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# What's Inside?

Summer Camp Brings Generations Together	3
Garvey Senior Center Contruction Moving Again	5
Keeping Active at Local Senior Centers	6
4 Simple Ways to Save More for Retirement	9
Home Delivered Meals for Seniors	9
Seniors Get Police Support with SALT Program	10
Senior Rides Keep the Elderly On the Move	11
Calvert Office on Aging Offers a Variety of Programs	13
Great Part-Time Jobs for Retirees	14
St. Mary's Senior Centers Offers a Variety of Activities	15

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# Summer Camp Brings Generations Together



By Dick Myers  
Editor

Sociologists have observed an interesting phenomenon. Often grandparents and grandchildren get along better than parents and children. North Beach grandmother Claudia Stout has an easy explanation. "I spoil them," she said of her daughter's three children.

That spoiling includes giving them candy, which their mother usually doesn't. She explains, "I don't have to make the rules. I don't have to put them to bed."

But when Stout brings up her spoiling tendencies to her daughter, she responds, "Mom, that's your job!"

Stout agrees with the observation that grandparents and grandkids get along, with one proviso: "You have to be present in their lives." That's exactly what Stout is, having retired and moved from Annapolis to North Beach to be closer to her daughter and her three children.

After moving to the county, Stout found the North Beach Senior Center and that's where she learned about the Calvert County Office on Aging's annual Intergenerational Camp held every summer at the Calvert Pines Senior Center in Prince Frederick.

She signed up for herself and her middle grandchild Clint Johnson, 7, a student at Windy Hill Elementary School. The other two grandchildren were either too young or too old for the program.

Office on Aging Program Manager Ed Sullivan explained that the week-long camp is designed for elementary-school-age children and their grandparents, with morning and afternoon programs and lunch.

Stout said she and Clint were given a choice during each half day of one of two activities they could be involved in, including games, crafts and other activities. She said the programs were interesting enough to keep her and the other adults engaged as well as the children.



For instance, one of the activities was making colorful tiles. "I learned a new craft," she said.

Stout said it was also a time for her and Clint to get to know each other better. She said she let him take the lead on that, to talk about whatever he wanted.

Sullivan said one activity is intended to determine how well the grandparents and grandchildren know each other. It's similar to the old Newlywed Game on TV,

in which one partner leaves the room and the other is asked questions about them. Then he or she is brought back into the room to see if the questions were answered correctly.

Stout said the adult attendees at last year's Intergenerational Camp were largely grandmothers, although grandfathers are surely encouraged to attend.

Stout was especially impressed by how well-behaved the children were. "Nobody was obnoxious," she added.

"He absolutely enjoyed it," Stout said of her grandson. The large meeting room at the senior center was filled with games and other activities that they could wander around and participate in, other than the scheduled paired activities.

It was also a place for the kids to meet other kids and the grandparents to meet other grandparents

and share experiences.



"It was a lovely experience," Stout said about last year's camp that was held in early July. She and Clint plan on registering and attending again this summer.

Sullivan said brochures for registration will be available at the senior centers in the spring.

[dickmyers@countytimes.net](mailto:dickmyers@countytimes.net)

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# Senior Center Project Moving Again



By Guy Leonard  
Staff Writer

After months of delays caused by foul weather conditions, mostly heavy rains in the summer and fall, the new Garvey Senior Center project is getting back on track, county officials have told The County Times.

"We're still somewhat behind schedule," said John Deatrick, county public works and transportation chief. "The steel framing is almost done."

As construction crews are near finishing the building's superstructure, which will also house the new Leonardtown Library, Deatrick said the roof and walls of the complex should be finished by June of this year.



"The building should be finished by the end of the year," said Deatrick. "And after that will be occupancy by the following month in January [of 2020]."

"That's our hope right now."

Deatrick said the county had been working with the building contractor Tuchman-Barbie of Upper Marlboro to find ways to speed up construction and make up for lost time.

"That means trying to get more people on the site and getting more things done simultaneously," Deatrick said. "But that can also raise costs and we need to be careful to stay within budget."

