# UPPER SHORE CLARION

JULY 2025

**YOLUME 25. ISSUE 7** 

Hello to the "Dog Days" of summer and Happy Independence Day. Of course everyone knows why we celebrate the 4th of July, but just a recap. It marks the day the Declaration of Independence was adopted (July 4, 1776) and the United States officially became its own nation. American citizens celebrate America's birthday with festivals, parades, fireworks, barbecues and other festive activities. So everyone get out there and celebrate America's Birthday with pride.

# Happy Independence Day

July is Social Wellness Month, and now that vaccinations are reducing our need to isolate ourselves, it is the perfect opportunity to learn how to improve social wellness for seniors and make certain they have abundant opportunities for engagement. Living through over a year of a worldwide pandemic taught us to never take for granted the small but incredibly important things in life: shared laughter, hugging our loved ones, a dinner date in our favorite café. We discovered firsthand how much socialization is to be valued, and just how empty and lost we can feel when it's eliminated. Take some time with friends or family and do something fun. We have one life to live, so let's make the best of it!



# **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**

Fiscal 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** 

Chris Soldano

# **Kent County**

Kay Brodie (President)

Mary Celeste Alexander (Treasurer)

Cathy Quesenberry

John Price (County Commissioner)

Jackie Adams

# **Talbot County**

Pete Lesher (County Council Member)

Corey Pack (Vice-President)

Pam Limberry

Jenna Marchi

Kevin Moran

# Amy Lynn Ferris Adult Activity Center

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





12pm

S.A.I.L. 9am Stretch Fit 10:15am Cooking David 10:45am Lunch 12pm Watercolors 12:30pm











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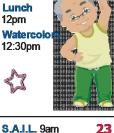
12:30pm











Stretch Fit 10:15am

Lunch 12pm

Watercolors

12:30pm



Lunch 13

Games

Birthday

12:30pm

Crafting 1pm

sit Fit 9am

and





**Billiards 9am** 

Lunch 12pm

Mahjor

1pm

Walk Fit 10:15am



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12:30pm

# **Caroline County Senior Center**

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

8:00am-3:00pm



12:30pm

# Bay Hundred Senior Center July 2025



Monday	Tuesday	Wednesday
9:15-10 Calming Mindfulness 10:30-11:30 Strong & Steady 12-1:30 Open Swim 1-3 Mahjongg/Games 2-3 SAIL Strength & Balance	1 10-12 Watercolor Class* 11-11:45 Water Aerobics 12:30-2:45 Crokinole/Games	9-3 Pinochle 9:15 Chair Yoga 2-3 SAIL Strength & Balance
7 10:30-11:30 Strong & Steady 12-1:30 Open Swim 1-3 Mahjongg/Games 2-3 SAIL Strength & Balance	8 10-12 Watercolor Class* 11-11:45 Water Aerobics 12:30-2:45 Crokinole/Games	9 9-3 Pinochle 9:15 Chair Yoga 2-3 SAIL Strength & Balance
9:15-10 Calming Mindfulness 10:30-11:30 Strong & Steady 12-1:30 Open Swim 1-3 Mahjongg/Games 2-3 SAIL Strength & Balance	15 10-12 Watercolor Class* 11-11:45 Water Aerobics 12:30-2:45 Crokinole/Games	9-3 Pinochle 9:15 Chair Yoga 2-3 SAIL Strength & Balance
21 10:30-11:30 Strong & Steady 12-1:30 Open Swim 1-2 Book Club 1-3 Mahjongg/Games 2-3 SAIL Strength & Balance	22 10-12 Watercolor Class* 11-11:45 Water Aerobics 12:30-2:45 Crokinole/Games	9-3 Pinochle 9:15 Chair Yoga 2-3 SAIL Strength & Balance
28 10: 30 Strong & Steady 12-1:30 Open Swim 12-1 Lunch & Learn Med Tips 1-3 Mahjongg/ Games 2-3 SAIL Strength & Balance	29 10-12 Watercolor Class* 11-11:45 Water Aerobics 12:30-2:45 Crokinole/Games	9-3 Pinochle 9:15 Chair Yoga 2-3 SAIL Strength & Balance

COMING SOON! Computer and phone help returns on Tuesdays starting August 12.

Tai Chi will restart in September.

\* Book Club and Watercolor Class - please sign up at office.







