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Instructors and Facilitators Needed
Share your knowledge and expertise with others. Be an instructor, speaker, or mentor. Call Alice Allen at 301.475.4200, ext. 1063, or stop by the Garvey Senior Activity Center in Leonardtown and leave your name, phone number, and a brief description of the subject you would like to teach. We will contact you and soon have you leading your very own class! Volunteers are needed around the county.

L.I.F.E. courses are offered at locations throughout St. Mary’s County. Listed below are the locations of our courses and directions. If you need further assistance, call 301.475.4200, ext. 1063.

<table>
<thead>
<tr>
<th>Location</th>
<th>Directions to the class location from nearest major road</th>
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<tbody>
<tr>
<td>Garvey Senior Activity Center</td>
<td>From California, Route 235 North, turn left at Route 245 in Hollywood. Go approximately 6 miles to St. Mary’s County Governmental Center, turn left at Baldridge Street. Center is behind Leonard Hall School and next to the Chesapeake Building.</td>
</tr>
<tr>
<td>Interim Loffler Senior Activity Center at SAYSF Bible Church</td>
<td>From California, Route 235 South, turn left on Rue Purchase Road. Go approximately 1.5 miles. Center and parking lot are located directly past the main church on your left.</td>
</tr>
<tr>
<td>Northern Senior Activity Center</td>
<td>North on Rt. 235. Turn left onto Charlotte Hall School Road, which is just beyond the traffic light at the intersection of Rt. 6. The Veterans Home will be directly across the road. Turn right at Charlotte Hall Road. The Center is approximately .5 mile on the left.</td>
</tr>
</tbody>
</table>
L.I.F.E (Learning is ForEver) Survey

Please complete and return this survey even if you do not register for classes.
Your input will be helpful in planning future class offerings.

How did you learn about the L.I.F.E. program?

- L.I.F.E. Brochure
- Department of Aging newsletter
- Word of mouth
- Newspaper
- Other

What ideas do you have for classes you would like to see offered?

__________________________________________________________
__________________________________________________________

What time of day would you prefer to attend classes?

- Morning
- Afternoon
- Evening

If a class meets for more than 1 session, would you prefer it to be scheduled on:

- Consecutive days in the same week
- The same day for consecutive weeks

What age bracket do you fall in?

- 50-59
- 60-69
- 70-79
- 80+

How would you like to assist the program?

- Be a volunteer instructor
- Be a volunteer class mentor
- Help with planning
- Other

Contact Information:
Name:
Phone Number:
E-Mail:

Please return your completed survey to:
Alice Allen, Division Manager
St. Mary’s County Department of Aging
P.O. Box 653, Leonardtown, MD 20650
301.475.4200, ext. 1063

GENERAL INFORMATION

L.I.F.E. programs are brought to you in partnership with St. Mary’s County Historical Society, St. Mary’s County Libraries, Historic St. Mary’s City, and the St. Mary’s County Department of Recreation and Parks, Museum Division.

Registration
Completed registrations are taken on a first come, first serve basis. Classes fill up quickly, so register early. Confirmation phone calls are not made. You will be notified if a class is full or canceled, or if you are on a wait list.

To register, complete the registration form at the back of this booklet and return it with full payment to the Department of Aging. Registration is complete when the form and class fee are received.

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

If registering more than one (1) person, please use a separate form for each person.

Cancellation and Refund Policy
If you are unable to attend a class, call 301.475.4200, ext. 1063 to cancel. Refunds will be considered if received two weeks prior to the start of the class. If the Department of Aging is unable to hold a class or you are on a wait list, you will receive a refund. Fees are non-transferable.

Contact Information
Alice Allen, Division Manager
St. Mary’s County Department of Aging
P.O. Box 653, Leonardtown MD 20650
301.475.4200, ext. 1063
Alice.allen@stmarysmd.com
Gourd Art

Birdhouse Gourds: Join in learning this unique art form. Gourds and project supplies will be provided. Learn about the variety of techniques utilized when working with gourds. Class limit 6.