The entire project has a budget

of about \$17 million.

Last year the county commissioners voted to reduce the size of the project to bring it into budget; Deatrick said the reduction would not have an impact on actual program space inside the facility once it was finished.

"Although the square footage has been scaled back, it was done foot by foot in places like the bathrooms and storage areas," Deatrick said. "It was a very small amount that was taken out."

Gary Whipple, the project's engineer with the Department of Public Works and Transportation, said the project is about 20 percent completed based on funding expenditures.

Also, the county is working to employee a design firm to find new ways to expand the program space at the Northern Senior Center in Charlotte Hall, Deatrick said.

"We have some extra money for that in our capital project budget," Deatrick said.

The senior center project had been bandied about in county government circles for years; at first it was not intended for a new facility to be built but to move the current Garvey Senior Center next to the county government building into another building owned by the county.

But activists such as Dale Taylor, with the Garvey Senior Activity

Center Council, Inc., continually pushed for a new facility to handle the needs of the growing senior population in St. Mary's County.

Starting in 2014, Taylor and others formed the council as a non-profit to raise funds for the programs and other items such as fitness equipment for the new center.

The project was originally set for just over 16,000 square feet

but was reduced to 15,779 square feet; but Taylor says she is not complaining.

"It's been an uphill battle but we're here," Taylor said. "We're very pleased, this is very exciting."

"We're the fastest growing senior population in the state."

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# Keeping Active at Local Senior Centers

## ST. MARY'S COUNTY

Senior activity centers are the focal point for many daily and special programs offered by the Department of Aging & Human Services, including the mid-day meal program, opportunities for socialization and recreation, fitness opportunities, and access to special staff services. The Division of Senior Center Operations strives to provide a variety of high quality, dynamic, affordable programs and activities for the independent senior community that promote good health, fitness, education, socialization, and the development of skills and interests.

The Department operates three senior activity centers, that open at 8 a.m. Monday through Friday. Doors close at 4:30 p.m. and all activities end at 5:00 p.m. These are the Garvey Senior Activity Center in the main County Government complex in Leonardtown (a new, larger center is under construction nearby), the Loffler Senior Activity Center at Chancellor's Run Park in Great Mills,

and the Northern Senior Activity Center on Charlotte Hall Road just north of the Veteran's Home.

Do you want to find something to do, but don't know where to look? The Department of Aging & Human Services offers many events that encourage seniors to enjoy themselves on a regular basis. You may wish to view the New Beginning Newsletter, a Department of Aging & Human Services publication which features upcoming activities and events at all the Senior Activity Centers.

Adults 50 years of age and older are welcome to attend activities at the senior activity centers.

### THE NORTHERN SENIOR ACTIVITY CENTER

The Northern Senior Activity Center is located just north of the Charlotte Hall Veterans Home. Call or visit the Center today to arrange a tour of the center and meet the friendly staff. Amenities include: fitness equipment,

ceramics and pottery studio with kiln, Recumbent Terra Trike Bike for free use on the Three Notch Trail, library, large room for fitness and social activities, game room with pool table and card tables, arts and craft room, theater stage, conference room with space for private computer tutoring, and an outdoor patio and horseshoe pits.

29655 Charlotte Hall Road  
Charlotte Hall, MD 20622  
301-475-4200 ext. \*3101

### THE LOFFLER SENIOR ACTIVITY CENTER

The Loffler Senior Activity Center is located in Chancellors Run Park off of Chancellors Run Road in Great Mills, MD. Call or visit the Center today to arrange a tour of the center and meet the friendly staff. Amenities include: Fitness Equipment, Craft & Activity Rooms, Kitchen, Large Room for Fitness and Social Activities, Reflexologist and Massage Services, Arts & Crafts Room,

Library and Senior Lounge area.

21905 Chancellors Run Road  
Great Mills, MD 20634  
301-475-4200 ext. \*1658

### THE GARVEY SENIOR ACTIVITY CENTER

The Garvey Senior Activity Center is located in the Governmental Center Complex in Leonardtown, MD. Call or visit the Center today to arrange a tour of the center and meet the friendly staff. Amenities include: Fitness Equipment, Large room for Fitness Activities, Massage Services, Computer Lab, Club Room and an Arts & Crafts Room.

