

UPPER SHORE CLARION

MAY 2026

VOLUME 26, ISSUE 5

In May, we celebrate Older American's Month.

Older American's Month is an annual observance held every May to honor the contributions of older adults in the United States and to promote their health, independence, and wellbeing.

The 2026 theme, "Champion Your Health", emphasizes prevention, wellness, and personal responsibility, encouraging older adults to actively manage their health, access preventative care, and make informed decisions. This theme also highlights evidence-based approaches, self-management, caregiver roles and community partnerships that empower seniors to lead healthy lives.

(ACL)



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

Kevin Moran (Treasurer)

May 2026

Amy Lynn Ferris Adult Activity Center

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

<p>We're Open!</p> <p>All activities will be held in the DINING ROOM unless noted otherwise.</p>		<p>Happy Birthday! Tim Fowler 5/1 Joanne Anderson 5/3 Cheryl Hoopes 5/6 Carol Cox 5/16 Harry Hart 5/22 Anne Kendall 5/23 Jocelyn Williams 5/29</p> 		<p>Bingo Bash 9:30am-11:30am Lunch 12pm Games 1pm</p> 
<p>S.A.I.L. Exercise 4 9am (must pre-register) Lunch 12pm Mahjongg 12:30pm</p> 	<p>Sit Fit 9am 5 Cardio/Line Dancing 9:45am Bingo 11am On The Move 1pm (must pre-register) Nacho Bar with Lunch 12pm</p> 	<p>S.A.I.L. Exercise 6 Class 9am (must pre-register) Healthy Hearts Program 10:30am Lunch 12pm Watercolors 12:30pm</p> 	<p>Sit Fit 9am 7 Cardio/Line Dancing 9:45am Needlework 10am Lunch 12pm On The Move 1pm (must pre-register)</p> 	<p>Bingo Bash 8 9:30am-11:30am Lunch 12pm Games 1pm</p> 
<p>S.A.I.L. Exercise 11 9am (must pre-register) Health Education with Jillian 10:15am Lunch 12pm Mahjongg 12:30pm Mother's Day Recognition 1pm</p> 	<p>Breakfast Party 12 10am RSVP by May 4 Enduring Faith 10:30am Blood Pressure Screening with SCOT 10:30am Lunch 12pm</p> 	<p>S.A.I.L. Exercise 13 Class 9am (must pre-register) Healthy Hearts Program 10:30am Lunch 12pm Watercolors 12:30pm Ask a Lawyer 1pm-3pm</p> 	<p>Sit Fit 9am 14 Cardio/Line Dancing 9:45am Needlework 10am Lunch 12pm On The Move 1pm (must pre-register)</p> 	<p>Bingo Bash 15 9:30am-11:30am Lunch 12pm Games 1pm</p> 
<p>S.A.I.L. Exercise 18 9am (must pre-register) SimSym Demonstration to Celebrate Older American's Month 1pm Dementia Education: New Advances in Alzheimer's Treatments 1pm Lunch 12pm Mahjongg 12:30pm</p> 	<p>Sit Fit 9am 19 Cardio/Line Dancing 9:45am Medication Management with Melanie 10:30am Bingo 11am Lunch 12pm On The Move 1pm (must pre-register)</p> 	<p>S.A.I.L. Exercise 20 Class 9am (must pre-register) Healthy Hearts Program 10:30am Lunch 12pm Watercolors 12:30pm</p> 	<p>Sit Fit 9am 21 Cardio/Line Dancing 9:45am Needlework 10am Lunch 12pm On The Move 1pm (must pre-register)</p> 	<p>Bingo Bash 22 9:30am-11:30am Lunch and Birthday Cake 12pm Games 1pm</p> 
<p>Memorial Day Holiday 25 Center Closed</p> 	<p>Sit Fit 9am 26 Cardio/Line Dancing 9:45am Enduring Faith 10:30am Bingo 11am Lunch 12pm On The Move 1pm (must pre-register)</p> 	<p>S.A.I.L. Exercise 27 9am (must pre-register) Healthy Hearts Program 10:30am (must pre-register) Lunch 12pm Watercolors 12:30pm</p> 	<p>Sit Fit 9am 28 Cardio/Line Dancing 9:45am Needlework 10am Lunch 12pm On The Move 1pm (must pre-register)</p> 	<p>Bingo Bash 29 9:45am-11:45am Lunch 12pm Games 1pm</p> 



A place to connect. A place to thrive.



