

UPPER SHORE CLARION

DECEMBER 2025

VOLUME 25, ISSUE 12

In the month of December, Upper Shore Aging would like to focus on
Driver's Awareness

Decisions about your ability to drive should never be based on age alone. However, changes in vision, physical fitness and reflexes may cause safety concerns. By accurately assessing age-related changes, you can adjust your driving habits to remain safe on the road or choose other kinds of transportation.

If you've noticed changes in your vision, physical fitness, attention, and ability to quickly react to sudden changes, it's important to understand how these changes may be affecting your ability to drive safely. Driving Safely While Aging Gracefully is a resource developed by the USAA Educational Foundation, AARP and NHTSA to help you recognize warning signs and pick up useful tips on what you can do to remain a safe driver.

One way to stay safe while driving is by making sure you understand how medical conditions can impact your ability to drive safely. Another way is by adapting your motor vehicle to make sure it fits you properly, as well as choosing appropriate features, installing and knowing how to use adaptive devices, and practicing good vehicle maintenance.



With the cold, crisp winds, comes the smell of Winter

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.

Executive Leadership

Executive Director –Herb Cain

Fiscal Director– Judi Bianco

Director of Senior Centers and Nutrition - Jennifer Neal

Director of Community Services– Jennifer Cox

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Jo Ann Murray

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December 2025

Amy Lynn Ferris Adult Activity Center

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

<p>★ Stay Fit 8:15am 1</p> <p>S.A.I.L. Exercise First Class, 9am <i>Pre-registration required</i></p> <p>Billiards 9am</p> <p>Lunch 12pm</p> <p>Mahjongg 12:30pm</p> 	<p>Sit Fit 9am 2</p> <p>Cardio/Line Dance 9:45am</p> <p>Bingo 11am</p> <p>Lunch 12pm</p> <p>Crafting 1pm</p> 	<p>S.A.I.L. Exercise 3</p> <p>9am <i>(must pre-register)</i></p> <p>Cooking with David 10:30am</p> <p>Lunch 12pm</p> <p>Watercolors 12:30pm</p> 	<p>Sit Fit 9am 4</p> <p>★ Cardio/Line Dance 9:45am</p> <p>Needlework 10am</p> <p>Lunch 12pm</p> <p>Crafting: Resin Pictures 1pm RSVP</p> <p>On The Move 1pm (must pre-register)</p> 	<p>Stay Fit 9am 5</p> <p>Bingo Bash 9:45am-11:45am</p> <p>Lunch 12pm</p> 
