
UPPER SHORE CLARION

DECEMBER 2024

VOLUME 24, ISSUE 12

Happy holidays everyone. December is a month in which we celebrate Christmas, Hanukkah, Kwanza, and other extraordinary events. There will be plenty of lights, Christmas trees, family dinners and joy. Unfortunately, not everyone is able to partake in the celebrations. It may be due to illness, lack of transportation, finances, or loss of relatives. We would like for everyone to remember what this month is truly about.... giving. Giving does not just have to be a present. It could be time, a hug, or a simple phone call.

As winter approaches, we would like to remind everyone that there are things that each of us can do to help others. Volunteering at a local food bank or shelter is a gift. Helping those less fortunate than us is a gift. Transporting someone in need is a gift. Passing on Upper Shore Aging's phone number is a gift. These types of gifts are irreplaceable. Just because it does not have a bow, does not make it a gift.

From all of us at Upper Shore Aging, have a happy, safe, and joyous holiday.





MISSION STATEMENT

Upper Shore Aging, Inc. will develop and provide a variety of programs for older adults in the Upper Shore regions, which help maintain and improve quality of life.

Meet our Leaders

Executive Director –Herb Cain
Fiscal/ Deputy Director– Judi Bianco
Director of Senior Centers - Jennifer Neal
Director of Operations– Jennifer Cox

Upper Shore Aging Board of Directors

Caroline County

Frank Bartz (County Commissioner)
Cheryl Beulah
Amy Kreiner
Sara Rich (Secretary)
Chris Soldano

Kent County

Kay Brodie (President)
Mary Celeste Alexander (Treasurer)
Cathy Quesenberry
John Price (County Commissioner)
Jackie Adams

Talbot County

Pete Leshar (County Council Member)
Corey Pack (Vice-President)
Pam Limberry
Kevin Moran

December 2024

Federalsburg Senior Center

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

	<p>3</p> <p>"Stages of Dementia" presentation with Susan Wolfberg from Candle Light Cove 10am</p> <p>Bingo 11am</p> <p>Do-It-Yourself Christmas Card Craft 12:30pm</p> 	<p>4</p>  <p>CHRISTMAS TRIVIA</p>	<p>5</p> <p>Bingo 11am</p> <p>Christmas Season Trivia 12:30pm</p> <p>Cards 1pm</p> 	<p>6</p> 
<p>9</p> 	<p>10</p> <p>Bingo 11am</p> <p>Holiday Cup Craft 12:30pm</p> <p>Cards 1pm</p> 		<p>12</p> <p>S.A.I.L. Exercise Class 10am</p> <p>December Birthday Potluck 12pm</p> <p>Cookie Swap! 12:30pm</p> 	<p>13</p> 
<p>16</p> 	<p>17</p> <p>Health Education with Tyrell 10am</p> <p>Bingo 11am</p> <p>Tricky Tray Fundraiser 1pm-4pm</p> 	<p>18</p> 	<p>19</p> <p>Medication Management with Melanie 10am</p> <p>Blood Pressure Checks 10:30am</p> <p>S.A.I.L. Class 11am</p> <p>Christmas Luncheon 12pm</p> <p>Music from the Colonel Richardson High School Jazz Band 1pm</p>	<p>20</p> 
<p>23</p> 	<p>24</p> <p>Bingo 11am</p> <p>Craft sponsored by The Caroline County Public Library 12:30pm</p> <p>Senior Stocking Exchange 1pm</p> 	<p>25</p> 	<p>26</p> <p>S.A.I.L. Exercise Class 10am</p> <p>Cards 1pm</p> 	<p>27</p> <p>December Birthdays Joy Vega 12/28</p> 
<p>30</p> 	<p>31</p> <p>Bingo 11am</p> <p>"New Year, Same Beautiful Me" Craft 12:30pm</p> <p>Cards 1pm</p> 			