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Check out the monthly calendar on their website: [www.co.saint-marys.md.us/aging/newsletter.asp](http://www.co.saint-marys.md.us/aging/newsletter.asp). Physical copies of our newsletter with an activity calendar can be obtained at any of the Senior Activity Centers.

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# CALVERT COUNTY

The mission of the Calvert County Office on Aging is to enable senior citizens to avail themselves of a full range of services and programs in order to maintain the best quality of life possible. The Office on Aging is a single point of contact for seniors to obtain information and services related to nutrition, socialization, health insurance, long term care, physical fitness, mental health, continued education, insurance, taxes, transportation, cultural enrichment, hobbies, and crafts. When necessary or appropriate, the Office on Aging will work with friends, relatives, and other agencies who may be in need of advice and assistance on behalf of a particular senior. Older persons are encouraged to maintain their independence as long as possible in the community setting. When alternative living arrangements are needed, the Office on Aging staff is able to assist in identifying possible appropriate placement. Efforts are directed towards providing a full range of opportunities and assistance, which will

assist in perpetuating the seniors' dignity as human beings and enhancing their feelings of well being. <http://www.co.cal.md.us/index.aspx?nid=113>

### CALVERT PINES SENIOR CENTER

The center is operated by the Calvert County Office on Aging. The center provides hot meals and nutrition education as well as a variety of social services for seniors. The center also provides recreational activities such as Crafts, Fine Arts, Game Rooms, Card Games, Variety Players, Physical Fitness, Educational Classes, Inter-generational Activities, Trips/Cultural Events, Bowling Leagues, Special Event Celebrations/Activities, Golf League, Pool & Card Tournaments, Ceramics and Bingo. Check the website for the current schedule of classes and monthly newsletters.

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### SOUTHERN PINES SENIOR CENTER

The center is operated by the Calvert County Office on Aging. The center provides hot meals and nutrition education as well as a variety of social services for seniors. The center also provides recreational activities such as Crafts, Fine Arts, Game Rooms, Card Games, Variety Players, Physical Fitness, Educational Classes, Inter-generational Activities, Trips/Cultural Events, Bowling Leagues, Special Event Celebrations/Activities, Golf League, Pool & Card Tournaments, Ceramics and Bingo. Check the website for the current schedule of classes and monthly newsletters. Hours of Operation are 8:30 to 4:30.

20 Appeal Lane  
Lusby, MD 20657  
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### NORTH BEACH SENIOR CENTER

The center is operated by the Calvert County Office on Aging. The center provide hot meals and nutrition education as well as a variety of social services for seniors. The center also provides recreational activities such as Crafts, Fine Arts, Game Rooms, Card Games, Variety Players, Physical Fitness, Educational Classes, Inter-generational Activities, Trips/Cultural Events, Bowling Leagues, Special Event Celebrations/Activities, Golf League, Pool & Card Tournaments, Ceramics and Bingo. Check the website for the current schedule of classes and monthly newsletters. Hours of Operation are 8:30 to 4:30. <http://www.co.cal.md.us/index.aspx?NID=390>

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# 4 Simple Ways to Save More for Retirement

It's never too early to begin saving for retirement. While millions of people have no doubt heard or read those very words before, surveys indicate that few people are taking that lesson to heart.

A 2018 survey from Bankrate.com found that 20 percent of Americans don't save any of their annual income. Things aren't necessarily rosier in Canada, where the financial institution CIBC reports that 32 percent of people nearing or on the cusp of retiring have nothing saved for retirement.

Saving for retirement can seem impossible in households where every dollar counts. But the following are four simple ways to save more for retirement without making dramatic lifestyle changes.

