
UPPER SHORE CLARION

APRIL 2025

VOLUME 25, ISSUE 4

And just like that, Spring has finally sprung! We know everyone is very excited to get outside and enjoy some fresh air.

This month, we recognize volunteers. Often volunteers are overlooked and perhaps feel unimportant. Well here, at Upper Shore Aging, we want all of our volunteers to know how valuable they are. Without them, some of our programs would not operate; Meals on Wheels being the biggest program. Each volunteer, besides delivering food, offers a friendly greeting to homebound seniors. Many times, the volunteers are the only person that the senior may have contact with on any given day. Human interaction is so very important.

Were anyone to have interest in volunteering for the Meals on Wheels program, please contact us at 410-778-6000. Each county we serve, Caroline, Kent, and Talbot, are more than happy to have more volunteers.

We'd like for everyone to keep in mind that volunteers are needed all over. For example, food drives, church dinners, fire departments, libraries, hospitals and schools. That's just to name a few.

The best part about volunteering, besides helping people, is meeting new people. One never knows who he or she may encounter while helping others.



MISSION STATEMENT

Upper Shore Aging, Inc. will develop and provide a variety of programs for older adults in the Upper Shore regions, which help maintain and improve quality of life.

Meet our Leaders

Executive Director –Herb Cain

Fiscal Director– Judi Bianco

Director of Senior Centers and Nutrition - Jennifer Neal

Director of Operations– Jennifer Cox

Upper Shore Aging Board of Directors

Caroline County

Frank Bartz (County Commissioner)

Cheryl Beulah

Amy Kreiner

Sara Rich (Secretary)

Chris Soldano

Kent County

Kay Brodie (President)

Mary Celeste Alexander (Treasurer)

Cathy Quesenberry

John Price (County Commissioner)

Jackie Adams

Talbot County

Pete Leshar (County Council Member)

Corey Pack (Vice-President)

