

UPPER SHORE CLARION

NOVEMBER 2025

VOLUME 25, ISSUE 11

Caregiving is a tough job. This November, we remember the people who lovingly give baths, clean houses, shop for, and comfort the millions of elderly and ill people who are friends and loved ones. November is National Family Caregivers Month and this year's theme is "Caregiving Around the Clock."

These are the unsung heroes of today. These caregivers support the people we all love. Caregivers take on a variety of roles as providing this care can come in all forms.

At Upper Shore Aging, we would like to recognize our Family Caregiver Support Program manager, Mary Sellers.

The Maryland Family Caregiver Support Program is administered by Upper Shore Aging, Inc. in Caroline, Kent, and Talbot counties. Caregiver Services include information, assistance, counseling, respite funds, and support groups.

Studies show that Caregiver Support Services can reduce caregiver depression, anxiety, and stress and enable them to provide care longer, thereby avoiding or delaying the need for costly institutional care. Family caregivers typically include spouses, adult children, relatives and friends, and they are the major source of unpaid help for older and disabled adults living in communities across the state.



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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Pam Limberry

Jenna Marchi

Jo Ann Murray

Kevin Moran (Treasurer)

November 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>Marie Lauro 11/4 Karen Blankeship 11/6 Kay Smith 11/15 Sue Reep 11/15 Beth Lynch 11/19 Emma Shivers 11/20 Angeline Jones 11/25 Donna Dale 11/25 Patricia Bittner 11/29</div>	<div></div>	<div></div>
<div>★ Stay Fit 8:15am 3</div> <div>S.A.I.L. Exercise First Class, 9am Pre-registration required</div> <div>Billiards 9am</div> <div>Lunch 12pm</div> <div>Mahjongg 12:30pm</div> <div></div>	<div>Sit Fit 9am 4</div> <div>Cardio 9:45am</div> <div>Blood Pressure Screening with Shore Community Outreach Team 10:30am</div> <div>Bingo 11am</div> <div>Lunch 12pm</div> <div>On The Move 1pm Pre-registration required</div> <div>Crafting 1pm</div> <div></div>	<div>S.A.I.L. Exercise 9am 5 (must pre-register)</div> <div>Cooking with David 10:30am</div> <div>Visit from Farmer Bob 10:30am</div> <div>Lunch 12pm</div> <div>Watercolors 12:30pm</div> <div></div>	<div>Sit Fit 9am 6</div> <div>Cardio 9:45am</div> <div>Needlework 10am</div> <div>Lunch 12pm</div> <div>Crafting 1pm</div> <div>On The Move 1pm (must pre-register)</div> <div></div>	<div>Stay Fit 9am 7</div> <div>Bingo Bash 9:45am-11:45am</div> <div>Lunch and Birthday Cake 12pm</div> <div></div>
<div>Stay Fit 8:15am 10</div> <div>S.A.I.L. Exercise 9am (must pre-register)</div> <div>Billiards 9am</div> <div>Veterans Day Brunch 10am</div> <div>Lunch 12pm</div> <div>Mahjongg 12:30pm</div> <div></div>	<div>Veterans Day 11</div> <div>Center Closed</div> <div></div>	<div>S.A.I.L. Exercise 9am 12 (must pre-register)</div> <div>Staying Healthy through the Holidays 10:30am</div> <div>Lunch 12pm</div> <div>Watercolors 12:30pm</div> <div></div>	<div>Sit Fit 9am 13</div> <div>Cardio 9:45am</div> <div>Needlework 10am</div> <div>Scams and Frauds with Ann Thacker 10:30am</div> <div>Lunch 12pm</div> <div>Crafting 1pm</div> <div>On The Move 1pm (must pre-register)</div> <div></div>	<div>Stretch Fit 9am 14</div> <div>Bingo Bash 9:45am-11:45am</div> <div>Lunch 12pm</div> <div>Game of Spoons 1pm</div> <div></div>
<div>Stay Fit 8:15am 17</div> <div>S.A.I.L. Exercise 9am (must pre-register)</div> <div>Billiards 9am</div> <div>Dementia Program 10:30am</div> <div>Lunch 12pm</div> <div>Mahjongg 12:30pm</div> <div></div>	<div>Sit Fit 9am 18</div> <div>Cardio 9:45am</div> <div>Medication Management with Melanie 10:30</div> <div>Bingo 11am</div> <div>Lunch 12pm</div> <div>On The Move 1pm (must pre-register)</div> <div>Crafting 1pm</div> <div></div>	<div>S.A.I.L. Exercise 9am 19 (must pre-register)</div> <div>Movie 10am</div> <div>Lunch 12pm</div> <div>Watercolors 12:30pm</div> <div></div>	<div>Sit Fit 9am 20</div> <div>Cardio 9:45am</div> <div>Needlework 10am</div> <div>Lunch 12pm</div> <div>Crafting 1pm</div> <div>On The Move 1pm (must pre-register)</div> <div></div>	<div>Stretch Fit 9am 21</div> <div>Bingo Bash 9:45am-11:45am</div> <div>Lunch 12pm</div> <div></div>
<div>Stay Fit 8:15am 24</div> <div>S.A.I.L. Exercise 9am (must pre-register)</div> <div>Billiards 9am</div> <div>Lunch 12pm</div> <div>Mahjongg 12:30pm</div> <div></div>	<div>Sit Fit 9am 25</div> <div>★ Cardio 9:45am</div> <div>Enduring Faith 10:30am (TV Room)</div> <div>Bingo 11am</div> <div>Thanksgiving Lunch 12pm (RSVP by Nov. 10)</div> <div>On The Move 1pm (must pre-register)</div> <div>Crafting 1pm</div> <div></div>	<div>S.A.I.L. Exercise 9am 26 (must pre-register)</div> <div>Lunch 12pm</div> <div>Watercolors 12:30pm</div> <div></div>	<div>Thanksgiving Day 27</div> <div>Holiday Center Closed</div> <div></div>	<div>Thanksgiving Holiday 28</div> <div>Center Closed</div> <div></div>

