

UPPER SHORE CLARION

JUNE 2026

VOLUME 26, ISSUE 6

Thank goodness some warm weather is here!

June is Elder Abuse Awareness Month, which highlights the prevention, recognition, and response to abuse, neglect, and exploitation of older adults.

Elder abuse refers to a single or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust, which causes harm or distress to an older person. It can take many forms, including physical, emotional, sexual abuse, financial exploitation, neglect, and self-neglect. Elder abuse is a serious global social issue affecting the health and human rights of millions of older adults, yet it often remains hidden or underestimated in many societies. Worldelderabuseawareness.com

Fortunately, each state has an ombudsman. This person advocates for residents in long-term care facilities and residential care communities. Upper Shore Aging's ombudsman is Deb Nicholson. She can be reached at the main office, 410-778-6000. There is also an Elder Abuse Hotline for those that may need additional help, 1-800-962-2873.

No matter how young or old a person is, we all have the right to enjoy life without the fear of some hurting us.



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

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<p>★ S.A.I.L. Exercise 1 9am (must pre-register) Lunch 12pm Mahjongg 12:30pm</p> 	<p>Belmont Party 2 10am-1pm RSVP by May 19</p> 	<p>S.A.I.L. Exercise Class 3 9am (must pre-register) Cooking with David 10:30am Lunch 12pm Watercolors 12:30pm</p> 	<p>Sit Fit 9am 4 Cardio/Line Dancing 9:45am Needlework 10am Games 10:30am Lunch 12pm On The Move 1pm (last class) Games 1pm</p> 	<p>Bingo Bash 5 9:30am-11:30am Lunch and Birthday Cake 12pm Games 1pm</p> 
<p>★ S.A.I.L. Exercise 8 9am (must pre-register) Health Education with Jillian 10:15am Lunch 12pm Mahjongg 12:30pm</p> 	<p>Sit Fit 9am 9 Cardio/Line Dancing 9:45am Blood Pressure Screening with SCOT 10:30am Enduring Faith 10:30am Bingo 11am Lunch 12pm CPR Class 12:30pm RSVP by June 8 Crafting 1pm</p> 	<p>S.A.I.L. Exercise Class 10 9am (must pre-register) ★ Healthy Hearts Program 10:30am Lunch 12pm Watercolors 12:30pm</p> 	<p>Sit Fit 9am 11 Cardio/Line Dancing 9:45am Needlework 10am Games 10:30am Lunch 12pm Games 1pm</p> 	<p>Bingo Bash 12 9:30am-11:30am Lunch 12pm Games 1pm</p> 
<p>S.A.I.L. Exercise 15 9am (must pre-register) Elder Abuse Prevention Recognition: Fall Prevention Program from University of Maryland 10:30am Special Lunch 12pm Mahjongg 12:30pm</p>	<p>Sit Fit 9am 16 Cardio/Line Dancing 9:45am Medication Management with Melanie 10:30am Bingo 11am Lunch 12pm Safety for Seniors 1pm</p> 	<p>S.A.I.L. Exercise Class 17 9am (must pre-register) ★ Healthy Hearts Program 10:30am Lunch 12pm Watercolors 12:30pm Hearing Screening 12:30pm-2:30pm</p> 	<p>Sit Fit 9am 18 Cardio/Line Dancing 9:45am Needlework 10am Father's Day Program 11am Lunch 12pm Games 1pm</p> 	<p>Juneteenth Day 19 Holiday Center Closed</p> 
<p>S.A.I.L. Exercise 22 9am (must pre-register) Art Therapy for Your Health 10:30am Lunch 12pm Mahjongg 12:30pm</p> 	<p>Sit Fit 9am 23 Cardio/Line Dancing 9:45am Enduring Faith 10:30am Bingo 11am Lunch 12pm Crafting 1pm</p> 	<p>S.A.I.L. Exercise Class 24 9am (must pre-register) ★ Healthy Hearts Program 10:30am Lunch 12pm Watercolors 12:30pm</p> 	<p>Sit Fit 9am 25 Cardio/Line Dancing 9:45am Needlework 10am Games 10:30am Lunch 12pm Games 1pm</p> 	<p>Bingo Bash 26 9:30am-11:30am Lunch 12pm ★ Cookies and Punch 1pm Games 1pm</p> 
<p>S.A.I.L. Exercise 29 9am (must pre-register) Dementia Education: 10:30am Lunch 12pm Mahjongg 12:30pm</p> 	<p>Sit Fit 9am 30 Cardio/Line Dancing 9:45am Bingo 11am Lunch 12pm Crafting 1pm</p> 	<p>We're Open! All activities will be held in the DINING ROOM unless noted otherwise.</p>	<p>Happy Birthday! Beverly Blakemey 6/4 Rosemarie Curlett 6/5 Teddi Zia 6/5 Robert Payne 6/7 Angie Wilmer 6/7 John Elburn 6/10 Catherine Boyer-Sterling 6/17 Margaret Solowski 6/18 Lori Park 6/22 Trudy Morris 6/24 Peggy Thomas 6/26 Portia Turner 6/27 Carol Elburn 6/30 Marie Spray 6/30</p>	<p>World Elder Abuse Awareness Month</p> 



