



# UPPER SHORE CLARION

FEBRUARY 2026

VOLUME 26, ISSUE 2

Happy February. One of the coldest months of the year. This month, we celebrate Heart Health.

Your heart is a strong muscle about the size of the palm of your hand. Just like an engine makes a car go, the heart keeps your body running. The heart has two pumps. The stronger pump uses arteries to send blood with oxygen away from the heart, throughout the body. The other pump uses veins to bring blood back to the heart and sends it to the lungs to get more oxygen. An electrical system in the heart controls the heart's pumps (the heart beat or pulse).

## Changes to Your Heart With Age

Aging can cause changes in the heart and blood vessels. For example, as you get older, your heart can't beat as fast during physical activity or stress as when you were younger. However, the number of heart beats per minute (heart rate) at rest does not change as you age. Many of the problems older people have with their heart and blood vessels are really caused by disease, not by aging.

The best way to keep your heart doing its job is by keeping your Doctor's appointments, taking all medications prescribed to you accurately, eating heart healthy foods and exercise. Your heart will thank you for it!



### **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

### **Upper Shore Aging Board of Directors**

#### **Caroline County**

Frank Bartz (County Commissioner)

Cheryl Beulah

Vacant

Rev. Dan Gedman

Chris Soldano (Vice-President)

#### **Kent County**

Mary Celeste Alexander

Kay Brodie (President)

Cathy Quesenberry

John Price (County Commissioner)

Jackie Adams (Secretary)

#### **Talbot County**

Pete Leshar (County Council Member)

Vacant

Jenna Marchi

Jo Ann Murray

Kevin Moran (Treasurer)

