caregiver Support Program and our home delivered meals are just two examples. Call 301-475-4200, ext. *1050 or visit one of our three senior activity centers for more information. Our goal is to provide support to those who are helping others.

Congratulations to Kathy Mather, Operations Manager at the Garvey Senior Activity Center, on her recent retirement. Kathy has worked for County government for the past 14 years and has been the manager of the Garvey Senior Activity Center for the past 11 years. We wish her happiness, good health and fun travels in her retirement, and thank her for her efforts in operating the Garvey Senior Activity Center so smoothly.
Doggie Bags

By Cheryle Jones Syracuse, MS, Professor Emeritus at The Ohio State University

Bring a Cooler!

If you’re planning on a movie or a little shopping after dinner, then it’s not safe to leave the food to sit in the car for that extra time. Bring a cooler with ice if you know you’re probably going to get a doggy bag... that’s a good thought whether you’re going straight home or not.

Safety at Home:

Once you get that doggy bag home, rewrap those leftovers and put them in the refrigerator as soon as possible. Those little foam boxes aren’t airtight and don’t do a great job of keeping the food moist and fresh.

The storage temperature of the leftovers is another key thing to think about. Refrigerators should be kept at 41 degrees or below.

The Two Hour Rule:

With the size of many restaurant portions these days, it’s only wise to bring part of your food home for another meal... or possibly two. Whether you’re really taking the food home for the dog or yourself, it’s also important to keep it safe. That’s where the “two hour rule” comes in.

Perishable food left at room temperature for more than two hours may become unsafe to eat. Remember, it becomes the “one hour rule” when temperatures are hotter than 90 degrees outside. Think about how hot the inside of a car can get.
Focus On Fitness

By Alice Allen, Division Manager, Senior Center Operations

Have you ever been on an airplane and listened to the flight attendant’s instruction about what to do if the overhead air supply system should be needed? First, you must put on your own facemask before you can help others. Taking care of yourself if you are a family caregiver is quite similar. First, you must take care of yourself so that you can take care of another.

One of the most important things that anyone can do for themselves to maintain good health and functioning is to be physically active. Physical activity/exercise is important to good health in so many ways. Regular physical activity is an excellent stress buster; and stress is certainly experienced by family caregivers. Being physically active helps keep you strong and flexible; it helps joints work better; helps to control weight, blood pressure and cholesterol; it helps keep your bones strong and protects your brain health.

Family caregiving is serious business. It is often a very difficult, thankless job requiring endless energy, patience and stamina. The break in caregiving enjoyed during participation in an exercise class at your local senior activity center is well-deserved by anyone who is caring for a family member. It will replenish you, give you a physical outlet for possible frustration and stress, and provide an opportunity for you to make new friends and develop social support; all important to keeping you healthy and going.

Kudos to everyone who is taking care of a family member. November is National Family Caregivers Month. During the month of November, and every day throughout the year, you are celebrated for the important, loving work that you do. But please remember it is important for you to also take care of yourself. Involvement in regular physical activity is one of the best things you can do for yourself. See page 32-33 of this newsletter for a listing of the fitness opportunities available at a senior activity center near you. There is sure to be something of interest to you as we offer a variety of fitness classes/activities for all ranges of ability and interest. To help get you into the habit of exercising regularly, EnhanceFitness will be offered at no charge during the month of December. For more information, call Alice at 301-475-4200, ext. *1063. I hope to see you soon.

Social Security Updates

Social Security replacement cards can now be requested by creating a My Social Security Account on-line at www.ssa.gov. This feature is available to individuals who have a valid Maryland-issued driver’s license or ID card. Individuals who need to make changes to their Social Security card such as a name change or who do not have a Maryland ID are still required to visit the local office located at 30071 Business Center Drive, Charlotte Hall, Monday-Friday, 9 a.m.-4 p.m., except Wednesday’s 9 a.m.-12 p.m.
Garvey Senior Activity Center Council
Fundraising Event at Kevin’s Corner Kafe
Lobster Dinner, Thursday, Nov. 17, 3-9 p.m.
Take a break from cooking and enjoy a delicious Lobster dinner on November 17 while you check out Kevin’s new, larger location. A portion of the proceeds will be donated to the Garvey Senior Activity Center Council. To learn more call 301-475-4200, ext. *1050.

‘Razzle Dazzle’ Christmas Party
Loffler Senior Activity Center
Friday, December 9, 10 a.m. to 2 p.m.
Ticket Required, $13 Suggested Donation
Let’s spread the fun and excitement of the Christmas Season with some RAZZLE DAZZLE! Let your senses be swept up in the bright colors and festive atmosphere while enjoying the great music that is always supplied by the delightful Mean Gene.

This special day of festivity will include all the other favorite elements we look forward to like raffles, door prizes, dancing, party favors and more. Catered by Smokey Joe’s, the menu for this festive occasion is: Garden Salad; Glazed Ham; Seasoned Greens; Scalloped Potatoes; Dinner Roll with Butter; Fruit Juice Punch and Bread Pudding with Warm Vanilla Sauce. This is a ticket-only event and tickets are available at all three senior centers, beginning November 1, 2016. To learn more call 301-737-5670, ext. 1658.

Newsletter Delivery Service Concerns
Have you stopped getting your Department of Aging & Human Services newsletter, New Beginning? If so, make sure the Department has your correct address, particularly if you use a P.O. Box for a mailing address. If you’ve moved recently or if you’ve stopped receiving the bi-monthly newsletter, get in touch with the Department of Aging & Human Services to make sure your mailing information is accurate and up-to-date. To learn more call Community Programs & Outreach Manager Sarah Miller at 301-475-4200, ext. *1073 or email sarah.miller@stmarysmd.com.
Tenth Annual Family Caregivers Breakfast  
Friday, November 18, 2016  
Dr. James A. Forrest Technology & Career Center  
Leonardtown, MD  
The Home & Community Based Services Division of the St. Mary’s County Department of Aging & Human Services would like to welcome family caregivers for an informational breakfast on Friday, November 18, 2016 from 9:00 a.m.-11:00 a.m. at the Dr. James A. Forrest Technology and Career Center in Leonardtown, MD. For additional information please contact Daphne Bennear, HCBS Program Coordinator by calling 301-475-4200 ext. *1069 or email daphne.bennear@stmarysmd.com.

