

UPPER SHORE CLARION

SEPTEMBER 2025

VOLUME 25, ISSUE 9

September is here. Less humidity, cooler temperatures and National Senior Center Month!

The 2025 theme, *Powering Possibilities: Flip the Script*, invites us to challenge outdated perceptions of aging and senior centers. It celebrates the dynamic role that centers play in fostering creativity, connection, purpose, and resilience in later life.

More than 10,000 senior centers across the country are leading this charge—flipping the script on aging by creating inclusive, engaging spaces where older adults thrive. From their beginnings in the 1940s to their recognition in the Older Americans Act in 1973 to today, senior centers have continually evolved to meet the changing needs of older adults and their communities.

Senior centers power possibilities through:

- Social connection that combats loneliness and isolation
- Health and wellness programs that promote vitality
- Economic security resources that offer stability
- Creative and cultural engagement that brings joy and purpose
- Access to services that support independence and well-being

SOURCE: NCOA.ORG



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

Executive 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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John Price (County Commissioner)

Jackie Adams

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Kevin Moran

September 2025

Amy Lynn Ferris Adult Activity Center

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

<p>Labor Day Center Closed</p> 	<p>Sit Fit 9am Cardio 9:45am Bingo 11am Lunch 12pm On The Move 1pm <i>Pre-registration required</i> Open Crafting 1pm</p> 	<p>S.A.I.L. 9am Cooking with David 10:30am Lunch 12pm Watercolors 12:30pm Games 1pm</p> 	<p>Sit Fit 9am Cardio 9:45am Life Without Limits: Diabetes-Free Living 10:30am Lunch 12pm Open Crafting 1pm On The Move 1pm <i>Pre-registration required</i></p> 	<p>Bingo Bash 9:30am-11:30am Lunch 12pm</p> 
<p>S.A.I.L. 9am Stretch Fit 10:15am Grandparents Brag Day 11am Lunch 12pm Mahjongg 1pm</p> 	<p>Sit Fit 9am Cardio 9:45am Blood Pressure Screening with Shore Community Outreach Team 10:30am Enduring Faith 10:30am (TV Room) Bingo 11am Lunch 12pm On The Move 1pm <i>Pre-registration required</i> Open Crafting 1pm</p> 	<p>S.A.I.L. 9am Lunch Cruise on the Chester River Packet 12pm-2pm, \$50 per person, due by Sept. 2 Watercolors 12:30pm Games 1pm</p> 	<p>Sit Fit 9am Cardio 9:45am Life Without Limits: Diabetes-Free Living 10:30am Lunch 12pm Open Crafting 1pm On The Move 1pm <i>Pre-registration required</i></p> 	<p>Bingo Bash 9:30am-11:30am Lunch 12pm</p> 
<p>S.A.I.L. 9am Stretch Fit 10:15am Alzheimer's Presentation: Healthy Living for Brain and Body 10:30am Lunch 12pm Information for Medicare Open Enrollment 12:30pm</p> 	<p>Sit Fit 9am Cardio 9:45am Medication Management with Melanie 10:30am Bingo 11am Lunch 12pm On The Move 1pm <i>Pre-registration required</i> Open Crafting 1pm</p> 	<p>S.A.I.L. 9am Stretch Fit 10:15am Lunch 12pm Watercolors 12:30pm Games 1pm</p> 	<p>Sit Fit 9am Cardio 9:45am Life Without Limits: Diabetes-Free Living 10:30am Lunch 12pm Open Crafting 1pm On The Move 1pm <i>Pre-registration required</i></p> 	<p>Bingo Bash 9:30am-11:30am Lunch and Birthday Cake 12pm</p> 
<p>S.A.I.L. 9am Stretch Fit 10:15am Lunch 12pm Mahjongg 1pm</p> 	<p>Sit Fit 9am Cardio 9:45am Enduring Faith 10:30am (TV Room) Bingo 11am Lunch 12pm On The Move 1pm <i>Pre-registration required</i> Open Crafting 1pm</p> 	<p>S.A.I.L. 9am Stroke Awareness Program 10:30am Lunch 12pm Watercolors 12:30pm Games 1pm</p> 	<p>Sit Fit 9am Cardio 9:45am Life Without Limits: Diabetes-Free Living 10:30am Lunch 12pm Open Crafting 1pm</p> 	<p>On the Move 9am <i>Pre-registration required</i> National Senior Center Month Celebration 11am <i>RSVP by September 19</i> Lunch 12pm</p> 
<p>S.A.I.L. 9am Stretch Fit 10:15am Lunch 12pm Mahjongg 1pm</p> 	<p>Sit Fit 9am Cardio 9:45am Bingo 11am Lunch 12pm On The Move 1pm <i>Pre-registration required</i> Open Crafting 1pm</p> 		<p>Happy Birthday! Pat Gladu 9/2 Joyce Hodgson 9/3 Doris Johnson 9/4 Vanolia Brown 9/13 Charlene Fowler 9/13 Helga Orrick 9/24 Sally Lane 9/30</p> 	<p>We're Open! <i>All activities will be held in the DINING ROOM unless noted otherwise.</i></p>