## TURN RAISES INTO RETIREMENT SAVINGS

According to the Worldat-Work 2018-2019 Salary Budget Survey: Top Level Results, salary budgets in the United States are projected to rise by an average of 3.2 percent in 2019, while those in Canada are expected to rise by 3 percent. Working professionals can save more for retirement by converting some or all their raises into retirement savings. Pre-tax retirement accounts allow working professionals to put aside money before taxes are paid, so weekly paychecks will not be greatly affected if you choose to increase the percentage of your income you deposit into such accounts. Do this each time you receive a raise and your retirement savings

will grow considerably.

## PUT BONUSES TO WORK

Professionals who receive bonuses can speak to their employer and request that their retirement contribution rates be increased when bonuses are issued. Many 401(k) retirement plans allow workers to contribute as much as 80 percent of their paychecks. While that's not sustainable for most people every pay period, increasing your contribution rate dramatically when your bonus is issued is a great way to save more for retirement. Contribution rates can then be returned to normal the following pay period.

## DOWNSIZE YOUR HOME

Empty nesters nearing retirement age may benefit by downsizing their homes. Doing so can reduce utility bills, property taxes and other expenses, and those savings can then be redirected into retirement accounts.



## REINVEST TAX RETURNS

Working professionals accustomed to receiving tax returns can use that money to catch up on their retirement savings. Rather than spending tax returns or depositing them into traditional savings accounts, reinvest them into a retirement account. Speak with a financial planner to help you figure out how to accomplish this goal. Even if it requires opening a new account, the long-term benefits or reinvesting returns are substantial.

Saving for retirement is important, and it's never too late or too early to start setting aside more money for your golden years.

## Home Delivered Meals Ensure Seniors Get Proper Nutrition

By Guy Leonard  
Staff Writer

Getting older can sometimes mean not being able to get around so well. For some that means not being able to get out and get the essentials as easily as they used to.

County and state funded programs like Home-Delivered Meals, which delivers food to the elderly no longer able to get out of the house on their own, ensures they don't want for basic nutrition.

One of the many programs the county's Department of Aging and Human Services offers for seniors, it represents more than a way to keep homebound seniors fed.

County officials say it provides needed nutrition to seniors, particularly to those with medical issues.

The program also allows volunteers working with the program to check on their clients' welfare, county officials said.

Participants in the program get either one hot meal a day delivered to them or five frozen meals delivered at once for a one-week supply.

If the client doesn't answer

their door the volunteer making the delivery calls either their emergency care giver or 911 to try and check on their welfare.

For some clients enrolled in the program it's a chance to get spiritual as well as physical sustenance. That's because the volunteers delivering meals may be the only contact the client has with other people, according to program managers.

To qualify for the program, applicants must be more than 60 years old or more, be homebound without the ability to drive or take public transportation and must show that they would otherwise be dependent on another driver to take them to stores to obtain their necessities.

There are currently hundreds of people enrolled in the meal delivery program and the county needs volunteers to ensure the program continues to operate.

Meals are delivered free of charge but donations from clients are accepted, though.

For more information, or to enroll in the program, those interested can call Monila Williams, the program coordinator, at 301-475-4200 at ext.\*71060.

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# Seniors Get Police Support with SALT Program

By Guy Leonard  
Staff Writer

Seniors may be vulnerable targets for criminals and scam artists but the Triad/SALT program (Seniors and Law Enforcement Together) makes sure that they don't have to be a victim.

Police Officials have said senior citizens are a favorite target of scammers for their often wholesome nature.

The older generation are trustworthy, especially financially trustworthy and they like to fix problems as they arise. They are much more cooperative and less likely to question scam artists.

To top it all off, seniors come from a generation when authority was not questioned as often as today.

Members of the St. Mary's County sheriff's office meet with seniors in the SALT program often,

talking to them about ways to keep safe, criminal threats they face and how criminals operate.

But SALT also helps citizens access other services the county provides, including the STS Bus line.

Seniors, sheriff's officials have said, may not all know that they can call for an STS bus to pick them up in certain cases.

But the information doesn't just flow from SALT to seniors, it goes the other way, too, sheriff's officials have said and it has been a big help to law enforcement when it comes to giving police information on possible crimes going on in neighborhoods.