Instructor: Kay Hall
Wednesday, September 15 & 22
9 a.m. - noon
Garvey Senior Activity Center
301.475.4200, ext. 1072
Fee: $20

Paper Mache

Join Kay Hall as she teaches how to make a unique Paper Mache Santa. All supplies will be provided. Class limit is 6.

Instructor: Kay Hall
Wednesday, September 15, 22 & 29
1 p.m. - 4 p.m.
Garvey Senior Activity Center
301.475.4200, ext. 1072
Fee: $15
DIRECTIONS TO EVENT LOCATIONS

1676 State House
18559 Hogaboom Lane, St. Mary’s City 20686
Rt. 5 South to St. Mary’s City. Make sharp left curve.
Turn right onto Rosecroft Road. Hogaboom lane will be on your right.

Piney Point Lighthouse
44701 Lighthouse Road, Piney Point 20674
Take Route 5 South through Leonardtown to Callaway.
Turn right on Route 249. Drive 9 miles to Piney Point making a right onto Lighthouse Road to the end.

“Miss Jane” Dock
48804 Fox Harbor Road, Ridge 20680
From Leonardtown, take Rt. 5 South towards Ridge.
Turn right onto Wynne Road. Turn right on Fox Harbor Road.

ARTS & CRAFTS

Explore Quilling
Explore the art form in which paper strips are rolled, shaped and very carefully glued in place to create a pattern. A quilled design can enhance any number of items. Come see what possibilities lay in store.
Instructor: Millie Coryer-Dhu
Thursday, October 7 & 14
10 a.m. - Noon
Interim Loffler Senior Activity Center (SAYSF)
240.725.0290
Fee: $10

Craft a Santa
Create an adorable Santa on a rustic board in one afternoon. This makes a great holiday decoration. All materials are provided. Class limit is 6.
Instructor: Bettie Broadhurst
Tuesday, November 9
9 a.m. - Noon
Garvey Senior Activity Center
301.475.4200, ext. 1072
Fee: $15
FRINGE-BEADED PURSE KEY FINDER

How much time do you spend searching for your keys at the bottom of your purse? A purse key finder is a simple, decorative strand of beads that attaches to your key ring and can dangle slightly outside your zipped purse. It will appear to be a purse decoration and your keys will be easily retrieved when you hold onto the beaded finder and unzip your purse. Made with a Native-American flair, there will be a variety of beads and colors to choose from, as well as leather strips in assorted colors to match up to your favorite bag.

Instructor: Wrenn Williams
Wednesday, November 17
1:30 p.m. – 4 p.m.
Northern Senior Activity Center
301.475.4002, ext. 1003
Fee: $10

CHRISTMAS ANGEL ORNAMENT

Join this class and learn to create a beautiful angel ornament which is formed by using embroidery thread, lace, pearls and ribbons. Class limit is 6.

Instructor: Cecilia Presnell
Thursday, November 18
9 a.m. – 10:30 a.m.
Garvey Senior Activity Center
301.475.4200, ext. 1072
Fee: $5

THE JOHNS HOPKINS MEDICINE ANNUAL WOMEN’S HEALTH CONFERENCE

The Johns Hopkins Medicine Annual women’s health conference provides new and compelling information about important issues affecting women’s health. From nutrition and improving your memory to heart disease and cancer, this one-day conference offers many seminars, all taught by Johns Hopkins physicians. Fee includes transportation by County STS bus, breakfast, lunch, presentations including four one-hour seminars you choose from in advance. If interested, please contact us for a full listing of seminar topics as well as a fact sheet on how this day-long tour will be conducted. Deadline for registration is Friday, October 22. Tour limit: 10.