February 2026

# Amy Lynn Ferris Adult Activity Center

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

<p><b>S.A.I.L. Exercise 2</b>            9am (must pre-register)  <b>Billiards</b> 9am            ★ <b>Lunch</b> 12pm  <b>Mahjongg</b> 12:30pm</p> 	<p><b>Sit Fit 9am 3</b>  <b>Cardio/Line Dancing</b> 9:45am  <b>Bingo</b> 11am  <b>Lunch</b> 12pm  <b>On The Move</b> 1pm (must pre-register)  <b>Open Crafting</b> 1pm</p> 	<p><b>S.A.I.L. Exercise 4</b>            9am (must pre-register)  <b>Cooking with David</b> 10:30am  <b>Lunch</b> 12pm  <b>Watercolors</b> 12:30pm  <b>Games</b> 1pm</p> 	<p><b>Sit Fit 9am 5</b>  <b>Cardio/Line Dancing</b> 9:45am  <b>Needlework</b> 10am  <b>Lunch</b> 12pm  <b>Valentine Craft</b> 1pm (must pre-register)  <b>On The Move</b> 1pm (must pre-register)</p> 	<p><b>Stay Fit 9am 6</b>  <b>Bingo Bash</b> 9:45am-11:45am  <b>Lunch</b> 12pm  <b>Games</b> 1pm</p> 
<p><b>S.A.I.L. Exercise 9</b>            9am (must pre-register)  <b>Billiards</b> 9am  <b>Health Education with Jillian</b> 10:15am  <b>Lunch</b> 12pm  <b>Mahjongg</b> 12:30pm</p> 	<p><b>Sit Fit 9am 10</b>  <b>Cardio/Line Dancing</b> 9:45am  <b>Blood Pressure Screening with SCOT</b> 10:30am  <b>Enduring Faith</b> 10:30am  <b>Bingo</b> 11am  <b>Lunch</b> 12pm  <b>Open Crafting</b> 1pm</p> 	<p><b>S.A.I.L. Exercise 11</b>            9am (must pre-register)  <b>Lunch</b> 12pm  <b>Watercolors</b> 12:30pm  <b>Games</b> 1pm</p> 	<p><b>Sit Fit 9am 12</b>  <b>Cardio/Line Dancing</b> 9:45am  <b>Fashion Show and Valentine's Celebration</b> 10am  <b>RSVP by February 5</b>  <b>Lunch</b> 12pm  <b>Crafting</b> 1pm</p> 	<p><b>Stay Fit 9am 13</b>  <b>Bingo Bash</b> 9:45am-11:45am  <b>Lunch</b> 12pm  <b>Games</b> 1pm</p> 
<p><b>Presidents Day Holiday</b> 16            Center Closed</p> 	<p><b>Pancake Breakfast</b> 17            9am-10am  <b>Medication Management with Melanie</b> 10:30am  <b>Bingo</b> 11am  <b>Lunch</b> 12pm  <b>Open Crafting</b> 1pm</p> 	<p><b>S.A.I.L. Exercise 18</b>            9am (must pre-register)  <b>Museums of Kent County Trivia Game with Snacks &amp; Prizes</b> 10:10am, RSVP by February 13  <b>Lunch &amp; Birthday Cake</b> 12pm  <b>Watercolors</b> 12:30pm  <b>Games</b> 1pm</p> 	<p><b>Sit Fit 9am 19</b>  <b>Cardio/Line Dancing</b> 9:45am  <b>Needlework</b> 10am  <b>Lunch</b> 12pm  <b>Crafting</b> 1pm</p> 	<p><b>Stay Fit 9am 20</b>  <b>Bingo Bash</b> 9:45am-11:45am  <b>Lunch</b> 12pm  <b>Games</b> 1pm</p> 
<p><b>S.A.I.L. Exercise 23</b>            9am (must pre-register)  <b>Billiards</b> 9am            ★ <b>Dementia Education</b> 10:30am  <b>Lunch</b> 12pm  <b>Mahjongg</b> 12:30pm</p> 	<p><b>Sit Fit 9am 24</b>  <b>Cardio/Line Dancing</b> 9:45am            ★ <b>Enduring Faith</b> 10:30am  <b>Bingo</b> 11am  <b>Lunch</b> 12pm  <b>Open Crafting</b> 1pm</p> 	<p><b>S.A.I.L. Exercise 25</b>            9am (must pre-register)  <b>Lunch</b> 12pm  <b>Watercolors</b> 12:30pm  <b>Games</b> 1pm</p> 	<p><b>Sit Fit 9am 26</b>  <b>Cardio/Line Dancing</b> 9:45am  <b>Needlework</b> 10am  <b>Lunch</b> 12pm  <b>Crafting</b> 1pm</p> 	<p><b>Stay Fit 9am 27</b>  <b>Bingo Bash</b> 9:45am-11:45am  <b>Lunch</b> 12pm  <b>Games</b> 1pm</p> 
<p><b>We're Open!</b>            All activities will be held in the DINING ROOM unless noted otherwise.</p>	<p><b>Happy Birthday!</b>            Leslie Dagget 2/4            Linda Foster 2/12            Sue Turner 2/14            Michael Shane 2/14            Tammy Newton 2/19            Valerie Kennard 2/22</p> 			