September 2025

Caroline County Senior Center

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

Labor Day Center Closed 	Coffee Bar 8am-11am "Life without Limits" a Diabetes-Free Living Presentation with Jillian 10:30am Pictionary 12:30pm 	Coffee Bar 8am-11am Understanding Demnetia and Alzheimers Presentation 10am  S.A.I.L. Exercise with Janelle 12:30pm	Coffee Bar 8am-11am Medication Management Presentation with Melanie 10am  Blood Pressure Screening with Melanie 10:30am Flower Art Dish Craft 12:30pm	Coffee Bar 8am-11am Denton Nursing Home Trip for Basket Bingo 10am-11:30am Shopping / Bank Post Office 10am Music Exercise with Melanie 12:30pm 
Coffee Bar 8am-11am Shopping / Bank Post Office 10am Let's Take a Stroll 10:30am S.A.I.L. Exercise with Janelle 12:30pm 	Coffee Bar 8am-11am Williwaw Farms Trip 10am "Riddle This" Game 12:30pm 	Coffee Bar 8am-11am Healthy Coaching Presentation with Michelle 10am S.A.I.L. Exercise with Janelle 12:30pm 	Remembrance Day/Hot Cross Buns Day Coffee Bar 8am-11am Fall Wreath Craft 10am- 11:30am Thankful Tree 12:30pm 	Chocolate Milkshake Day Coffee Bar 8am-11am Minute-to-Win-It Games 10am Shopping Bank Post Office 10am Music Exercise with Melanie 12:30pm 
Coffee Bar 8am-11am Let's Take a Stroll 10am Shopping Bank Post Office 10am S.A.I.L. Exercise with Janelle 12:30pm 	Coffee Bar 8am-11am "Life without Limits" a Diabetes-Free Living Presentation with Jillian 10:30am Fall Trivia 12:30pm 	Apple Day Coffee Bar 8am-11am Dementia Sympathy Simulation 10am-12pm 	Cheeseburger Day - Pot Luck Coffee Bar 8am-11am Fall Game Day 10:30am-1pm 	Coffee Bar 8am-11am Wii Bowling 10am Shopping / Bank Post Office 10am Music Exercise with Melanie 12:30pm 
Coffee Bar 8am-11am Fall Coloring Contest 10am Shopping Bank Post Office 10am Fall-Themed Bingo 12:30pm 	National Senior Center Month Coffee Bar 8am-11am Federalburg Senior Center 9am-1pm Bingo 9am-10am Alzheimer's Presentation 10am-11am Cooking Presentation with David from Shore Gourmet 11-11:30am Lunch and Music with Chuckie 12pm-1pm 	Coffee Bar 8am-11am Fall Pinecone Craft 10am Let's Take a Stroll 12:30pm 	Coffee Bar 8am-11am Balloon Volleyball 10am Fall Hangman 12:30pm 	Coffee Bar 8am-11am Fall Movie 10am  Shopping / Bank Post Office 10am Music Exercise with Melanie 12:30pm
Coffee Day Coffee Bar 8am-11am Pumpkin Puzzle Craft 10am Shopping/Bank Post Office 10am 	Coffee Bar 8am-11am "Life without Limits" a Diabetes-Free Living Presentation with Jillian 10:30am Let's Take a Stroll 12:30pm 	September Birthdays Martha Carpenter 9/15 	We're Open! Caroline County Senior Center is Open Monday through Friday 8:00am-3:00pm	National Senior Center Month World Alzheimer's Month Fruit & Vegetable Month 