November 2025

Caroline County Senior Center

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

<p>Alzheimer's Disease, Diabetes, and Lung Cancer Awareness Month</p> 	<p>We're Open!</p> <p>Caroline County Senior Center is Open Monday through Friday 8:00am-3:00pm</p>			<p>November Birthdays Terry Zabolotney 11/2 Edward Walton 11/5</p> <p>Happy Birthday</p> 
<p>National Sandwich Day 3</p> <p>Coffee Bar 9am-11am</p> <p>Let's Take a Stroll 10:30am</p> <p>S.A.I.L.L. Exercise with Jannelle 12:30pm</p> 	<p>National Common Sense Day 4</p> <p>Coffee Bar 9am-11am</p> <p>Healthy Coaching Presentation with Jillian Luna 10:30am</p> <p>Thanksgiving Trivia 12:30pm</p> <p>Trivia</p> 	<p>Coffee Bar 9am-11am 5</p> <p>Responding to Dementia Presentation 10:30am</p> <p>S.A.I.L.L. Exercise with Jannelle 12:30pm</p> 	<p>Nacho Day 6</p> <p>Coffee Bar 9am-11am</p> <p>Dutch Lunch at Doc's Downtown Grill in Easton 11am</p> 	<p>Coffee Bar 9am-11am 7</p> <p>Let's Take a Stroll 10:30am</p> <p>Music Therapy with Melanie 12:30pm</p> 
<p>Vanilla Cupcake Day 10</p> <p>Coffee Bar 9am-11am</p> <p>Do-It-Yourself Blanket 10am</p> <p>S.A.I.L.L. Exercise with Jannelle 12:30pm</p> 	<p>Veterans Day 11</p> <p>Center Closed</p> 	<p>Happy Hour Day 12</p> <p>Coffee Bar 9am-11am</p> <p>Turkey Wine Glasses 10:30am</p> <p>S.A.I.L.L. Exercise with Jannelle 12:30pm</p> 	<p>World Kindness Day 13</p> <p>Coffee Bar 8am-11am</p> <p>Card/Board Games 10:30am</p> <p>Medication Management Presentation and Blood Pressure Screening with Melanie 12:30pm</p> 	<p>World Diabetes Day 14</p> <p>National Pajamas Day</p> <p>Wear your favorite pajamas</p> <p>Coffee Bar 9am-11am</p> <p>Let's Take a Stroll 10:30am</p> <p>Music Therapy with Melanie 12:30pm</p> 
<p>Coffee Bar 9am-11am 17</p> <p>Let's Take a Stroll 10:30am</p> <p>S.A.I.L.L. Exercise with Jannelle 12:30pm</p> 	<p>Coffee Bar 9am-11am 18</p> <p>Thanksgiving Games 10am-1:30pm</p> 	<p>Coffee Bar 9am-11am 19</p> <p>Acorn Picture Frames 10:30am</p> <p>S.A.I.L.L. Exercise with Jannelle 12:30pm</p> 	<p>Friendsgiving Day 20</p> <p>Coffee Bar 9am-11am</p> <p>Thanksgiving Lunch and Bingo with Federalsburg Senior Center 10am-1:30pm</p> 	<p>Coffee Bar 9am-11am 21</p> <p>Wii Games 10:30am</p> <p>Music Therapy with Melanie 12:30pm</p> 