Instructor: MarieNoelle Lautieri
Saturday, November 20
Conference hours are 8 a.m. – 4:30 p.m.
Bus leaves from Garvey Senior Activity Center at 6 a.m. and returns at approximately 6 p.m.
301.475.4002, ext. 1002
Fee: $100

CHRISTMAS AT THE 1676 STATE HOUSE

Enjoy the holiday season and this lovely event. See the fabulous holiday decorations that the Mistress Brent Garden Club has created and installed in the historic state house in St. Mary’s City. A club member will explain the techniques and materials used to deck the halls of this Jacobean style landmark. This is a perfect time to get together with a friend for lunch. If you attended last year, you are welcome to go again, as the decorations are always different.

Facilitator: Mistress Brent Garden Club Member
Tuesday, December 14
11 a.m. – 1 p.m.
The State House at Historic St. Mary’s City
301.475.4200, ext. 1063
Fee: $20; includes lunch
**TOURS**

**Tour of PAX Base Aviation Operations**

This tour offers an insider’s view of places that have limited access and specialized operations. You will be taken inside the doors of the Air Traffic Control tower, get an on-site briefing of the V-22 Osprey aircraft, and tour the Aviation Survival Training Center. This is the best way to see for yourself what PAX does up close and personal. A lunch stop will be made at the new River’s Edge Conference Center. This tour requires a considerable amount of walking including the use of steps; dressing comfortably is important. Tour limit: 14.

Tour Leader: Retired Lt. Cmdr. Harry Errington, Patuxent River Naval Air Station Museum
Thursday, October 14
10 a.m.—2 p.m.
Bus leaves from Garvey Senior Activity Center
301.475.4200, ext. 1002
Fee: $25

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**CARDS/GAMES**

**Mah Jong**

This class is designed for the beginning player. You’ll learn to recognize the tile characters and the Asian method of playing the game.

Instructor: Molly Baker
Friday, September 17, 24 & October 8, 15
1 p.m. - 4 p.m.
Garvey Senior Activity Center
301.475.4200, ext. 1072
Fee: $10

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**Beyond Beginning Bridge**

This class is designed for those who have taken an introductory bridge course but want to learn more or those who have played in the past but need a refresher.

Instructor: Emerita Haywood
Wednesday, October 6, 13, 20, 27 & November 3, 10
1:30 p.m. - 3 p.m.
Garvey Senior Activity Center
301.475.4200, ext. 1072
Fee: $10
COMPUTERS

E-Bay for the First Time User

This one-day class is designed for the person new to eBay but very interested in getting in the game. Using this online auction marketplace, you’ll learn how to find and buy products and sell what you already have. Get information on how to safely conduct financial transactions, protect your identity and reputation, accept payments and ship items with ease. Reference materials provided to each student. Pre-requisite: Basic experience using the computer and knowledge of its functions. Class limit: 10.

Instructor: Eric Johnstone
Wednesday, October 13
1 p.m. - 4 p.m.
Northern Senior Activity Center
301.475.4002, ext. 1001
Fee: $10

Excel for Beginners

This class is designed for the person getting started in managing financial data on the computer. You’ll learn why Excel is the preferred spreadsheet software today and how to use it to review and input data. Excel is perfect for those wishing to start spreadsheets for their own use; a personal budget, tracking donations for taxes or analyzing investment activity. These basics will make you more knowledgeable of the software’s many functions as a financial management tool. Pre-requisite: Basic experience using the computer and knowledge of its functions. Class limit: 10.

Instructor: Eric Johnstone
Wednesday, October 27
1 p.m. - 4 p.m.
Northern Senior Activity Center
301.475.4002, ext. 1001
Fee: $10

TOURS

Discuss and Honor: WWII; Korean War and Vietnam

This series of three discussions and one video about recent US international conflicts culminates with a bus trip to visit the WWII Memorial, the Korean War Memorial and the Vietnam Wall. Speakers from each era will present a personal insight into their service, presented in a 45 minute session, on each week. The final part of this course will be the bus trip to Washington, D.C. to visit the memorial and honor the Veterans of each war.

Note: Trip participants must be able to walk for a period of 30 minutes at a time between memorials. Benches, as available, can provide rest in-between memorials. Lunch and water are included in the cost of this trip. Minimum of 30 participants required for trip.