Pam Limberry

Jenna Marchi

Kevin Moran

April 2025

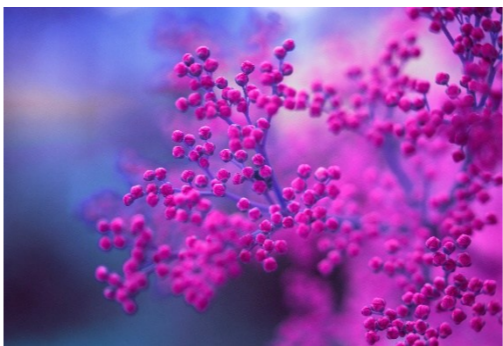
Amy Lynn Ferris Adult Activity Center

200 Schaubert Road
Chestertown, MD 21620
410-778-2564

	<div>Sit Fit 9am</div> <div>1</div> <div>Cardio 9:45am</div> <div>Bingo 11am</div> <div>Lunch 12pm</div> <div>Crafting 1pm</div> 	<div>S.A.I.L.L. 9am</div> <div>2</div> <div>Stretch Fit 10:15am</div> <div>Cooking with David 10:45am</div> <div>Lunch 12pm</div> <div>Art with Destiny 12:30pm</div> 	<div>Sit Fit 9am</div> <div>3</div> <div>Walk Fit 9:45am</div> <div>Needlecrafts 10am</div> <div>Life Without Limits: Diabetes-Free Living 10:30am</div> <div>Lunch 12pm</div> 	<div>Trip to Denton Culinary Institute</div> <div>4</div> <div>Leave at 9am, Return at 2pm, \$20</div> <div>RSVP, Limited Space</div>  <div>Bingo 11am</div> <div>Lunch 12pm</div> 																				
<div>MOW Appreciation Breakfast 8:30am</div> <div>7</div> <div>S.A.I.L.L. 9am</div> <div>Billiards 9am</div> <div>Walk Fit 10:15am</div> <div>Lunch 12pm</div> <div>Watercolors 12:30pm</div> <div>Mahjongg 1pm</div> 	<div>Sit Fit 9am</div> <div>8</div> <div>Cardio 9:45am</div> <div>Blood Pressure Screening with Shore Community Outreach Team 10:30am</div> <div>Bingo 11am</div> <div>Lunch 12pm</div> <div>Crafting 1pm</div> 	<div>S.A.I.L.L. 9am</div> <div>9</div> <div>Stretch Fit 10:15am</div> <div>Lunch 12pm</div> <div>Art with Destiny 12:30pm</div> 	<div>Sit Fit 9am</div> <div>10</div> <div>Walk Fit 9:45am</div> <div>Needlecrafts 10am</div> <div>Life Without Limits: Diabetes-Free Living 10:30am</div> <div>Lunch 12pm</div> 	<div>Stretch Fit 9am</div> <div>11</div> <div>Cardio 9:45am</div> <div>Bingo 11am</div> <div>Lunch 12pm</div> 																				
<div>S.A.I.L.L. 9am</div> <div>14</div> <div>Billiards 9am</div> <div>Walk Fit 10:15am</div> <div>Lunch 12pm</div> <div>Watercolors 12:30pm</div> <div>Mahjongg 1pm</div> 	<div>Sit Fit 9am</div> <div>15</div> <div>Cardio 9:45am</div> <div>Medication Management with Melanie 10:30am</div> <div>Bingo 11am</div> <div>Lunch 12pm</div> <div>Crafting 1pm</div> 	<div>S.A.I.L.L. 9am</div> <div>16</div> <div>Stretch Fit 10:15am</div> <div>Lunch 12pm</div> <div>Easter Bonnet Parade 11am-1pm</div> <div>Art with Destiny 12:30pm</div> 	<div>Sit Fit 9am</div> <div>17</div> <div>Walk Fit 9:45am</div> <div>Needlecrafts 10am</div> <div>Life Without Limits: Diabetes-Free Living 10:30am</div> <div>Lunch 12pm</div> 	<div>Stretch Fit 9am</div> <div>18</div> <div>Cardio 9:45am</div> <div>Bingo 11am</div> <div>Lunch 12pm</div> 																				
<div>S.A.I.L.L. 9am</div> <div>21</div> <div>Billiards 9am</div> <div>Walk Fit 10:15am</div> <div>Lunch 12pm</div> <div>Watercolors 12:30pm</div> <div>Mahjongg 1pm</div> 	<div>Sit Fit 9am</div> <div>22</div> <div>Cardio 9:45am</div> <div>Bingo 11am</div> <div>Lunch 12pm</div> <div>Crafting 1pm</div> 	<div>S.A.I.L.L. 9am</div> <div>23</div> <div>Stretch Fit 10:15am</div> <div>Cooking Class "Healthy Asian Favorites" 1pm, \$30</div> <div>RSVP by April 18</div> <div>Lunch 12pm</div> 	<div>Sit Fit 9am</div> <div>24</div> <div>Walk Fit 9:45am</div> <div>Needlecrafts 10am</div> <div>Life Without Limits: Diabetes-Free Living 10:30am</div> <div>Lunch 12pm</div> 	<div>Stretch Fit 9am</div> <div>25</div> <div>Cardio 9:45am</div> <div>Bingo 11am</div> <div>Lunch 12pm</div> <div>BINGO</div> <table><tr><td>15</td><td>22</td><td>35</td><td>52</td><td>73</td></tr><tr><td>3</td><td>17</td><td>41</td><td>60</td><td>68</td></tr><tr><td>7</td><td>1</td><td>17</td><td>45</td><td>67</td></tr><tr><td>1</td><td>21</td><td>50</td><td>71</td><td></td></tr></table> 	15	22	35	52	73	3	17	41	60	68	7	1	17	45	67	1	21	50	71	
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3	17	41	60	68																				
7	1	17	45	67																				
1	21	50	71																					
<div>S.A.I.L.L. 9am</div> <div>28</div> <div>Billiards 9am</div> <div>Walk Fit 10:15am</div> <div>Lunch 12pm</div> <div>Watercolors 12:30pm</div> <div>Mahjongg 1pm</div> 	<div>Sit Fit 9am</div> <div>29</div> <div>Cardio 9:45am</div> <div>Bingo 11am</div> <div>Lunch 12pm</div> <div>Crafting 1pm</div> <div>"Make Derby Hats" 1pm, \$10</div> <div>RSVP by April 25</div> 	<div>S.A.I.L.L. 9am</div> <div>30</div> <div>Stretch Fit 10:15am</div> <div>Senior Appreciation 11am-1pm</div> <div>Lunch 12pm</div> 	<div>We're Open!</div> <div>All activities will be held in the DINING ROOM unless noted otherwise.</div> 	<div>Happy Birthday!</div> <div>Lynn Beauchamp 4/4</div> <div>Cathy Quesenberry 4/9</div> <div>Nancy Meeks 4/10</div> <div>Yvonne Brown 4/17</div> <div>Sue Willits 4/24</div> <div>Nadine Gentile 4/29</div> 																				