<p>★ Stay Fit 8:15am 8</p> <p>S.A.I.L. Exercise 9am <i>(must pre-register)</i></p> <p>Billiards 9am</p> <p>Health Education with Jillian: "Staying Active Indoors" 10:15am</p> <p>Lunch 12pm</p> <p>Mahjongg 12:30pm</p> 	<p>Sit Fit 9am 9</p> <p>Cardio 9:45am</p> <p>Blood Pressure Screening with SCOT 10:30am</p> <p>Enduring Faith 10:30am</p> <p>Bingo 11am</p> <p>Lunch 12pm</p> <p>On The Move 1pm</p> <p><i>Pre-registration required</i></p> <p>Crafting: Canvas Christmas Bags 1pm</p> 	<p>S.A.I.L. Exercise 10</p> <p>9am <i>(must pre-register)</i></p> <p>Movie 10:15am</p> <p>Lunch 12pm</p> <p>Watercolors 12:30pm</p> 	<p>Sit Fit 9am 11</p> <p>Cardio/Line Dance 9:45am</p> <p>Needlework 10am</p> <p>Lunch 12pm</p> <p>Crafting: Christmas Wood Painting 1pm</p> <p>On The Move 1pm (must pre-register)</p> 	<p>Stay Fit 9am 12</p> <p>Bingo Bash 9:45am-11:45am</p> <p>Lunch 12pm</p> 
<p>Stay Fit 8:15am 15</p> <p>S.A.I.L. Exercise 9am <i>(must pre-register)</i></p> <p>Billiards 9am</p> <p>Dementia Program 10:30am</p> <p>Lunch 12pm</p> <p>Mahjongg 12:30pm</p> 	<p>Sit Fit 9am 16</p> <p>Cardio/Line Dance 9:45am</p> <p>Medication Management with Melanie 10:30am</p> <p>Bingo 11am</p> <p>Lunch 12pm</p> <p>Crafting: Christmas Lanterns 1pm</p> 	<p>S.A.I.L. Exercise 17</p> <p>9am <i>(must pre-register)</i></p> <p>Movie 10:15am</p> <p>Lunch 12pm</p> <p>★ Watercolors 12:30pm</p> 	<p>Needlework 10am 18</p> <p>Christmas Party 10am-1pm RSVP by December 8</p> 	<p>Stay Fit 9am 19</p> <p>Bingo Bash 9:45am-11:45am</p> <p>Lunch 12pm</p> 
<p>Stay Fit 8:15am 22</p> <p>S.A.I.L. Exercise 9am <i>(must pre-register)</i></p> <p>Billiards 9am</p> <p>Gift Exchange 10:30am</p> <p>Lunch 12pm</p> <p>Mahjongg 12:30pm</p> 	<p>Sit Fit 9am 23</p> <p>Cardio/Line Dance 9:45am</p> <p>Enduring Faith 10:30am</p> <p>Bingo 11am</p> <p>Lunch 12pm</p> <p>On The Move 1pm (must pre-register)</p> <p>Open Crafting 1pm</p> 	<p>S.A.I.L. Exercise 24</p> <p>9am <i>(must pre-register)</i></p> <p>Movie 10:15am</p> <p>Lunch 12pm</p> <p>Watercolors 12:30pm</p> 	<p>Christmas Day 25</p> <p>Holiday Center Closed</p> 	<p>Bingo Bash 26</p> <p>9:45am-11:45am</p> <p>Lunch 12pm</p> 
<p>Stay Fit 8:15am 29</p> <p>S.A.I.L. Exercise 9am <i>(must pre-register)</i></p> <p>Billiards 9am</p> <p>Lunch 12pm</p> <p>Birthday Cake 12pm</p> <p>Mahjongg 12:30pm</p> 	<p>Sit Fit 9am 30</p> <p>Cardio/Line Dance 9:45am</p> <p>New Year's Eve Party 10am-1pm RSVP by December 15</p> <p>Bingo 11am</p> <p>Lunch 12pm</p> <p>On The Move 1pm (must pre-register)</p> <p>Crafting 1pm</p> 	<p>S.A.I.L. Exercise 31</p> <p>9am <i>(must pre-register)</i></p> <p>Movie 10:15am</p> <p>Lunch 12pm</p> <p>Watercolors 12:30pm</p> 	<p>Happy Birthday!</p> <p>Mary Ann Payne 12/7</p> <p>Judith Gunter 12/8</p> <p>Carol Dobson 12/9</p> <p>Rat Robinson 12/12</p> <p>Don McInnery 12/16</p> <p>Christine Dougherty 12/21</p> <p>Iris Johnson 12/25</p> <p>Greta Black 12/25</p> <p>Marjorie Marsh 12/27</p> <p>Lori Larrimore 12/30</p> <p>Ralph Vandayke 12/31</p>	
<p>We're Open!</p> <p>All activities will be held in the DINING ROOM unless noted otherwise.</p>				

