
UPPER SHORE CLARION

MAY 2025

VOLUME 25, ISSUE 5

Welcome to the incredibly eventful month of May! May is Older Americans month, once called Senior Citizens Month. This year, the theme is “ Flip The Script On Aging”. The Administration for Community Living (ACL) is focusing on how society perceives aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions. This year, join us in honoring older adults’ contributions, exploring the many opportunities for staying active and engaged as we age, and highlighting the opportunities for purpose, exploration, and connection that comes with aging.

For the second event we would like to wish each Mom a big Happy Mother’s Day. The dedication that Mother’s put forth into their children and family is irreplaceable. A Mother’s love is eternal.

The next special event is Memorial Day. Honoring all of those who served in the military and lost their lives, to keep our country safe. This is the ultimate sacrifice. Gone, but never forgotten. Please take the time this month to attend a Memorial Day service to help honor our fallen heroes.

MEMORIAL DAY

Remember those who served

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)

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Kent County

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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

<div>We're Open!</div> <div>All activities will be held in the DINING ROOM unless noted otherwise.</div>	<div>Happy Birthday! Happy Birthday!</div> <div>Tim Fowler 5/1</div> <div>Joanne Anderson 5/3</div> <div>Carol Cox 5/16</div> <div>Harry Hart 5/22</div> <div>Anne Kendall 5/23</div> <div>Jocelyn Williams 5/29</div>	<div></div>	<div>Sit Fit 9am</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>Crafting 1pm</div>	<div>Bingo 9am-10am</div> <div>Derby Party 10:30am-1pm</div>
<div>S.A.I.L. 9am</div> <div>Billiards 9am</div> <div>Walk Fit 10:15am</div> <div>Nacho Bar for Cinco de Mayo 12pm</div> <div>Watercolors 12:30pm</div> <div>Mahjongg 1pm</div>	<div>Sit Fit 9am</div> <div>Cardio 9:45am</div> <div>Bingo 11am</div> <div>Lunch and Birthday Cake 12pm</div> <div>Crafting 1pm</div>	<div>S.A.I.L. 9am</div> <div>Stretch Fit 10:15am</div> <div>Cooking with David 10:45am</div> <div>Lunch 12pm</div> <div>Games 1pm</div>	<div>Trip to St. Michaels 9am</div> <div>Needlecrafts 10am</div> <div>Lunch 12pm</div>	<div>Stretch Fit 9am</div> <div>Cardio 9:45am</div> <div>Bingo 11am</div> <div>Lunch 12pm</div> <div>Games 1pm</div>
<div>S.A.I.L. 9am</div> <div>Billiards 9am</div> <div>Walk Fit 10:15am</div> <div>Mother's Day Tea and Make Planters 11am</div> <div>Lunch 12pm</div> <div>Watercolors 12:30pm</div> <div>Mahjongg 1pm</div>	<div>Sit Fit 9am</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. 9am</div> <div>Fashion Show 10am-1pm</div> <div>Lunch 12pm</div> <div>Games 1pm</div>	<div>Sit Fit 9am</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>Crafting 1pm</div>	<div>Bingo 9am-10am</div> <div>Preakness Party 10:30am-1pm</div>
<div>S.A.I.L. 9am</div> <div>Billiards 9am</div> <div>Lunch at Crystal Beach Leave at 10:15am</div> <div>Watercolors 12:30pm</div> <div>Mahjongg 1pm</div>	<div>Sit Fit 9am</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. 9am</div> <div>Stretch Fit 10:15am</div> <div>The MIND Diet, designed to reduce hypertension and slow dementia and decline in brain health 10:30am</div> <div>Lunch 12pm</div> <div>Games 1pm</div>	<div>Sit Fit 9am</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>Crafting 1pm</div>	<div>Special Bingo 9:30am-11:30am</div> <div>Lunch 12pm</div> <div>Games 1pm</div>
<div>Memorial Day Holiday Center Closed</div>	<div>Sit Fit 9am</div> <div>Cardio 9:45am</div> <div>Bingo 11am</div> <div>Lunch 12pm</div> <div>Crafting 1pm</div>	<div>S.A.I.L. 9am</div> <div>Stretch Fit 10:15am</div> <div>Senior Medicare Patrol "Lunch & Learn" and Ice Cream Social 12pm</div> <div>Lunch 12pm</div> <div>Games 1pm</div>	<div>Sit Fit 9am</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>Crafting 1pm</div>	<div>Stretch Fit 9am</div> <div>Cardio 9:45am</div> <div>Bingo 11am</div> <div>Lunch 12pm</div> <div>Games 1pm</div>