December 2024


Amy Lynn Ferris Adult Activity Center

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

<p>★ S.A.I.L. 9am 2 Billiards 9am Walk Fit 10:15am Lunch 12pm Watercolors 12:30pm Mahjongg 1pm Open Crafting 1pm</p> 	<p>Sit Fit 9am 3 Cardio 9:45am Bingo 11am Lunch 12pm Paint Canvas Bags 12:30pm</p> 	<p>S.A.I.L. 9am 4 Movie "Holiday Inn" 10:15am Lunch 12pm Christmas Decopage Tags 12:30pm</p> 	<p>Sit Fit 9am 5 Walk Fit 9:45am Needlecrafts 10am Sea Glass Creations 12:30pm <i>RSVP by December 2, \$10</i> Lunch 12pm</p> 	<p>Movie "Miracle on 34th Street" 9:15am Shopping and Lunch Trip to Chesapeake City 9:30am-2:30pm Lunch 12pm</p> 
<p>☆ S.A.I.L. 9am 9 Billiards 9am Walk Fit 10:15am Lunch 12pm Watercolors 12:30pm Mahjongg 1pm Open Crafting 1pm</p> 	<p>Sit Fit 9am 10 Cardio 9:45am Blood Pressure with Shore Community Outreach Team 10:30am Bingo 11am Lunch 12pm Painting on Wood 12:30pm</p> 	<p>S.A.I.L. 9am 11 Movie "It's a Wonderful Life" 10:15am Lunch 12pm Birthday Cake 12:30pm</p> 	<p>Sit Fit 9am 12 Walk Fit 9:45am Needlecrafts 10am Christmas Door Swags 1pm, <i>RSVP by December 6, \$5</i> Lunch 12pm</p> 	<p>Stretch Fit 9am 13 Cookie Walk 10am-12pm Bingo 11am Lunch 12pm Cardio Line Dancing 1pm</p> 
<p>S.A.I.L. 9am 16 Billiards 9am Walk Fit 10:15am Lunch 12pm Watercolors 12:30pm Mahjongg 1pm Open Crafting 1pm</p> 	<p>Sit Fit 9am 17 Cardio 9:45am Medication with Melanie 10:30am Bingo 11am Lunch 12pm Crafting with Brenda 12:30pm <i>RSVP by December 9, \$25</i></p> 	<p>S.A.I.L. 9am 18 Movie "White Christmas" 10:15am Lunch 12pm Live Holiday Arrangement 12:30pm <i>RSVP by December 13, \$5</i></p> 	<p>Needlecrafts 10am 19 Christmas Party 11am-1pm <i>RSVP by December 6</i></p> 	<p>Stretch Fit 9am 20 Cardio 9:45am Bingo 11am Lunch 12pm</p> 
<p>S.A.I.L. 9am 23 Billiards 9am Walk Fit 10:15am Lunch 12pm Watercolors 12:30pm Mahjongg 1pm Open Crafting 1pm</p> 	<p>Sit Fit 9am 24 Cardio 9:45am Bingo 11am Lunch 12pm</p> 	<p>Christmas Day Center Closed 25</p> 	<p>Sit Fit 9am 26 Walk Fit 9:45am Needlecrafts 10am Lunch 12pm Crafting 12:30pm</p> 	<p>Stretch Fit 9am 27 Bingo Bonanza 9:30am-11:30am Lunch 12pm Cardio Line Dancing 1pm</p> 
<p>S.A.I.L. 9am 30 Billiards 9am New Year's Celebration 11am-1pm</p> 	<p>Sit Fit 9am 31 Cardio 9:45am Bingo 11am Lunch 12pm</p> 		<p>Happy Birthday! Carol Dobson 12/9 Pat Robinson 12/12 Greta Black 12/25 Lori Larrimore 12/30 Ralph Vandyke 12/31</p> 	<p>We're Open! <i>All activities will be held in the DINING ROOM unless noted otherwise.</i></p>