<div>Volunteer Appreciation Month</div> <div></div>	<div>April Fools' Day 1</div> <div>Hot Coffee Bar 8am-11am</div> <div>"Life without Limits" Diabetes-Free Living with Jillian 10am</div> <div>Easter Egg Toss Game 12:30pm</div> <div></div>	<div>Peanut Butter and Jelly Day 2</div> <div></div> <div>Hot Coffee Bar 8am-11am</div> <div>Pressed Flower Coaster Craft 10am</div> <div>S.A.I.L.L. Exercise with Jannelle 12:30pm</div>	<div>Hot Coffee Bar 3</div> <div>8am-11am</div> <div>Medication Management and Blood Pressure Screening with Melanie 10am</div> <div></div>	<div>Hot Coffee Bar 4</div> <div>8am-11am</div> <div>Wii Bowling 10am</div> <div>Easter Hangman 12:30pm</div> <div>Shopping / Bank Post Office</div> <div></div>
<div>Hot Coffee Bar 7</div> <div>8am-11am</div> <div>Easter Egg Salt Painting 10am</div> <div>S.A.I.L.L. Exercise with Jannelle 12:30pm</div> <div>Shopping Bank Post Office</div> <div></div>	<div>Hot Coffee Bar 8</div> <div>8am-11am</div> <div>"Life without Limits" Diabetes-Free Living with Jillian 10am</div> <div>Easter Trivia 12:30pm</div> <div></div>	<div>Hot Coffee Bar 9</div> <div>8am-11am</div> <div>Cooking Presentation with David 10am</div> <div>S.A.I.L.L. Exercise with Jannelle 12:30pm</div> <div></div>	<div>Hot Coffee Bar 10</div> <div>8am-11am</div> <div>Do-It-Yourself Easter Egg Ornaments 10am</div> <div></div>	<div>Hot Coffee Bar 11</div> <div>8am-11am</div> <div>Cards with Friends 10am</div> <div>Easter Egg Hunt 12:30pm</div> <div>Shopping Bank Post Office</div> <div></div>
<div>Hot Coffee Bar 14</div> <div>8am-11am</div> <div>Board Games with Friends 10am</div> <div>S.A.I.L.L. Exercise with Jannelle 12:30pm</div> <div>Shopping Bank Post Office</div> <div></div>	<div>Hot Coffee Bar 15</div> <div>8am-11am</div> <div>"Life without Limits" Diabetes-Free Living with Jillian 10am</div> <div>Easter Egg Pom-Pom Craft 12:30pm</div> <div></div>	<div>Wear Your Pajamas Day 16</div> <div></div> <div>Hot Coffee Bar 8am-11am</div> <div>Healthy Cooking Presentation with Tyrell 10am</div> <div>S.A.I.L.L. Exercise with Jannelle 12:30pm</div>	<div>Hot Coffee Bar 17</div> <div>8am-11am</div> <div>Easter Bingo 10am</div> <div>Easter Celebration 12:30pm</div> <div></div>	<div>Hot Coffee Bar 18</div> <div>8am-11am</div> <div>Easter Movie and Popcorn 10am</div> <div>Shopping / Bank Post Office</div> <div></div>
<div>Volunteer Appreciation Week 21</div> <div>Hot Coffee Bar 8am-11am</div> <div>Minute-to-Win-It Games 10am</div> <div>S.A.I.L.L. Exercise with Jannelle 12:30pm</div> <div>Shopping/Bank Post Office</div> <div></div>	<div>Volunteer Appreciation Week 22</div> <div>EARTH DAY</div> <div>Hot Coffee Bar 8am-11am</div> <div>"Life without Limits" Diabetes-Free Living with Jillian 10am</div> <div>"Remember When" Social Time 12:30pm</div> <div></div>	<div>Volunteer Appreciation Week 23</div> <div>Hot Coffee Bar 8am-11am</div> <div>S.A.I.L.L. Exercise with Jannelle 12:30pm</div> <div></div>	<div>Volunteer Appreciation Week 24</div> <div>Hot Coffee Bar 8am-11am</div> <div>Spring Wreath Craft 10am</div> <div></div>	<div>Volunteer Appreciation Week 25</div> <div>Hot Coffee Bar 8am-11am</div> <div>Wii Bowling 10am</div> <div>"Who Did It?" Game 12:30pm</div> <div>Shopping Bank Post Office</div> <div></div>
<div>Hot Coffee Bar 28</div> <div>8am-11am</div> <div>S.A.I.L.L. Exercise with Jannelle 12:30pm</div> <div>Shopping / Bank Post Office</div> <div></div>	<div>Hot Coffee Bar 29</div> <div>8am-11am</div> <div>"Life without Limits" Diabetes-Free Living with Jillian 10am</div> <div>Q-Tip Butterfly Art Craft 12:30pm</div> <div></div>	<div>Hot Coffee Bar 30</div> <div>8am-11am</div> <div>"Who Knows Who Better?" 10am</div> <div>S.A.I.L.L. Exercise with Jannelle 12:30pm</div> <div></div>	<div>April Birthdays</div> <div>Joann Carlson 4/1</div> <div>Emily Parry 4/23</div> <div></div>	<div>We're Open!</div> <div>Caroline County Senior Center is Open Monday through Friday 8:00am-3:00pm</div>