May 2025		Caroline County Senior Center		403 South 7 th St., Suite 127 Denton, MD 21629 410-479-2535	
<div><p>National Older Americans Month</p></div>	<div><p>We're Open!</p><p>Caroline County Senior Center is Open Monday through Friday 8:00am-3:00pm</p></div>	<div><p>May Birthdays Linda McGregor 5/7 Sue Shortall 5/11 Sandra Polansky 5/14 Nancy Henry 5/21 Amanda Brown 5/30</p><p>Happy Birthday</p></div>	<div><p>Hot Coffee Bar 9am-11am  1</p><p>Medication Management and Blood Pressure Screening with Melanie 10am</p><p>Minute-to-Win-It Games 12:30 </p></div>	<div><p>Hot Coffee Bar 9am-11am 2</p><p>Complete the Sentence Game 10am</p><p>Trivia 12:30pm </p><p>Shopping / Bank Post Office</p></div>	
<div><p>Cinco de Mayo Day 5</p><p>Coffee Bar 9am-11am</p><p>Cinco de Mayo Hat Craft 10am </p><p>S.A.I.L. Exercise with Jannelle 12:30pm</p><p>Shopping / Bank Post Office</p></div>	<div><p>Hot Coffee Bar 9am-11am 6</p><p>"Life without Limits" Diabetes-Free Living with Jillian 10am</p><p>Bingocize 12:30pm</p></div>	<div><p>Senior Resource Day</p><p>Hot Coffee Bar 9am-11am </p><p>Senior Resource Fair 10am-11am</p><p>S.A.I.L. Exercise with Jannelle 12:30pm</p></div>	<div><p>Hot Coffee Bar 9am-11am 8</p><p>Bingocize 10am </p><p>Mindful Memory 12:30pm</p></div>	<div><p>Hot Coffee Bar 9am-11am 9</p><p>Mother's Day Tea 10am</p><p>Karaoke 12:30pm </p><p>Shopping / Bank Post Office</p></div>	
<div><p>Spirit Week for Older Americans Month</p><p>Crazy Outfit Day</p><p>Hot Coffee Bar 9am-11am </p><p>Flower Stamp Painting Craft 10am</p><p>S.A.I.L. Exercise with Jannelle 12:30pm</p><p>Shopping / Bank Post Office</p></div>	<div><p>Spirit Week for Older Americans Month</p><p>Red, White & Blue Day</p><p>Hot Coffee Bar 9am-11am</p><p>"Life without Limits" Diabetes-Free Living with Jillian 10am</p><p>Bingocize 12:30pm </p></div>	<div><p>Spirit Week for Older Americans Month</p><p>Pajamas Day </p><p>Hot Coffee Bar 9am-11am</p><p>Healthy Coaching with Michelle 10am</p><p>S.A.I.L. Exercise with Jannelle 12:30pm</p></div>	<div><p>Spirit Week for Older Americans Month</p><p>Sports Day - Wear Your Favorite Team Shirt </p><p>Hot Coffee Bar 9am-11am </p><p>Bingocize 10am</p><p>SMP Outreach and Ice Cream Social 12:15pm</p></div>	<div><p>Spirit Week for Older Americans Month</p><p>Roaring in Your Twenties Day</p><p>Hot Coffee Bar 9am-11am </p><p>Hangman 10am</p><p>"Most Likely to..." Questions 12:30pm</p><p>Shopping / Bank Post Office</p></div>	
<div><p>Hot Coffee Bar 9am-11am 19</p><p>"Name that Tune" Game 10am </p><p>S.A.I.L. Exercise with Jannelle 12:30pm</p><p>Shopping/Bank Post Office</p></div>	<div><p>Hot Coffee Bar 9am-11am 20</p><p>"Life without Limits" Diabetes-Free Living with Jillian 10am</p><p>Do-It-Yourself Night Lights 12:30pm </p></div>	<div><p>Hot Coffee Bar 9am-11am 21</p><p>Bingocize 10am</p><p>S.A.I.L. Exercise with Jannelle 12:30pm</p></div>	<div><p>Hot Coffee Bar 9am-11am 22</p><p>Bingocize 10am</p><p>Mindful Memory 12:30pm</p></div>	<div><p>Hot Coffee Bar 9am-11am 23</p><p>Wii Bowling Tournament 10am</p><p>Household Bingo 12:30pm</p><p>Shopping Bank Post Office </p></div>	
<div><p>Memorial Day Holiday Center Closed </p></div>	<div><p>Hot Coffee Bar 9am-11am 27</p><p>"Life without Limits" Diabetes-Free Living with Jillian 10am</p><p>Bingocize 12:30pm</p></div>	<div><p>Hot Coffee Bar 8am-11am 28</p><p>Glamour Photo Shots 10am</p><p>S.A.I.L. Exercise with Jannelle 12:30pm</p></div>	<div><p>Hot Coffee Bar 9am-11am 29</p><p>Bingocize 10am</p><p>Mindful Memory 12:30pm</p></div>	<div><p>Hot Coffee Bar 9am-11am 30</p><p>Do-It-Yourself Door Mats 10am</p><p>Shopping Bank Post Office </p></div>	