JUNE 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9:00 Coffee Hour 9:30 Music & Movement w/Melanie 10:45 Tai Chi w/Nathan 11:15 HEALTH ED W/JILLIAN 12:00 Lunch 12:00 Mahjong</p>	<p>2</p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 Bingoize 12:00 Lunch 12:30 Yam & Needle Group</p>	<p>3</p> <p>9:00 Coffee Hour 9:00 Beginning Oil Painting 9:30 Music & Movement w/Melanie 9:30 Wii Bowling 12:00 Lunch</p>	<p>4</p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 Bingoize 10:30 ShoGo Mobile 12:00 Lunch 2:00 Guitar & Ukulele Lessons</p>	<p>5</p> <p>9:00 Coffee Hour 9:00 Field Trip "Harriet Tubman National Park" & DLO "Carole's Kitchen" 9:30 Line Dancing 10:00 Mahjong 10:45 Tai Chi w/Nathan 12:00 Lunch</p>
<p>8</p> <p>9:00 Coffee Hour 9:30 Music & Movement w/Melanie 10:00 Crafting with Tonia 10:45 Tai Chi w/Nathan 11:30 Blood Pressure Screening w/Melanie 12:00 LUNCH & LEARN WITH MELANIE/UMSRH MEDICATION MANAGEMENT 12:00 Mahjong</p>	<p>9</p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 Bingoize 12:00 Lunch 12:30 Yam & Needle Group</p>	<p>10</p> <p>8:30 Commission On Aging 9:00 Coffee Hour 9:00 Beginning Oil Painting 9:30 Music & Movement w/Melanie 9:30 Wii Bowling 12:00 Lunch</p>	<p>11</p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 Bingoize 10:30 ShoGo Mobile 12:00 LUNCH W/GENE EDWARDS REVIEW 2:00 Guitar & Ukulele Lessons</p>	<p>12</p> <p>9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 10:45 Tai Chi w/Nathan 12:00 Lunch 12:00 Poetry At Noon</p>
<p>15</p> <p>9:00 Coffee Hour 10:45 Tai Chi w/Nathan 12:00 Mahjong</p>  <p>WORLD ELDER ABUSE AWARENESS DAY Building Strong Support for Elders</p>	<p>16</p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 Bingoize 12:00 Lunch w/DJ Chuckie 12:30 Yam & Needle Group</p>	<p>17</p> <p>9:00 Coffee Hour 9:00 Beginning Oil Painting 9:30 Wii Bowling 12:00 Lunch & Learn "Fall Prevention" w/R Adams Cawley Shock Trauma Center</p>	<p>18</p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 Bingoize 10:30 ShoGo Mobile 11:00 Cooking w/David 12:00 Lunch 2:00 Guitar & Ukulele Lessons</p>	<p>19</p> <p>CLOSED</p>  <p>JUNETEENTH Celebrate Freedom JUNE 19th</p>
<p>22</p> <p>9:00 Coffee Hour 10:45 Tai Chi w/Nathan 12:00 Lunch 12:00 Mahjong</p>	<p>23</p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 12:00 Lunch & Learn w/Talbot County Sheriff's Dept - SCAMS 12:30 Yam & Needle Group</p>	<p>24</p> <p>9:00 Coffee Hour 9:00 Beginning Oil Painting 9:30 Wii Bowling 12:00 Lunch</p>	<p>25</p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 Elder Law Clinic 10:30 ShoGo Mobile 12:00 LUNCH w ALZ "Healthy Living For Your Brain & Body" 2:00 Guitar & Ukulele Lessons</p>	<p>26</p> <p>9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 10:45 Tai Chi w/Nathan 12:00 LUNCH W/THE JONES BOYS</p>  <p>MSAC www.msac.org</p>
<p>29</p> <p>9:00 Coffee Hour 9:30 Music & Movement w/Melanie 10:45 Tai Chi w/Nathan 12:00 Lunch 12:00 Mahjong</p>	<p>30</p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 11:00 Positive Music w/DJ Randy P 12:00 Lunch 12:30 Yam & Needle Group</p>		 <p>Upper Shore Aging Respect Independence Purpose</p>	<p>VISIT US ON OUR WEBSITE: www.brooklettsplace.org</p> <p>VISIT US ON FACEBOOK AT BROOKLETTS PLACE - TALBOT SENIOR CENTER</p> <p>OR CALL 410-822-2880</p>

