
UPPER SHORE CLARION

FEBRUARY 2025

VOLUME 25, ISSUE 2

Now that we are a full month into the New Year, and hopefully everyone has settled into a new routine, lets take a look into February. Though it is the month with the least amount of days, it is none the less as important.

President Gerald Ford recognized Black History Month in 1976, during the celebration of the United States Bicentennial. He urged Americans to "seize the opportunity to honor the too-often neglected accomplishments of Black Americans".

“

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BLACK HISTORY MONTH IS NOT SIMPLY ASKING, 'HOW CAN I REMEMBER AND LEARN ABOUT BLACK PEOPLE?' IT IS ALL OF US ASKING, 'HOW CAN WE LOVE BLACK PEOPLE BY SEEING THEM, HEARING THEM, AND CREATING A WORLD WHERE BLACK PEOPLE FEEL LOVED, INSPIRED, AND PROTECTED?'

– DANTE STEWART



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/ Deputy Director– Judi Bianco

Director of Senior Centers - Jennifer Neal

Director of Operations– Jennifer Cox

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Cathy Quesenberry

John Price (County Commissioner)

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Pete Leshar (County Council Member)

Corey Pack (Vice-President)

Pam Limberry

Kevin Moran

February 2025 Amy Lynn Ferris Adult Activity Center

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

<p>★ S.A.I.L. 9am 3</p> <p>Billiards 9am Walk Fit 10:15am Lunch 12pm Watercolors 12:30pm Mahjongg 1pm</p> 	<p>Pancakes 9am-10:30am 4</p> <p>Bingo 11am Lunch 12pm Crafting 12:30pm</p> 	<p>Cooking Demonstration by David Murray 10:30am 5</p> <p>Lunch 12pm Games 12:30pm</p> 	<p>Sit Fit 9am 6</p> <p>Walk Fit 9:45am Needlecrafts 10am Life Without Limits: Diabetes-Free Living 10:30am Lunch 12pm Crafting 12pm</p> 	<p>Stretch Fit 9am 7</p> <p>Cardio 9:45am Bingo 11am Lunch 12pm Games 12:30pm</p> 
<p>★ S.A.I.L. 9am 10</p> <p>Billiards 9am Walk Fit 10:15am Lunch 12pm Watercolors 12:30pm Mahjongg 1pm</p> 	<p>Sit Fit 9am 11</p> <p>Cardio 9:45am Blood Pressure Screening by Shore Community Outreach Team 10:30am Bingo 11am Lunch 12pm Crafting 12:30pm</p> 	<p>S.A.I.L. 9am 12</p> <p>Stretch Fit 10:15am Movie 10:45am TV Room Lunch 12pm Games 12:30pm</p> 	<p>Sit Fit 9am 13</p> <p>Walk Fit 9:45am Needlecrafts 10am Life Without Limits: Diabetes-Free Living 10:30am Lunch 12pm Crafting 12pm</p> 	<p>Valentine's Bingo 14</p> <p>10am Sweetheart Celebrations 11am-1pm RSVP by February 4 Lunch 12pm Games 1pm</p> 
<p>Presidents' Day 17 Center Closed</p> 	<p>Sit Fit 9am 18</p> <p>Cardio 9:45am Medication Management by Melanie 10:30am Bingo 11am Lunch 12pm Crafting 12:30pm</p> 	<p>S.A.I.L. 9am 19</p> <p>Stretch Fit 10:15am Lunch 12pm Birthday Cake 12:30pm Games 12:30pm</p> 	<p>Sit Fit 9am 20</p> <p>Walk Fit 9:45am Needlecrafts 10am Life Without Limits: Diabetes-Free Living 10:30am Lunch 12pm Crafting 12pm</p> 	<p>Stretch Fit 9am 21</p> <p>Cardio 9:45am Bingo 11am Lunch 12pm Games 12:30pm</p> 
<p>S.A.I.L. 9am 24</p> <p>★ Billiards 9am Walk Fit 10:15am Lunch 12pm Watercolors 12:30pm Mahjongg 1pm</p> 	<p>Sit Fit 9am 25</p> <p>Cardio 9:45am Bingo 11am Lunch 12pm Crafting 12:30pm</p> 	<p>S.A.I.L. 9am 26</p> <p>Stretch Fit 10:15am Movie 10:45am TV Room Lunch 12pm Games 12:30pm</p> 	<p>Sit Fit 9am 27</p> <p>Walk Fit 9:45am Needlecrafts 10am Life Without Limits: Diabetes-Free Living 10:30am Lunch 12pm Crafting 12pm</p> 	<p>Stretch Fit 9am 28</p> <p>Cardio 9:45am Bingo 11am Lunch 12pm Games 12:30pm</p> 
	<p>We're Open!</p> <p>All activities will be held in the <u>DINING ROOM</u> unless noted otherwise.</p>		<p>Happy Birthday! Leslie Dagget 2/4 Linda Foster 2/12 Sue Turner 2/14 Michael Shane 2/14</p> 	