December 2025

Caroline County Senior Center

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

Rosa Parks Day 1  Coffee Bar 8am-11am S.A.I.L. Exercise with Jannelle 12:30pm  	Giving Tuesday 2 Coffee Bar 8am-11am Staying Active Indoors with Jillian Luna 10:30am Pine Cone Christmas Tree Craft 12:30pm 	Hug Day 3  Coffee Bar 8am-11am Dementia Conversations 10:30am S.A.I.L. Exercise with Jannelle 12:30pm 	Coffee Bar 8am-11am  Medication Management Presentation and Blood Pressure Screening with Melanie 10:30am 	Coffee Bar 8am-11am  What's Your Favorite Comfort Food? 10:30am Music Therapy with Melanie 12:30pm 
Green Day (Wear your favorite color GREEN) 8  Coffee Bar 8am-11am Christmas Pictionary 10:30am S.A.I.L. Exercise with Jannelle 12:30pm 	Christmas Card Day 9 Coffee Bar 8am-11am Let's Make Christmas Cards 10:30am Christmas Charades 12:30pm 	Coffee Bar 8am-11am  Many Ways to Be Well with Crystal Terhune 10:30am S.A.I.L. Exercise with Jannelle 12:30pm 	Coffee Bar 8am-11am Christmas Games 10:30am-1:30pm 	Hot Cocoa Day 12 Coffee Bar 8am-11am Favorite Christmas Memories 10:30am Music Therapy with Melanie 12:30pm 
Coffee Bar 8am-11am  Christmas Top Hat Craft 10:30am 	Coffee Bar 8am-11am  Christmas Music Bingo with Peggy at Federalsburg Senior Center 10:30am-1:30pm 	Coffee Bar 8am-11am Snow Globe Canvas Painting Craft 10:30am 	Twin Day 18 Coffee Bar 8am-11am Christmas Trivia 10:30am Christmas Hangman 12:30pm 	Ugly Sweater Day 19 Wear your favorite Ugly Sweater Coffee Bar 8am-11am Christmas Memory Tray 10:30am Music Therapy with Melanie 12:30pm 
Cookie Exchange 22 Coffee Bar 8am-11am  Let's Make Cookies 10:30am  S.A.I.L. Exercise with Jannelle 12:30pm	Christmas Party 23  Coffee Bar 8am-11am Pot Luck 11:30am Christmas Bingo 12:30pm 	Christmas Eve 24 Wear your favorite Pajamas Coffee Bar 8am-11am  Christmas Movie and Popcorn Day 10:30am-1:30pm 	Christmas Day 25 Center Closed 	Coffee Bar 8am-11am  How Did You Spend Your Christmas Holiday? 10:30am  
Unique Talent Day 29 Coffee Bar 8am-11am Snowman Winter Door Wreath 10:30am  	Coffee Bar 8am-11am New Year's Eve Wine Bottle Craft 10:30am   	New Year's Eve 31 Coffee Bar 8am-11am New Year's Celebrations 10:30am-1:30pm  	We're Open! Caroline County Senior Center is Open Monday through Friday 8:00am-3:00pm	
			Eye Health Month December Birthdays Bonnie Brown 12/1 Hannah McNiece 12/1 Jackie Wright 12/14 Happy Birthday 	

**Bay Hundred
Senior Center
December 2025**








Monday	Tuesday	Wednesday
1 9:15-10 Calming Mindfulness 10:30-11:30 Strong & Steady 1-3 Jewelry Making – Part 1 12-1:30 Open Swim 2-3 SAIL Strength & Balance 2:15 Experienced Mahjongg	2 10-12 Watercolor Class 11-11:45 Water Aerobics 12-3 Jewelry Making – Part 2 1-3 Tech Help	3 9-3 Pinochle 9:15 Chair Yoga 10:30 Strong & Steady* 2-3 SAIL Strength & Balance
8 10:30-11:30 Strong & Steady 12-1 Lunch & Learn: Healthy Living Indoors 12-1:30 Open Swim 2-3 SAIL Strength & Balance 2:15 Experienced Mahjongg	9 10-12 Watercolor Class 11-11:45 Water Aerobics 12-3 Fabric Wreath Workshop 1-3 Tech Help	10 9-3 Pinochle 9:15 Chair Yoga 10:30 Strong & Steady* 2-3 SAIL Strength & Balance
15 9:15-10 Calming Mindfulness 10:30-11:30 Strong & Steady 12-1:30 Open Swim 2-3 SAIL Strength & Balance 1-2 Book Club 2:15 Experienced Mahjongg	16 10-12 Watercolor Class 11-11:45 Water Aerobics 1-3 Tech Help	17 9-3 Pinochle 9:15 Chair Yoga 10:30 Strong & Steady* 2-3 SAIL Strength & Balance
22 9:15-10 Calming Mindfulness 10:30-11:30 Strong & Steady 12-1:30 Open Swim 2-3 SAIL Strength & Balance 2:15 Experienced Mahjongg	23 10-12 Watercolor Class 11-11:45 Water Aerobics 1-3 Tech Help	24 9-3 Pinochle 9:15 Chair Yoga 10:30 Strong & Steady* 2-3 SAIL Strength & Balance
29 9:15-10 Calming Mindfulness 10:30-11:30 Strong & Steady 12-1:30 Open Swim 12-1 Lunch & Learn – Medication Tips 2-3 SAIL Strength & Balance 2:15 Experienced Mahjongg	30 10-12 Watercolor Class 11-11:45 Water Aerobics 1-3 Tech Help	31 9-3 Pinochle 9:15 Chair Yoga 10:30 Strong & Steady* 2-3 SAIL Strength & Balance