<p>Unique Talent Day 24</p> <p>Coffee Bar 9am-11am</p> <p>Caroline County Senior Center Talent Show 10:30am</p> <p>S.A.I.L.L. Exercise with Jannelle 12:30pm</p> 	<p>Coffee Bar 9am-11am 25</p> <p>Nails with Erika 10:30am</p> <p>Thanksgiving Movies 10:30am-1:30pm</p> 	<p>Cake Day 26</p> <p>Coffee Bar 9am-11am</p> <p>Thanksgiving Tea Towels 10:30am</p> <p>S.A.I.L.L. Exercise with Jannelle 12:30pm</p> 	<p>Happy Thanksgiving 27</p> <p>Center Closed</p> <p>Thanksgiving Day</p> 	<p>American Heritage Day 28</p> <p>Center Closed</p> 

Bay Hundred Senior Center November 2025



Please check with Center Office – 410-745-4017 - for changes and additions

Monday	Tuesday	Wednesday
3 9:15-10 Calming Mindfulness 10:30-11:30 Strong & Steady 12-1:30 Open Swim 1-2 SAIL Strength & Balance 2:15 Experienced Mahjongg	4 10-12 Watercolor Class 11-11:45 Water Aerobics 12-2:45 Beginner Mahjongg 1-2 Tai Chi 1-3 Tech Help*	5 9-3 Pinochle 9:15 Chair Yoga 1-2 SAIL Strength & Balance
10 10:30-11:30 Strong & Steady 12-1 Lunch & Learn: Stay Healthy over the Holidays 12-1:30 Open Swim 1-2 SAIL Strength & Balance 2:15 Experienced Mahjongg	11 Closed for Holiday Thank you, Veterans!	12 9-3 Pinochle 9:15 Chair Yoga 1-2 SAIL Strength & Balance
17 9:15-10 Calming Mindfulness 10:30-11:30 Strong & Steady 12-1:30 Open Swim 1-2 SAIL Strength & Balance 2-3 Book Club 2:15 Experienced Mahjongg	18 10-12 Watercolor Class 11-11:45 Water Aerobics 12-2:45 Beginner Mahjongg 1-2 Tai Chi 1-3 Tech Help*	19 9-3 Pinochle 9:15 Chair Yoga 1-2 SAIL Strength & Balance
20 9:15-10 Calming Mindfulness 10:30-11:30 Strong & Steady 12-1:30 Open Swim 1-2 SAIL Strength & Balance 2:15 Experienced Mahjongg	21 10-12 Watercolor Class 11-11:45 Water Aerobics 12-2:45 Beginner Mahjongg 1-2 Tai Chi 1-3 Tech Help*	22 9-3 Pinochle 9:15 Chair Yoga 1-2 SAIL Strength & Balance
27 9:15-10 Calming Mindfulness 10:30-11:30 Strong & Steady 12-1:30 Open Swim 12-1 Lunch & Learn – Medication Management Tips 1-2 SAIL Strength & Balance 2:15 Experienced Mahjongg	28 10-12 Watercolor Class 11-11:45 Water Aerobics 12-2:45 Beginner Mahjongg 1-2 Tai Chi 1-3 Tech Help*	29 9-3 Pinochle 9:15 Chair Yoga 1-2 SAIL Strength & Balance