February 2026

Caroline County Senior Center

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

<p><b>Ground Hog Day 2</b></p> <p>☼ Coffee Bar 8am-11am</p> <p>Valentine's Wreath 10:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> 	<p><b>Carrot Cake Day 3</b></p> <p>Coffee Bar 8am-11am</p> <p>Heart Health Matters with Jillian 10:30am</p> <p>Indoor Cornhole 12:30pm</p> 	<p><b>Rosa Parks Day 4</b></p> <p>☼ Coffee Bar 8am-11am</p> <p>Alzheimer's Education: Supporting Independence with Susan Higgs 10:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> 	<p><b>Coffee Bar 8am-11am</b></p> <p>Medication Management and Blood Pressure Screening with Melanie Chapple 10:30am</p> 	<p><b>Wear Your Favorite Color Red Day 6</b></p> <p>☼ Coffee Bar 8am-11am</p> <p>Wii Bowling 10:30am</p> <p>Music Therapy with Melanie 12:30pm</p> 
<p><b>Chocolate Day 9</b></p> <p>☼ Coffee Bar 8am-11am</p> <p>Valentine's Pictionary Game 10:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> 	<p><b>Coffee Bar 8am-11am</b></p> <p>Mindful Memory Games 10:30am-1:30pm</p> 	<p><b>Coffee Bar 8am-11am</b></p> <p>Valentine's Day Card Craft 10:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> 	<p><b>Coffee Bar 8am-11am</b></p> <p>Heart Health Presentation with Emily Chambers 10:30am</p> <p>Wooden Heart Craft 12:30pm</p> 	<p><b>Coffee Bar 8am-11am</b></p> <p>Valentine's Day Bingo 10:30am</p> <p>Valentine's Day Party with Potluck 12:30pm</p> 
<p><b>Presidents Day Holiday 16</b></p> <p>Center Closed</p> 	<p><b>Random Act of Kindness Day 17</b></p> <p>☼ Coffee Bar 8am-11am</p> <p>Nails with Erika 10:30am</p> <p>Riddle This Game 12:30pm</p> 	<p><b>Coffee Bar 8am-11am</b></p> <p>Valentine's Sun Catchers 10:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> 	<p><b>Coffee Bar 8am-11am</b></p> <p>Black History Game Day 10:30am-12:30pm</p> 	<p><b>Coffee Bar 8am-11am</b></p> <p>Bingo with a Twist 10:30am</p> <p>Music Therapy with Melanie 12:30pm</p> 
<p><b>Coffee Bar 8am-11am</b></p> <p>Balloon Volleyball 10:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> 	<p><b>Coffee Bar 8am-11am</b></p> <p>Cards with Friends 10:30am</p> <p>What's in the Bag Game 12:30pm</p> 	<p><b>Coffee Bar 8am-11am</b></p> <p>Minute-to-Win-It Game 10:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> 	<p><b>National Chili Day 26</b></p> <p>☼ Coffee Bar 8am-11am</p> <p>Decoupage Wooden Spoon Craft 10:30am</p> <p>"Operation" Game 12:30pm</p> 	<p><b>Coffee Bar 8am-11am</b></p> <p>Wii Bowling 10:30am</p> <p>"Never Have I..." Game 12:30pm</p> 
<p><b>American Heart Month</b></p> <p><b>Black History Month</b></p> <p><b>National Cancer Prevention Month</b></p> 	<p><b>We're Open!</b></p> <p>Caroline County Senior Center is Open Monday through Friday 8:00am-3:00pm</p> 	<p><b>February Birthdays</b></p> <p>Mary Ford 2/6</p> <p>Vera Henry 2/15</p> <p>Mary Moran 2/26</p> <p><b>Happy Birthday</b></p> 		

**Bay Hundred Senior Center**  
**February 2026**



Monday	Tuesday	Wednesday
2 10:30-11:30 Strong & Steady 12-1:30 Open Swim 2:15 Experienced Mahjongg	3 11-11:45 Water Aerobics 1-2 Tai Chi 1-3 Games	4 9-3 Pinochle 9:15 Chair Yoga 10:30 Strong & Steady*
9 9:15 Calming Mindfulness 10:30-11:30 Strong & Steady 12-1 Lunch & Learn: Heart Health 12-1:30 Open Swim 2-3 SAIL Strength & Balance 2:15 Experienced Mahjongg	10 10-12 Watercolor via Zoom 10 Cooking Class 11-11:45 Water Aerobics 1-2 Tai Chi 1-3 Games	11 9-3 Pinochle 9:15 Chair Yoga 10:30 Strong & Steady* 2-3 SAIL Strength & Balance
16 <b>Closed for Presidents Day</b>	17 9-12 Needle Felting 11-11:45 Water Aerobics 1-2 Tai Chi 1-3 Games	18 9-3 Pinochle 9:15 Chair Yoga 10:30 Strong & Steady* 2-3 SAIL Strength & Balance
23 9:15 Calming Mindfulness 10:30-11:30 Strong & Steady 12-1:30 Open Swim 12-1 Medication Management 1-2 Book Club 2-3 SAIL Strength & Balance 2:15 Experienced Mahjongg	24 10-12 Watercolor via Zoom 11-11:45 Water Aerobics 1-2 Tai Chi 1-3 Games	25 9-3 Pinochle 9:15 Chair Yoga 10:30 Strong & Steady* 2-3 SAIL Strength & Balance

Please sign up for Needle Felting, Cooking Class, and Watercolor at Senior Center Office or email [ademart@uppershoreaging.org](mailto:ademart@uppershoreaging.org).