Bay Hundred
Senior Center
April 2025



Monday	Tuesday	Wednesday
March 31	1	2
10:30-11:30 Strong & Steady 12-1:30 Open Swim 1-3 Mahjongg/Games	10-12 Watercolor Class* 11-11:45 Water Aerobics 12:30-2:45 Crokinole/Games 1-1:50 Tai Chi *2-3 SAIL Strength & Balance	9-3 Pinochle 9:15 Chair Yoga *2-3 SAIL Strength & Balance
7	8	9
9:15-10 Calming Mindfulness 10:30-11:30 Strong & Steady 12-1:30 Open Swim 1-3 Mahjongg/Games	*9-12 Needle Felting 10-12 Watercolor via Zoom** 11-11:45 Water Aerobics 12:30-2:45 Crokinole/Games 1-1:50 Tai Chi *2-3 SAIL Strength & Balance	9-3 Pinochle 9:15 Chair Yoga *2-3 SAIL Strength & Balance
14	15	16
10:30-11:30 Strong & Steady 12-1:30 Open Swim 1-3 Mahjongg/Games	10-12 Watercolor via Zoom** 11-11:45 Water Aerobics 12:30-2:45 Crokinole/Games 1-1:50 Tai Chi *2-3 SAIL Strength & Balance	9-3 Pinochle 9:15 Chair Yoga *2-3 SAIL Strength & Balance
21	22	23
9:15-10 Calming Mindfulness 10:30-11:30 Strong & Steady 12-1:30 Open Swim 1-2 Book Club 1-3 Mahjongg/Games	10-12 Watercolor Class* 11-11:45 Water Aerobics 12:30-2:45 Crokinole/Games 1-1:50 Tai Chi *2-3 SAIL Strength & Balance	9-3 Pinochle 9:15 Chair Yoga *2-3 SAIL Strength & Balance
28	29	30
10:30 Strong & Steady 12-1:30 Open Swim 12-1 Lunch & Learn Med Tips 1-3 Mahjongg/ Games	10-12 Group Painting 11-11:45 Water Aerobics 12:30-2:45 Crokinole/Games 1-1:50 Tai Chi *2-3 SAIL Strength & Balance	9-3 Pinochle 9:15 Chair Yoga *2-3 SAIL Strength & Balance

*Needle Felting – please register at office.
*Watercolor Zoom – arrange with Abby Ober; **Class – in person with Marianne Kost
*SAIL classes are subject to frequent changes; please check with office