Bay Hundred Senior Center December 2024



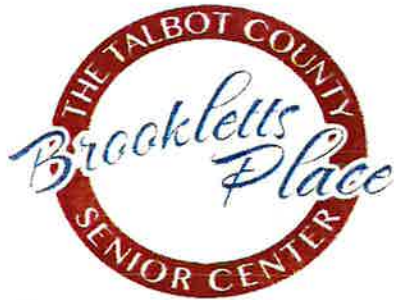
Monday	Tuesday	Wednesday
2 9:00 Calming Mindfulness 10:30 Strong & Steady 12-1:30 Open Swim 1-3 Mahjongg/Games	3 10-12 Watercolor* 11-11:45 Water Aerobics 12-2:30 Crokinole/Games No Tai Chi until January 2-3 SAIL Strength & Balance*	4 9-3 Pinochle 9:15 Chair Yoga 2-3 SAIL Strength & Balance*
9 9-12 Needle Felting* 10:30 Strong & Steady 12-1:30 Open Swim 1-3 Mahjongg/Games	10 10-12 Watercolor* 11-11:45 Water Aerobics 12-2:30 Crokinole/Games 2-3 SAIL Strength & Balance*	11 9-3 Pinochle 9:15 Chair Yoga 2-3 SAIL Strength & Balance*
16 9:00 Calming Mindfulness 10:30 Strong & Steady 12-1:30 Open Swim 1-2 Book Club – “The Other Wes Moore”	17 10-12 Watercolor* 11-11:45 Water Aerobics 12-2:30 Crokinole/Games 2-3 SAIL Strength & Balance*	18 9-3 Pinochle 9:15 Chair Yoga 2-3 SAIL Strength & Balance*
23 10:30 Strong & Steady 12-1:30 Open Swim 1-3 Mahjongg/Games	24 10-12 Watercolor* 11-11:45 Water Aerobics 12-2:30 Crokinole/Games 2-3 SAIL Strength & Balance*	
30 9:00 Calming Mindfulness 10:30 Strong & Steady 12-1:30 Open Swim 12-1 Lunch & Learn: Medication Management 1-3 Mahjongg Games	31 10-12 Watercolor* 11-11:45 Water Aerobics 12-2:30 Crokinole/Games 2-3 SAIL Strength & Balance*	2025!

*Needle Felting – please sign up at Senior Center Office or email ademart@uppershoreaging.org

*Watercolor – please register with Senior Center Office (410-745-4017) if you’re new.

* SAIL (Strength & Balance Class) Register at Senior Center office.





A place to connect. A place to thrive.



2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:00 Coffee Hour 11:00 Advance Beginners Watercolor 11:00 Tai Chi w/Nathan 12:00 Lunch 12:00 Mahjong 2:00 Guitar & Ukulele Lessons</p> <p>ON THIS DAY IN 1972 <i>The #1 Hit was The Temptations Papa Was A Rolling Stone</i></p>	<p>3</p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 12:00 Lunch 12:30 Yarn & Needle Group</p> 	<p>4</p> <p>9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 Music & Movement w/Melanie 10:30 Wii Bowling 11:00 Duplicate Bridge 11:30 DLO "China Buffet" 12:00 Lunch 5:30 CYCLING WITHOUT AGE</p>	<p>5</p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:30 ShoGo Mobile 12:00 Lunch</p> <p>HAPPY BIRTHDAY LITTLE RICHARD BORN December 5th, 1932 DIED 2020 (aged 87) <i>"Elvis may be the King of Rock and Roll, but I am the Queen."</i></p>	<p>6</p> <p>9:00 Coffee Hour 9:30 Line Dancing 10:30 Mahjong 11:00 Tai Chi w/Nathan 11:30 Toastmaster's 12:00 Lunch</p> 
<p>9</p> <p>9:00 Coffee Hour 11:00 Advance Beginners Watercolor 11:00 Tai Chi w/Nathan 11:30 Blood Pressure Screening w/Melanie 12:00 Mahjong 12:00 LUNCH & LEARN w/MELANIE 2:00 Guitar & Ukulele Lessons</p> <p>HOLIDAY CRAFT BAZAAR BROOKLETTS PLACE CRAFTERS DEC 10TH THRU THE 12TH</p> 	<p>10</p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 Crafting with Tonia 12:00 LUNCH W/ALLEGRA! Women's Chorus 12:30 Yarn & Needle Group</p> 	<p>11</p> <p>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</p> <p>HOLIDAY CRAFT BAZAAR BROOKLETTS PLACE CRAFTERS DEC 10TH THRU THE 12TH</p>	<p>12</p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:30 ShoGo Mobile 12:00 LUNCH W/GENE EDWARDS REVIEW</p> <p>HOLIDAY CRAFT BAZAAR BROOKLETTS PLACE CRAFTERS DEC 10TH THRU THE 12TH</p>	<p>13</p> <p>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</p> 
<p>16</p> <p>9:00 Coffee Hour 11:00 Advance Beginners Watercolor 11:00 Tai Chi w/Nathan 12:00 LUNCH & LEARN w/DSS 12:00 Mahjong 2:00 Guitar & Ukulele Lessons</p> <p>Why did the kid cross the playground? <i>To get to the other slide!</i></p>	<p>17</p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 12:00 Lunch w/DJ Chuckie 12:30 Yarn & Needle Group</p> <p>DECEMBER BIRTHSTONE</p> 	<p>18</p> <p>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</p> 	<p>19</p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 Elder Law Clinic 10:30 ShoGo Mobile 10:30 Christmas Luncheon at Delmarva Community Services 12:00 Lunch</p> <p>ON THIS DAY IN 1843 <i>Charles Dicken's A Christmas Carol novella is published. It is one of the most well-known stories of all time.</i></p>	<p>20</p> <p>9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 11:00 Tai Chi w/Nathan 11:30 Toastmaster's 12:00 Lunch</p> <p>National Ugly Christmas Sweater Day</p> 
<p>23</p> <p>9:00 Coffee Hour 11:00 Advance Beginners Watercolor 11:00 Tai Chi w/Nathan 12:00 Lunch 12:00 Mahjong 2:00 Guitar & Ukulele Lessons</p> <p>Where do horses live? <i>In neigh-borhoods!</i></p>	<p>24</p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 12:00 Lunch 12:30 Yarn & Needle Group</p> 	<p>25</p> <p>CLOSED</p> 	<p>26</p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:30 ShoGo Mobile 12:00 Lunch</p> <p>HAPPY KWANZAA DEC 26TH - JAN 1</p> 	<p>27</p> <p>9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 11:00 Tai Chi w/Nathan 12:00 Lunch</p> <p>National Fruitcake Day</p> 