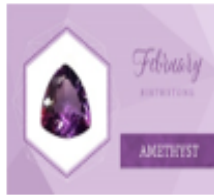



\*Wednesday Strong & Steady is for Y members only



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



2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 9:00 <b>HEALTH ED W/ILLIAN</b> 11:00 Advance Beginners Watercolor 11:00 Tai Chi w/Nathan 12:00 Lunch 12:00 Mahjong	<b>3</b> 9:00 Coffee Hour 12:00 Lunch 12:30 Yam & Needle Group 	<b>4</b> 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 <b>Music &amp; Movement w/Melanie</b> 10:30 Wii Bowling 12:00 Lunch	<b>5</b> 9:00 Coffee Hour 10:30 <b>ShoGo Mobile</b> 12:00 Lunch 2:00 Guitar & Ukulele Lessons 	<b>6</b> 9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 11:00 Tai Chi w/Nathan 12:00 Lunch <b>NATIONAL WEAR RED DAY</b> American Heart Association 
<b>9</b> 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 <b>LUNCH &amp; LEARN W/MELANIE</b> 12:00 Mahjong	<b>10</b> 9:00 Coffee Hour 10:00 Crafting with Tonia 12:00 <b>LUNCH W/HUBBY JENKINS</b> 12:30 Yam & Needle Group 	<b>11</b> 8:30 S.A.I.L. Exercise 8:30 Commission On Aging 9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 <b>Music &amp; Movement w/Melanie</b> 10:30 Wii Bowling 12:00 Lunch	<b>12</b> 9:00 Coffee Hour 10:30 <b>ShoGo Mobile</b> 12:00 <b>VALENTINE LUNCHEON W/JAZZY ED</b> 2:00 Guitar & Ukulele Lessons	<b>13</b> 9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 11:00 Tai Chi w/Nathan 11:30 <b>DLO "CHINA BUFFET"</b> 12:00 Lunch 12:00 Poetry At Noon
<b>16</b> <b>CLOSED</b> 	<b>17</b> 9:00 Coffee Hour 9:00 <b>Click, Swipe, Connect!</b> 12:00 Lunch w/DJ Chuckie 12:30 Yam & Needle Group	<b>18</b> 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 <b>Music &amp; Movement w/Melanie</b> 10:30 Wii Bowling 12:00 Lunch	<b>19</b> 9:00 Coffee Hour 10:30 <b>ShoGo Mobile</b> 11:00 Cooking w/David 12:00 <b>LUNCH W/GENE EDWARDS REVIEW</b> 2:00 Guitar & Ukulele Lessons	<b>20</b> 9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 11:00 Tai Chi w/Nathan 11:30 Toastmaster's 12:00 Lunch
<b>23</b> 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 <b>LUNCH &amp; LEARN W/MELANIE</b> 12:00 Mahjong	<b>24</b> 9:00 Coffee Hour 9:00 <b>Click, Swipe, Connect!</b> 10:00 <b>CABIN FEVER</b> 11:00 <b>Positive Music w/DJ Randy P</b> 12:00 Lunch 12:30 Yam & Needle Group	<b>25</b> 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 <b>Music &amp; Movement w/Melanie</b> 10:30 Wii Bowling 12:00 Lunch	<b>26</b> 9:00 Coffee Hour 10:00 <b>Elder Law Clinic</b> 10:30 <b>ShoGo Mobile</b> 11:00 <b>ALZ Understanding Alzheimer's and Dementia</b> 12:00 <b>LUNCH w/"UNCLE NACE - A BLACK HISTORY MOMENT"</b> 2:00 Guitar & Ukulele Lessons	<b>27</b> 9:00 Coffee Hour 10:00 Mahjong 11:00 Tai Chi w/Nathan 12:00 Lunch