<p>American Heart 3 Month and Black History Month</p> <p> Hot Coffee Bar 8am-11am</p> <p>Word Scramble Games 10am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> <p>Shopping / Bank Post Office</p>	<p>Homemade Soup Day 4</p> <p>Hot Coffee Bar 8am-11am </p> <p>"Life without Limits" Diabetes-Free Living with Jillian 10am</p> <p>"Name That Tune" Game 12:30pm </p>	<p>Hot Coffee Bar 8am-11am</p> <p>Valentine's Day Sun Catcher Craft 10am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> <p></p> <p>Trivia </p>	<p>Hot Coffee Bar 8am-11am</p> <p>Medication Management Presentation and Blood Pressure Screenings with Melanie 10am </p> <p>Trivia 12:30pm </p>	<p>Send a Friend Candy Day 7</p> <p>Hot Coffee Bar 8am-11am </p> <p>Valentine's Day Card Craft 10am</p> <p>Bowling Games 12:30pm </p> <p>Birthday Celebrations 12:30pm</p> <p>Shopping / Bank Post Office </p>
<p>Wear Flannel Day 10</p> <p> Hot Coffee Bar 8am-11am</p> <p>Wii Bowling 10am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> <p>Shopping Bank Post Office </p>	<p>Hot Coffee Bar 8am-11am</p> <p>"Life without Limits" Diabetes-Free Living with Jillian 10am</p> <p>Valentine's "Family Feud" Game 12:30pm</p> <p></p>	<p>Hot Coffee Bar 8am-11am</p> <p>Valentine's Magnet Craft 10am </p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> <p></p>	<p> Hot Coffee Bar 8am-11am</p> <p>Valentine's Jar Crafting 10am </p> <p>"Bean Bag Toss" Game 10am</p> <p></p>	<p>Valentine's Day 14</p> <p>Hot Coffee Bar 8am-11am </p> <p>Valentine's Celebration 12:30pm</p> <p>Valentine's Day Bingo 12:30pm</p> <p>Shopping Bank Post Office </p>
<p>Presidents Day 17 Center Closed</p> <p></p>	<p>Hot Coffee Bar 8am-11am</p> <p>"Life without Limits" Diabetes-Free Living with Jillian 10am</p> <p></p>	<p>Hot Coffee Bar 8am-11am</p> <p>Cooking Presentation with David 10am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> <p></p>	<p>Hot Coffee Bar 8am-11am</p> <p>Cards with Friends 10am</p> <p>"Simon Says" Game 12:30pm</p> <p></p>	<p>Hot Coffee Bar 8am-11am</p> <p>Fact or Fiction 12:30pm</p> <p>Shopping Bank Post Office</p> <p></p>
<p>Hot Coffee Bar 8am-11am</p> <p>"Guess What is in the Bag" Game 10am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> <p>Shopping / Bank Post Office</p> <p></p>	<p>Hot Coffee Bar 8am-11am</p> <p>"Life without Limits" Diabetes-Free Living with Jillian 10am</p> <p></p>	<p>Hot Coffee Bar 8am-11am</p> <p>"UNO" Tournament 10am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> <p></p>	<p>National Chili Day 27</p> <p>Hot Coffee Bar 8am-11am</p> <p>"Pictionary" Game 10am</p> <p>Chair Volleyball 12:30pm</p> <p></p>	<p>Floral Design Day 28</p> <p>Hot Coffee Bar 8am-11am</p> <p>Canvas Flower Craft 12:30pm</p> <p>Shopping Bank Post Office</p> <p></p>
<p>We're Open!</p> <p>Caroline County Senior Center is Open Monday through Friday 8:00am-3:00pm</p>	<p></p>	<p>February Birthdays Dorthea Cook 2/4 Mary Ford 2/6 Vera Henry 2/15 Billy Hutson 2/23 Mare Moran 2/26</p> <p>Happy Birthday</p> <p></p>	<p></p>	