<p>National Giving Month 2</p> <p>National Handwashing Week</p> <p>Hot Coffee Bar 8am-11am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> <p>Shopping / Bank Post Office</p> 	<p>National Handwashing Week 3</p> <p>National Giving Day</p> <p>Hot Coffee Bar 8am-11am</p> <p>Christmas Mirror Art Craft 10am</p>  	<p>National Handwashing Week 4</p> <p>Hot Coffee Bar 8am-11am</p> <p>Healthy Coaching with Michelle 10am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p>  	<p>National Handwashing Week 5</p> <p>Hot Coffee Bar 8am-11am</p> <p>Medication Management with Melanie 10am</p> <p>Blood Pressure Screening with Melanie 10:30am</p>  	<p>National Handwashing Week 6</p> <p>Hot Coffee Bar 8am-11am</p> <p>Birthday Celebrations 12:30pm</p> <p>Shopping Bank Post Office</p>  
<p>Hot Coffee Bar 8am-11am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> <p>Shopping / Bank Post Office</p>  	<p>Hot Coffee Bar 8am-11am</p> <p>Holiday Nails with Erica 10am</p> <p>Christmas Trivia 12:30pm</p>  	<p>Hot Coffee Bar 8am-11am</p> <p>Do-It-Yourself Christmas Bulbs with Dawn 10am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p>  	<p>National Gingerbread House Day 12</p> <p>Hot Coffee Bar 8am-11am</p> <p>Gingerbread House Craft 10am</p>  	<p>National Hot Cocoa Day 13</p> <p>Hot COCOA Bar 8am-11am</p> <p>Christmas Movies 11am-1:30pm</p> <p>Shopping Bank Post Office</p>  
<p>Hot Coffee Bar 8am-11am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> <p>Shopping Bank Post Office</p>  	<p>Hot Coffee Bar 8am-11am</p> <p>Do-It-Yourself Christmas Glass Craft 10am</p>  	<p>Hot Coffee Bar 8am-11am</p> <p>Dementia and Alzheimer's Presentation with Susan Wolfgang 10am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> 	<p>Hot Coffee Bar 8am-11am</p> <p>Do-It-Yourself Mason Jar Craft 10am</p> 	<p>Hot Coffee Bar 8am-11am</p> <p>Christmas Tree Bubble Art 12:30pm</p> <p>Shopping / Bank Post Office</p>  
<p>Hot Coffee Bar 8am-11am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> <p>Shopping Bank Post Office</p>  	<p>Hot Coffee Bar 8am-11am</p> <p>Christmas Bingo 10am</p> <p>Christmas Celebration 11am</p>  	<p>Merry Christmas! 25</p> <p>Center Closed</p>  	<p>Hot Coffee Bar 8am-11am</p> <p>Do-It-Yourself New Year's Champagne Glass Craft 10am</p> 	<p>Hot Coffee Bar 8am-11am</p> <p>Card Games 12:30pm</p> <p>Shopping / Bank Post Office</p> 
<p>Hot Coffee Bar 8am-11am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> <p>Shopping / Bank Post Office</p>  	<p>Hot Coffee Bar 8am-11am</p> <p>New Year's Bingo 10am</p> <p>New Year's Celebration 12:30pm</p>  		<p>We're Open!</p> <p>Caroline County Senior Center is Open Monday through Friday 8:00am-3:00pm</p> 	<p>December Birthdays Bonnie Brown 12/1</p>   