Save the Date!  
25th Annual Southern Maryland Caregivers Conference  
Friday, April 21, 2017  
Southern Maryland Higher Education Center  
California, Maryland  
Sponsored by:  
The Geriatrics and Gerontology Education and Research Program, University of Maryland, Baltimore  
&  
St. Mary’s County Department of Aging & Human Services  
In cooperation with:  
Calvert County Office on Aging  
&  
The Charles County Department of Community Services, Aging and Senior Programs Division  

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

To inquire about this conference, please contact Rebecca Kessler, HCBS Division Manager, St. Mary’s County Department of Aging & Human Services by calling 301.475.4200, *1061, or email rebecca.kessler@stmarysmd.com.

Come Join Us On A Special Day...
Rustic Coffee Filter Wreath
Garvey Senior Activity Center
Wednesday, Nov. 2, 10 a.m.-noon
This rustic coffee filter wreath is a beautiful home décor item for the fall. It’s easy to make and looks great hanging by a mantel or small table. Participants are asked to bring a hot glue gun and hot glue sticks; there will be a small number of hot glue guns available for use for those who do not have one. Cost: $6. Register in advance by calling 301-475-4200, ext. *1050.

Basketball for Ages 50+
Margaret Brent Recreation Center
Fridays, November 4-December 23 (no play Nov. 11 & 25), 10-11 a.m., Cost: $12
Pick-up basketball games will be held in the gymnasium during this six-week session. Games are open to both males and females. Advance registration is required. Players may register at the Garvey Senior Activity Center in Leonardtown. For more information, call 301-475-4200, ext. *1050.

Basket Weaving: Napkin Basket
Garvey Senior Activity Center
Monday, Nov. 7, 1-4 p.m.
This class is great for beginner or intermediate basket weavers. Make a 6 x 6 napkin basket. The cost of $20 includes all materials and instruction by Pam King. Payment is due at the time of reservation. Make checks payable to Pam King. To learn more, call 301-475-4200, ext. *1050.

Creating Backyard Bird Feeding Habitats
Garvey Senior Activity Center, Tuesday, November 8, 1 p.m.
Wild Birds Unlimited of St. Mary's County will present a program about creating a backyard bird feeding habitat. Now is the time to create a backyard winter refuge for the birds and for yourself. When that snow flies, you'll be ready to sit back and watch the show! Wild Birds Unlimited will share ways you can bring nature into your backyard in a simple, mess-free manner and make winter more enjoyable for you and the birds. There is no fee to attend this presentation. Register in advance by calling 301-475-4200, ext. *1050.
Book Discussion Group
Garvey Senior Activity Center
Wednesdays, Nov. 9 & Dec. 14, 10:30 a.m.
In November the group will discuss *Cane River* by Lalita Tademy and for December they will discuss *Dead Wake* by Eric Larsen. To learn more, or for information about borrowing a copy of the book, call 301-475-4200, ext. *1050.

8th Annual Softball Dinner Banquet: Save the Date!
Garvey Senior Activity Center, Friday, November 18, 5:30 p.m.
The Garvey Senior Activity Center will host a dinner for the players of the Friday morning softball league. All players should have received an invitation by October 28. If you are a regular attendee and did not receive an invitation, call 301-475-4200, ext. *1062.

Holiday Jewelry Making
Garvey Senior Activity Center
Tuesday, Nov. 29, 1 p.m.
During this jewelry making workshop led by Sue Peters, participants will make bracelets to either give as gifts or keep for themselves. Two types of bracelets will be made, either a memory wire bracelet using green, red and white wire or a Christmas charm bracelet. Cost per bracelet: $5. Choose to make one or both. Sign up in advance by calling 301-475-4200, ext. *1050.

Deck the Halls and Rooms of Garvey
Tuesday, Nov. 29, 2:30-4:30 p.m.
We are in need of a few good elves to help spread holiday cheer in the Garvey Senior Activity Center. There are three trees to trim, decorations to place and fun to be had! ‘Tis the season to be jolly at the Garvey Senior Activity Center and we need you. Decorating elves are asked to call 301-475-4200, ext. *1050.

NOTE: The Department of Aging & Human Services, and the Garvey & Northern Senior Activity Center phone system now requires an * (asterisk) before the extension.
AARP Smart Driver Course
Garvey Senior Activity Center
Tuesday, Dec. 6, 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. Class will be in the Potomac Building, Room 14. Lunch is available at the Center; cost of 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 lunch reservations.

Tax-free Investing
Garvey Senior Activity Center
Wednesday, Dec. 7, 11 a.m.
Avia Cumberbash, Financial Advisor with Edward Jones, will be at the Garvey Senior Activity Center to offer a tax-free investing educational workshop. The program is designed to inform individuals of the benefits and considerations of choosing investments that offer tax advantages. Topics to be discussed include key steps to financial success, types of municipal accounts, bonds, retirement accounts and life insurance. This presentation is for educational purposes only; there is no pressure to buy, no transactions will take place. Sign up in advance by calling 301-475-4200, ext. *1050.

Pickleball
Leonard Hall Recreation Center
8-10 a.m., $20
Wednesdays, Dec. 14-Feb. 1, 8-10 a.m., $32
Pickleball continues to grow in popularity throughout St. Mary’s County. Sign up for Mondays or Wednesdays, or both days. Payment is due at the time of reservation. Registration opens November 1. To learn more, call 301-475-4200, ext. *1050.

Nutrition & Maintaining a Healthy Weight
Garvey Senior Activity Center
Tuesday, December 13, 9:30 a.m.
Presented by MedStar St. Mary’s Hospital Health Connections, this presentation will offer information related to good nutrition and ways to make healthier choices to achieve a healthy weight. Sign up in advance by calling 301-475-4200, ext. *1050.
Luncheon and Holiday Soul Vocalist, Suzette Pritchett
Garvey Senior Activity Center
Thursday, Dec. 15, noon-1:30 p.m.
The Garvey Senior Activity Center will host special guest vocalist, Suzette Pritchett. Ms. Pritchett comes to us from Maryland’s Eastern Shore. She has been singing professionally for about 30 years. She has a smooth, sultry sound and sings songs made famous by your favorite artists such as Aretha Franklin, Tony Bennett, Lou Rawls, Bonnie Raitt, Otis Redding, Yolanda Adams, Patti Labelle and more! Prior to the performance, enjoy a special meal of orange juice spritzer, cranberry glazed pork roast, mashed potato, roasted root vegetables, marinated black eyed peas, and cranberry raisin apple crisp, milk/coffee/tea. Cost for lunch is $6 for those under the age of 60, or a donation for those ages 60 and above.