CHAMPION YOUR HEALTH: MAY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>VISIT US ON OUR WEBSITE: www.brookletsplace.org</p> <p>VISIT US ON FACEBOOK AT BROOKLETTS PLACE – TALBOT SENIOR CENTER OR CALL 410-822-2869</p>	<p>CELEBRATING OLDER AMERICAN MONTH Brooklets Place will celebrate and engage with our community by organizing a special project where community members can contribute individually before your work will be combined to create the final masterpiece. STAY TUNED!!!!</p>		<p>May Birthstone Emerald</p> <p><small>Thought to represent memory, faith, and stability, emeralds are a symbol for longevity and the planet. Some cultures believe that to give the heart through, good fortune and youth. The name emerald is derived from the Greek word "smaragdus" meaning green.</small></p>	<p>1 9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 11:00 Tai Chi w/Nathan 12:00 Lunch</p> <p>TOMORROW MAY 2ND – MULTI CULTURAL FESTIVAL IDELVILD PARK</p>
<p>4 9:00 Coffee Hour 9:30 Music & Movement w/Melanie 10:45 Tai Chi w/Nathan 11:00 HEALTH ED W/JILLIAN 11:00 Advance Beginners Watercolor 12:00 Lunch 12:00 Mahjong</p>	<p>5 9:00 Coffee Hour 12:00 Lunch 12:30 Yarn & Needle Group</p> <p>MAY is about BIKES MONTH</p>	<p>6 9:00 Coffee Hour 9:00 Beginning Oil Painting 9:30 Music & Movement w/Melanie 12:00 Lunch</p>	<p>7 9:00 Coffee Hour 10:00 Bingocize 10:30 ShoGo Mobile 12:00 Lunch 2:00 Guitar & Ukulele Lessons</p> <p>may NATIONAL SALAD MONTH</p>	<p>8 9:00 Coffee Hour 9:00 Laura Rankin "Mother's Day Mobile" 9:30 Line Dancing 10:00 Mahjong 10:45 Tai Chi w/Nathan 12:00 Lunch 12:00 Poetry At Noon</p>
<p>11 9:00 Coffee Hour 9:30 Music & Movement w/Melanie 10:00 Crafting with Tonia 10:45 Tai Chi w/Nathan 11:00 Advance Beginners Watercolor 11:30 Blood Pressure Screening w/Melanie 12:00 LUNCH & LEARN WITH MELANIE/UMSRH MEDICATION MANAGEMENT 12:00 Mahjong</p>	<p>12 9:00 Coffee Hour 10:00 Bingocize 12:00 LUNCH W/DEAD SEA SQUIRRELS 12:30 Yarn & Needle Group</p>	<p>13 8:30 Commission On Aging 9:00 Coffee Hour 9:00 Beginning Oil Painting 9:30 Music & Movement w/Melanie 12:00 Lunch</p>	<p>14 9:00 Coffee Hour 10:00 Bingocize 10:30 ShoGo Mobile 12:00 LUNCH W/GENE EDWARDS REVIEW 2:00 Guitar & Ukulele Lessons</p>	<p>15 9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 10:45 Tai Chi w/Nathan 11:30 Toastmaster's 12:00 Lunch</p>
<p>18 9:00 Coffee Hour 9:30 Music & Movement w/Melanie 10:45 Tai Chi w/Nathan 11:00 Advance Beginners Watercolor 12:00 Lunch 12:00 Mahjong</p>	<p>19 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 Bingocize 12:00 Lunch w/DJ Chuckie 12:30 Yarn & Needle Group</p>	<p>20 9:00 Coffee Hour 9:00 Beginning Oil Painting 9:30 Music & Movement w/Melanie 10:30 SENIOR RESOURCE FAIR 12:00 Lunch</p>	<p>21 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 Bingocize 10:00 Elder Law Clinic 10:30 ShoGo Mobile 11:00 Cooking w/David 12:00 LUNCH w ALZ Awareness Presentation 2:00 Guitar & Ukulele Lessons</p>	<p>22 9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 10:45 Tai Chi w/Nathan 12:00 Lunch</p>
<p>25 CLOSED</p>	<p>26 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 Bingocize 11:00 Positive Music w/DJ Randy P 12:00 Lunch w/LES RAYNE 12:30 Yarn & Needle Group</p>	<p>27 9:00 Coffee Hour 9:00 Beginning Oil Painting 9:30 Music & Movement w/Melanie 12:00 Lunch</p>	<p>28 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 9:00 SHOREBIRDS GAME 10:00 Bingocize 10:30 ShoGo Mobile 12:00 Lunch 2:00 Guitar & Ukulele Lessons</p>	<p>29 9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 10:45 Tai Chi w/Nathan 12:00 Lunch</p>