**Bay Hundred
Senior Center
June 2026**



Monday	Tuesday	Wednesday
1 9:15 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	2 10-12 Watercolor Painting* 11-11:45 Water Aerobics 1-3 Games: Backgammon, Crokinole, Scrabble, & more	3 9-3 Pinochle 9:15 Chair Yoga 10:30 Strong & Steady 1-2 SAIL Strength & Balance
8 10:30-11:30 Strong & Steady 12 Health Education 12-1:30 Open Swim 1-2 SAIL Strength & Balance 2:15 Experienced Mahjongg	9 10-12 Watercolor Painting* 11-11:45 Water Aerobics 12-3 Mosaic Workshop with Sue Stockman*	10 9-3 Pinochle 9:15 Chair Yoga 10:30 Strong & Steady 1-2 SAIL Strength & Balance
15 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	16 10-12 Watercolor Painting* 11-11:45 Water Aerobics 1-3 Games: Backgammon, Crokinole, Scrabble, & more	17 9-3 Pinochle 9:15 Chair Yoga 10:30 Strong & Steady 1-2 SAIL Strength & Balance
22 10:30-11:30 Strong & Steady 12-1:30 Open Swim 1-2 SAIL Strength & Balance 2:15 Experienced Mahjongg	23 10-12 Watercolor Painting* 11-11:45 Water Aerobics 1-3 Games: Backgammon, Crokinole, Scrabble, & more	24 9-3 Pinochle 9:15 Chair Yoga 10:30 Strong & Steady 1-2 SAIL Strength & Balance
29 9:15 Mindfulness 10:30-11:30 Strong & Steady 12-1 Medication Tips 12-1:30 Open Swim 1-2 SAIL Strength & Balance 2:15 Experienced Mahjongg	30 10-12 Watercolor Painting* 11-11:45 Water Aerobics 1-3 Games: Backgammon, Crokinole, Scrabble, & more	

*Please sign up for these programs at Senior Center Office or by email.