BAY Hundred Senior Center

September 2025



Monday	Tuesday	Wednesday
1 Closed for Labor Day!	2 10-12 Watercolor Class 11-11:45 Water Aerobics 12:30-2:45 Board Games 1-3 Tech Help*	3 9-3 Pinochle 9:15 Chair Yoga 1-2 SAIL Strength & Balance
8 9:15-10 Calming Mindfulness 10:30-11:30 Strong & Steady 12-1:30 Open Swim 1-2 SAIL Strength & Balance 2:15 Mahjongg	9 10-12 Watercolor Class 11-11:45 Water Aerobics 12:30-2:45 Board Games 1-2 Tai Chi Returns! 1-3 Tech Help*	10 9-3 Pinochle 9:15 Chair Yoga 1-2 SAIL Strength & Balance
15 10:30-11:30 Strong & Steady 12-1:30 Open Swim 12 Book Club "Broken Harbor" by Tana French 1-2 SAIL Strength & Balance 2:15 Mahjongg	16 10-12 Watercolor Class 11-11:45 Water Aerobics 12:30-2:45 Board Games 1-2 Tai Chi 1-3 Tech Help*	17 9-3 Pinochle 9:15 Chair Yoga 1-2 SAIL Strength & Balance
22 9:15-10 Calming Mindfulness 10:30-11:30 Strong & Steady 12-1:30 Open Swim 2:15 Mahjongg	23 9-12 Needle Felting Workshop* (NO Watercolor Class) 11-11:45 Water Aerobics 12:30-2:45 Board Games 1-2 Tai Chi 1-3 Tech Help*	24 9-3 Pinochle 9:15 Chair Yoga
29 10:30 Strong & Steady 12-1:30 Open Swim 12-1 Lunch & Learn Med Tips 1-2 Bath & Kitchen Safety 2:15 Mahjongg	30 NO Watercolor Class 11-11:45 Water Aerobics 12:30-2:45 Board Games 1-2 Tai Chi 1-3 Tech Help*	Oct 1 9-3 Pinochle 9:15 Chair Yoga

New 12-week SAIL session begins on 10/6. Please register in office. (No Drop-ins)

*Tech Help - make a reservation or first-come first-served.

*Needle Felting Workshop - please register in office.



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



2025

National Senior Center Month "FLIPPING THE SCRIPT!"

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED  HAPPY LABOR DAY!	2 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 BINGO 12:00 Lunch 12:30 Yam & Needle Group	3 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	4 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:30 ShoGo Mobile 12:00 Lunch 2:00 Guitar & Ukulele Lessons	5 9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 11:00 Tai Chi w/Nathan 12:00 Lunch
8 9:00 Coffee Hour 11:00 Tai Chi w/Nathan 11:30 Blood Pressure Screening w/Melanie 12:00 LUNCH & LEARN w/MELANIE 12:00 Mahjong	9 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 Crafting w/Tonia 12:00 LUNCH W/HUBBY JENKINS 12:30 Yam & Needle Group  TALBOT ARTS	10 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 1:00 Travel Advisory Meeting	11 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:30 ShoGo Mobile 12:00 LUNCH W/GENE EDWARDS REVIEW 2:00 Guitar & Ukulele Lessons	12 9:00 Coffee Hour 9:30 Line Dancing 9:30 Life Without Limits 10:00 Mahjong 10:00 FIELD TRIP "HISTORICAL SOCIETY" 11:00 Tai Chi w/Nathan 11:30 Dutch Lunch Out "AMISH MARKET" 12:00 Lunch 12:00 Poetry at Noon
15 9:00 Coffee Hour 11:00 Tai Chi w/Nathan 12:00 LUNCH W/JAZZY ED 12:00 Mahjong CELEBRATING NATIONAL	16 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 9:30 CARFIT 10:00 Bingocize 12:00 Lunch w/DJ Chuckie 12:30 Yam & Needle Group SENIOR CENTER	17 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 MONTH	18 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 "HEARING LIFE" 10:00 Bingocize 10:30 ShoGo Mobile 11:00 Cooking w/David 12:00 Lunch 2:00 Guitar & Ukulele Lessons "FLIPPING	19 9:00 Coffee Hour 9:30 Line Dancing 10:00 VENDOR FAIR 10:00 Mahjong 10:30 Life Without Limits 11:00 Tai Chi w/Nathan 11:30 Toastmaster's 12:00 Lunch THE SCRIPT"
22 9:00 Coffee Hour 11:00 Tai Chi w/Nathan 12:00 Mahjong 12:00 Lunch & Learn w/Advance Directives!	23 9:00 Coffee Hour 10:00 Bingocize 12:00 Lunch 12:30 Yam & Needle Group	24 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	25 9:00 Coffee Hour 10:30 ShoGo Mobile 10:00 Bingocize 10:00 Elder Law Clinic 12:00 LUNCH w/ALZ Empowering Caregivers 2:00 Guitar & Ukulele Lessons	26 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.
29 9:00 Coffee Hour 11:00 Tai Chi w/Nathan 12:00 Mahjong 12:00 Lunch	30 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 Bingocize 10:00 Positive Music w/DJ Randy P 12:00 Lunch w/LES RAYNE 12:30 Yam & Needle Group	 Upper Shore Aging Respect • Independence • Progress	VISIT US ON OUR WEBSITE: www.brooklettsplace.org VISIT US ON FACEBOOK AT BROOKLETTS PLACE – TALBOT SENIOR CENTER OR CALL 410-822-2869	