**Bay Hundred
Senior Center
May 2026**



Monday	Tuesday	Wednesday
4 9:15 Mindfulness 10:30-11:30 Strong & Steady 11:30 Cooking Presentation* 12-1:30 Open Swim 1-2 SAIL Strength & Balance 2:15 Experienced Mahjongg	5 11-11:45 Water Aerobics 12-2:30 Torn Paper Art Workshop (limited to 10)*	6 9-3 Pinochle 9:15 Chair Yoga 10:30 Strong & Steady 1-2 SAIL Strength & Balance
11 10:30-11:30 Strong & Steady 12-1:30 Open Swim 2:15 Experienced Mahjongg NO SAIL CLASS TODAY	12 10-12 Watercolor Painting* 11-11:45 Water Aerobics 1-3 Self-Defense for Women (limited to 10)*	13 9-3 Pinochle 9:15 Chair Yoga 10:30 Strong & Steady 1-2 SAIL Strength & Balance
18 9:15 Mindfulness 10:30-11:30 Strong & Steady 12-1 Medication Tips 12-1:30 Open Swim 1-2 SAIL Strength & Balance 2-3 Book Club 2:15 Experienced Mahjongg	19 10-12 Watercolor Painting* 11-11:45 Water Aerobics 1-3 Games: Backgammon, Crokinole, Scrabble, & more	20 9-3 Pinochle 9:15 Chair Yoga 10:30 Strong & Steady 1-2 SAIL Strength & Balance
25 Closed for Memorial Day	26 10-12 Watercolor Painting* 11-11:45 Water Aerobics 1-3 Games: Backgammon, Crokinole, Scrabble, & more	27 9-3 Pinochle 9:15 Chair Yoga 10:30 Strong & Steady 1-2 SAIL Strength & Balance

