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# UPPER SHORE CLARION

JANUARY 2025

VOLUME 25, ISSUE 1

Happy New Year everyone. We all hope you had a wonderful holiday. January is a month recognized for new beginnings. People make New Year resolutions and boost change for the better. This month is also National Blood Donor month. Many of us take for granted how important donating blood is. For those who suffer from certain illnesses, its incredibly important. We know not everyone is capable of donating blood, so just passing on this knowledge is the next best thing. Please keep in mind, just one donation has the ability to save 80 lives. The Red Cross asks the country to roll up a sleeve to help ensure people receive the care they need. Make an appointment to give blood or platelets as soon as possible by using the Red Cross Blood Donor App, visiting [RedCrossBlood.org](https://www.redcrossblood.org) or calling 1-800-RED CROSS (1-800-733-2767).

This month is also recognized as Mental Awareness month. Mental health is an essential aspect of overall well-being and should be given the same attention and care as physical health. Mental illness affects one in five people in America each year — and can have a profound impact on an individual's life.

**“When you take care of yourself, you’re a better person for others. When you feel good about yourself, you treat others better.”**

— Solange Knowles





### **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

### **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 Leshner (County Council Member)  
Corey Pack (Vice-President)  
Pam Limberry  
Kevin Moran

January 2025 Amy Lynn Ferris Adult Activity Center

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

<div>We're Open!</div> <div>All activities will be held in the DINING ROOM unless noted otherwise.</div>	<div>Happy Birthday!</div> <div>Verona Palatinus 1/1 Peg Sommers 1/4 Linda Nice 1/5 Bonnie Elburn 1/5 Rebecca Goode 1/10 Shirley Crater 1/20 Myrtle Boyd 1/21</div>	<div>New Year's Day</div> <div>Center Closed</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>Stretch Fit 9am</div> <div>Cardio 9:45am</div> <div>Bingo 11am</div> <div>Lunch 12pm</div>
<div>S.A.I.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>Cardio 9:45am</div> <div>Bingo 11am</div> <div>Lunch 12pm</div> <div>Woodworking 1pm</div>	<div>S.A.I.L. 9am</div> <div>Stretch Fit 10:15am</div> <div>Lunch 12pm</div> <div>Games 12:30pm</div> <div>Birthday Cake 12:30pm</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>Junk Journals 1pm</div>	<div>Stretch Fit 9am</div> <div>Cardio 9:45am</div> <div>Bingo 11am</div> <div>Lunch 12pm</div> <div>Winter Painting 1pm</div>
<div>S.A.I.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>Cardio 9:45am</div> <div>Blood Pressure with Shore Community Outreach Team 10:30am</div> <div>Bingo 11am</div> <div>Lunch 12pm</div> <div>Woodworking 1pm</div>	<div>S.A.I.L. 9am</div> <div>Stretch Fit 10:15am</div> <div>Movie 10:30am</div> <div>Lunch 12pm</div> <div>Games 12:30pm</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>Junk Journals 1pm</div>	<div>Stretch Fit 9am</div> <div>Cardio 9:45am</div> <div>Bingo 11am</div> <div>Lunch 12pm</div>
<div>Martin Luther King, Jr. Day</div> <div>Center Closed</div>	<div>Sit Fit 9am</div> <div>Cardio 9:45am</div> <div>Medication with Melanie 10:30am</div> <div>Bingo 11am</div> <div>Lunch 12pm</div> <div>Woodworking 1pm</div>	<div>S.A.I.L. 9am</div> <div>Stretch Fit 10:15am</div> <div>Lunch 12pm</div> <div>Games 12:30pm</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>Junk Journals 1pm</div>	<div>Stretch Fit 9am</div> <div>Cardio 9:45am</div> <div>Bingo 11am</div> <div>Lunch 12pm</div> <div>Crazy Cap 1pm, \$5</div>
<div>S.A.I.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>Cardio 9:45am</div> <div>Bingo 11am</div> <div>Lunch 12pm</div> <div>Woodworking 1pm</div>	<div>S.A.I.L. 9am</div> <div>Stretch Fit 10:15am</div> <div>Lunch 12pm</div> <div>Games 12:30pm</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>Junk Journals 1pm</div>	<div>Stretch Fit 9am</div> <div>Cardio 9:45am</div> <div>Bingo 11am</div> <div>Lunch 12pm</div>