September 2025

Feddersburg Senior Center

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

<p>Labor Day 1</p> 	<p>Bingo 11am Lunch 12pm Craft 1pm 2</p> 	<p>We're Open! Feddersburg Senior Center is Open Tuesday and Thursday</p>	<p>S.A.I.L. Exercise Class 10am Lunch 12pm Team Jenga 1pm 4</p> 	<p>5</p> 
<p>8</p> 	<p>Grandparents Day! 9 Bingo 11am Lunch 12pm Craft 1pm</p> 	<p>9.11 PATRIOT DAY WE WILL NEVER FORGET</p> 	<p>S.A.I.L. Exercise Class 10am September Potluck Lunch 12pm Chair Volleyball 1pm 11</p> 	<p>12</p> 
<p>15</p> 	<p>Bingo 11am Lunch 12pm Craft 1pm 16</p> 	<p>BINGO</p> 	<p>S.A.I.L. Exercise Class 10am Medication Management with Melanie Chapple 11am Lunch 12pm Cornhole 1pm 18</p> 	<p>19</p> 
<p>22</p> 	<p>Celebrating National Senior Center Month! 23 Bingo 9am Alzheimer's Assoc. Presentation "Healthy Eating for the Brain and Body" 10am David Murray from Shore Gourmet Cooking Demonstration 11am "Family Feud" 11:30am Lunch with Musical Presentation 12pm Cards 1pm</p>	<p>Musical notes</p> 	<p>Fall Prevention Awareness Day! 25 Fall Prevention Activity with Janelle Bramble 10am Lunch 12pm Cards 1pm</p> 	<p>26</p> 
<p>29</p> 	<p>Bingo 11am Lunch 12pm Craft Sponsored by the Caroline County Library 1pm 30 Caroline County Public Library When Knowledge Matters</p> 	<p>Cartoon man</p> 	<p>Cartoon crab and corn</p> 	<p>September Birthdays Flora Dietrich 9/21 HAPPY BIRTHDAY</p> 

5 FACTS ABOUT EXERCISE THAT WILL BLOW YOUR MIND

1. It's good for the brain.

Exercise is not only good for physical fitness, but it also stimulates the growth of new brain cells.

2. It slows down aging.

Exercise is known to slow down the process of aging.

3. It makes the skin healthier.

The pores of the skin that are often blocked by dead skin cells and debris are cleared when you sweat during exercise.

4. It improves sleep quality.

Research shows that exercise can help you fall asleep faster and improve sleep quality.

5. It boosts confidence.

Exercise gets you in shape and releases endorphins, which can boost your confidence levels immensely.



Help support Upper Shore Aging and it's programs so that we can fulfill our mission and dedication to our senior citizens.

Tax-deductible gifts can be made payable to Upper Shore Aging, INC., 100 Schaubert road, Chestertown, MD 21620. Donations can also be made through PAYPAL on our newly updated website, UPPERSHOREAGING.ORG

Funding comes from private, federal, state and county resources. Upper Shore Aging ensures seniors can remain in their homes and live happy, healthy and productive lives.

Upper Shore Aging, Inc. is a nonprofit 501(c) (3) organization

Roasted Ratatouille Recipe

Ingredients

- 1 small red onion
- 2 medium cloves garlic
- 1 small eggplant
- 1 medium zucchini
- 1 medium yellow squash
- 1 large tomato
- 3 tablespoons canola oil
- 1 teaspoon dried basil
- 1 teaspoon dried oregano



Directions

Before you begin: Wash your hands.

1. Preheat oven to 425°F.
2. Rinse and peel onion. Peel garlic. Rinse eggplant, zucchini, squash and tomato.
3. Dice onion and eggplant into ½-inch pieces. Slice zucchini and squash into ½-inch slices. Chop tomato. Mince garlic.
4. In a medium bowl, add onion, eggplant, zucchini, squash, garlic, oil, basil, oregano, salt and black pepper. Toss until veggies are well coated.
5. Coat baking sheet with non-stick cooking spray. Spread veggies out in a single layer so they do not touch. Bake for 20 minutes. Remove from oven.
6. Add tomato to baking sheet. Return baking sheet to oven. Bake, stirring occasionally, until veggies are golden and crisp, about 15 to 20 minutes more.

Serving size: 1½ cups

Serves 4

Calories: 160; Total Fat: 11g; Saturated Fat: 1g; Trans Fat: 0g; Cholesterol: 0mg; Sodium: 160mg; Total Carbohydrate: 14g; Dietary Fiber: 6g; Sugars: 7g; Protein: 3g; Vitamin A: 15%; Vitamin C: 45%; Calcium: 6%; Iron: 6%

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CAROLINE COUNTY SENIOR CENTER

Friendship



FEDERALSBURG SENIOR CENTER

*live
laugh
love*



BROOKLETT'S PLACE



AMY LYNN FERRIS CENTER



BAY HUNDRED SENIOR CENTER



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

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 county 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](https://www.uppershoreaging.org)



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