2nd Annual Holiday Pickleball Players Pizza Party
Garvey Senior Activity Center
Wednesday, December 21, 11:30 a.m.-1:30 p.m.
Celebrate the season with your pickleball court friends! A pizza lunch will be served for all who have played Pickleball with the Garvey Senior Activity Center’s Pickleball group. Pizza, desserts and beverages will be provided. All those in attendance are asked to bring a wrapped gift for a white elephant gift exchange, gift cost range: $10-15. Due to space restrictions this luncheon invitation is only open to those who have played pickleball with the Department of Aging & Human Services during 2016. Pickleball players are asked to RSVP by December 16 by calling 301-475-4200, ext. *1050.

Yellow Door Art Studios Offerings at Garvey
Garvey Senior Activity Center
We have partnered with Yellow Door Art Studios to offer high-quality, low-cost art instruction. All materials are supplied.

Monday, November 14, 2-4 p.m. Bountiful Harvest - Still Life Painting (register by November 9)
Monday, November 28, 1:30 -3:30 p.m. Cakes and Cookies (register by November 23)
Monday, December 12, 2-4 p.m. Poinsettia Painting Party (register by December 7)
Monday, December 19, 1:30-3:30 p.m. Angles in Art History (register by December 14)
Cost is $10 per class; payable to Yellow Door Art Studios. Payment must be made at the Garvey Senior Activity Center at the time of registration. Space is limited so register early. To learn more call 301-475-4200, ext. *1050.
Art Classes with Jamie Naluai
Loffler Senior Activity Center, Tuesdays, 10 a.m.-noon
November 1, 8, 15, 22 (4 sessions) $85
December 6, 13, 20 (3 sessions) $65
Channel your inner artist at Loffler. Jamie’s classes are suitable for beginners as well as intermediate level. She teaches drawing, painting and other mediums in four 2-hour sessions each month. In November, learn many drawing and painting techniques to create pieces of artwork for each session. In December Jamie will teach *Tips and Tricks to Finishing Your Piece* which will include matting, framing and displaying methods. These classes serve as preparation for an art show that is planned in the New Year. All of Jamie’s students, past and present, are encouraged to participate. The cost of these classes includes enough paint and supplies to get you started. Payment may be made to Jamie on the first day of class. Call 301-737-5670, ext. 1658, to sign up or to learn more.

Flu Shot Clinic
Loffler Senior Activity Center
Friday, November 4 10 a.m.–1 p.m.
$32.99 for regular dose; $69.99 for high dose, covered by most medical plans
If you missed your chance to get a flu shot at the Health Fair, you can still get one at a convenient place; Loffler Senior Activity Center. Walk-ins are welcome but appointments are encouraged. The flu shot is covered 100% by most insurance providers, including Medicare, Medicaid MCOs, Tricare, BlueCross BlueShield, CareFirst, BlueCross Federal, Aetna, Cigna, United Healthcare, etc. Bring your Medicare and/or other insurance card. If for some reason it is not covered or you are uninsured the cost is $32.99 for the regular dose or $69.99 for high dose (for those 65 or older). Checks are payable to Rite-Aid. Call 301-737-5670, ext. 1658, to set up your appointment or to learn more.

Open Studio Art
Loffler Senior Activity Center
Friday, November 4 & Tuesday, November 29
10 a.m.-noon, Free
Open Studio Art has an adjusted schedule during November and December. In November, the sessions will be on the first Friday of the month (Nov. 4) and there will be a special session on the 5th Tuesday (Nov.29). Both classes are for fun holiday-related projects. In December there will be no Open Studio classes so make sure you take advantage of the opportunities in November. Supplies are covered and there is no cost. Call 301-737-5670,
History and Educational Video Series
Loffler Senior Activity Center, Free
Wednesday, November 9: *War Letters*, 10 a.m.
During the month of November, our minds and hearts turn to thoughts of our veterans. This month’s selection is sure to swell your heart. In every American war from the Revolutionary War to the Persian Gulf War, American military men and women have captured the horror, pathos and intensity of warfare by writing letters home. Tens of thousands of these letters have been handed down from generation to generation. Using the most compelling and enlightening of these missives, *War Letters* tells the story of American wars from the viewpoint of the men and women in the front lines. Register for this video by calling 301-737-5670, ext. 1658, or stop by the reception desk to sign up. Seating is limited.

Veterans Circle Celebration
Loffler Senior Activity Center
Thursday, November 10, 9:30-10:30 a.m.
$5 for civilians, FREE for veterans
To honor all veterans, active duty and former service members, Loffler Senior Activity Center invites everyone, especially veterans, to gather for this touching tribute to those who have served our country and those who serve today. Veterans, wear your ribbons (and your uniform if you wish). A staff-prepared breakfast will begin at 9:30 a.m., opening ceremony at 10. Cost is $5 for civilians, FREE for veterans and active duty service members. Call 301-737-5670, ext. 1658, before November 3 to reserve your spot. Indicate if you are a veteran when you sign up.

Gift donations needed for Christmas Gift Bingo
Loffler Senior Activity Center
Donations accepted November 14-December 15
Have you ever been given a lovely gift you just can’t use but it’s too nice to get rid of? Or you are out shopping and you see something that is priced so well you must get it even though you don’t need it yourself? Maybe you simply have unopened items you thought you wanted but changed your mind after you got home. Quite likely someone who plays Bingo at Loffler knows just the person who could use that item and he/she is on their Christmas list!! Consider donating these items to Loffler’s annual Christmas Gift Bingo! We are looking for new items (even toys!) to put on the prize table. Bring your gifts to Loffler anytime between November 12 and December 16. **(Please, no candles, expired foodstuff or shopworn items; our players give these as gifts to their loved ones.)** Thank You!!!
Loffler’s **LUNCH CONNECTION**

Entertainment on Tuesday begins at 11:30 a.m., lunch is served at noon. Advance reservations are required, preferably at least 2 weeks before an event. Call 301-737-5670, ext. 1658. There will be an appreciation basket for our performers and a 50/50 raffle at each luncheon.