WINTER WORD SEARCH



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

See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.

- | | | | |
|------------|--------------|--------------|--------------|
| 1. Snow | 5. Shovel | 9. Slippery | 13. Scarf |
| 2. Snowman | 6. Cold | 10. Slide | 14. Hat |
| 3. Winter | 7. Freezing | 11. Sledding | 15. Earmuffs |
| 4. Weather | 8. Snowflake | 12. Skating | 16. Mittens |

Grinch Cheesecake Lush

Let's go shopping!

36 vanilla oreo cookies
6 Tbsp melted butter
8oz softened cream cheese
1 cup powdered sugar
16 oz cool whip
2 boxes 3.4 oz vanilla instant pudding
2 1/2 cups cold milk
1 tsp peppermint extract
Green and red food coloring
Green heart sprinkles



Now for the fun part

1. Separate your cookies from the cream center. It won't be needed. Then in a food processor or baggie, crush the cookies.
2. Place cookie crumbs in a large bowl and add melted butter. Stir until well blended.
3. Press the cookie mixture in a glass 9x13 baking dish.
4. Grab your mixer and combine powdered sugar and cream cheese, once smooth, fold in cool whip.
5. Add the green coloring until you've got the right shade you want
6. Spread that mixture over the cookie mixture.
7. In a medium bowl, whisk pudding and milk until combined. Add peppermint and red coloring.
8. Spread over the cream cheese.
9. Mix the remaining cool whip with the green coloring. Try to match the green used before.
10. Spread that mixture on top.
11. Put your sprinkles over the top and refrigerate for 4 hours.
12. Now it's time to show off your creation.



The First Noel

The first Noel the angels did say
Was to certain poor shepherds in
fields as they lay
In fields where they lay keeping
their sheep
On a cold winter's night that was so
deep

Noel, Noel, Noel, Noel
Born is the King of Israel

They looked up and saw a star
Shining in the east, beyond them
far
And to the earth it gave great light
And so it continued both day and
night

Noel, Noel, Noel, Noel
Born is the King of Israel

And by the light of that same star
Three Wise Men came from coun-
try far
To seek for a King was their intent
And to follow the star wherever it
went

Noel, Noel, Noel, Noel
Born is the King of Israel

This star drew nigh to the north-
west
O'er Bethlehem it took its rest
And there it did both stop and stay
Right over the place where Jesus
lay

Noel, Noel, Noel, Noel
Born is the King of Israel

Then entered in those Wise Men
three
Fell reverently upon their knee
And offered there in his presence
Their gold and myrrh and frank in-
cense

Noel, Noel, Noel, Noel
Born is the King of Israel

Then let us all with one accord
Sing praises to our heavenly Lord
That hath made heaven and earth
of naught
And with his blood mankind hath
bought

Noel, Noel, Noel, Noel
Born is the King of Israel



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



Upper Shore Aging Inc.

A Non-Profit agency serving older adults in Kent, Caroline, 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>



Phone: 410-778-6000/410-758-6500
Toll Free: 1-800-721-6651
Fax: 410-778-3562
E-mail: usainc@uppershoreaging.org

100 Schaubert Rd.
Chester town, MD 21620

Upper Shore Aging Inc.

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