Bay Hundred
Senior Center
May 2025



Monday	Tuesday	Wednesday
5 9:15-10 Calming Mindfulness 10:30-11:30 Strong & Steady 12-1:30 Open Swim 12:30-1:30 Driving Safely as We Age – MDOT Presentation 1-3 Mahjongg/Games	6 9-11:45 Torn Paper Art* 11-11:45 Water Aerobics 12:30-2:45 Crokinole/Games 1-1:50 Tai Chi 2-3 SAIL Strength & Balance	7 9-3 Pinochle 9:15 Chair Yoga 2-3 SAIL Strength & Balance
12 10:30-11:30 Strong & Steady 12-1:30 Open Swim 1-3 Mahjongg/Games	13 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	14 9-3 Pinochle 9:15 Chair Yoga 2-3 SAIL Strength & Balance
19 9:15-10 Calming Mindfulness 10:30-11:30 Strong & Steady 12-1:30 Open Swim 12-1 Lunch & Learn: Managing Seasonal Allergies 1-3 Mahjongg/Games 1-2 Book Club	20 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	21 9-3 Pinochle 9:15 Chair Yoga 2-3 SAIL Strength & Balance
26 Memorial Day	27 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	28 9-3 Pinochle 9:15 Chair Yoga 2-3 SAIL Strength & Balance

*Torn Paper Workshop – please register at office.
**Watercolor Class – New members please register at office.



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A place to connect. A place to thrive.