**Tuesday, November 15:** At 11:30, enjoy the familiar sounds of “John Garner and the Bushmill Bluegrass Band.” Swing as the music takes you back to a simpler time. For lunch, you will be served **Apple Juice, Roast Turkey, Gravy, Stuffing, Cranberry Sauce, Mashed Potatoes, Broccoli, Baked Apples, Whole Wheat Dinner Roll, and a slice of Pumpkin Pie with Whipped Topping.**

**Tuesday, December 20:** Join friends for a luncheon featuring **Fruit Juice Blend, Roast Beef, Gravy, Mashed Potatoes, Vegetable Mix, with Dinner Roll and Margarine, Peaches and Red Velvet Cupcake** for dessert. “Folk Salad Trio” will entertain you with their famous harmonies and some holiday favorites

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**Thanksgiving Centerpiece**

Loffler Senior Activity Center
Friday, November 18, 10 a.m.
“Thanksgiving Centerpiece” Free
Bring a medium size craft pumpkin (for vessel)
Using fresh greenery and flowers plus a few ornamental items you can make a simple yet elegant centerpiece for your holiday table. Pick up a medium sized craft pumpkin (that you can cut) from a craft store and we will supply the rest. So simple- so pretty! To sign up for this class or for more information call 301-737-5670, ext. 1658. Class size is limited.
Make a Tasty Christmas Cottage
Loffler Senior Activity Center
Thursday, Dec. 1 & Friday, Dec. 2, 10 a.m. Free
This fun and popular workshop has become another Loffler tradition! We will need 2 days to do this project- the first day we will construct the cottage and let it dry overnight and the next day we will decorate it with sweets. This cute little item is made with Pop Tarts so it makes up (and holds up) nice and easy. (Doesn’t crumble like graham cracker houses!) You can sign up for this project by calling 301-737-5670, ext. 1658 or by stopping by the reception desk before Monday, November 28. Class size is limited.

Christmas Gift Bingo
Loffler Senior Activity Center
Wednesday, December 14, 10:30 a.m.-1:30 p.m.
$5 for 3 cards
Christmas Gift Bingo has become a tradition at Loffler and is a great bargain because you can do your Christmas shopping while playing your favorite game! Prizes consist of items you would buy for the folks on your gift list including children, as well as Christmas trappings like wrapping paper, Christmas cards and ornaments. Because this is a special game, reservations are required. Only 50 spots available. Call 301-737-5670, ext. 1658 OR stop by the reception desk by Wednesday, December 7 to sign up. Please indicate whether you would like us to order a lunch for you.

Christmas Classic Movie: Miracle on 34th Street
Thursday, Dec. 22, 10 a.m., Free
What is Christmas without an old fashioned Christmas movie? Though this movie had a lovely remake in 2000, we are going back in time to the 1947 version with Maureen O’Hara and the young Natalie Wood. Nibble on some sweet and salty kettle corn and enjoy an ice cold drink on us while enjoying this delightful film. Seating is limited; reserve yours by calling 301-737-5670, ext. 1658 or stop by the reception desk.
Area seniors competed in the Maryland Senior Olympics Softball Tournament in Olney, MD, and brought home the gold! They were the underdogs in the competition and beat out a hand picked, very competitive team from Montgomery County. Way to represent St. Mary’s County!

New Manager at Garvey Senior Activity Center

We welcome Brandy Tulley to the position of Operations Manager of the Garvey Senior Activity Center. Brandy received her B.S. from West Virginia University and her M.S. from the University of North Carolina at Greensboro in Therapeutic Recreation. She has served as the Program Specialist at the Garvey Senior Activity Center since 2006. Brandy enjoys planning and facilitating programs that encourage physical activity and wellness for seniors. She lives in Compton with her husband, two children, and the family’s beagle.

Brandy Tulley
St. Mary's County Pickleball players competed in the 2016 Maryland Senior Olympics August 27-29 in Bowie, Maryland. Congratulations to all who participated!

Learning is ForEver (LIFE)
The Fall Semester of the LIFE program is underway and there are still opportunities for you to take part. Sign-up for a tour of the St. Mary's County Emergency Control Center (Nov. 1), tour the Southern Maryland Criminal Justice Academy (Nov. 16), or make a natural wreath for the holidays (Dec. 15). For registration information, please call 301-475-4200, ext. *1063.
Benefits of Chair Yoga
Northern Senior Activity Center
1st & 3rd Fridays, 9-10 a.m.  Alternating Wednesdays.
Chair Yoga is a great way to explore the benefits of yoga but with the stability of a chair. Friday’s class requires some standing with the support of a chair and relaxation exercises done on the floor. Wednesday’s class provides mostly a seated yoga experience where there is minimal standing and no floor exercises; this class focuses on joint and back flexibility. Come see which is the best fit for you. Friday’s class schedule is the 1st and 3rd Fridays and Wednesdays classes are held on the 2nd and 4th Wednesdays. The first class can be taken for free on a trial basis. The cost is $3 per class purchased with a 10-session fitness card for $30.

Health Connections
Northern Senior Activity Center
Tuesday, November 8, 12:30-2 p.m., Free
Health Connections will give a presentation on Nutrition and Maintaining a Healthy Weight at the Northern Senior Activity Center on Tuesday, November 8 from 12:30-2 p.m. Health Connections provides community outreach for MedStar St. Mary's Hospital offering community classes, seminars and support groups. To sign up for this presentation in advance visit the sign-up table or call 301-475-4002, ext. *3101.

Lyme Disease Video Conference Series
Northern Senior Activity Center
Wednesdays, November 9, 23 and December 7, 14 & 21, 3-4:45 p.m., Free
A five-part video series will cover the relevant and often misunderstood topic of Lyme Disease. Top Lyme-literate doctors were videotaped at various conferences and those presentations are being shared. These are gems of information that serve as almost a virtual conferencing and consultation experience; you will hear from them directly about what they know and have experienced. If you are having a hard time understanding Lyme Disease or finding credible resources to help guide you, do not miss this opportunity to learn from these leading experts. Conference videotaping was made available by lymedisease.org, who in conjunction with local groups, works to educate and advocate for the Lyme community.
Nov. 9: Dr. Raphael Stricker, President of International Lyme and Associated Diseases Society (ILADS) covers many challenging aspects of Lyme Disease diagnoses and treatment. 45 mins.
Nov. 23: Dr. Joseph Burrascano, “Putting Lyme Behind You: Cutting Edge Way to Heal from Tick-borne Illness”. 90 mins.
Dec. 7: Dr. Ann Corson, “Using Integrative Medicine to Heal from Lyme Disease.” 60 mins.
Dec.14: Dr. Christine Green, Co-Infection Multiple Chronic Infectious Disease.” 90 mins.
Dec. 21: Dr. Richard Horowitz: How the combination of Lyme, co-infections, bio-toxins, food allergies and other conditions make it hard to get well and what to do about it. 90 mins.

