UPPER SHORE CLARION

AUGUST 2025

VOLUME 25. ISSUE 8

August is "What Will Be Your Legacy Month," a time for people to "reflect on their past and present actions and vow to make positive changes that will affect generations." As we age, we begin to assess our lives in terms of how far we have come and how we have contributed to our society. We also begin to think about how we wish to be remembered and the impact we would like to have after we have been long gone.

Here are some ideas

- *Create a family history and tree to research your family genealogy and share with your younger family members who can carry on that tradition with that valuable information.
- *Write a letter to your loved ones detailing everything about your life including where to find important documents.
- *Donate to a charity, create a scholarship or foundation in your name or in the name of a loved one or something that is dear to your heart that can continue way after you are gone.



MISSION STATEMENT

Upper Shore Aging provides programs that enable seniors in Caroline, Kent, and Talbot counties to live healthy, rewarding, independent lives in their own homes.

Meet our Leaders

Fiscal Director – Herb Cain

Fiscal Director – Judi Bianco

Director of Senior Centers and Nutrition - Jennifer Neal

Director of Community Services – Jennifer Cox

Upper Shore Aging Board of Directors

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August 2025 Amy Lynn Ferris Adult Activity Center

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

























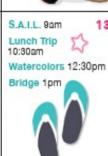
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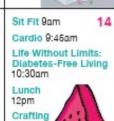












1pm

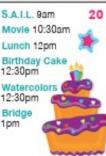












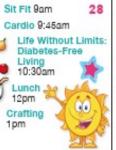
National Senior 21 Citizens Day Sit Fit 9am Cardio 9:45am National Senior Citizens Day and Hawaiian Luau 10am RSVP by August 14 Life Without Limits: Diabetes-Free Living 10:30am Lunch 12pm Crafting 1pm













Jannelle 12:30pm

Caroline County Senior Center

403 South 7th St., Suite 127 Denton, MD 21629 **410-479-2535**



Bay Hundred Senior Center August 2025



Monday	Tuesday	Wednesday
4	5	6
10:30-11:30 Strong & Steady	10-12 Watercolor Class*	9-3 Pinochle
12-1:30 Open Swim	11-11:45 Water Aerobics	9:15 Chair Yoga
1-3 Mahjongg/Games	12:30-2:45 Crokinole/Games	2-3 SAIL Strength & Balance
2-3 SAIL Strength & Balance	1-3 One-on-One Tech Help*	
11	12	13
9:15-10 Calming Mindfulness	10-12 Watercolor Class*	9-3 Pinochle
10:30-11:30 Strong & Steady	11-11:45 Water Aerobics	9:15 Chair Yoga
12-1:30 Open Swim	12:30-2:45 Crokinole/Games	2-3 SAIL Strength & Balance
1-3 Mahjongg/Games	1-3 One-on-One Tech Help*	2 3 SAIL Strength & Balance
2-3 SAIL Strength & Balance	1 5 one on one reen neip	
2 5 5/12 Strength a Balance		
18	19	20
10:30-11:30 Strong & Steady	10-12 Watercolor Class*	9-3 Pinochle
12-1:30 Open Swim	11-11:45 Water Aerobics	9:15 Chair Yoga
1-3 Mahjongg/Games	12:30-2:45 Crokinole/Games	2-3 SAIL Strength & Balance
2-3 SAIL Strength & Balance	1-3 One-on-One Tech Help*	
25	26	27
9:15-10 Calming Mindfulness	10-12 Watercolor Class*	9-3 Pinochle
10:30-11:30 Strong & Steady	11-11:45 Water Aerobics	9:15 Chair Yoga
12-1:30 Open Swim	12:30-2:45 Crokinole/Games	2-3 SAIL Strength & Balance
12-1 Lunch & Learn -	1-3 One-on-One Tech Help*	
Medication Tips		
1-3 Mahjongg/Games		
2-3 SAIL Strength & Balance		

Calming Mindfulness will be via Zoom beginning August 11. Come early to set up mats.

One-on-One Tech Help returns! Call for a reservation or first-come first-served.

*Watercolor Class – please sign up with office. Schedule is tentative.