**Bay Hundred
Senior Center
February 2025**



Monday	Tuesday	Wednesday
3 9-9:45 Calming Mindfulness 10:30-11:30 Strong & Steady 12-1:30 Open Swim 1-3 Mahjongg/Games	4 10-12 Group Painting*** 11-11:45 Water Aerobics 12-2:30 Games 1-1:50 Tai Chi 2-3 SAIL Strength & Balance	5 9-3 Pinochle 9:15 Chair Yoga 2-3 SAIL Strength & Balance
10 9-12 Silk Scarf Painting 10:30-11:30 Strong & Steady 12-1:30 Open Swim 1-3 Mahjongg/Games	11 9-12 Silk Scarf Painting 10-12 Watercolor <i>via Zoom</i> * 11-11:45 Water Aerobics 12-2:30 Games 1-1:50 Tai Chi 2-3 SAIL Strength & Balance	12 9-3 Pinochle 9:15 Chair Yoga 2-3 SAIL Strength & Balance
17 Closed for Presidents Day	18 10-12 Watercolor Class** 11-11:45 Water Aerobics 12-2:30 Games 1-1:50 Tai Chi 2-3 SAIL Strength & Balance	19 9-3 Pinochle 9:15 Chair Yoga 2-3 SAIL Strength & Balance
24 9-9:45 Calming Mindfulness 10:30-11:30 Strong & Steady 12-1 Lunch & Learn Medication Info 12-1:30 Open Swim 1-2 Book Club 1-3 Mahjongg/Games	25 10-12 Watercolor <i>via Zoom</i> * 11-11:45 Water Aerobics 12-2:30 Games 1-1:50 Tai Chi 2-3 SAIL Strength & Balance	26 9-3 Pinochle 9:15 Chair Yoga 2-3 SAIL Strength & Balance

Two-day Silk Scarf Painting Workshop – please register in Sr. Center Office – Max 10

*Watercolor *via Zoom* – arrange with Abby Ober

**Watercolor Class - in person with Marianne Kost

***Group Painting is without an instructor



Upper Shore Aging
 Respect | Independence | Purpose

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











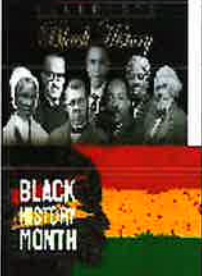
A place to connect. A place to thrive.