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

<p>★ Coffee Bar 8am-11am</p> <p>1</p> <p>★ Hangman Game 10:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> 	<p>Coffee Bar 8am-11am</p> <p>2</p> <p>"Women in Business" Lunch and Learn 11:30am-1:00pm</p> 	<p>Coffee Bar 8am-11am</p> <p>3</p> <p>Dementia Conversations with Susan Higgs 10:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> 	<p>Coffee Bar 8am-11am</p> <p>4</p> <p>Medication Management Presentation and Blood Pressure Screening with Melanie Chapple 10:30am</p> <p>BINGO BASH 12:30pm</p> 	<p>Wear Your Favorite Purple Shirt</p> <p>5</p> <p>Coffee Bar 8am-11am</p> <p>Elder Abuse Event 10:30am-1:30pm:</p> <p>Scams with Amber Hafer of Caroline Co. Sheriff's Office</p> <p>Ombudsman with Deb Nicholson</p> <p>Map/Ship with Mary Moran</p> <p>Bingo</p>
<p>Coffee Bar 8am-11am</p> <p>8</p> <p>Fact or Fiction Game 10:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> 	<p>Coffee Bar 8am-11am</p> <p>9</p> <p>Nails with Erika 10:30am</p> <p>Wooden Coaster Craft 12:30pm</p> 	<p>Iced Tea Day</p> <p>Coffee Bar 8am-11am</p> <p>10</p> <p>Balloon Pop Quiz 10:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> 	<p>Coffee Bar 8am-11am</p> <p>11</p> <p>Hydration and Heat Safety with Jillian 10:30am</p> <p>BINGO BASH 12:30pm</p> 	<p>Coffee Bar 8am-11am</p> <p>12</p> <p>Riddle This Questions 10:30am</p> <p>Music Therapy with Melanie Young 12:30pm</p> 
<p>Coffee Bar 8am-11am</p> <p>15</p> <p>Trivia 10:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> 	<p>Coffee Bar 8am-11am</p> <p>16</p> <p>Paper Lanterns Craft 10:30am</p> <p>Let's Take a Stroll 12:30pm</p> 	<p>National Root Beer Day</p> <p>Coffee Bar 8am-11am</p> <p>17</p> <p>Fish Bowl Game 10:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> 	<p>Coffee Bar 8am-11am</p> <p>18</p> <p>Juneteenth Day Celebration at Federalsburg Senior Center 10:30am-1:30pm</p> <p>FREEDOM DAY</p> 	<p>Juneteenth Day Holiday</p> <p>19</p> <p>Center Closed</p> 
<p>Father's Day Sunday, June 21</p> <p>Coffee Bar 8am-11am</p> <p>22</p> <p>Senior Chat and Connect 10:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> 	<p>National Pink Day - Wear Your Favorite Pink</p> <p>Coffee Bar 8am-11am</p> <p>23</p> <p>Do-it-Yourself Fruit Mason Jar 10:30am</p> <p>Let's Take a Stroll 12:30pm</p> 	<p>Coffee Bar 8am-11am</p> <p>24</p> <p>Giant Jenga 10:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> 	<p>Coffee Bar 8am-11am</p> <p>25</p> <p>BINGO BASH 10:30am</p> <p>Let's Take a Stroll 12:30pm</p> 	<p>Coffee Bar 8am-11am</p> <p>26</p> <p>Wii Bowling 10:30am</p> <p>Music Therapy with Melanie Young 12:30pm</p> 
<p>★ Coffee Bar 8am-11am</p> <p>29</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</p> <p>30</p> <p>Seashell Trinket 10:30am</p> <p>Cornhole 12:30pm</p> 	<p>We're Open!</p> <p>Caroline County Senior Center is Open Monday through Friday 8:00am-3:00pm</p> <p>Two weeks' notice is requested for all Events, Crafts, and Lunches</p>	<p>June Birthdays</p> <p>Gary Shortall 6/22</p> <p>Shirley Thomas 6/29</p> <p>Mary McNiece 6/30</p> <p>Happy Birthday</p> 	<p>Elder Abuse Awareness Month</p> <p>Alzheimer's & Brain Awareness Month</p> 