Seniors are often home more and they are vigilant in their neighborhoods and are keen to spot the comings and goings of suspicious vehicles or persons.

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# Senior Rides Keep the Elderly On the Move



By Guy Leonard  
Staff Writer

For elderly residents 60 years and older in St. Mary's who can't drive on their own there is a volunteer option geared towards helping them keep their independence and their appointments.

The Senior Rides program was recently honored for operating successfully for the last 10 years and is helping hundreds of the

elderly get around the county.

The service is not for emergencies and qualified ride-seekers have to schedule their trips three days in advance, with donations being appreciated.

Many of the volunteers who provide rides for seniors are in the same age range themselves and understand that it can be difficult for some to get around, according to county officials.

One of the qualifications for a senior rides volunteer is having "patience and a genuine love of helping others," according to the Department of Aging and Human Services.

Because the senior rides program requires advanced scheduling, county officials advise participants to use the county's STS Bus transportation system if they need more immediate assistance.

There are also special county buses specifically designed for seniors who use apparatus like wheelchairs to get around.

The Senior Rides program offers a sense of freedom to participants since once they are in the car they can ask the volunteer to take them wherever they may need to go.

In the past decade the county estimates the program has served 300 senior citizens and that volunteers have given 13,000 hours, going roughly 263,000 miles over the course of 4,000 trips.

To be qualified for the Senior Rides program, applicants must:

- Be 60 years of age or older, and a St. Mary's County resident
- Have a low to moderate income not to exceed \$4,040 per month for an individual or \$5,420 for a couple
- Be able to walk using a cane or walker (wheelchairs cannot be

accommodated)

- Lack access to reasonable, affordable transportation
- Riders must use other forms of public transportation when available and when appropriate
- Fees are charged using a radius method based from the rider's pick up address

Riders must also:

- Complete a Rider Evaluation Survey for each ride completed
- Transportation to procedures requiring anesthesia and/or excessive wait times will be considered at the time of the request.
- Sign release/waiver form
- Be ready at time of pick up
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- Be courteous

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# Calvert Office on Aging Offers a Variety of Programs

The following are some of the events/programs that the Calvert County Office on Aging will be hosting/offering in 2019:

## DEVELOPMENTAL DISABILITIES AWARENESS MONTH

March is designated as Developmental Disabilities Awareness Month. It is an opportunity to highlight the principle that everyone benefits when people with or without disabilities learn and thrive together in the community. For providing retirement solutions for citizens in Calvert County with developmental disabilities, Create! For Seniors program participants and the Calvert County Office on Aging will be presented with a proclamation at the Calvert Board of County Commissioners meeting on Tuesday, March 5, 2019 at 10 a.m.

## OLDER AMERICANS MONTH

May is Older Americans Month and this year's theme is Connect,

Create and Contribute. This theme encourages older adults and their communities to: connect with family, friends and services that support participation; create by engaging in activities that promote learning, health and personal enrichment; and contribute time, talent and life experiences to benefit others. For advocating for senior citizens in Calvert County, members of the Commission on Aging and the Office on Aging staff will be presented with a proclamation at the Calvert Board of County Commissioners meeting on Tuesday, May 7, 2019 at 10 a.m.

## 27TH ANNUAL SOUTHERN MARYLAND CAREGIVERS CONFERENCE

The Calvert County Office on Aging will host the 27th Annual Southern Maryland Caregivers Conference on Friday, May 3, 2019 from 8 a.m. to 2:45 p.m. The event, held at the Southern Pines Community/Senior Center, is sponsored by the Geriatrics

and Gerontology Education and Research Program, University of Maryland Baltimore and Calvert County Office on Aging.

## WORLD ELDER ABUSE AWARENESS MONTH

June is World Elder Abuse Awareness Month. Every year in June, communities are encouraged to recognize elderly abuse, create policies that foster respect for elders and provide the tools they need to continue to be productive citizens. For raising awareness concerning elder abuse and neglect, the Office on Aging staff will be presented with a proclamation at the Calvert Board of County Commissioners meeting, Tuesday, June 4, 2019 at 10 a.m.