OLDER AMERICANS MONTH



FLIP THE SCRIPT ON AGING: MAY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Thought to improve memory, faith, and intuition, emeralds are a symbol for constancy and true affection. Some cultures believe them to grant their owner foresight, good fortune and youth. The name emerald is derived from the Greek word emeraude meaning "green".</p>	<p>VISIT US ON OUR WEBSITE: www.brooklettsplace.org</p> <p>VISIT US ON FACEBOOK AT BROOKLETTS PLACE – TALBOT SENIOR CENTER</p> <p>OR CALL 410-822-2869</p>	<p>WHERE DO COWS GET THEIR MEDICINE?</p> <p>AT THE FARM-ACY.</p> <p>WHAT DID THE LETTUCE SAY TO THE CELERY?</p> <p>QUIT STALKING ME!</p>	<p>1 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:30 <i>ShoGo Mobile</i> 12:00 Lunch</p> <p>May Day</p>	<p>2 9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 10:30 <i>Life Without Limits</i> 11:00 <i>Tai Chi w/Nathan</i> 11:30 Toastmaster's 12:00 Lunch</p>
<p>5 9:00 Coffee Hour 11:00 Advance Beginners Watercolor 11:00 <i>Tai Chi w/Nathan</i> 12:00 LUNCH & LEARN SMP & GUESTS 12:00 Mahjong 2:00 Guitar & Ukulele Lessons</p>	<p>6 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 12:00 <i>Lunch W/BAY COUNTRY CHORUS</i> 12:30 Yarn & Needle Group</p> <p>WHY DID THE DUCK GO TO THE CHIROPRACTORY?</p> <p>TO GET ITS BACK QUACKED</p>	<p>7 9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 <i>Music & Movement w/Melanie</i> 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch</p>	<p>8 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:30 <i>ShoGo Mobile</i> 12:00 <i>LUNCH W/GENE EDWARDS REVIEW</i></p>	<p>9 9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 10:30 <i>Life Without Limits</i> 11:00 <i>Tai Chi w/Nathan</i> 11:30 <i>Dutch Lunch Out "CHINA BUFFET"</i> 12:00 Lunch 12:00 Poetry at Noon</p>
<p>12 9:00 Coffee Hour 11:00 Advance Beginners Watercolor 11:00 <i>Tai Chi w/Nathan</i> 11:30 <i>Blood Pressure Screening w/Melanie</i> 12:00 LUNCH & LEARN W/MELANIE 12:00 Mahjong 2:00 Guitar & Ukulele Lessons</p>	<p>13 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 <i>Crafting with Tonia</i> 12:00 LUNCH W/CARPE DIEM 12:30 Yarn & Needle Group</p> <p>TALBOT ARTS</p>	<p>14 8:30 Commission on Aging 9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 <i>Music & Movement w/Melanie</i> 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch</p>	<p>15 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 9:00 <i>Laura Rankin "Driftwood Mobile"</i> 10:30 <i>ShoGo Mobile</i> 11:00 <i>Cooking w/David</i> 12:00 Lunch</p>	<p>16 9:00 Coffee Hour 9:30 Line Dancing 10:30 <i>Life Without Limits</i> 10:00 Mahjong 11:00 <i>Tai Chi w/Nathan</i> 11:30 Toastmaster's 12:00 Lunch</p>
<p>19 9:00 Coffee Hour 11:00 Advance Beginners Watercolor 11:00 <i>Tai Chi w/Nathan</i> 12:00 Mahjong 12:00 Lunch 2:00 Guitar & Ukulele Lessons</p>	<p>20 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 12:00 <i>Lunch w/DJ Chuckie</i> 12:30 Yarn & Needle Group</p>	<p>21 9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 <i>Music & Movement w/Melanie</i> 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch</p> <p>Senior Resource Fair Easton Volunteer Fire Dept 10:00 a.m. – 2:00 p.m.</p>	<p>22 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:30 <i>ShoGo Mobile</i> 10:00 <i>Elder Law Clinic</i> 12:00 LUNCH & LEARN "HOSPICE"</p>	<p>23 9:00 Coffee Hour 9:30 Line Dancing 10:30 <i>Life Without Limits</i> 10:00 Mahjong 11:00 <i>Tai Chi w/Nathan</i> 12:00 LUNCH W/THE JONES BOYS</p>
<p>26 CLOSED MEMORIAL DAY REMEMBER AND HONOR</p>	<p>27 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 <i>Positive Music w/DJ Randy P</i> 12:00 Lunch 12:30 Yarn & Needle Group</p>	<p>28 9:00 Coffee Hour 9:00 Beginning Oil Painting 9:30 <i>SHOREBIRDS</i> 10:00 <i>Music & Movement w/Melanie</i> 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch</p>	<p>29 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:30 <i>ShoGo Mobile</i> 10:00 <i>Elder Law Clinic</i> 12:00 Lunch</p> <p>WHY WAS THE ICE CREAM CONE BAD AT VOLLEYBALL?</p> <p>IT HAD A SOFT SERVE!</p>	<p>30 9:00 Coffee Hour 9:30 Line Dancing 10:30 <i>Life Without Limits</i> 10:00 Mahjong 11:00 <i>Tai Chi w/Nathan</i> 12:00 Lunch</p>