NOTE: Our offices and the Garvey and Northern Senior Activity Center phone system now require an * (asterisk) before the extension.
**Breakfast Café**

**Northern Senior Activity Center**  
**Wednesdays, November 9 & December 14**  
**9-10 a.m., $2**

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

Breakfast on **November 9** will be *Scrambled Eggs with Ham and Cheese, Potato Cake, Toast, and Fruit.*

Breakfast on **December 14** will be *Sausage Gravy, Biscuits, Home Fries, and Fruit.*

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

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**Southern Maryland Wine & Design Painting Events**

**Northern Senior Activity Center**  
**Thursday, November 17 & December 15, 9:30-11:30 a.m., $30**

Enjoy the fellowship of friends, food, and fun at our Southern Maryland Wine & Design painting events. Learn to paint a beautiful work of art from professional instructors. Each picture will be pre-sketched to guide you during the painting process and is perfect for artists of all skill levels. All supplies, and snacks, are provided and you will leave with a 16x20 canvas of your acrylic painting at the end of class. No alcohol is provided or permitted during this program. The cost is $30 payable to Southern Maryland Wine & Design. The painting design will be on display at the center during signups. To sign up and pay for the class in advance, visit the front desk. For more information regarding the class, please call 301-475-4002, ext. *3103.

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**AARP Smart Driving Course**

**Northern Senior Activity Center**  
**Tuesday, November 29, 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 or call 301-475-4002, ext. *3101.*
Floor Cloth Canvas
Northern Senior Activity Center
Thursday, December 1, 10 a.m., $40
Floor cloths are not only one of the earliest floor coverings, but they are also a medium for artistic expression. Experimental Art group leader, Barbara Ferrante, will lead a class using a pre-primed approximately 22”x33” canvas to create a beautiful, one-of-a-kind piece of floor cloth art. Using paint, stamps, and sponges you can create a design as simple or as complex as you desire. The class starts at 10 a.m. and will continue as long as you need to create your masterpiece. Once your design is complete, it will take 24 hours for the wax to completely cure. The cost of the class is $40 and it includes all materials. To sign up and pay for the class in advance, visit the front desk. To learn more call 301-475-4002, ext. *3103.

Purse Bingo
Northern Senior Activity Center
Friday, December 2, 10-11:30 a.m., $3
What better way to welcome the holiday season than by winning a purse! Win a new or a one-time-carried purse featuring popular brands such as Vera Bradley®, Miche®, Liz Claiborne®, and Kathy®. Event bag styles include totes, shoulder bags, and wristlets. Deadline to sign up is Monday, November 28. Limited seating is available and seat reservations must be made with payment of $3. To sign up and pay for this activity in advance, please visit the front desk. To learn more call 301-475-4002, ext. *3103.

Secret Santa Mondays
Northern Senior Activity Center
Mondays, December 5, 12 & 19, Gift Budget Maximum $15
Surprise someone with special gifts by becoming a Secret Santa. Visit the sign up table to enter your name by Wednesday, November 23. Names will be drawn the following Monday to select your recipient. Each Monday will have a theme for the gifts to help guide you:
December 5: A Sweet Treat Suggested Gifts: candy, snacks
December 12: Cozy Christmas Suggested Gifts: ornament, hot chocolate mix, mug
December 19: Holiday Cheer Suggestion: find out more about this person from staff or others.
Find your gift in your stocking or under the tree. On the last day, be in the Social Room at 11:30 a.m. to give your final gift in person. Want to give your Secret Santa some help? Give Rachel a list so she can help! The maximum budget for gifts is $15. To learn more call 301-475-4002, ext. *3103.
Holiday Musical Special Event  
Northern Senior Activity Center  
Monday, December 5, 11:30 a.m.-1 p.m., $5  
Celebrate the magic of the season by coming to our holiday luncheon and recital. Enjoy a delicious lunch of *oven fried chicken, mashed potatoes and gravy, tossed salad with edamame, dilled carrots, mandarin oranges, whole wheat dinner roll and apple pie a la mode* for dessert. Meleah Backhaus Shrout and students will provide holiday music entertainment from noon to 1 p.m. Door prizes, special treats, and embellishments will be provided. Suggested donation for a ticket is $5 for this event. To sign up and pay in advance visit the front desk. To learn more call 301-475-4002, ext. *3101.

Holiday Cheer Fresh Floral & Ornament Centerpiece  
Northern Senior Activity Center  
Tuesday, December 6, 10-11:30 a.m., $10  
Give a hand-made gift or keep it for your holiday table! Make an adorable fresh floral arrangement in a pint-sized mason jar that fits into a little stocking. We will use the lid to make an ornament that you can hang around the arrangement or put on the tree. The cost is $10 and includes all materials for the arrangement and ornament; however, if you have any special embellishments you would like to include feel free to bring them to class. To sign up and pay for the class in advance, please visit the front desk. To learn more call 301-475-4002, ext. *3103.
Winners of the Destination Photography Contest

Congratulations to our photo contest winners! This year’s contest theme was “Destination Photography.” Twenty-four entries were submitted and judged by three professional photographers: Mary DeMarco-Logue, Bishal Poudel, and Guy Stephens. Each judge selected their top five favorites and scores were awarded based on placement. Winners were finalized by averaging the scores awarded by each judge.

**First Place:** *The Road Home*, by Donald Yates

**Second Place:** *Horse on Slieve Elva*, by Ruth Yates

**Third Place:** *Sunrise at the Grand Canyon*, by Margaret Barnstead

*The Stags of Broadhaven*, by Ruth Yates

**Fourth Place:** *Antelope Canyon 2*, by Faith Ferris

*Bridge of Sighs*, by Ellynne Brice Davis

**Fifth Place:** *Kauai Cloud*, by Ann Baldwin
Senior Information & Assistance
By Debbie Barker, Senior I & A Manager

2017 Medicare Part D Prescription Improvements

Thanks to the Affordable Care Act, improvements to the Medicare Part D prescription drug program continue. Beginning January 2017, individuals enrolled in the program will receive $3,700 worth of drug coverage before reaching the coverage gap compared to $3,310 in 2016. For those who enter the gap a co-pay of 40% for brand-name drugs and 51% for generics will be required. This is a major improvement over just a few short years ago when individuals had to pay 100% of their drug costs in the gap. The bad news is that companies who choose to have a deductible can set that amount up to $400. At the time of this publication individual plan information is not yet available.