300 Seymour Avenue, St. Michaels | 410-745-4017 or 410-745-5968



2025

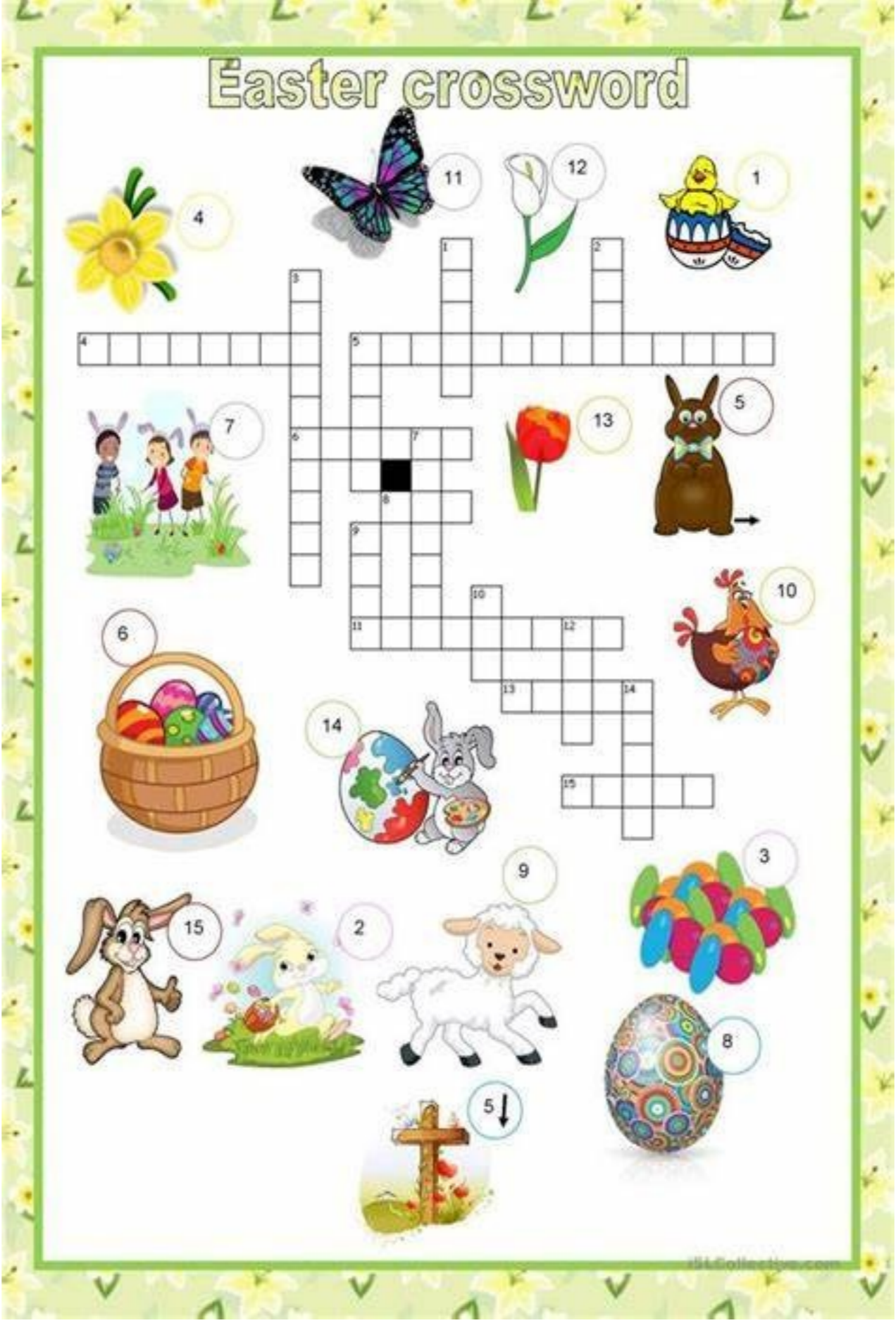
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>APRIL</div> <div><div>Birthstone</div><div>Birth Flowers</div></div> <div></div> <div><div>Diamond</div><div>Daisy</div><div>Sweet Pea</div></div>	<div>1</div> <div>8:30 S.A.I.L. Exercise</div> <div>9:00 Coffee Hour</div> <div>10:00 <i>Bingocize</i></div> <div>12:00 Lunch</div> <div>12:30 Yarn & Needle Group</div> <div></div>	<div>2</div> <div>9:00 Coffee Hour</div> <div>9:00 Beginning Oil Painting</div> <div>10:00 <i>Music & Movement</i> w/Melanie</div> <div>10:30 Wii Bowling</div> <div>11:00 Duplicate Bridge</div> <div>12:00 Lunch</div> <div>"If you cannot find peace within yourself, you will never find it anywhere else."</div> <div>HAPPY BIRTHDAY</div> <div>Marvin Gaye April 2, 1939</div>	<div>3</div> <div>8:30 S.A.I.L. Exercise</div> <div>9:00 Coffee Hour</div> <div>10:00 <i>Bingocize</i></div> <div>10:30 <i>ShoGo Mobile</i></div> <div>12:00 Lunch</div> <div>"An actor's a guy who, if you ain't talking about him, ain't listening."</div> <div>HAPPY BIRTHDAY</div> <div>MARLON BRANDO April 3rd, 1924</div>	<div>4</div> <div>9:00 Coffee Hour</div> <div>9:30 Line Dancing</div> <div>10:00 Mahjong</div> <div>10:30 <i>Life Without Limits</i></div> <div>11:00 <i>Tai Chi w/Nathan</i></div> <div>11:30 <i>Dutch Lunch Out "OLIVE GARDEN"</i></div> <div>11:30 Toastmaster's</div> <div>12:00 Lunch</div>
<div>7</div> <div>9:00 Coffee Hour</div> <div>11:00 Advance Beginners Watercolor</div> <div>11:00 <i>Tai Chi w/Nathan</i></div> <div>12:00 Lunch</div> <div>12:00 Mahjong</div> <div>2:00 Guitar & Ukulele Lessons</div> <div>"I'm always making a comeback but nobody ever tells me where I've been."</div> <div>HAPPY BIRTHDAY</div> <div>BILLIE HOLIDAY BORN April 7th, 1915 DIED 1959</div>	<div>8</div> <div>8:30 S.A.I.L. Exercise</div> <div>9:00 Coffee Hour</div> <div>10:00 <i>Crafting with Tonia</i></div> <div>12:00 LUNCH w/CARPE DIEM</div> <div>12:30 Yarn & Needle Group</div> <div></div>	<div>9</div> <div>8:30 Commission on Aging</div> <div>9:00 Coffee Hour</div> <div>9:00 Beginning Oil Painting</div> <div>10:00 <i>Music & Movement</i> w/Melanie</div> <div>10:30 Wii Bowling</div> <div>11:00 Duplicate Bridge</div> <div>12:00 Lunch</div> <div>"My thesaurus arrived yesterday, but when I opened it - it was blank inside. I