## RED, WHITE AND BLUE SENIOR PICNIC

The Calvert County Office on Aging will be hosting the Red, White and Blue Senior Picnic on Wednesday, June 12, 2019 at the

Calvert County Fairgrounds at 11 a.m.

## INTERGENERATIONAL CAMP

The Calvert County Office on Aging will be hosting an Intergenerational Camp from July 8-12, 2019 at the Calvert Pines Senior Center.

## NATIONAL CAREGIVERS MONTH

National Caregivers Month, celebrated each November, raises awareness of issues surrounding family caregivers and celebrates the efforts of family caregivers. The Office on Aging staff will be presented with a proclamation at the Calvert Board of County Commissioners meeting on Tuesday, Nov. 5, 2019 at 10 a.m.

For additional information, stop by one of the three Calvert County senior centers to pick a copy of The Connection, a bi-monthly newsletter featuring senior center activities and programs or visit us at [www.calvertcountymd.gov](http://www.calvertcountymd.gov).





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# Great Part-Time Jobs for Retirees



Upon retiring, many newly minted retirees find themselves looking for ways to fill their free time. Hobbies may not take up too much time, and travel can stretch retirees' budgets.

One way that retirees can make great use of their free time and make a little extra money is to find part-time employment. Part-time jobs can help retirees maintain their connections with their communities, whether it's their professional community or the

community in which they live, while also providing a sense of purpose. Retirees interesting in finding part-time work may want to consider the following jobs.

### CONSULTING WORK

Many retirees have long résumés, and that experience is still valuable even after retirement. Consulting firms often hire experienced businesspeople on a project or contract basis, which can be great opportunities for retirees to fill their time and make sizable amounts of money without having to commit to long-term employment.

### TEACHING

Retirees can also put their professional experience to work in the classroom. Inquire about teaching opportunities at a nearby university or even the local high school. Such opportunities may only be available on a volunteer

basis, but some might pay part-time salaries or small stipends. Either way, many retirees find that working with young people helps them stay young, and passing on lessons learned to younger generations can provide a strong sense of purpose.

### SEASONAL WORK

Seasonal work is another great way for retirees to fill their time and make a little extra money along the way. Come the holiday season, retirees should have no trouble finding seasonal retail work at their local malls or shopping centers. In warmer months, retirees may find seasonal employment at area beaches, golf courses or parks.

### SPORTS TEAMS

Retirees who live in cities with professional sports teams may be able to find work with their favorite franchise. Professional sports fran-

chises often rely on retirees to staff in-game positions like ushers and concessions employees, and some may even hire retirees to greet fans. While the pay might not be great, such positions are ideal for retirees who happen to be big sports fans.

### CRAFTS

Retirees with a love of crafting can turn their hobby into income. For example, Etsy.com makes it easy for creative entrepreneurs to post their creations and sell them to buyers all over the globe. Sellers often dictate how quickly they can make and ship products, so retirees need not feel worried about being rushed.

Many retirees still work even after calling it a career, and opportunities abound for men and women looking to fill their time and make a little extra money along the way.

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# St. Mary's Senior Centers Offers a Variety of Activities



## GARVEY SENIOR CENTER ACTIVITIES

### SEATED TAI CHI

The Garvey Senior Activity Center will be offering Seated Tai Chi starting Feb. 10 at 8:30 a.m. This modified seated version of Tai Chi for Arthritis can be enjoyed by anyone wishing to practice Tai Chi sitting down. People with almost any chronic condition can learn to improve their health and mobility. It is suitable for people who are either unable to walk or are required to be seated e.g. while in flight. Medical studies confirm that Tai Chi for Arthritis relieves pain, reduces falls, and improves quality of life. To learn more or sign up call, 301-475-4200, ext. 71050.