January 2025

Caroline County Senior Center

403 South 7<sup>th</sup> St., Suite 127  
Denton, MD 21629  
410-479-2535

 <p><b>We're Open!</b> Caroline County Senior Center is Open Monday through Friday 8:00am-3:00pm</p>	 <p><b>Hot Tea and Homemade Soup Month</b> January Birthdays Frances Roderick 1/12 <b>Happy Birthday</b></p>	 <p><b>New Year's Day</b> Center Closed <b>Happy New Year</b></p>	 <p><b>Hot Coffee Bar</b> 8am-11am Wii Bowling 10am</p>	 <p><b>Hot Coffee Bar</b> 8am-11am Winter Trivia 12:30pm Birthday Celebrations 12:30pm Shopping Bank Post Office Trivia</p>
 <p><b>Hot Coffee Bar</b> 8am-11am Card Games 10am S.A.I.L. Exercise with Jannelle 12:30pm Shopping / Bank Post Office</p>	 <p><b>Hot Coffee Bar</b> 8am-11am Diabetes Prevention Class with Jillian 10am</p>	 <p><b>Hot Coffee Bar</b> 8am-11am Cooking Presentation with David 10am S.A.I.L. Exercise with Jannelle 12:30pm</p>	 <p><b>Hot Coffee Bar</b> 8am-11am Snowman Wine Bottle Craft 10am</p>	 <p><b>Hot Coffee Bar</b> 8am-11am Winter Hangman 12:30pm Shopping Bank Post Office</p>
 <p><b>Hot Coffee Bar</b> 8am-11am S.A.I.L. Exercise with Jannelle 12:30pm Shopping Bank Post Office</p>	 <p><b>Hot Coffee Bar</b> 8am-11am Diabetes Prevention Class with Jillian 10am</p>	 <p><b>Hot Coffee Bar</b> 8am-11am "Let It Snow" Mirror Craft 10am S.A.I.L. Exercise with Jannelle 12:30pm</p>	 <p><b>Hot Coffee Bar</b> 8am-11am Winter Bingo 10am</p>	 <p><b>Hot Coffee Bar</b> 8am-11am Board Games 12:30pm Shopping Bank Post Office</p>
 <p><b>Martin Luther King, Jr. Day</b> Center Closed</p>	 <p><b>Hot Coffee Bar</b> 8am-11am Diabetes Prevention Class with Jillian 10am</p>	 <p><b>Hot Coffee Bar</b> 8am-11am Tech Savvy with Michelle 10am S.A.I.L. Exercise with Jannelle 12:30pm</p>	 <p><b>Hot Coffee Bar</b> 8am-11am Medication Management Presentation with Melanie 10am Blood Pressure Screening with Melanie 10:30am</p>	 <p><b>Hot Coffee Bar</b> 8am-11am Are You Smarter than a 5th Grader? Game 12:30pm Shopping Bank Post Office</p>
 <p><b>Bubble Wrap Day 27</b> Hot Coffee Bar 8am-11am Bubble Wrap Paint Snowman Craft 10am S.A.I.L. Exercise with Jannelle 12:30pm Shopping Bank Post Office</p>	 <p><b>Hot Coffee Bar</b> 8am-11am Diabetes Prevention Class with Jillian 10am</p>	 <p><b>Hot Coffee Bar</b> 8am-11am Senior Longevity Class with Michelle 10am S.A.I.L. Exercise with Jannelle 12:30pm</p>	 <p><b>Hot Coffee Bar</b> 8am-11am Winter Games 10am Peppermint Ice Cream Float 12:30pm</p>	 <p><b>Hot Coffee Bar</b> 8am-11am Wintertime Movies and Popcorn 10am Shopping Bank Post Office</p>

Bay Hundred  
Senior Center  
January 2025



Monday 6	Tuesday 7	Wednesday 8
9-9:45 Calming Mindfulness 10:30-11:30 Strong & Steady 12-1 Lunch & Learn Advance Directives Info 12-1:30 Open Swim 1-3 Mahjongg/Games	10-12 Group Painting*** 11-11:45 Water Aerobics 12-2:30 Games 1-1:50 Tai Chi 2-3 SAIL Strength & Balance	9-3 Pinochle 9:15 Chair Yoga 2-3 SAIL Strength & Balance
13	14	15
9-9:45 Calming Mindfulness 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 12-2:30 Games 1-1:50 Tai Chi 2-3 SAIL Strength & Balance	9-3 Pinochle 9:15 Chair Yoga 2-3 SAIL Strength & Balance
20	21	22
Closed for Martin Luther King Day	10-12 Watercolor Class** 11-11:45 Water Aerobics 12-2:30 Games 1-1:50 Tai Chi 2-3 SAIL Strength & Balance	9-3 Pinochle 9:15 Chair Yoga 2-3 SAIL Strength & Balance
27	28	29
9-9:45 Calming Mindfulness 10:30-11:30 Strong & Steady 12-1 Lunch & Learn Medication Tips 12-1:30 Open Swim 1-2 Book Club: "Frozen River" by Ariel Lohan 1-3 Mahjongg/Games	10-12 Watercolor via Zoom* 11-11:45 Water Aerobics 12-2:30 Games 1-1:50 Tai Chi 2-3 SAIL Strength & Balance	9-3 Pinochle 9:15 Chair Yoga 2-3 SAIL Strength & Balance