Pre-register for Jewelry Making 2-day session and Wreath Workshop.
*Wednesday Strong & Steady is for Y members only



2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 11:00 Advance Beginners Watercolor 11:00 Tai Chi w/Nathan 12:00 Lunch 12:00 Mahjong	2 9:00 Coffee Hour 9:00 HEALTH ED W/ILLIAN 12:00 Lunch 12:30 Yarn & Needle Group	3 8:30 S.A.I.L. Exercise 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 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 11:30 DLO "CHINA BUFFET" 11:30 Toasty Mistletoes 12:00 Lunch
8 8:30 S.A.I.L. Exercise 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	9 9:00 Coffee Hour 10:00 Crafting with Tonia 12:00 LUNCH W/IGERDAN: SOUL OF UKRAINE 12:30 Yarn & Needle Group 	10 8:30 S.A.I.L. Exercise 8:30 Commission on Aging 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	11 9:00 Coffee Hour 10:30 ShoGo Mobile 12:00 LUNCH W/IGENE EDWARDS REVIEW 2:00 Guitar & Ukulele Lessons HOLIDAY CRAFT BAZAAR BROOKLETTS PLACE CRAFTERS DEC 9TH THRU THE 11TH 	12 9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 11:00 Tai Chi w/Nathan 12:00 Lunch 12:00 Poetry at Noon
15 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 11:00 Advance Beginners Watercolor 11:00 Tai Chi w/Nathan 12:00 Lunch 12:00 Mahjong	16 9:00 Coffee Hour 10:30 Christmas Luncheon @Deimarva Community Services 12:00 Lunch 12:30 Yarn & Needle Group	17 8:30 S.A.I.L. Exercise 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	18 9:00 Coffee Hour 9:00 TORN PAPER W/LAURA RANKIN 10:00 Elder Law Clinic 10:30 ShoGo Mobile 11:00 Cooking w/David 12:00 Lunch w/Jazzy Ed "NAME THAT TUNE" 2:00 Guitar & Ukulele Lessons	19 9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 11:00 Tai Chi w/Nathan 11:30 Toasty Mistletoes 12:00 Lunch 
22 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 11:00 Advance Beginners Watercolor 11:00 Tai Chi w/Nathan 12:00 LUNCH W/BAY COUNTRY CHORUS 12:00 Mahjong	23 9:00 Coffee Hour 12:00 Lunch w/DJ Chuckie 12:30 Yarn & Needle Group	24 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 9:00 Beginning Oil Painting 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch	25 CLOSED 	26 9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 11:00 Tai Chi w/Nathan 12:00 Lunch
29 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 11:00 Advance Beginners Watercolor 11:00 Tai Chi w/Nathan 12:00 Lunch 12:00 Mahjong	30 9:00 Coffee Hour 10:00 Positive Music w/DJ Randy P 12:00 Lunch 12:30 Yarn & Needle Group	31 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 9:00 Beginning Oil Painting 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch	VISIT US ON OUR WEBSITE: www.brooklettsplace.org VISIT US ON FACEBOOK AT BROOKLETTS PLACE – TALBOT SENIOR CENTER OR CALL 410-822-2869 	