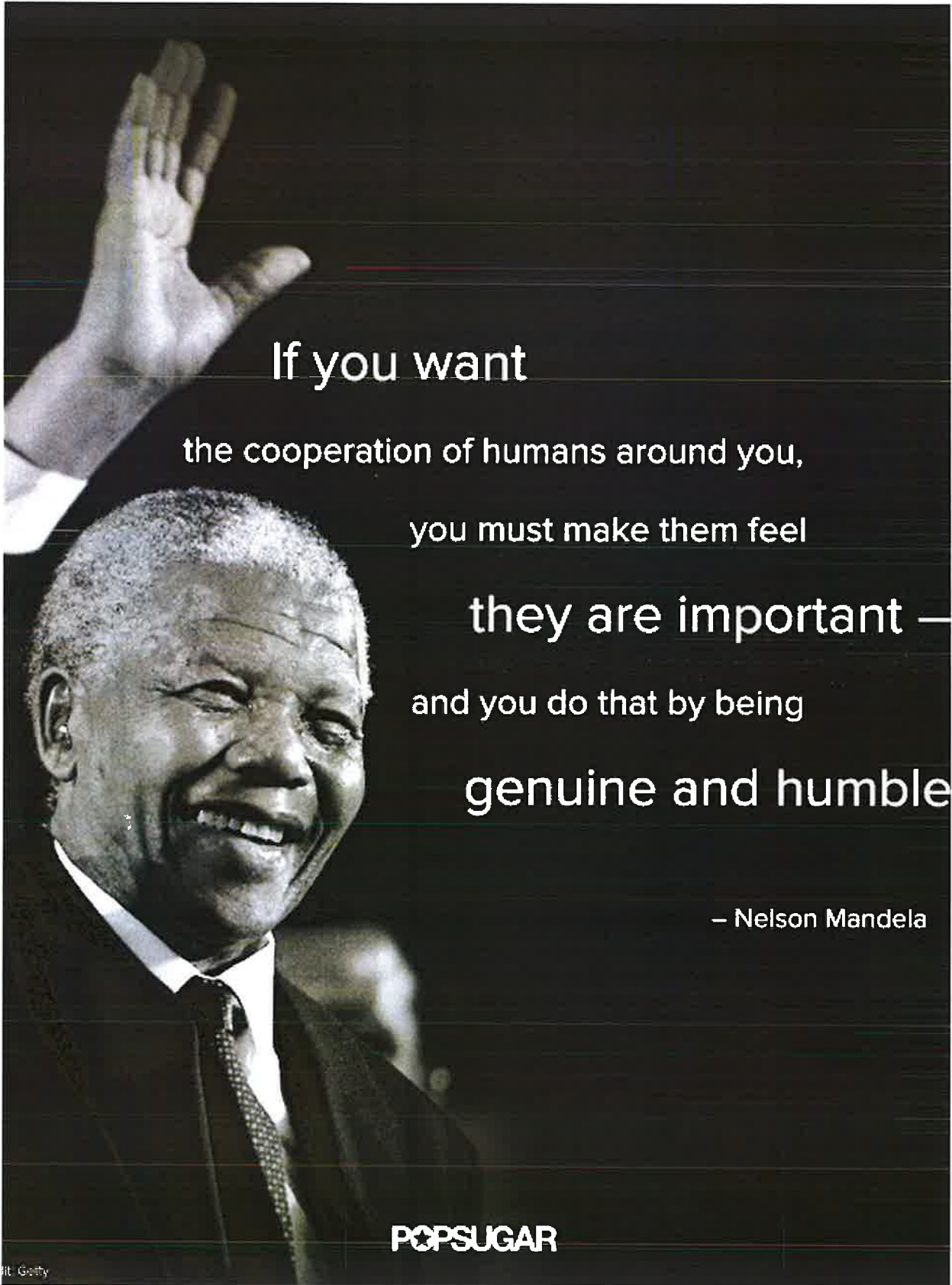
Happy February!



2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>9:00 Coffee Hour 11:00 Advance Beginners Watercolor 11:30 Tai Chi w/Nathan 12:00 Mahjong 12:00 Lunch 2:00 Guitar & Ukulele Lessons</p> 	<p>4</p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 Bingoize 12:00 Lunch 12:30 Yarn & Needle Group</p> 	<p>5</p> <p>9:00 Coffee Hour 9:00 Beginning Oil Painting 10:30 Music & Movement w/Melanie 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch</p> 	<p>6</p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 Bingoize 10:00 CABIN FEVER 10:30 ShoGo Mobile 12:00 Lunch</p> 	<p>7</p> <p>9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 10:00 Life Without Limits 11:00 Tai Chi w/Nathan 11:30 Dutch Lunch Out "AMISH MARKET" 11:30 Toastmaster's 12:00 Lunch</p> 
<p>10</p> <p>9:00 Coffee Hour 9:30 Crafting with Tonia 11:00 Advance Beginners Watercolor 11:00 Tai Chi w/Nathan 11:30 Blood Pressure Screening w/Melanie 12:00 LUNCH & LEARN w/MELANIE 12:00 Mahjong 2:00 Guitar & Ukulele Lessons</p>	<p>11</p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 Bingoize 12:00 LUNCH w/CARPE DIEM 12:30 Yarn & Needle Group</p> 	<p>12</p> <p>8:30 Commission on Aging 9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 Music & Movement w/Melanie 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch</p> <p><i>Why did the scientist install a knocker on his door? He wanted to win the no-bell prize!</i></p>	<p>13</p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 Bingoize 10:30 ShoGo Mobile 12:00 VALENTINE LUNCHEON w/JAZZY ED & WETTE</p> 	<p>14</p> <p>9:00 Coffee Hour 9:30 Line Dancing 10:00 Life Without Limits 10:00 Mahjong 11:00 Tai Chi w/Nathan 12:00 Lunch 12:00 Poetry at Noon</p> <p><i>Who always has a date on Valentine's Day? A Calendar!</i></p>
<p>17</p> <p>CLOSED</p> 	<p>18</p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 Bingoize 12:00 Lunch w/DJ Chuckie 12:30 Yarn & Needle Group</p> 	<p>19</p> <p>9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 Music & Movement w/Melanie 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch</p> 	<p>20</p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 Bingoize 10:30 ShoGo Mobile 11:00 Cooking w/David 12:00 LUNCH w/GENE EDWARDS REVIEW</p> 	<p>21</p> <p>9:00 Coffee Hour 9:30 Line Dancing 10:00 Life Without Limits 10:00 Mahjong 11:00 Tai Chi w/Nathan 11:30 Toastmaster's 12:00 Lunch</p> 
<p>24</p> <p>9:00 Coffee Hour 11:00 Advance Beginners Watercolor 11:00 Tai Chi w/Nathan 12:00 Mahjong 12:00 Lunch 2:00 Guitar & Ukulele Lessons</p> <p><i>What do Alexander the Great and Winnie the Pooh have in common? Same middle name!</i></p>	<p>25</p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 Bingoize 11:00 Positive Music w/DJ Randy P 12:00 Lunch 12:30 Yarn & Needle Group</p> <p><i>What did Mars say to Saturn? Give me a ring sometime!</i></p>	<p>26</p> <p>9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 Music & Movement w/Melanie 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch</p> <p>HAPPY BIRTHDAY Johnny Cash Country Singer BORN February 26th, 1932 DIED 2003 (aged 71)</p>	<p>27</p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 Bingoize 10:30 ShoGo Mobile 10:00 Elder Law Clinic 12:00 Lunch</p> 	<p>28</p> <p>9:00 Coffee Hour 9:30 Line Dancing 10:00 Life Without Limits 10:00 Mahjong 11:00 Tai Chi w/Nathan 12:00 Lunch NATIONAL HOT BREAKFAST MONTH</p> 
<p>VISIT US ON OUR WEBSITE: www.brooklettsnsc.org VISIT US ON FACEBOOK AT BROOKLETTS PLACE - TALBOT SENIOR CENTER OR CALL 410-822-2869</p> 		<p>I'M NOT SPINNING I'M JUST SWINGING THAT MY SWING TIME AND I'D LIKE TO SEE YOU GETTING CLOSE TO EACH OTHER.</p> 	<p>If I plan it just right one hot flash can defeat the whole car.</p> 	<p>ORIGINALLY THEY WERE GOING TO MAKE 2 WAGI DO BARS... BUT THEY MADE A BOO-BOO</p> 