2025				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
VISIT US ON OUR WEBSITE: WWW.brooklettsplace.org VISIT US ON FACEBOOK AT BROOKLETTS PLACE – TALBOT SENIOR CENTER OR CALL 410-822-2869	AUGUST BIRTH FLOWER: GLADIOLUS	Peridot Spring green & Sparkling Birthstone of August Called the "Healers Stone"	August is National Golf Month	9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 11:00 Tai Chi w/Nathan 11:30 Toastmaster's 12:00 Lunch Upper Shore Aging
9:00 Coffee Hour 11:00 Advance Beginners Watercolor 11:00 <i>Tai Chi w/Nathan</i> 12:00 Lunch 12:00 Mahjong 2:00 Guitar & Ukulele Lessons	5 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 <i>BINGO</i> 12:00 Lunch 12:30 Yarn & Needle Group	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	7 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:30 ShoGo Mobile 12:00 Lunch	9:00 Coffee Hour 9:30 Line Dancing 9:30 Life Without Limits 10:00 Mahjong 11:00 Tai Chi w/Nathan 11:30 Dutch Lunch Out "GENESIS" 12:00 Lunch
9:00 Coffee Hour 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	8:30 S.A.I.L. Exercise 9:00 Coffee Hour 12:00 Lunch 12:30 Yarn & Needle Group	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	14 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:30 ShoGo Mobile 12:00 LUNCH W/GENE EDWARDS REVIEW	9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 10:30 Life Without Limits 11:00 Tai Chi w/Nathan 11:30 Toastmaster's 12:00 Lunch
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	19 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 12:00 <i>Lunch w/DJ Chuckie</i> 12:30 Yarn & Needle Group	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	8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:30 ShoGo Mobile 10:00 Elder Law Clinic 11:00 Cooking w/David 12:00 Lunch	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> 12:00 Lunch
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	8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 Positive Music w/DJ Randy P 12:00 Lunch 12:30 Yarn & Needle Group	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	28 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:30 ShoGo Mobile 12:00 LUNCH w/ALZ	9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 10:30 Life Without Limits 11:00 Tai Chi w/Nathan 12:00 Lunch

August 2025

Federalsburg Senior Center

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





AUGUST 21, 2025

Super Seniors Trivia Quiz!

- Wrote successful plays until he was 94.
- 2. Won an Academy Award at 89.
- Began the study of Greek at 92.
- 4. Learned to ride a bicycle at 67.
- 5. Painted his famous "Water Lily" series from age 76-85.
- 6. Climbed Mt. Fuji on his 100th birthday.
- 7. Authored a best-seller at over age 100.
- 8. Continued to improve the telephone until 84.
- Founded the Gray Panthers activist group after being forced into retirement at 65.
- Began a successful painting career at 78.

Thomas Edison
Oliver Wendell Holmes
Tesichi Igarishi
Maggie Kuhn
Claude Monet
Grandma Moses
George Bernard Shaw
Jessica Tandy

Leo Tolstoy

Sadie and Bessie Delany

Caprese Salad On A Stick Recipe

Ingredients Per Stick

3/4 ounce fresh mozzarella cheese (approximately 3 round cheese balls)

3 basil leaves

3 cherry tomatoes

1 teaspoon extra-virgin olive oil

1/8 teaspoon sea salt (optional)

Bamboo skewer



Directions

Before you begin: Wash your hands.

1. In order, assemble cheese, basil and tomato onto the skewer until all ingredients are stacked beautifully.

Drizzle olive oil over assembled skewer, and add a pinch of sea salt if desired.

Nutrition Information

Serving size: 1 skewer

Calories: 110; Total fat: 9g; Saturated fat: 3.5g; Trans fat: 0g;

Contributors: Elizabeth Weiss, MS, RD

RevieContributors: Stacey Antine, MS, RD, and HealthBarn USA

Reviewers: Academy Staff RDNs

Tips to stay safe in hot weather

Things you can do to lower your risk of heat-related illness:

- Drink plenty of liquids, such as water, fruit or vegetable juices, or drinks that contain electrolytes. Avoid alcohol and caffeinated beverages. If your doctor has told you to limit your liquids, ask what you should do when it is very hot.
- If you live in a home without air conditioning or fans, try to keep your space as cool as possible. Limit use of the oven; keep shades, blinds, or curtains closed during the hottest part of the day; and open windows at night.
- If your living space is hot, try to spend time during midday in a place that has air conditioning. For example, go to the shopping mall, movies, library, senior center, or a friend's home. You may also contact your local health department or city to find out if they have air-conditioned shelters in your area.

If you need help getting to a cooler place, ask a friend or relative. Some religious groups, senior centers, and Area Agencies on Aging provide this service. Search the Eldercare Locator to find services in your area. You could also consider taking a taxi or other car service or calling your local government to see if they offer senior transportation. Don't stand outside in the heat waiting for a bus.

- Dress for the weather. Wear lightweight, light-colored, loose-fitting clothing. Natural fabrics such as cotton may feel cooler than synthetic fibers.
- Avoid outdoor exercising and other physical activity when it is very hot.
 Instead, try to find someplace you can be active while staying cool indoors.
- If you must go outside, try to limit your time out and avoid crowded places. Plan trips during non-rush-hour times.
- Make sure to use a broad spectrum sunscreen, SPF 15 or higher, and reapply it throughout the day, especially if your skin will have continuous exposure to the sun. Wear a hat and other protective clothing, and sunglasses. If you do get sunburned, stay out of the sun until your skin is healed and use cool cloths and moisturizers to treat the affected area.

Ask your doctor if any of your medications make you more likely to become overheated or sunburned.



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

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



100 Schauber Rd Chestertown, MD 21620

Upper Shore Aging So Years
Celebrating 50 Years

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