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



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



2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00 Coffee Hour 11:00 Advance Beginners Watercolor 11:00 HEALTH ED W/JILLIAN 11:00 <i>Tai Chi w/Nathan</i> 12:00 LUNCH N LEARN W/BATHROOM SAFETY 12:00 Mahjong	4 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 <i>Bingocize</i> 12:00 LUNCH W/TORCUATO ZAMORA & FURIA FLAMENCA 12:30 Yarn & Needle Group	5 9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 <i>Music & Movement</i> w/Melanie 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch	6 9:00 Coffee Hour 10:00 <i>Bingocize</i> 10:30 FIELD TRIP/DLO "EMILY'S PRODUCE" 10:30 <i>ShoGo Mobile</i> 12:00 Lunch 2:00 Guitar & Ukulele Lessons	7 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
10 9:00 Coffee Hour 9:00 HILL'S FLU SHOT CLINIC 11:00 Advance Beginners Watercolor 11:00 <i>Tai Chi w/Nathan</i> 11:30 Blood Pressure Screening w/Melanie 12:00 LUNCH & LEARN W/MELANIE 12:00 Mahjong	11 CLOSED 	12 8:30 Commission On Aging 9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 <i>Music & Movement</i> w/Melanie 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch	13 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 9:30 <i>Jewelry Journey</i> w/Sue Stockman 10:00 <i>Bingocize</i> 10:30 <i>ShoGo Mobile</i> 12:00 LUNCH W/GENE EDWARDS REVIEW 2:00 Guitar & Ukulele Lessons	14 9:00 Coffee Hour 9:30 Line Dancing 9:30 <i>Jewelry Journey</i> w/Sue Stockman 10:00 Mahjong 11:00 <i>Tai Chi w/Nathan</i> 12:00 Lunch 12:00 Poetry At Noon
17 9:00 Coffee Hour 11:00 Advance Beginners Watercolor 11:00 <i>Tai Chi w/Nathan</i> 12:00 LUNCH & LEARN W/SHORE UNITED BANK 12:00 Mahjong	18 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 <i>Bingocize</i> 12:00 Lunch w/DJ Chuckie 12:30 Yarn & Needle Group	19 9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 <i>Music & Movement</i> w/Melanie 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch	20 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 <i>Bingocize</i> 10:30 <i>ShoGo Mobile</i> 11:00 <i>Cooking w/David</i> 12:00 Lunch 2:00 Guitar & Ukulele Lessons	21 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
24 9:00 Coffee Hour 11:00 Advance Beginners Watercolor 11:00 <i>Tai Chi w/Nathan</i> 11:30 Blood Pressure Screening w/Melanie 12:00 Lunch 12:00 Mahjong	25 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 12:00 Lunch w/LES RAYNE 12:30 Yarn & Needle Group VISIT US ON OUR WEBSITE: www.brookletspk.com VISIT US ON FACEBOOK AT BROOKLETT'S PLACE - TALBOT SENIOR CENTER OR CALL 410-822-2869	26 9:00 Coffee Hour 9:00 Beginning Oil Painting 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch	27 CLOSED 	28 CLOSED 