 <p>We're Open!</p> <p>Federalsburg Senior Center is Open Tuesday and Thursday</p>	<p>Bingo 11am  4</p> <p>Lunch 12pm</p> <p>Felt Sweethearts Craft 1pm</p> <p>"Trade a Soup" Recipe Exchange in honor of Homemade Soup Day 2pm</p> 		<p>S.A.I.L. Exercise Class 10am 6</p> <p>Federalsburg Activity Center Presentation 11am</p> <p>Lunch 12:30pm</p> <p>Cards 1pm</p> 	 7
 10	<p>Tyrell James Health Education 10am 11</p> <p>Bingo 11am </p> <p>Lunch 12pm</p> <p>Rose Candle Craft 1pm</p> 	 12	<p>S.A.I.L. Exercise Class 10am 13</p> <p>Monthly Birthday Potluck 12pm</p> <p>Secret Admirer Gift Exchange 1pm</p> 	<p>Happy Valentine's Day!</p> 
<p>Presidents' Day 17</p> 	<p>Bingo 11am 18</p> <p>Lunch 12pm</p> <p>Floral Wreath Craft 1pm</p> 	 19	<p>Muffin Breakfast Bar for National Muffin Day 9am 20</p> <p>S.A.I.L. Exercise Class 10am</p> <p>Melanie Chapple's Medication Management 11am</p> <p>Lunch 12pm</p> <p>Cards 1pm</p> 	<p>21</p> 
 24	<p>Bingo 11am 25</p> <p>Lunch 12pm</p> <p>Clay Sculpting Craft 1:30pm</p> 	 26	<p>S.A.I.L. Exercise Class 10am 27</p> <p>Lunch 12pm</p> <p>Cards 1pm</p> 	 28
		<p>February Birthdays</p> <p>Kenny Magee 2/1</p> <p>Mamie Brummell-Parker 2/26</p>  <p>HAPPY BIRTHDAY</p>		