<p>World Elder Abuse Awareness Month 1</p> 	<p>Nature Walk 9:30am 2</p> <p>Button Butterfly 10:30am</p> <p>Bingo 11am</p> <p>Lunch 12pm</p> <p>Name 5 Game 1pm</p> 	<p>BINGO</p> 	<p>S.A.I.L. Exercise Class 10am 4</p> <p>Brain Games 11am</p> <p>Feature Presentation and Lunch: "Ray" 12pm</p> <p>Charades 1pm</p> 	
<p>8</p> 	<p>Coffee Hour 9am 9</p> <p>Health Education with Jillian Luna 10am</p> <p>Bingo 11am</p> <p>Lunch 12pm</p> <p>Tea Towel Craft 1pm</p> 		<p>S.A.I.L. Exercise Class 10am 11</p> <p>Alzheimer's Presentation by Susan Higgs 11am</p> <p>Birthday Potluck Lunch 12pm</p> <p>Hangman Game 1pm</p> 	<p>June Birthdays 12</p> <p>Norma Phillips 6/3 Peggy Andrews 6/19</p> <p>HAPPY BIRTHDAY</p> 
	<p>Nature Walk 10am 16</p> <p>Bingo 11am</p> <p>Lunch 12pm</p> <p>Flag Day Trivia and Craft 1pm</p> 	<p>BINGO</p> 	<p>Juneteenth BBQ with Caroline County Senior Center 18</p> <p>Shock Trauma Fall Prevention Presentation with Kena Kuwera 10:30am</p> <p>Lunch 12pm</p> 	<p>Juneteenth Day 19</p> 
<p>Father's Day Sunday, June 21 22</p> <p>HAPPY FATHER'S DAY</p> 	<p>Shore Gourmet Cooking Demo with David 10am 23</p> <p>SHORE GOURMET DENTON MARKET</p> <p>Bingo 11am</p> <p>Lunch 12pm</p> <p>Fish Painting 1pm</p> 		<p>S.A.I.L. Exercise Class 10am 25</p> <p>Hearing Screenings with Hearing Life 10am-12pm</p> <p>Lunch 12pm</p> <p>Team Cornhole 1pm</p> 	<p>26</p> 
<p>Summer Nights!</p> 	<p>Nature Walk 10am 30</p> <p>Bingo 11am</p> <p>Lunch 12pm</p> <p>"Chiller" Michael Jackson-Themed Ice Cream Social 1pm</p> 	<p>We're Open!</p> <p>Feddersburg Senior Center is Open Tuesday and Thursday</p> 		



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](#)

LIGHTENED-UP BROCCOLI SALAD

Ingredients

2½ cups chopped raw broccoli
¼ cup nonfat Greek yogurt
¼ cup light mayonnaise
1 tablespoon rice vinegar
1 to 2 teaspoons sugar
2 tablespoons raisins or dried currants or cranberries
2 tablespoons chopped nuts (cashews, pecans, almonds)



Contributors: Marie Feldman, RD
Reviewers: Academy Staff RDNs
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Directions

Before you begin: Wash your hands

1. Wash and chop broccoli and set aside.
2. In a medium bowl, combine yogurt, mayonnaise, vinegar, sugar, raisins and nuts.
3. Add broccoli and mix well, until evenly covered with dressing.

Chill before serving.

Nutrition Information

Serving size: ½ cup

Serves 5

Calories: 90; Total Fat: 6g; Saturated Fat: 1g; Sodium: 170mg; Total Carbohydrate: 8g; Dietary Fiber: 2g; Sugars: 5g; Protein: 2g; Vitamin A: 1088IU; Vitamin C: 33mg; Calcium: 29mg.

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 dementias.

For More information contact:

Susan Higgs 410-778-1182
shiggs@uppershoreaging.org

The Empowered Caregiver Series

June 3rd @ 1030am
Caroline Sr Center
403 7th St, Denton, MD

June 11th @1100am
Federalsburg Sr Center
301 Main St, Federalsburg, MD

June 29th @1030am
Amy Lynn Ferris Center
200 Schaubert Rd, Chestertown, MD





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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