February 2026

Feddersburg Senior Center

301 North Main Street  
Feddersburg, MD 21632  
410-754-9754

 <p><b>We're Open!</b> Feddersburg Senior Center is Open Tuesday and Thursday</p>	<p>3 Let's Make a Valentine Craft 10am Bingo 11am Lunch 12pm</p> 	<p>4  Winter</p>	<p>5 S.A.I.L. Exercise Class 10am Lunch 12pm Cards 1pm</p> 	<p>6 </p>
<p>9 </p>	<p>10 Valentine Mailbox Craft 10am Bingo 11am Lunch 12pm</p> 	<p>11 </p>	<p>12 S.A.I.L. Exercise Class 11am Monthly Birthday Potluck 12pm Board Games 1pm</p> 	<p></p>
<p>16 Presidents Day Holiday </p>	<p>17 Family Roots Craft 10am Bingo 11am Lunch 12pm</p> 	<p></p>	<p>19 S.A.I.L. Exercise Class 10am Alzheimer's Presentation with Susan Higgs 11am Lunch 12pm</p> 	<p>20 </p>
<p>23 </p>	<p>24 Give a Little Love Craft 10am Bingo 11am "Romance Scams" Lunch &amp; Learn with Ann Thacker 12pm Lunch 12pm "Harriet" Movie 1pm</p> 	<p>25 </p>	<p>26 S.A.I.L. Exercise Class 11am Lunch 12pm Black History Month Trivia 1pm</p> 	<p>27 </p>
<p></p>	<p>February Birthdays Mamie Brummell-Parker 2/26 </p>	<p></p>	<p></p>	<p></p>

### Family Caregiver Support Program

Maryland's Family Caregiver Support Program works in conjunction with a host of State and community-based services to create a coordinated array of supports for individuals who need them. Studies show that these 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. The program offers five types of Caregiver Services:

Information

Assistance

Counseling, education, and support

Respite

Supplemental Services

For more information, feel free to call us at 410-778-6000. Mary Sellers is our Family Support Program manager



**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](http://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**



# Cinnamon French Toast Recipe

## Ingredients

2 large eggs  
½ cup fat-free milk  
½ teaspoon vanilla extract  
1½ teaspoon ground cinnamon,  
or to taste  
6 slices whole-wheat bread  
Cooking spray  
Maple syrup or sliced fresh fruit  
for serving (optional)



**Contributors:** Jo Ellen Shield, MEd, RD, LD  
**Reviewers:** Academy Staff RDNs  
**Published:** January 24, 2014

## Directions

*Before you begin:* Wash your hands.

1. Thoroughly mix eggs, milk, vanilla and cinnamon.
2. Dip both sides of the bread slices, one at a time, into egg mixture. Re-dip if necessary until all of the egg mixture is absorbed into the bread.
3. Spray a nonstick skillet with cooking spray. Heat over medium heat.
4. Place dipped bread slices on heated skillet. Cook 2 to 3 minutes per side or until both sides are golden brown.
5. Drizzle with maple syrup or top with sliced fresh fruit (optional).

Serve warm.

## Nutrition Information

Serving size: 1 slice

Serves 6

Calories: 123; Total Fat: 2.3g; Saturated Fat: 0.6g; Cholesterol: 61mg; Sodium: 189mg; Total Carbohydrate: 16.2g; Dietary Fiber: 2g; Protein: 8.4g.



## Cancer Signs and Symptoms

Detecting cancer early is one of the most powerful ways we can help save lives. With so many different types of cancers, the symptoms are varied. Yet, there are key signs and symptoms to look out for.



Unusual lumps or swelling, which are often painless and may increase in size



Persistent coughing, breathlessness or difficulty swallowing



Changes in bowel habits e.g. constipation, diarrhoea and/or blood found in the stools



Needing to urinate urgently, more frequently, or being unable to go when you need to or experiencing pain



Unexpected bleeding including from the vagina, anal passage, or while urinating or when coughing



Unexplained and unintentional weight loss over a short period



Fatigue, extreme tiredness and a severe lack of energy



New mole or changes to a mole in terms of size, shape, or colour and if it becomes crusty or bleeds or oozes



Unexplained or ongoing pain or pain that comes and goes



Unusual breast changes in size, shape or feel, skin changes or pain



Feeling less hungry than usual for a prolonged period of time



A spot, sore, wound or mouth ulcer that won't heal



Persistent or painful heartburn or indigestion



Heavy, drenching night sweats



If you experience any of the signs and symptoms, don't be afraid to seek medical advice urgently.

[worldcancerday.org](http://worldcancerday.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: 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>



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



Upper Shore Aging  
Respect | Independence | Purpose  
Celebrating 50 Years

100 Schaubert Rd  
Chesterown, MD 21620