If you want

the cooperation of humans around you,

you must make them feel

they are important —

and you do that by being

genuine and humble

– Nelson Mandela

POPSUGAR

© Getty

VALENTINE WORD SEARCH



LOVE
POETRY
SECRET ADMIRER
ROMANCE
VALENTINE CARD
KISSES

CHOCOLATE
FLOWERS
BE MINE
HOLIDAY
COURTSHIP
ROSES

CANDY
RED
LETTERS
SWEETHEARTS
FEBRUARY 14
RIBBON

MARRY ME PASTA

- 9 oz (250 grams) rigatoni or pasta of choice
 - 1 tbsp olive oil
 - 3 garlic cloves, minced
 - 7oz (200g) sun dried tomatoes, drained & chopped
 - 1 tsp Italian seasoning (can sub dried oregano)
 - 2 tsp paprika
 - 3/4 cup + 2 tbsp heavy cream
 - 1/2 cup vegetable stock
 - 1/4 cup pasta water
 - 1/2 cup grated parmesan cheese
 - salt and pepper to taste
 - 1/4 cup fresh basil leaves, finely chopped
 - 2 tsp lemon juice
- Optional 1/4 tsp red pepper flakes



1. Cook the pasta according to the package directions. Reserve 1/4 cup of the pasta water to use later.
2. Heat 1 tablespoon of olive oil in a pan or pot on medium heat. Add the minced garlic, chopped sun-dried tomatoes, Italian seasoning, and paprika. Stir everything together and let it cook for 2–3 minutes until the garlic becomes fragrant.
3. Add the heavy cream, vegetable stock, pasta water, and grated Parmesan cheese. Season with salt and pepper to taste. Stir everything together until well combined.
4. Cover the pan with a lid and let the sauce simmer on medium-low heat for 4–5 minutes, allowing it to thicken and the flavors to meld together, then add the chopped basil.
5. Add the cooked pasta to the pan and toss it in the sauce, letting it cook for another 1–2 minutes to thicken slightly. If needed, add a splash more stock or reserved pasta water to reach your desired consistency.

Remove the pan from the heat and optionally add a squeeze of lemon juice, red pepper flakes, more basil, and extra Parmesan before serving.



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



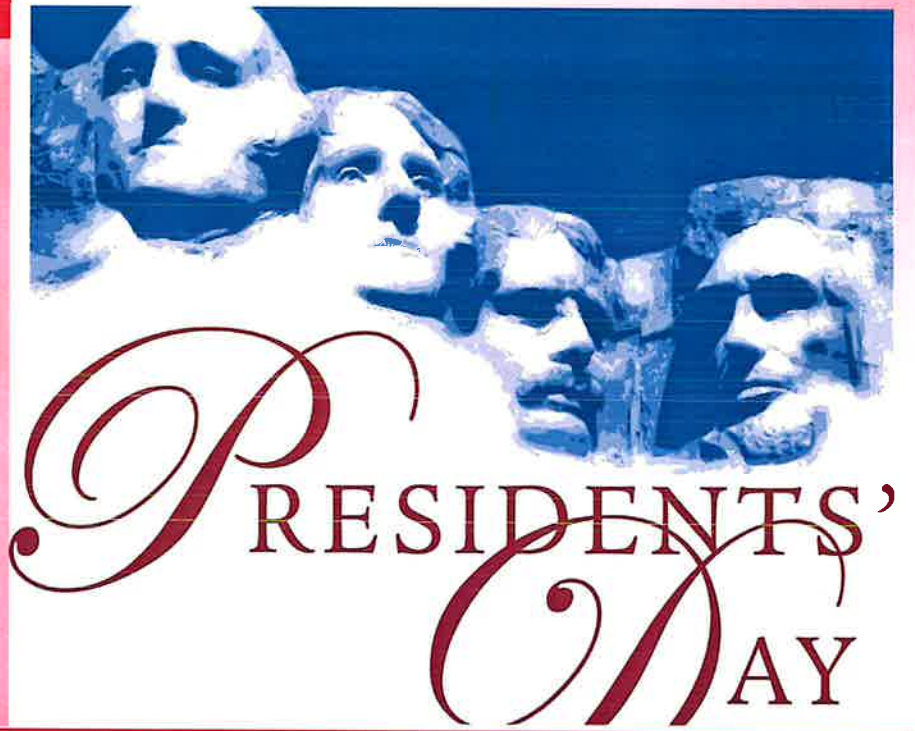
Upper Shore Aging Inc.

A Non-Profit agency serving older adults in Kent, Caroline, 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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Chestertown, MD 21620