\*Watercolor via Zoom – arrange with Abby Ober  
\*\*Watercolor Class - in person with Marianne Kost  
\*\*\*Group Painting is without an instructor







2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>VISIT US ON OUR WEBSITE:</b> <a href="http://www.brooklettsplace.org">www.brooklettsplace.org</a></p> <p><b>VISIT US ON FACEBOOK AT BROOKLETTS PLACE – TALBOT SENIOR CENTER</b></p>		<p>1</p> <p><b>CLOSED</b></p>	<p>2</p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:30 <i>ShoGo Mobile</i> 12:00 Lunch</p> <p>The Birth Flower of January: <b>Carnations</b></p>	<p>3</p> <p>9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 11:00 <i>Tai Chi w/Nathan</i> 11:30 Toastmaster's 12:00 Lunch</p> <p> JANUARY garnet calmness</p>
<p>6</p> <p>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 &amp; Ukulele Lessons</p>	<p>7</p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 12:00 Lunch 12:30 Yarn &amp; Needle Group "There are years that ask questions and years that answer." <b>HAPPY BIRTHDAY Zora Neale Hurston</b> Author, Anthropologist &amp; Filmmaker BORN January 7th, 1891 DIED 1960 (aged 69)</p>	<p>8</p> <p>8:30 Commission on Aging 9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 <i>Music &amp; Movement w/Melanie</i> 10:30 Wii Bowling 11:00 Duplicate Bridge 11:30 <i>Dutch Lunch Out "INJAPAN"</i> 12:00 Lunch <b>ON THIS DAY IN 1835</b> The United States national debt is 0 for the first and only time.</p>	<p>9</p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:30 <i>ShoGo Mobile</i> 12:00 <b>LUNCH w/GENE EDWARDS REVIEW</b></p>	<p>10</p> <p>9:00 Coffee Hour 9:30 Line Dancing 10:00 <i>Life Without Limits</i> 10:00 Mahjong 11:00 <i>Tai Chi w/Nathan</i> 12:00 Lunch 12:00 Poetry at Noon "Boxing is like jazz. The better it is, the less people appreciate it." <b>HAPPY BIRTHDAY George Foreman</b> BORN January 10th, 1949</p>
<p>13</p> <p>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 <b>LUNCH &amp; LEARN w/MELANIE</b> 12:00 Mahjong 2:00 Guitar &amp; Ukulele Lessons <b>ON THIS DAY IN 1930</b> "Mickey Mouse" comic strip 1st debuts.</p>	<p>14</p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 <i>Crafting with Tonia</i> 12:00 <b>LUNCH w/CARPE DIEM</b> 12:30 Yarn &amp; Needle Group</p>	<p>15</p> <p>9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 <i>Music &amp; Movement w/Melanie</i> 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch</p>	<p>16</p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 <i>Cooking w/David</i> 10:30 <i>ShoGo Mobile</i> 12:00 <b>Lunch &amp; Learn Hospice</b></p>	<p>17</p> <p>9:00 Coffee Hour 9:30 Line Dancing 10:00 <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>20</p> <p><b>CLOSED</b></p>	<p>21</p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 12:00 <i>Lunch w/DJ Chuckie</i> 12:30 Yarn &amp; Needle Group</p>	<p>22</p> <p>9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 <i>Music &amp; Movement w/Melanie</i> 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch</p>	<p>23</p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 <i>Elder Law Clinic</i> 10:30 <i>ShoGo Mobile</i> 12:00 <b>Lunch w/VNA</b></p>	<p>24</p> <p>9:00 Coffee Hour 9:30 Line Dancing 10:00 <i>Life Without Limits</i> 10:00 Mahjong 11:00 <i>Tai Chi w/Nathan</i> 12:00 Lunch</p>