have no words to describe how angry I am"</div>	<div>10</div> <div>8:30 S.A.I.L. Exercise</div> <div>9:00 Coffee Hour</div> <div>9:30 <i>Laura Rankin Torn Paper</i></div> <div>10:30 <i>ShoGo Mobile</i></div> <div>12:00 LUNCH & LEARN "DRIVING SAFELY AS WE AGE"</div> <div>ON THIS DAY IN 1925</div> <div>The Great Gatsby by F. Scott Fitzgerald is first published.</div>	<div>11</div> <div>9:00 Coffee Hour</div> <div>9:30 Line Dancing</div> <div>10:30 <i>Life Without Limits</i></div> <div>10:00 Mahjong</div> <div>11:00 <i>Tai Chi w/Nathan</i></div> <div>12:00 Lunch</div> <div>12:00 Poetry at Noon</div> <div>April is National Poetry Month</div> <div>"Poetry is the Beloved of rebellion, revolution and the making of consciences." Alice Walker</div>
<div>14</div> <div>9:00 Coffee Hour</div> <div>11:00 Advance Beginners Watercolor</div> <div>11:00 <i>Tai Chi w/Nathan</i></div> <div>11:30 <i>Blood Pressure Screening w/Melanie</i></div> <div>12:00 LUNCH & LEARN w/MELANIE</div> <div>12:00 Mahjong</div> <div>2:00 Guitar & Ukulele Lessons</div> <div>On this Day in 1865</div> <div>U.S. President Abraham Lincoln is shot. He died the next day.</div>	<div>15</div> <div>8:30 S.A.I.L. Exercise</div> <div>9:00 Coffee Hour</div> <div>12:00 Lunch w/DJ Chuckie</div> <div>12:30 Yarn & Needle Group</div> <div></div>	<div>16</div> <div>9:00 Coffee Hour</div> <div>9:00 Beginning Oil Painting</div> <div>10:00 <i>Music & Movement</i> w/Melanie</div> <div>10:30 Wii Bowling</div> <div>11:00 Duplicate Bridge</div> <div>12:00 Lunch</div> <div>ON THIS DAY IN 1980</div> <div>Arthur Ashe retires from professional tennis. He was the only black man ever to win the singles title at Wimbledon, the US Open, and the Australian Open.</div>	<div>17</div> <div>8:30 S.A.I.L. Exercise</div> <div>9:00 Coffee Hour</div> <div>10:30 <i>ShoGo Mobile</i></div> <div>11:00 <i>Cooking w/David</i></div> <div>12:00 LUNCH w/GENE EDWARDS REVIEW</div> <div></div>	<div>18</div> <div>9:00 Coffee Hour</div> <div>9:30 Line Dancing</div> <div>10:30 <i>Life Without Limits</i></div> <div>10:00 Mahjong</div> <div>11:00 <i>Tai Chi w/Nathan</i></div> <div>11:30 Toastmaster's</div> <div>12:00 Lunch</div> <div></div>