Anyone who requires assistance with the cost of their Part D drug costs may apply to the Social Security Extra Help program at www.ssa.gov. To receive a paper application or assistance with applying call 301-475-4200, ext. *1050. Eligibility is determined by the household’s gross income (including Social Security) and value of assets which includes monies in IRAs, checking and savings accounts, CDs, value of real estate except the home in which you live, trusts, etc.

Individual Monthly Income Maximum: $1,505, Asset Value: $13,640
Couples Monthly Income Maximum: $2,023, Asset Value: $27,250

FREE Holiday Meals

Everyone is invited to visit Immaculate Heart of Mary Church in Lexington Park for a FREE Thanksgiving Day meal at the church hall on Thursday, November 24 from 11:30 am-2 p.m. Reservations are not required. St. Aloysius Church in Leonardtown will offer a FREE Christmas Day meal at Father Andrew White School on Sunday, December 25 from 2:00 – 6:00 pm. Reservations are not required.

Christmas food baskets will be distributed by numerous volunteers the week prior to Christmas. To place your name on the recipient list contact the St. Mary’s County Division of Human Services at 301-475-4200, ext. *1849.

Health Care Exchange Open Enrollment

Enrollment into one of the Maryland Health Connections Exchange policies begins November 1, 2016. For those individuals who chose not to enroll last year and are currently without health insurance, now is the time to enroll to avoid further penalties. The guidelines regarding who should enroll remain the same as last year. Anyone currently insured by Medicare, Medicaid, employer health coverage, retiree coverage, or Tricare DO NOT need to enroll. The only exception would be for those who currently have health insurance who are interested in enrolling in a stand-alone dental plan, which are available through Maryland Health Connections.

The Exchange offers policies from known insurance companies as well as a variety of coverage options. In many cases, individuals and families will qualify for a subsidy to help reduce the amount of the insurance plans monthly premium or may even qualify for Medicaid. To learn more about these plans and find a program to suit your needs go to www.marylandhealthconnections.com or call 1-855-339-3007 or 1-855-642-8573 for TTY, Monday-Friday, 8 a.m. to 6 p.m. to schedule an appointment with a trained navigator at the St. Mary’s County Health Department or the Lexington Park Department of Social Services.
RSVP volunteers who helped to staff flu shot and health screening stations. Our volunteers also greeted hundreds of local citizens who attended the event, providing information about the Health Fair, the many exhibitors, and the wide range of health services and resources available in our community. Thanks to all who helped to make this event a resounding success!

RSVP Season of Thanks
During this season of thanks, we want to thank all our senior volunteers for their service to our community. The recent Community Health Fair sponsored by the Department of Aging & Human Services on October 21 is one example of a large-scale event that would not have been possible without the help of RSVP volunteers. More than 700 persons attended the Health Fair with the support of more than 40

A Harvest of Thanks
To all our volunteers who sow seeds of kindness throughout the year, our Thanksgiving prayer is that you reap many blessings for your service to others and our community. May the good deeds you’ve sown reap an abundant harvest of blessings in your life. We appreciate all our RSVP volunteers who serve our community in so many ways.

Our volunteers are leading all kinds of activities at Senior Activity Centers, visiting veterans at Charlotte Hall Veterans Home, delivering meals to homebound persons, providing medical transportation services, raising funds for non-profits, helping with emergency services and crime prevention, assisting Hospice patients, leading educational enrichment tours, performing grounds beautification, providing musical entertainment to shut-ins, assisting with special events and projects, preparing and filing tax returns, and so much more. Thank you for all you do. We wish all of you a very happy and blessed Thanksgiving with family, friends, and loved ones!
Veterans Advocate Extraordinaire

Congratulations to RSVP Volunteer Gail Murdock who received a Certificate of Appreciation this year from Charlotte Hall Veterans Home (CHVH) for Service Above and Beyond. Gail has been an active force at the Veterans Home for many years, helping to support services and programs for the Veterans there, such as raising funds for the Clothing Locker that provides clothing free of charge to Veteran residents. He started an Adopt-a-Vet Program to pay the dues for Veteran residents who wanted to join the American Legion Post there. Two years ago, Gail also helped to raise funds for the North-East Regional Conference at the Veterans Home, where he served as a guest speaker. Himself a Navy Veteran of 20 years, Gail has served for 39 years as an officer with American Legion Post #221 in Avenue, the past 16 years as Commander of the Post. “I work so hard for the Veterans Home,” he said, “because one day it’s going to be my home!” Another of Gail’s guiding principles, as evidenced in his can-do attitude, is “Let’s get ‘er done!”

Maryland Senior Citizen’s Hall of Fame Inductee

Even at the age of 77, Gail just can’t seem to get enough of volunteering! In addition to working tirelessly on behalf of Veterans, Gail serves on the Garvey Council where he puts his fundraising prowess to work soliciting donations to support the new, to-be-built Garvey Senior Activity Center. He also serves as a member of the Commission on Aging and RSVP Community Advisory Committee, where he provides guidance on issues of importance to local seniors, volunteers, and veterans. For all of these service activities and more, Gail was inducted October 27 into the Maryland Senior Citizen’s Hall of Fame, Class of 2016. Nominator Margaret Forrest described him as “the Eveready Bunny, always giving of himself to help others.” Also endorsing his nomination was James R. Guy, President of the Commissioners of St. Mary’s County, who said, “Throughout the years, Mr. Murdock has gone above and beyond the call of duty to assure that the senior citizens of this county have received services, funds and benefits available to them. His dedication to this community and our senior population has been truly appreciated by all that have the privilege of working with him.” As an RSVP volunteer, Gail sets the gold standard for volunteer service. Thank you, Gail, for all you do on behalf of Veterans, Seniors, and our community!

To explore volunteer opportunities for seniors 55 years of age and above call RSVP at 301-737-5670, ext. 1653 or e-mail norine.rowe@stmarysmd.com.
You are Invited
10th Annual
Family Caregivers Breakfast
Friday, November 18, 2016

Family caregivers are invited to enjoy breakfast, an encouraging speaker and inspirational music.