*Please sign up for these programs at Senior Center Office or call 410-745-4017



300 Seymour Avenue, St. Michaels | 410-745-4017 | ademart@uppershoreaging.org

May 2026

Caroline County Senior Center

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

<p>We're Open!</p> <p>Caroline County Senior Center is Open Monday through Friday 8:00am-3:00pm</p>	<p>Older Americans Month</p> <p>National Walking Month</p> <p>Asian and Pacific Island Month</p> <p>Arthritis Month</p> <p>Mental Health Month</p>		<p>May Birthdays Linda McGregor 5/7 Sue Shortall 5/11 Nancy Henry 5/21 Amanda Brown 5/30</p> <p>Happy Birthday</p>	<p>Fiesta Friday Pot Luck Taco Bar 1</p> <p>Coffee Bar 8am-11am</p> <p>Cherry Blossom Craft 10:30am</p> <p>Bingo Bash 12:30pm</p>
<p>Coffee Bar 8am-11am 4</p> <p>Senior Chat and Connect 10:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p>	<p>Cinco de Mayo Day 5</p> <p>Coffee Bar 8am-11am</p> <p>Eating Well on a Budget with Jillian 10:30am</p> <p>Cinco de Mayo Day Crafts 12:30pm</p>	<p>Coffee Bar 8am-11am 6</p> <p>Charades 10:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p>	<p>Coffee Bar 8am-11am 7</p> <p>Medication Management and Blood Pressure Screening with Melanie Chapple 10:30am</p> <p>Bird Feeder Craft 12:30pm</p>	<p>Coffee Bar 8am-11am 8</p> <p>Mother's Day Bingo 10:30am</p> <p>Music Therapy with Melanie Young 12:15pm</p>
<p>Dress Like It's 1950 Day 11</p> <p>Coffee Bar 8am-11am</p> <p>Trivia 10:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p>	<p>Western Day 12</p> <p>Coffee Bar 8am-11am</p> <p>Popsicle Stick Pencil Stand Craft 10:30am</p> <p>Let's Take a Stroll 12:30pm</p>	<p>Crazy Hair Day 13</p> <p>Coffee Bar 8am-11am</p> <p>Shore Gourmet Presentation with David 10:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p>	<p>Neon Day 14</p> <p>Coffee Bar 8am-11am</p> <p>Dementia Series: New Advances in Alzheimer's Treatment 10:30am</p> <p>Bingo Bash 12:30pm</p>	<p>Wear Your Favorite Boardwalk Outfit 15</p> <p>Coffee Bar 8am-11am</p> <p>Beach Ball Volleyball 10:30am</p> <p>Sand Art Pictures 12:30pm</p>
<p>CAROLINE COUNTY SENIOR CENTER SPIRIT WEEK MAY 11-MAY 15</p>				
<p>Coffee Bar 8am-11am 18</p> <p>Senior Chat and Connect 10:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p>	<p>Coffee Bar 8am-11am 19</p> <p>Pressed Flower Bookmarkers 10:30am</p> <p>Hangman 12:30pm</p>	<p>Coffee Bar 8am-11am 20</p> <p>Senior Resource Fair 10am-12pm</p>	<p>Coffee Bar 8am-11am 21</p> <p>Bingo Bash 10:30am</p> <p>Pictionary 12:30pm</p>	<p>Coffee Bar 8am-11am 22</p> <p>Bingo Bash 10:30am</p> <p>Music Therapy with Melanie Young 12:30pm</p>
<p>Memorial Day Holiday 25 Center Closed</p>	<p>Coffee Bar 8am-11am 26</p> <p>Painted Rock Craft 10:30am</p> <p>Ring Toss 12:30pm</p>	<p>National Senior Health & Fitness Day 27</p> <p>Wear Your Favorite Workout Outfit</p> <p>Coffee Bar 8am-11am</p> <p>Let's Take a Stroll 10:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p>	<p>Coffee Bar 8am-11am 28</p> <p>Bingo Bash 10:30am</p> <p>Bean Bag Toss 12:30pm</p>	<p>Coffee Bar 8am-11am 29</p> <p>Senior Chat and Connect 10:30am</p> <p>Reminiscing Our Younger Years 12:30pm</p>