<div>21</div> <div>9:00 Coffee Hour</div> <div>11:00 Advance Beginners Watercolor</div> <div>11:00 <i>Tai Chi w/Nathan</i></div> <div>12:00 Lunch</div> <div>12:00 Mahjong</div> <div>2:00 Guitar & Ukulele Lessons</div> <div>Why don't oysters share their pearls? Because they're selfish.</div>	<div>22</div> <div>8:30 S.A.I.L. Exercise</div> <div>9:00 Coffee Hour</div> <div>12:00 Lunch</div> <div>12:30 Yarn & Needle Group</div> <div></div>	<div>23</div> <div>9:00 Coffee Hour</div> <div>9:00 Beginning Oil Painting</div> <div>10:00 <i>Music & Movement</i> w/Melanie</div> <div>10:30 Wii Bowling</div> <div>11:00 Duplicate Bridge</div> <div>12:00 Lunch</div> <div></div>	<div>24</div> <div>8:30 S.A.I.L. Exercise</div> <div>9:00 Coffee Hour</div> <div>10:30 <i>ShoGo Mobile</i></div> <div>10:00 <i>Elder Law Clinic</i></div> <div>12:00 Lunch</div> <div></div>	<div>25</div> <div>9:00 Coffee Hour</div> <div>9:30 Line Dancing</div> <div>10:30 <i>Life Without Limits</i></div> <div>10:00 Mahjong</div> <div>11:00 <i>Tai Chi w/Nathan</i></div> <div>12:00 Lunch</div> <div></div>
<div>28</div> <div>9:00 Coffee Hour</div> <div>11:00 Advance Beginners Watercolor</div> <div>11:00 <i>Tai Chi w/Nathan</i></div> <div>12:00 Lunch</div> <div>12:00 Mahjong</div> <div>2:00 Guitar & Ukulele Lessons</div> <div></div>	<div>29</div> <div>8:30 S.A.I.L. Exercise</div> <div>9:00 Coffee Hour</div> <div>10:00 <i>Positive Music w/DJ Randy P</i></div> <div>12:00 Lunch</div> <div>12:30 Yarn & Needle Group</div> <div>ON THIS DAY IN 1968</div> <div>The musical Hair opens on Broadway. As a portrait of the 1960s hippie counterculture and sexual revolution, it was highly controversial at the time. Some of the musical's songs became anthems of the peace movement during the Vietnam War.</div>	<div>30</div> <div>9:00 Coffee Hour</div> <div>9:00 Beginning Oil Painting</div> <div>10:00 <i>Music & Movement</i> w/Melanie</div> <div>10:30 Wii Bowling</div> <div>11:00 Duplicate Bridge</div> <div>12:00 Lunch</div> <div>"Let whatever's going to happen, happen. Don't judge it before you do it. Sure, sometimes it will be terrible, but sometimes it will just be amazing. That's where the gold is."</div> <div>HAPPY BIRTHDAY</div> <div>Cloris Leachman BORN April 30th, 1926 DIED 2021 (aged 94)</div>	<div>WHY WAS THE COMPUTER COLD AT WORK?</div> <div></div> <div>COFFEE AND JELLY REQUIRED</div> <div>HOW DOES A TRACO SAY GRACE?</div> <div></div>	<div>VISIT US ON OUR WEBSITE:</div> <div>www.brooklettsplace.org</div> <div>VISIT US ON FACEBOOK AT BROOKLETTS PLACE – TALBOT SENIOR CENTER</div> <div>OR CALL 410-822-2869</div> <div></div>