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

[illegible]



Mother's Day

Word Search



A J Z W S P K I N D N E S S A B B M S V
N P A T I E N C E M O T H E R C Z A T X
G U I D A N C E A Q O Z C L Y R L T R Q
K I U L O Y A L T Y R M B F M E F R E D
S I P D P C U E N I U D B L E S S I N G
N M D F R H M B W G N X B E V P Y A G T
A K F L O W E R S R C J E S U E I R T Q
C B E O T E M A R C O W A S U C Y C H E
J H M V E X O T Y X N I U C M T H H C W
P M E E C I R I K A D S T C R M N I U A
G O M R T D I O I P I D I O Q G F J T D
E M D Y I V E N J P T O F A M I L Y N M
I H Y J V S S J Y R I M U Y R V E O H I
S N B W E L H X N E O P L C A R I N G R
R K L O I U A V Q C N P A D U T Y A D A
Y T C Z D E C D V I A S H T C S E L U T
P J X W Q X M N K A L U R E A N X N S I
I U X S U P P O R T G U F P P I T M U O
J G R A T I T U D E N F M N O D V D J N
G G H R G H D R K J A H Y Q G O L M M V



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GUIDANCE
GRATITUDE
FAMILY
RESPECT



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Glazed Pork Tenderloin Medallions Recipe

Contributors: Marjorie Sawicki, MS, RD, LDN
Published: January 24, 2019

Ingredients

- 1 pound pork tenderloin, trimmed of excess fat
- 1 teaspoon salt-free lemon pepper
- Vegetable cooking spray
- ½ cup spring onion jelly, or apricot or orange marmalade
- 1 tablespoon mirin (sweet rice wine)

Directions

Before you begin: Wash your hands.



1. Slice pork into four pieces and season with lemon pepper.
2. Coat a large nonstick skillet with cooking spray; heat over medium-high heat.
3. Add pork and cook 4 minutes on each side or until a thermometer inserted into the pork registers 145°F (the meat will be slightly pink).
4. Add jelly or preserves and mirin to the skillet; stir to make a glaze, about 1 minute. Spoon the glaze over the pork.

Cooking Note:

- To round out the meal, prepare instant rice and microwave frozen broccoli. Serve canned peaches (packed in 100% juice) for dessert.

Nutrition Information

Serving size: 1 medallion
Serves 4

Calories: 200; Total Fat: 4g; Saturated Fat: 1.5g; Cholesterol: 75mg; Sodium: 170mg; Total Carbohydrate: 13g; Dietary Fiber: 0g; Protein: 24g.



In March, the Federalsburg Senior Center held a cooking class. The Caroline Culinary Arts Center was responsible for the instruction. While on site, it was noted how nicely the Center looked. We would like to recognize Norma Phillips for volunteering to decorate each month. Brandy Hatten for cleaning the center each week, and Amanda Brown for her kind and welcoming demeanor. The volunteers and employees have come together to show what real teamwork is. All of the dedication put forth is truly helping change the lives of senior citizens.





Maryland Access Point (MAP)

We recognize that our health and access to long term home and community-based services are impacted by the areas and conditions in which we live. MAP aims to engage individuals to define and express their needs and preferences and identify service options that will work for them.

MAP is a one-stop source of information and assistance for family members, caregivers, disabled adults, and seniors, which helps them navigate through the maze of long-term care services and links them with local and state programs. The goal is to help the individual safely remain in the community and plan for future needs.

Please reach out to the MAP program staff in your country of residence for information and assistance.

For Caroline County: Mary Moran (410) 479-2535 Ext. 8009

For Kent County: Lee Clough (410) 778-2564

For Talbot County: Maela Rider (410) 822-2869



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