Instructor: Frank Maio
Thursdays, September 30 & October 7, 14, 21
Trip to War Memorials on October 28
Discussions 1 p.m.; Trip 8 a.m.- 4 p.m.
Interim Loffler Senior Activity Center
240.725.0290
Fee: $45 per person

Bus leaves Loffler at 8 a.m., Garvey at 8:30 a.m. and Northern at 9 a.m.

Bus departs Washington D.C. at 2 p.m.
TOURS

Piney Point Lighthouse & Museum Tour

The Piney Point Lighthouse has much significance as a navigational light guiding boats along the Potomac River. Enjoy a guided tour of the lighthouse and museum, including exhibits on boat building and the life of a waterman. Learn about sea glass and how to identify pieces that you find. A picnic lunch will be provided. Tour limit is 25.

Tour Leader: Piney Point Lighthouse Museum Staff
Tuesday, October 5
(Rain date is Tuesday, October 12).
10:30 a.m. - 1:30 p.m.
Questions can be directed to Alice Allen at 301.475.4200, ext. 1063
Fee: $12; includes lunch

Amish and Mennonite Community Bus Tours

Have you always wanted to visit some of the Amish or Mennonite farms in our area? Many of them have products and services for sale: some seasonal and some year-round. This tour is designed to acquaint you with the customs and traditions of these fine folk while we travel the back roads of the county. We’ll visit their workshops, greenhouses and shops to see first-hand all that is available. Lunch will be held at Northern Senior Activity Center and is included in your cost. Comfortable attire, especially shoes, is the order of the day. Trip leaves from Garvey Senior Activity Center. Transportation will be provided. Tour limit: 12

Instructor: Bettie Broadhurst
Wednesday, October 6
10 a.m. - 2 p.m.
Garvey Senior Activity Center
301.475.4200, ext. 1072
Fee: $17 (includes transportation and lunch)

COMPUTERS

Facebook

In this class you’ll learn what Facebook is about. Learn how to set up your own Facebook account. Use Facebook to find friends, connect and share with the people in your life. Wow your family and friends by using this new technology.

Pre-requisite: This class is designed for the person new to Facebook with basic computer experience. Class limit is 4.

Instructor: Brandy Tulley
Tuesday, December 7
10:30 a.m. - 11:30 a.m.
Garvey Senior Activity Center
301.475.4200, ext. 1062
Fee: $5

Your Own Personal Computer Tutor

Learn the fundamentals of computer software or explore functions more in depth with an instructor who will spend time with you in a one-on-one setting.

By Appointment Only
Fee: $5 per session
(one Hour)

Instructor: Elli Morgan
Northern Senior Activity Center
301.475.4002, ext. 1001
COOKING

Southern Maryland Stuffed Ham

Learn the secrets of preparing this traditional regional recipe. The dish is especially savored because it is available only in Southern Maryland, particularly St. Mary’s County. Few foods can match the aromatic mixture of sweet boiled ham mixed with cabbage, kale, onions and spices. Joseph Wilkinson of Leonardtown credited this local favorite as one of his secrets for longevity, as reported in the County Times on December 27, 2007 in an article in recognition of Mr. Wilkinson’s 100th birthday. Generous servings will be available for sampling in class. Class limit is 8

Instructor: Tommy Alvey
Monday, November 22
6:30 p.m. - 8:30 p.m.
Garvey Senior Activity Center
301.475.4200, ext. 1063
Fee: $15

TOURS

Fishing on the “Miss Jane”

Try your hand at fishing, with the company of a crew behind you! The boat will leave Ridge, MD for the Patuxent River where participants can fish and take home their catch. Fish likely to be caught include Rockfish and Bluefish. You will be provided with life jackets, fishing poles, and bait. You will need to bring your own packed lunch, and there will be refrigeration and a microwave on board for you to prepare your own lunch. Bottled water will be provided, any other (non-alcoholic) beverages can be brought aboard, no glass bottles, please. Participants should bring a small cooler, with ice, to take home their catch. Fish will be cleaned by crew before packing.