December 2025

Federalsburg Senior Center

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

<p>We're Open!</p> <p>Federalsburg Senior Center is Open Tuesday and Thursday</p>	<p>2</p> <p>Watercolor Craft 10am Bingo 11am Lunch 12pm</p> 	<p>3</p> 	<p>4</p> <p>S.A.I.L. Exercise Class 10am Health Education with Jillian Luna 11am Lunch 12pm Games 1pm</p> 	<p>5</p> 
<p>8</p> 	<p>9</p> <p>Medication Management and Blood Pressure Checks with Melanie Chapelle 10am Bingo 11am Lunch 12pm Holiday Coaster Craft 1pm</p> 	<p>10</p> 	<p>11</p> <p>S.A.I.L. Exercise Class 10am Pot-Luck Lunch 12pm Games 1pm</p> 	<p>12</p> 
<p>15</p> 	<p>16</p> <p>Christmas Celebration with Caroline Senior Center at Federalsburg Senior Center featuring Music and Bingo 10am Lunch 12pm</p> 		<p>18</p> <p>S.A.I.L. Exercise Class 10am Lunch 12pm Games 1pm</p> 	<p>19</p> 
<p>22</p> 	<p>23</p> <p>Senior Safety Presentation by Ann Thacker 10am Bingo 11am Lunch 12pm Traditional Garland Craft 1pm</p> 		<p>25</p> <p>Christmas Day Center Closed</p> 	<p>26</p> 
<p>29</p> 	<p>30</p> <p>Caroline County Library Craft 10am Bingo 11am Lunch 12pm</p> <p>Caroline County Public Library</p> 	<p>31</p> 	<p>Happy New Year!</p> 	<p>December Birthdays Joy Vega 12/28</p> 

LET'S TALK ABOUT THE FLU

Flu vaccination can keep you from getting sick with the flu.

Flu vaccination has been shown in several studies to reduce severity of illness in people who get vaccinated but still get sick.

Flu vaccination can reduce the risk of flu-associated hospitalization.

Flu vaccination is an important preventive tool for people with certain chronic health conditions.

Flu vaccination can also help protect others.



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](#)

SWEET POTATO KWANZAA BREAD

Ingredients

Vegetable cooking spray
1 1/3 cups all-purpose flour
1 cup wheat germ
2 teaspoons baking powder
1 teaspoon baking soda
2 teaspoons cinnamon
1 cup oats (not instant)
1 cup packed brown sugar
1 3/4 cup cooked, mashed sweet potato
3 eggs, lightly beaten
1/3 cup extra-virgin olive oil
1/3 cup orange juice
1 carrot, grated
1 cup raisins, packed



Directions

1. *Before you begin wash your hands*
2. Preheat oven to 350°F. Spray two 9-by-5-by-3-inch loaf pans with cooking spray.
3. Combine the flour, wheat germ, baking powder, baking soda, cinnamon, oats and brown sugar in a large bowl; set aside.
4. In a medium bowl, mix the remaining ingredients, then add the wet mixture to the dry ingredients and stir just until combined.
5. Spoon the batter evenly into the pans. Bake 45 to 50 minutes or until a toothpick inserted in the middle comes out clean.
6. Cool before cutting into 24 slices.

Nutrition Information
Serving size: 1 slice
Calories: 180; Total Fat: 5g; Saturated Fat: 1g; Cholesterol: 25mg; Sodium: 120mg;
Total Carbohydrate: 32g; Dietary Fiber: 2g; Protein: 4g
Contributors: Lauren Swann, MS, RD, LDN
Reviewers: Academy Staff RDNs
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Winter Word Search

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

chilly
fireplace
frost
hibernate
hot chocolate
migrate



penguin
polar bear
snowflake
snowman
white
winter



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: Christina Kinnamon (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>



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