May 2026

Federsburg Senior Center

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

<p>We're Open! Federsburg Senior Center is Open Tuesday and Thursday</p>			<p>May Birthdays Vernetta Conaway 5/7</p> 	
	<p>Nature Walk 9:30am Felt Flowers Craft 10am Bingo 11am Lunch 12pm Cards 1pm</p> 		<p>Coffee Hour 9am S.A.I.L. Exercise Class 10am Alzheimer's Presentation with Susan Higgs 11am Lunch 12pm Board Games 1pm</p> 	
	<p>Nature Walk 9:30am Medication Management and Blood Pressure Checks with Melanie Chapple 10am Bingo 11am Lunch 12pm Decoupage Flower Pots Craft 1pm</p> 		<p>Coffee Hour 9am S.A.I.L. Exercise Class 10am Senior Field Day 11am Birthday Potluck Lunch 12pm</p> 	
	<p>Nature Walk 9:30am Patriotic Pin Craft 10am Bingo 11am Lunch 12pm Cards 1pm</p> 		<p>Coffee Hour 9am S.A.I.L. Exercise Class 10am Health Education with Michelle Hammond 11am Lunch 12pm Board Games 1pm</p> 	
<p>Memorial Day Holiday</p> 	<p>Senior Appreciation Breakfast 10am Bingo 11am Lunch 12pm Caroline County Library Public Library Craft 1pm</p> 		<p>Coffee Hour 9am S.A.I.L. Exercise Class 10am Game Show 11am Lunch 12pm</p> 	



Motherhood is more than a role; it's a journey, a calling, and a bond unlike any other. Moms wear countless hats – they are our first friends, lifelong teachers, and unwavering protectors. They are the architects of our earliest memories and the cornerstone of our emotional well-being. On Mother's Day, we come together to celebrate these remarkable women who shape our lives in ways big and small. Let's take a moment to honor the everyday heroes who make life so much brighter, richer, and more meaningful.

Make a Difference!
DONATE

Help support Upper Shore Aging and its 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](#)

Stovetop Vegetarian Tortilla Pizza Recipe

Ingredients

¼ cup (52 milliliters) low-sodium vegetable broth
½ cup onion, diced
1 cup white button or cremini mushrooms, thinly sliced
1 cup bell pepper, diced
¼ teaspoon salt
½ cup (115 milliliters) canned tomato sauce
½ cup canned refried beans
1 cup shredded cheese (dairy or non-dairy), divided
½ cup fresh tomatoes, diced and divided
2 (10-inch) whole-wheat tortillas



Contributors: Anna Tseng, MPH, RDN, LDN
Reviewers: Academy Staff RDNs
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Directions

Before you begin: Wash your hands.

1. Heat vegetable broth in a saucepan over medium heat. Add onion, mushrooms, bell pepper, salt and black pepper. Cook for about 5 minutes, stirring occasionally, until vegetables become soft and most of the broth has evaporated.
2. Meanwhile, mix the tomato sauce and refried beans in a microwave-safe bowl until well combined. Cover and cook in the microwave on high for 1 minute.
3. Place tortilla in a large skillet over low heat. With the back of a spoon or a rubber spatula, spread half of the refried bean and tomato sauce mixture onto the tortilla to make a thin, even layer. Then, layer on ¼ cup cheese and ¼ cup diced tomatoes. Add half the cooked vegetable mixture on top and sprinkle on another ¼ cup cheese.

Cook 3 to 5 minutes or until the bottom of the tortilla has turned slightly crispy and the cheese has mostly melted. Remove the tortilla pizza from the skillet and

Nutrition Information

Serves 4

Serving Size: ¼ of a 10-inch tortilla pizza (167 grams)

Calories: 231; Total Fat: 10g; Saturated Fat: 5g; Cholesterol: 20mg; Sodium: 409mg; Carbohydrate: 27g; Fiber: 5g; Sugar: 4g; Protein: 10g; Potassium: N/A; Phosphorus: N/A.

THE IMPACT OF ALZHEIMER'S AND DEMENTIA IN OUR COMMUNITY

Join us for a program presented by the Alzheimer's Association®



Today, more than 7 million Americans are living with Alzheimer's and nearly 12 million are their unpaid caregivers — an escalating health crisis that affects many in our Mid Shore Community. Join us for a brief informative program to learn about the impact of the disease, local resources and ways you can join the fight against Alzheimer's and all other dementia.

May 7, 2026
11:00 am

Federalsburg Senior Center
301 N Main St
Federalsburg, MD
The Empowered Caregiver Series
For more information contact:
Susan Higgs
410-778/1182 or
shiggs@uppershoreaging.org





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: 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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