November 2025

Feddersburg Senior Center

118 North Main Street, #2
Feddersburg, MD 21632
410-784-9784

 <p>We're Open! Feddersburg Senior Center is Open Tuesday and Thursday</p>				
	<p>3 Bingo 11am Lunch 12pm Craft: Felt Bird Bookmark 1pm</p> 	<p>4</p> 	<p>6 S.A.I.L. Exercise Class 10am Lunch 12pm Games 1pm</p> 	<p>7</p> 
	<p>10 Veterans Day Center Closed</p> 	<p>12</p> 	<p>13 World Kindness Day! S.A.I.L. Exercise Class 10am November Birthday Potluck 12pm Games 1pm</p> 	<p>14</p> 
	<p>17 Cozy Pajama Day 18 Alzheimer's Presentation by Susan Higgs 10:30am Bingo 11am Lunch & Learn: Health Education with Michelle Hammond 12pm Craft: Mulling Spices 1pm</p>		<p>20 Thanksgiving Celebration at Caroline County Senior Center in Denton 1pm</p> 	<p>21 November Birthdays Kathryn Jules 11/14 Nettie Gloster 11/16</p> 
	<p>24 Bingo 11am Lunch 12pm Craft presented by the Caroline County Library 1pm</p> 	<p>26</p> 	<p>27 Thanksgiving Day Center Closed</p> 	<p>28</p> 

Healthy Eating Can Be Delicious!

Healthy eating for prediabetes and diabetes not only helps to manage your blood glucose (blood sugar), but it also helps you have a better relationship with food. Intentional food choices like eating more non-starchy veggies, opting for lean meats or plant-based proteins, choosing quality carbohydrates, and low-fat versions of cheeses and dressings, will all help you meet your health goals—and they'll taste great too! It is not about one food, or one meal, it's about healthy eating over time. Food nourishes you so you stay healthy, but our food choices are also impacted by our memories, culture, and community



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 Schauber 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](#)

Creamy Broccoli Soup Recipe

Ingredients

Soup:
1 tablespoon olive oil
2 cloves garlic, minced
1 yellow onion, chopped
8 cups chopped broccoli (1½ to 2 pounds)
4 cups water
1 can (15 ounces) white beans, rinsed and drained
Salt and pepper, to taste

Toppings:
3 tablespoons lemon juice
1 cup low-fat plain Greek yogurt
¼ cup chopped fresh chives



Nutritional Information
Serving size: 1½ cups
Serves 6
Calories: 147; Total Fat 3g; Saturated Fat: 0g;
Trans Fat: 0g; Cholesterol: 0mg; Sodium: 357mg;
Total Carbohydrate: 22g; Dietary Fiber: 6g; Sug-
ars: 4g; Protein 11g.

Directions

- Before you begin: Wash your hands.*
1. In soup pot, sauté oil, garlic, onion and broccoli about 10 minutes, until tender.
 2. Add in water and beans. With hand blender, puree half of the soup. Season with salt and pepper. Bring to a boil and simmer for 10 minutes.
 3. Mix lemon juice, yogurt, chives, salt and pepper. Drizzle on top of warm soup, and serve.

IT'S
SOUP SEASON



Thanksgiving Day

WORD SCRAMBLE

UNSCRAMBLE THIS FUN THANKSGIVING DAY WORDS!

1. NMUPKIP _____

2. YKTRUE _____

3. DLSEBES _____

4. YAMILF _____

5. VIHAKSTGNIG _____

6. FTSNIGUF _____

7. USQHAS _____

8. HDMSDA OTSPEOAT _____

9. TSDERSE _____

10. NEDISRF _____





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>

thankful it's

NOVEMBER

NON-PROFIT
ORGANIZATION
US POSTAGE PAID
CHESTERTOWN, MD
PERMIT# 158

Upper Shore Aging

Respect | Independence | Purpose

Celebrating 50 Years

100 Schaubert Rd

Chestertown, MD 21620