### KICK BOXING

Kickboxing will be offered on Wednesdays from 8:30-9:30 a.m. through Feb. 19. Cost: \$35. 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 towards active men and women ages fifty and above and has great energy without the high impact exercises that are done during a mainstream kickboxing class. The instructor, Geno Rothback, is a registered nurse, a senior fitness instructor, and is a black belt in Taekwondo and certified Martial Fusion and Kickboxing

instructor. Cost is \$35 payable to Geno Rothback. Payment required at time of reservation. Call 301-475-4200, ext. 71050 to learn more.

### DIABETES SELF-MANAGEMENT

Diabetes Self-Management is offered on Tuesdays through February 26, 1:30-4 p.m. Living with diabetes is a full-time job. The Diabetes Self-Management classes give attendees tools needed to take control of their disease. Topics covered include nutrition, stress management, medication management and many more! Space in the class is limited. Register by calling 301-475-4200, ext. 71050. There is no fee to attend; however, attendance at all six sessions is highly recommended.

### GOLDEN BEATS

NEW! Drums Alive: Golden Beats is offered Wednesday, February 2-April 3, 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 and 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 rhythmical patterns of the drum increase 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. Attendance at all classes is mandatory. To learn more or sign up, call 301-475-4200, ext. 71050.

## LOFFLER SENIOR CENTER

### ART CLASSES

Art Classes by Jamie Naluai: Tuesdays, February 5, 12, 19, 26 10 a.m.-12 p.m., \$85 each month (4 classes) How about taking up art in 2019? Jamie's classes are suitable for beginners as well as intermediate level. She teaches drawing, painting and other mediums in four 2-hour sessions per month. Cost of these classes includes enough paint and supplies to get you started. Payment may be made to instructor on the first day of class. Call 301-475-4200, ext. 71658 to sign up or to learn more.

### AMAZING CANE

Amazing Cane is offered Tuesdays February 5, 19 & 26, 11 a.m. Cost: Bring in a plain old cane. Meet Bonnie Hollyer, lover of dance, creative arts and people. She has a plan for combining all these talents to show you a good time! First, bring in a plain old cane to transform into your own unique creation. Then learn some dance moves using your newly styled stick. Don't like standing? Fine, you can cut a rug while seated! At the end of each session you will have done some great stretches, dance moves and, of course, laughing- because it's really all about the fun! Cane you do it? Yes, you CANE! Sign up by calling 301-475-4200, ext. 71658 or stop by the reception desk.

## NORTHERN SENIOR CENTER

### TAI CHI FOR ARTHRITIS

Tai Chi for Arthritis, Tuesdays, through March 26, 10-11 a.m., Free Tai Chi for Arthritis and Fall Prevention was developed by Dr. Paul Lam

with the Tai Chi for Health Institute as a safe and effective exercise program for those with Arthritis to improve balance, build strength, and promote total-body wellness. Dr. Lam developed his original TCA routine and later added with the TCA Part 2 movements. In this class series, participants will learn both the original and Part 2 movements in a complete 12-week cycle. The first weeks will focus on the core and extended movements taught in the original program. The final 5 weeks will focus on the Part 2 movements. Space is limited. Advanced sign up is required, no drop in space is available. To sign up for this 12-week series in advance, please visit the signup table or call 301-475-4200, ext. 73103.

### R&B LINE DANCING

R&B Line Dancing on Fridays through February 22 1-2 p.m., \$12/\$2 per class For the first time at the Northern Senior Activity Center, welcome Marie Bond and Catherine Bush for their first session of R&B Line Dancing. These ladies will guide you step-by-step as you learn some of today's trendiest line dances; including dances such as the Cupid Shuffle and the Wobble. Payment of \$12 for 6 classes/\$2 per class is made directly to instructors the day of class. To sign up for this 6 session class in advance, please visit the signup table or call 301-475-4200, ext. 73103.

### LIVING WELL WITH DIABETES

Living Well with Diabetes is on Mondays through March 18, 1-3:30 p.m. Free Health Connections with MedStar St. Mary's Hospital will lead Living Well with Diabetes at the Northern Senior Activity Center. This evidence-based program was developed by Stanford University to teach self-management tools for managing your diabetes. Take charge of your health and carry out an action plan that fits your life. This series is free, but does require your committed attendance. Please note that not all classes are consecutive due to holiday closings. To sign up for this series, please register with Health Connections by calling 301-475-4200, ext. 76019.