9 a.m. - 11 a.m.
James A. Forrest Career and Technology Center

Contact: Daphne Bennear for reservations
301-475-4200, ext. *1069
Daphne.Bennear@stmarysmd.com

Brought to you by the Commissioners of St. Mary’s County and the St. Mary’s County Department of Aging & Human Services.
<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>Intermediate Quilting</td>
<td>Louise Park</td>
<td>1st &amp; 3rd Fridays</td>
<td>9:30 a.m.</td>
<td>Supplies</td>
</tr>
<tr>
<td>Loffler Senior Activity Center Great Mills 301-737-5670, ext. 1658</td>
<td>Needle Crafters</td>
<td>Audrey Hanie</td>
<td>Mondays &amp; Thursdays</td>
<td>10-11:30 a.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Open Studio Art</td>
<td>Jamie Naluai</td>
<td>2nd &amp; 4th Fridays</td>
<td>10 a.m.</td>
<td>Supplies</td>
</tr>
<tr>
<td></td>
<td>Appliqué</td>
<td>Judith Nelson</td>
<td>Mondays</td>
<td>1 p.m.</td>
<td>Free</td>
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<tr>
<td></td>
<td>Independent Art</td>
<td>Self-directed</td>
<td>Wednesdays</td>
<td>1 p.m.,</td>
<td>Bring materials</td>
</tr>
<tr>
<td></td>
<td>Art Classes</td>
<td>Jamie Naluai</td>
<td>Tuesdays</td>
<td>10 a.m.-noon</td>
<td>$85/4 wks</td>
</tr>
<tr>
<td></td>
<td>Honey Bee Quilters</td>
<td>Jan Goings</td>
<td>1st &amp; 3rd Wednesdays</td>
<td>10 a.m.-noon</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Project Linus</td>
<td>Debbie Rumple</td>
<td>3rd Fridays</td>
<td>10 a.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Monthly Craft</td>
<td>Audrey Haynie</td>
<td>1st or 2nd Fridays</td>
<td>10 a.m.</td>
<td>Fee</td>
</tr>
<tr>
<td></td>
<td>Wood Carving</td>
<td>W. &amp; M. Brown</td>
<td>Tuesdays</td>
<td>1 p.m.</td>
<td>Supplies</td>
</tr>
<tr>
<td></td>
<td>Form-A-Line Cards</td>
<td>Linda Wright</td>
<td>Mondays</td>
<td>1 p.m.</td>
<td>$5 for starter kit</td>
</tr>
<tr>
<td>Northern Senior Activity Center Charlotte Hall 301-475-4002, ext. *3101</td>
<td>Simply Crafty</td>
<td>Self-directed</td>
<td>Daily</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Whimsie Works Pottery</td>
<td>Pam King</td>
<td>2nd &amp; 4th Mondays</td>
<td>1:30 p.m.</td>
<td>Fee</td>
</tr>
<tr>
<td></td>
<td>Quilting for Beginners</td>
<td>Gina Alexander</td>
<td>2nd &amp; 4th Wednesdays</td>
<td>12:30 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Dynamic Ceramics</td>
<td>Nancy Norris</td>
<td>Wednesdays</td>
<td>9:30 a.m.-noon</td>
<td>Fee</td>
</tr>
<tr>
<td></td>
<td>Open Studio</td>
<td>Self-directed</td>
<td>Mondays &amp; Fridays</td>
<td>9 a.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Northern Stars Theater Group</td>
<td>Rachel Mowatt</td>
<td>Varies</td>
<td>1 p.m.</td>
<td>Free</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 Charlotte Hall 301-475-4002, ext. *3101</td>
<td>“Bring Your Buddy” Billiards</td>
<td>Mondays, Tuesdays Wednesdays Thursdays No Fridays</td>
<td>Before 11 a.m. Before 1 p.m. After 3 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Hand &amp; Foot</td>
<td>3rd Tuesday</td>
<td>10 a.m.-12:30 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>“Oh, Heck”</td>
<td>Tuesdays and Fridays</td>
<td>9:30 a.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Double Pinochle</td>
<td>Tuesdays Fridays</td>
<td>11 a.m. Noon</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Breakfast Café</td>
<td>Varies (see pg. 21)</td>
<td>9 a.m.</td>
<td>$2</td>
</tr>
<tr>
<td></td>
<td>Western Mahjong</td>
<td>Wednesdays</td>
<td>1 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Eastern Mahjong</td>
<td>1st. &amp; 2nd Tuesdays &amp; Thursdays</td>
<td>10 a.m. 1 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Pitch Tournament</td>
<td>TBD 5 week sessions</td>
<td>12:30 p.m.</td>
<td>$10</td>
</tr>
<tr>
<td></td>
<td>Bridge</td>
<td>Thursdays</td>
<td>10 a.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Bingo</td>
<td>Fridays</td>
<td>10 a.m.</td>
<td>$2</td>
</tr>
<tr>
<td></td>
<td>Eat. Play. Fun. Pitch.</td>
<td>2nd and 4th Thursdays</td>
<td>12:30 p.m.</td>
<td>Free</td>
</tr>
</tbody>
</table>

### Wanted: Older Adults Who Like to Eat!!

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

<table>
<thead>
<tr>
<th>Location</th>
<th>Title</th>
<th>Day(s)</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Garvey Senior Activity Center</strong></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>Call for availability</td>
<td>8 a.m.-5 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Casual Contract Bridge</td>
<td>2nd &amp; 4th Fridays</td>
<td>10 a.m.-1 p.m.</td>
<td>Free</td>
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<tr>
<td></td>
<td>Senior Vibes</td>
<td>1st Tuesday</td>
<td>9:30-11:30 a.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Bridge Club</td>
<td>Thursdays</td>
<td>10 a.m.-3 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td></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- Nov. 1, 8, 22, &amp; 29. Dec. 6, 13, &amp; 27.</td>
<td>12:30-1:30 p.m.</td>
<td>$1 (up to three cards)</td>
</tr>
<tr>
<td></td>
<td>Bingo</td>
<td>Wednesday, Nov. 16</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>Wednesdays</td>
<td>10 a.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Hand &amp; Foot</td>
<td>Every Thursday</td>
<td>1 p.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>Pitch</td>
<td>Thursdays</td>
<td>10 a.m.</td>
<td>Free</td>
</tr>
</tbody>
</table>

Our Extensions Have Changed
Please be advised that the phone extensions for the Department of Aging & Human Services, Garvey Senior Activity Center, and Northern Senior Activity Center have changed. Please make sure to dial an asterisk (*) before these extensions. Loffler Senior Activity Center is not affected.
### Ongoing Physical Fitness Activities At Garvey and Loffler Centers