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 Upper Shore Aging Respect Independence Purpose	1 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	3 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:30 <b>ShoGo Mobile</b> 11:30 <b>Dutch Lunch Out</b> " <b>LEDO'S</b> " 12:00 Lunch	CLOSED  4th
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	8 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 <b>BINGO</b> 12:00 Lunch 12:30 Yarn & Needle Group	9 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	8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:30 <b>ShoGo Mobile</b> 12:00 <b>LUNCH W/GENE</b> EDWARDS REVIEW	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
14 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	15 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 <i>Music &amp; Movement w/Melanie</i> 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch	17 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 9:30 Field Trip Sue's House 10:30 ShoGo Mobile 12:00 Lunch	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	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 <i>Music &amp; Movement w/Melanie</i> 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch	24 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:30 ShoGo Mobile 10:00 Elder Law Clinic 12:00 LUNCH w/GIL The Magnificent!	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
28 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 <b>Positive Music w/DJ</b> Randy P 12:00 Lunch 12:30 Yarn & Needle Group	30 9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 <i>Music &amp; Movement</i> <i>w/Melanie</i> 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch	31 7:00 WIND CREEK CASINO 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:30 ShoGo Mobile 12:00 Lunch	

# July 2025

# Federalsburg Senior Center

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















Flower Pot Craft 1pm SCAMS



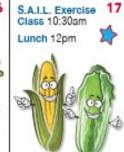


















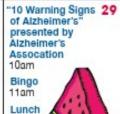












12pm

Library

Craft 1pm







	Fourth	l of J	uly	
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3	JUYL SASTTE RTILEVOONU PTTOIARCI			
	RASTS			

# Apple-Blueberry Crumble Recipe

# **Ingredients**

3 large Red or Golden Delicious apples (about 2 pounds), unpeeled and cut into ½-inch pieces (about 4 cups)

2 tablespoons brown sugar

2 tablespoons whole-wheat flour

1 teaspoon vanilla extract

½ teaspoon ground cinnamon

1 cup fresh or frozen blueberries

# **Topping**

½ cup walnuts, very finely chopped

½ cup old-fashioned or quick-cooking oats

2 tablespoons brown sugar

2 tablespoons whole-wheat flour

2 tablespoons ground flaxseed or wheat germ

½ teaspoon ground cinnamon

1/4 teaspoon salt

2 tablespoons canola oil



Contributors: Elizabeth Weiss, MS, RD Reviewers: Academy Staff RDNs Published: January 24, 2018 Reviewed: April 23, 2025

Nutrition Information Serving size: 1 scoop

Serves 6

Calories: 260; Total Fat: 13g; Saturated Fat: 1g; Cholesterol: 55mg; Sodium:

# **Directions**

Before you begin: Wash your hands.

- 1. Preheat the oven to 400°F (204°C). Place the apples, brown sugar, flour, vanilla and cinnamon in a large bowl and toss to coat. Gently stir in the blueberries.
- 2. Place the apple mixture in an 8-by-8-inch baking pan or dish and set aside.
- 3. To make the topping, place the walnuts, oats, brown sugar, flour, flaxseed, cinnamon and salt in a medium bowl and stir to combine. Add the oil and stir until the oat mixture is well coated. Spread the topping evenly over the fruit mixture.

Bake 40 to 45 minutes, or until the fruit is tender and the topping is golden brown (cover with foil about halfway through if the topping browns too quickly). Tip: Top each serving with low-fat vanilla frozen yogurt or a dollop of whipped cream.

# **Advantages of Social Wellness**

Studies have uncovered that those who stay social:

- Live longer
- Respond far better to stress
- Have healthier endocrine and cardiovascular systems

# Simple Tips to Improve Social Wellness in Seniors

If an older adult you love has become accustomed to solitary living and is unsure how to enhance socialization, the following tips can help:

• Think of current hobbies, or those your senior loved one may wish to discover more about. Perhaps there's always been a dream to learn to play the piano, speak a new language, or plant a vegetable garden. No matter what the interest, look into local opportunities for a class or group for the older adult to join to learn a new skill or share an existing one with others.

Gain the dual benefit of physical fitness through joining a gym or exercise group. There are a variety of exercise classes specifically aimed at older adults, allowing for a low-impact workout in addition to the chance to form friendships. Just speak with the doctor for approval first.

### **ACTIVITIES IN SEASON FOR ELDERS**

Make fun patriotic desserts and patriotic ribbon wands

Make ice cream sundaes with homemade strawberry sauce

Plan a picnic with your grandchildren

Visit a botanical garden, park garden or neighbors garden

Go to a Farmer's Market

Stay up to look at the stars

Do some porch sitting with some lemonade

Reminisce about childhood summer activities

Plan a family reunion

Make a suncatcher





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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