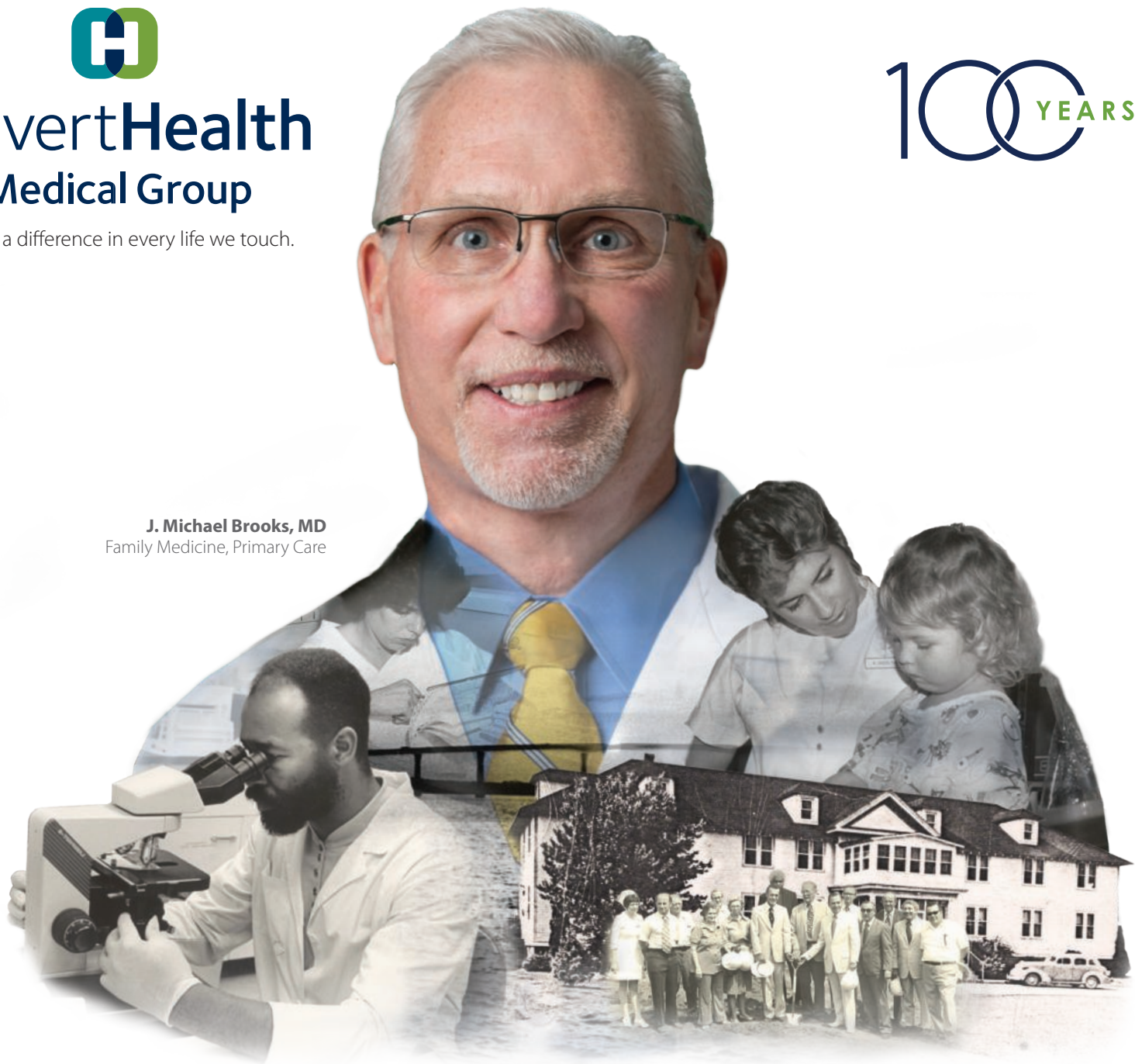




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