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

<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>Loffler Senior Activity Center</strong></td>
<td>Wii Sports</td>
<td>Daily</td>
<td>8 a.m.-5 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td>Great Mills 301-737-5670, ext. 1658</td>
<td>Zumba</td>
<td>Mondays</td>
<td>Noon.</td>
<td>F.C.</td>
</tr>
<tr>
<td></td>
<td>Walking Club</td>
<td>Mon., Wed. &amp; Fri.</td>
<td>9 a.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Arthritis Foundation</td>
<td>Mondays &amp; Fridays</td>
<td>1-2 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>EnhanceFitness</td>
<td>Mondays &amp; Fridays</td>
<td>2 p.m.</td>
<td>F.C.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Wednesdays</td>
<td>1 p.m.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Strength Training</td>
<td>Tuesdays, Thursdays</td>
<td>10-11 a.m.</td>
<td>F.C.</td>
</tr>
<tr>
<td></td>
<td>Yoga</td>
<td>Mon., Wed., Fri.</td>
<td>9:50-11 a.m.</td>
<td>F.C.</td>
</tr>
<tr>
<td></td>
<td>Yoga</td>
<td>Thursdays</td>
<td>8:50-10 a.m.</td>
<td>F.C.</td>
</tr>
<tr>
<td></td>
<td>Line Dance</td>
<td>Fridays</td>
<td>11 a.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Tai Chi for Arthritis &amp; Fall Prevention</td>
<td>Mondays, Thursdays</td>
<td>by schedule; call.</td>
<td>11 a.m.</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Location</th>
<th>Title</th>
<th>Day(s)</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Senior Activity Center Charlotte Hall 301-475-4002, ext. *3101</td>
<td>Fitness Equipment Available</td>
<td>Daily</td>
<td>8 a.m.-5 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Wii Sports</td>
<td>Daily</td>
<td>Noon-5 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Walking on Three Notch Trail</td>
<td>Daily</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Yoga For Everyone</td>
<td>Mondays &amp;</td>
<td>9 a.m.</td>
<td>F.C.</td>
</tr>
<tr>
<td></td>
<td>Total Body Strength</td>
<td>Mondays</td>
<td>2-3 p.m.</td>
<td>F.C.</td>
</tr>
<tr>
<td></td>
<td>Zumba</td>
<td>Tuesdays</td>
<td>10-11 a.m.</td>
<td>F.C.</td>
</tr>
<tr>
<td></td>
<td>Arthritis Foundation Exercise</td>
<td>Wednesdays &amp; Thursdays</td>
<td>10-10:45 a.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>EnhanceFitness</td>
<td>Tues. &amp; Thurs., Saturdays</td>
<td>9-10 a.m. 9:30-10:30 a.m.</td>
<td>F.C.</td>
</tr>
<tr>
<td></td>
<td>Line Dancing</td>
<td>Wednesdays</td>
<td>1-2:30 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Regular Bike Riding</td>
<td>Daily</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>YES cycling</td>
<td>Appointment</td>
<td>Scheduled Times</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Regulation Horseshoes</td>
<td>(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.

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

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

Call 301-475-4200, ext. *1073 to learn more about this audio availability. Additional volunteer readers and those proficient in other languages are particularly welcome; the time commitment is approximately two hours on a bi-monthly basis.

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

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**NOVEMBER-DECEMBER**
Ongoing Education Classes

<table>
<thead>
<tr>
<th>Location</th>
<th>Title</th>
<th>Instructor</th>
<th>Day(s)</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Garvey Senior Activity Center Leonardtown</td>
<td>Book Discussion</td>
<td></td>
<td>2nd Wednesday</td>
<td>10:30 a.m.</td>
<td>Free</td>
</tr>
<tr>
<td>301-475-4200, ext. *1050</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Loffler Senior Activity Center Great Mills</td>
<td>Current Events</td>
<td>Dave Spore</td>
<td>Mondays</td>
<td>10 a.m.</td>
<td>Free</td>
</tr>
<tr>
<td>Great Mills 301-737-5670, ext. 1658</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Scripture Study</td>
<td>Solomon Olumese</td>
<td></td>
<td>2nd &amp; 4th Fri.</td>
<td>10 a.m.</td>
<td>Free</td>
</tr>
<tr>
<td>Computer Tutor</td>
<td>Volunteer</td>
<td></td>
<td>Daily</td>
<td>By appt.</td>
<td>Free</td>
</tr>
<tr>
<td>Northern Senior Activity Center Charlotte Hall</td>
<td>Page Turners Book Club</td>
<td>Gloria Fusco</td>
<td>4th Monday</td>
<td>1 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td>Charlotte Hall 301-475-4002, ext. *3101</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lyme Disease Support &amp; Discussion Group</td>
<td>MarieNoelle Lautieri</td>
<td>TBD</td>
<td>1 p.m.</td>
<td></td>
<td>Free</td>
</tr>
<tr>
<td>Book Chatter</td>
<td>Joyce Summers</td>
<td>4th Thursday</td>
<td>11 a.m.</td>
<td></td>
<td>Free</td>
</tr>
</tbody>
</table>

Sign Up Online to Receive New Beginning

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

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

Lori Jennings-Harris, Director

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

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

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

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

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

Retired and Senior Volunteer Program (RSVP)-Offering persons 55 years of age or older an opportunity to donate their time, talents, enthusiasm, and expertise in the local community. Call 301-737-5670, ext. 1653.

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

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

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

Website:  www.stmarysmd.com/aging       Fax: 301-475-4503
Phone: 301-475-4200, ext. *1050
Address: 41780 Baldridge Street, P.O. Box 653, Leonardtown, MD 20650
(Please send donations and correspondence to the Post Office Box.)

Senior Activity Centers:

- Garvey Senior Activity Center, 301-475-4200, ext. *1050
  41780 Baldridge St., Leonardtown, MD 20650
- Loffler Senior Activity Center, 301-737-5670, ext. 1658
  21905 Chancellor's Run Rd., Great Mills, MD 20634
- Northern Senior Activity Center, 301-475-4002, ext. *3101
  29655 Charlotte Hall Rd., Charlotte Hall, MD, 20622
2016 Holiday Closings...
(Also, no Home-Delivered Meals)

Veterans Day, Friday, November 11

Thanksgiving, Thursday & Friday, November 24-25

Christmas Day (Observed), Monday, December 26