April 2025

Federalsburg Senior Center

118 North Main Street, #2
Federalsburg, MD 21632
410-754-9754

 <p>We're Open! Federalsburg Senior Center is Open Tuesday and Thursday</p>	<p>Tyrell James' Health 1 Education 10am Bingo 11am Lunch 12pm Craft: Egg Decorating 1pm</p> 		<p>S.A.I.L. Exercise Class 3 Class 10am Lunch 12pm Cards 1pm</p> 	
	<p>Sympathy Simulation 8 Presentation by Arcadia Living 10am-12pm Bingo 11am Lunch 12pm Craft: Shrinky Dink Party 1pm</p>		<p>S.A.I.L. Exercise Class 10 Class 10:30am April Birthday Potluck 12pm Cards 1pm</p> 	
<p>April Birthdays 14 Vanessa Duncan 4/8 Barbara Miller 4/14</p> 	<p>Advanced Directive 15 Presentation by Kara Greene of University of Maryland Shore Regional Health 10:30am Bingo 11:30am Lunch 12pm Craft: Tissue Paper Flowers 1pm</p> 		<p>S.A.I.L. Exercise Class 17 Class 10:30am Melanie Chapple's Medication Management 11am Lunch 12pm Cards 1pm</p> 	
	<p>Bingo 21 11am Lunch 12pm Craft: Spring Planting Day in honor of Earth Day 1pm</p> 		<p>Pigs in a Blanket 24 Day! S.A.I.L. Exercise Class 11am Lunch 12pm Cards 1pm</p> 	<p>Federalsburg Parks & Recreation SPRING FEST SATURDAY APRIL 26 Come visit the Federalsburg Senior Center Table at Spring Fest!</p>
	<p>Bingo 28 11am Lunch 12pm Craft: Monthly Craft presented by the Caroline County Public Library 1pm</p> 			



Ingredients

Vegetable oil cooking spray
2 cups liquid egg substitute
2 cups nonfat milk
2 teaspoons dried sage
1 teaspoon black pepper
½ teaspoon salt
8 slices whole-grain bread, cubed
½ pound apple-cured bacon,
chopped
3 small tart apples, such as
Granny Smith



Farmhouse Apple, Bacon
and Egg Casserole Recipe

Directions

Before you begin: Wash your hands.

Preheat oven to 350°F (176°C). Spray a 13-x-9-inch pan with the cooking spray. Arrange the bread in a pan.

Whisk the egg substitute, milk, sage, pepper and salt in a bowl; pour over the bread. Mix and push the mixture down with a rubber spatula. Set aside.

Cook the bacon thoroughly, but do not crisp. Drain on paper towels; set aside.

Wash, core and chop (but do not peel) the apples. Add the apples to the bread mixture; stir well and push down with a rubber spatula. Sprinkle evenly with the bacon.

Bake for 50 to 60 minutes

Variation: Sprinkle 2 cups of sharp cheddar evenly over the casserole after it has baked 30 minutes. Continue cooking for 20-30 minutes or until cheese is brown.

Serving Suggestion: Make this as a side dish to accompany baked ham.

Serving size: 1/12 of casserole
Serves 12

Calories: 200; Total Fat: 7g; Saturated Fat: 2.5g; Cholesterol:
15mg; Sodium: 570mg; Total Carbohydrate: 22g; Dietary
Fiber: 4g; Protein: 13g.

Contributors: Kristine Napier, MPH
Reviewed: September 19, 2023

HISTORY OF NATIONAL VOLUNTEER MONTH

Volunteers are so special that they ought to be honored throughout the year, after every service that they volunteer to. National Volunteer Month is an extension to an already-established holiday-week, National Volunteer Week that was first held in 1943 in Canada. The week was dedicated to paying tribute to the unwavering contributions of women during World War II who would collect supplies and help the wounded soldiers. It was in the early 20th century that organized volunteering reached its peak. Numerous groups opened up to escalate humanitarian services, many of which are still active today, such as the Red Cross.

Once the war was over, the celebrations were damped down but resurged in the early 1970s. National Volunteer Week debuted in 1974 in the United States and was revered by the general public. Since then, National Volunteer Week, which later went on to become National Volunteer Month, has been celebrated with zeal and enthusiasm every April. It was made official worldwide in 1990.

Presidents of the United States throughout the years have proclaimed National Volunteer Week and Month, saluting the unparalleled services of the volunteers who have given countless hours for the betterment of mankind, communities, and the American way of life.

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In an effort to go green, we
are starting an email
newsletter.

If you would like to be added
to the list, please send us an
email at
usainc@uppershoreaging.org

Upper Shore Aging Inc.

A Non-Profit agency serving older adults in Caroline, Kent, and Talbot counties with programs and services to help them remain in and live well in their community.


Upper Shore Aging Inc., is supported by the United Way of Kent County. Contributions to Upper Shore Aging help us to assist seniors in need. Your gift is tax deductible. To donate, please call

410-778-6000 or visit our website at

<https://www.uppershoreaging.org>



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