Boat leaves from the dock at 48804 Fox Harbor Road, Ridge MD.
Go to the right side of the barn, where you will see the dock and “Miss Jane.” Class limit: 10.

Instructor: Toni Axtell
Wednesday, September 15
7:30 a.m. (Boat leaves promptly and returns when limit is caught).
Call Joyce at 240.725.0290 for more information.
Fee: $40
On the Inside: The Sheriff’s Office & Detention Center

This tour is not designed for the fainthearted. Get a gritty and inside look into the roles of the Sheriff’s Office you might not ordinarily see. Meet at the Sheriff’s Headquarters for a tour of the Crime Lab and other areas. The group is then escorted to the Detention Center for a tour and update on the Jail Expansion Project. Layers of glass keep groups secure and separate from physical contact by inmates but are not soundproof.

Group limit: 10.

Tour Leaders: Captain Michael Merican and Sergeant Diane Fenwick
Thursday, September 9
6 p.m. – 8 p.m.
301.475.4002, ext. 1002
Fee: $5

EDUCATION

Take the Bus, Gus

Does the high price of gas keep you from traveling where you want to go? Have you ever wondered about how to use the STS buses you see on the roads? Learn how to use public transportation and take a trip to the mall in Waldorf. Class limit is 10.

Instructor: Alice Allen & a STS representative
Tuesday, September 21
9:30 a.m. - 3:00 p.m.
Garvey Senior Activity Center
301.475.4200, ext. 1063
Fee: $2; plus bus fare (approximately $4.)

Beginning Spanish

Join this lively class while learning basic conversational Spanish. Learn basic language skills and simple words and phrases in a fun relaxed atmosphere.

Instructor: Emerita Hayward
Wednesday, October 6, 13, 20, 27 & November 3, 10
10:00 a.m. - Noon
Garvey Senior Activity Center
301.475.4200, ext. 1072
Fee: $10
PERSONAL GROWTH

Reflexology

Join this information session to learn about reflexology. Reflexology is a non-invasive complimentary modality involving the use of alternating pressure applied to the reflexes within the reflex maps of the body located on the feet, hands and outer ears.

Instructor: Lana Orr, Certified Reflexologist
Tuesday, September 28
10 a.m. - 11 a.m.
Garvey Senior Activity Center
301.475.4200, ext. 1072
Fee: $2

Free Thinkers

This discussion group will meet to discuss what it means to be a Free Thinker, (Free Thought), and how it helps in the development and understanding of religions such as Deism, Theism, Evolutionists, Revealed religions and others. Also discuss what it may mean to be an Agnostic, Atheist or a Free Thinker. Please come with an open mind.

Facilitator: Marston Hussmann
Wednesday, September 29
10 a.m. - Noon
Call for location
240.725.0290
Fee: $5

Aromatherapy

Aromatherapy is a holistic treatment of caring for the body with pleasant smelling botanical oils. Essential oils can affect the mood, alleviate fatigue, reduce anxiety and promote relaxation. When inhaled, they work on the brain and nervous system through stimulation of the olfactory nerves.

Instructor: Lana Orr
Tuesday, October 19
10 a.m. - 11 a.m.
Garvey Senior Activity Center
301.475.4200, ext. 1072
Fee: $2

Guided Imagery

Join this informational session to learn more about the relaxation technique of Guided Imagery. The primary intention of guided imagery is to gently and safely guide the person to a state where the mind is calm, silent and still. Research has shown that guided imagery may assist in many areas including reducing stress and anxiety, lowering cholesterol and blood pressure, decreasing pain, enhancing sleep and peace of mind, improving self confidence and esteem, decreasing allergy and respiratory symptoms, and improving quality of life.

Instructor: Lana Orr
Tuesday, November 16
10 a.m. - 11 a.m.
Garvey Senior Activity Center
301.475.4200, ext. 1072
Fee: $2