January 2025

Feddersburg Senior Center

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

<div><div>We're Open!</div><div>Feddersburg Senior Center is Open Tuesday and Thursday</div></div>	<div><div></div><div>1</div></div>	<div><div></div><div></div></div>	<div><div>Coffee Hour 9am S.A.I.L. Exercise 10:30am Lunch 12:30pm Craft "New Year, Same Beautiful Me" 1pm Cards 1:30pm</div><div></div></div>	<div><div></div><div>2</div></div>
<div><div></div><div>6</div></div>	<div><div>Bingo 11am Lunch 12pm Kara Greene's Advanced Directive Presentation 1pm Craft "Winter Bird Feeder" 2pm</div><div></div><div>7</div></div>	<div><div>  </div><div>8</div></div>	<div><div>S.A.I.L. Exercise 10:30am Birthday Potluck Lunch 12pm Word Nerd Day Game 1pm</div><div></div><div>9</div></div>	<div><div></div><div>10</div></div>
<div><div></div><div>14</div></div>	<div><div>Michelle Hammond's Health Education 10am Bingo 11am Lunch 12pm Craft "Melted Crayon Art" 1pm</div><div></div><div>15</div></div>	<div><div></div><div>16</div></div>	<div><div>S.A.I.L. Exercise 10:30am Melanie Chapple Medication Management 11am Blood Pressure Checks 11:30am Lunch 12pm Dr. Martin Luther King Trivia 1pm Cards 1:30pm</div><div></div><div>17</div></div>	
<div><div>Martin Luther King, Jr. Day</div><div>20</div></div>	<div><div>S.A.I.L. Exercise 10am Bingo 11am Show &amp; Tell in Honor of Bakers/Crafters/ Makers Day 1pm Craft "New Year, No Nightmares: Dreamcatcher" 1:30pm</div><div></div><div>21</div></div>	<div><div></div><div>22</div></div>	<div><div>Easton Bowling Alley Trip and Dutch Lunch Out Leaving @ 10:30am</div><div> EASTON BOWL</div><div></div><div>23</div></div>	<div><div>January Birthdays Cheryl Houchmuth 1/14 Eva Lake 1/17</div><div> HAPPY BIRTHDAY</div><div>24</div></div>
<div><div></div><div>27</div></div>	<div><div>Bingo 11am Lunch 12pm Craft "Salt Dough Tags and Ornaments" 1pm Cards 1:30pm</div><div></div><div>28</div></div>	<div><div> </div><div>29</div></div>	<div><div>S.A.I.L. Exercise 10:30am Lunch 12pm "Brag About Your Grandkids" Activity in honor of Grandparents' Month 1pm</div><div></div><div>30</div></div>	<div><div></div><div>31</div></div>

# January

Sparkling winter sunshine,  
Faces all aglow  
Making resolutions,  
And angels in the snow ~  
Steaming cups of cocoa,  
A year that's fresh and new...  
All of this is magic ~  
Unfolding just for you.



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## WORD SEARCH

C F W E G I C I C L E L A W X N R A	BOOTS
L R S C E T A R B E L E C S C A R F	CELEBRATE
C O B S M C Y Y D R C C Q R E M M R	CHILLY
C S R R G W I I E J K L A Y H W H O	COLD
T T A A C I R G O O F R W D L O C Z	EARMUFFS
V Y R A U N A J N W A E K X T N A E	FREEZE
B O B T E T S P M R N N E C B S Y N	FROSTY
O T R S L E D D I N G N O F I N K E	FROZEN
O E M A I R T E Y P R C X J O O F Y	GLOVES
T G L O V E S G G W O F D R E W M P	HAT
S W X H G I P B N A R E H E N F L E	HOT COCOA
G R E K L A F X S N O W B A L L S C	ICE
D J T E D R K A O S F F U M R A E S	ICICLE
Y D R C E Q R S U M I C E L C K R R	JANUARY
I E J E L A S N O I T U L O S E R G	NEW YEAR
H E Z C I R R O Q L I E J K L A N H	RESOLUTIONS
E E I U D S T W A A C A S G O I F R	SCARF
I T Y R E P P I L S W T A P I Q J N	SKIING
W A E K X V E N C S G E L K B T E R	SLEDDING
C H I L L Y E G B O Y K S N O O T R	SLIPPERY
	SNOWBALL
	SNOWFLAKE
	SNOWING
	SNOWMAN
	WINTER

**LETS MAKE A GROCERY LIST**

(SHOPPING FOR SENIORS IS AVAILABLE TO  
HELP-KENT CO ONLY)

**Vegetable Beef Soup**

1/2 pound ground beef  
1 (14.5 oz) can stewed to-  
matoes  
1 (8 oz) can tomato sauce  
2 C. water  
1 (10 oz) package frozen  
mixed vegetables  
1/4 C. dry onion soup mix  
1 tsp sugar



**DIRECTIONS**

1. In a large pot, over medium heat, sauté the beef for about 5 minutes or until browned. Remove from heat and drain the fat.
2. Add the tomatoes, sauce, water, vegetables, soup mix and sugar. Bring to a boil and reduce heat. Cover and simmer for 20 minutes.

This recipe serves 6. Invite some friends over and enjoy.





“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](mailto: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>



Upper Shore Aging Inc.  
100 Schaubert Rd.  
Chester town, MD 21620  
Phone:410-778-6000/410-758-6500  
Toll Free: 1-800-721-6651  
Fax: 410-778-3562  
E-mail: [usatinc@uppershoreaging.org](mailto:usatinc@uppershoreaging.org)

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