

# The SCOOP

Charles County's Senior Center News



**JULY 2022**

[www.CharlesCountyMD.gov](http://www.CharlesCountyMD.gov)

## Grocery Distribution

New Hope Community Outreach Services Inc is an organization that has generously agreed to donate grocery items to each senior center location. Supplies will be limited so we must limit it to one bag per household. Please call your local senior center to register and receive this generous donation.

**All distributions begin at 11:30 a.m.**

July 7	Waldorf Senior & Rec Center
July 14	Clark Senior Center
July 21	Indian Head Senior Center
July 28	Nanjemoy Senior Center



## Caregivers Corner

### Summer Heat

Did you know July is the hottest month of the year in Maryland? Caregivers need to be especially aware of how the extreme heat can affect their elderly loved one. Seniors, especially those with dementia, may have a difficult time expressing their needs and regulating their own body temperature.

#### Here are some tips for summer heat:

- Avoid outdoor activities between 10am and 4pm when the sun is at its strongest.
- Encourage and offer non-caffeinated fluids often.
- Choose light, cool meals and consider frozen snacks.
- Make lightweight, light-colored clothing available.
- Be mindful that on super-hot days, even the nighttime temps can be above 75 and without the use of fans or air conditioning, your loved one may not be able to sleep well.
- If you notice behavioral changes, such as agitation, look at your surroundings and make sure your loved one is not becoming too overheated.

Information for this article provided by  
parcprovence.com

July Caregiver Support Group being offered in-person at the Richard Clark Senior Center on Wednesday, July 27, 2022 at 2pm.

## Volunteer Opportunity

Charles County Meals on Wheels, Inc. is currently looking for people to deliver hot and frozen meals to home-bound seniors throughout Charles County. Training will be provided. If you are interested in helping us with this important service please contact the Charles County Meals on Wheels office 301-392-6325 or email [ccmealstrp@comcast.net](mailto:ccmealstrp@comcast.net).



## Senior Farmers Market Nutrition Program

We are excited to announce the return of the Senior Farmers Market Nutrition Program (SFMNP). This program provides free coupons to be used at any approved Farmers Markets for fresh local fruits and vegetables. To be eligible to receive coupons, your income must qualify you to be enrolled in one of the following Federal Programs:

- Qualified Medicare Beneficiary Program (QMB)
- Special Low-Income Medicare Beneficiary Program (SLMB)
- Maryland Energy Assistance Program (MEAP)
- Senior Prescription Drug Assistance Program (SPDAP)
- EXTRA HELP with Medicare D Prescription Drug Program
- Medicaid
- SSI
- Food Stamps
- Senior Employment Program

If you are not enrolled in any of these programs, you may still be eligible based on your monthly income. Verification of eligibility must be presented at time of pick-up (i.e., pay stubs, statements etc.). Participation in the program in past years, does not automatically qualify you for this year.

Distribution of coupons will be on a first come, first served basis. During this year's Senior Farmers Market, Herbert Farms will join us onsite with fresh local produce. Shopping with the farmer will be open to voucher recipients only from 9:30 a.m. – 11:30 a.m. and open to the public from 11:30 a.m. – 12:30 p.m.

**July 6: Waldorf Senior & Rec Center at 9:30 a.m.**

**July 13: Nanjemoy Senior Center at 9:30 a.m.**

**July 20: Clark Senior Center at 9:30 a.m.**

**July 27: Indian Head Senior Center at 9:30 a.m.**



## July Holidays

Senior Centers will be closed  
on Monday, July 4,  
in observance of  
Independence Day.

# Hydrating Foods for the Summer

Proper hydration is extremely important for your health.

In fact, not drinking enough water can lead to dehydration, which can cause fatigue, headaches, skin problems, muscle cramps, low blood pressure and a rapid heart rate. What's more, prolonged dehydration can lead to serious complications like organ failure.

Experts generally recommend drinking several glasses of water per day to meet your hydration needs. But while drinking water is very important, you can also get it from foods. There are many healthy foods that can contribute a large amount of water to your diet.

1. Lettuce (96% water)
2. Cucumber, Celery, Coconut Water (95% water)
3. Zucchini, Tomatoes (94% water)
4. Watermelon, Broths & Soups, Bell Peppers, Cauliflower, Cabbage, (92% water)
5. Strawberries, Skim Milk (91% water)
6. Cantaloupe (90% water)
7. Peaches (89% water)
8. Oranges, Plain Yogurt, Grape Fruit (88% water)
9. Cottage Cheese (80% water)

## The Bottom Line

Staying hydrated is extremely important for your overall health. Health experts often recommend drinking several glasses of water per day to meet your hydration needs, but the water content of foods is often overlooked.

While drinking water is important, you can consume a significant amount of water by including a variety of water-rich fruits, vegetables and dairy products in your diet.

This is why most people don't necessarily have to drink a lot of water.

As long as you're eating plenty of water-rich foods and drinking water when you feel thirsty, you won't have a problem staying hydrated.

**Information provided by [https://www.healthline.com/nutrition/19-hydrating-foods#TOC\\_TITLE\\_HDR\\_21](https://www.healthline.com/nutrition/19-hydrating-foods#TOC_TITLE_HDR_21)**



# Hot Weather Safety for Older Adults

Too much heat is not safe for anyone. It is even riskier if you are older or have health problems. It is important to get relief from the heat quickly. If not, you might begin to feel confused or faint. Your heart could become stressed and stop beating. Being hot for too long can be a problem. It can cause several illnesses. But there are several things you can do to lower your risk of these heat related illnesses.

- Drink plenty of liquids, such as water or fruit or vegetable juices. Stay away from drinks containing alcohol or caffeine. If your doctor has told you to limit your liquids, ask what you should do when it is very hot.
- If you live in a home or apartment without fans or air conditioning, try to keep your house as cool as possible. Limit your use of the oven. Keep your shades, blinds, or curtains closed during the hottest part of the day. Open your windows at night.
- If your house is hot, try to spend time during mid-day some place that has air conditioning—for example, go to the shopping mall, movies, library, senior center, or a friend's house.
- If you need help getting to a cool place, ask a friend or relative. Some religious groups, senior centers, and Area Agencies on Aging provide this service. If necessary, take a taxi or call for senior transportation. Don't stand outside in the heat waiting for a bus.
- Dress for the weather. Some people find natural fabrics, such as cotton, to be cooler than synthetic fibers.
- Don't try to exercise or do a lot of activities outdoors when it's hot.
- Avoid crowded places when it's hot outside. Plan trips during non-rush-hour times.

Remember, older adults have trouble handling heat and humidity. Pay attention to weather forecasts and follow the tips above to stay safe this summer.

**Information from <https://www.nia.nih.gov/health/hot-weather-safety-older-adults>.**



## Many Older Adults Don't Protect Their Skin from the Sun

Less than half of older adults protect their skin from the sun when outside for an hour or more on a warm, sunny day. This may raise their risk of getting skin cancer.

Each year in the United States, more than 5 million people are treated for skin cancer at a cost of about \$8.1 billion. Most cases of skin cancer are found in people older than 65 years of age, but little attention has been given to ways to reduce skin cancer risk among people in this age group. Because older adults are living longer, the need for public health efforts to promote life-long skin health is more critical than ever.

A major risk factor for most skin cancers is too much exposure to the sun's ultraviolet (UV) rays. Making sun protection an everyday habit can help prevent sunburns and lower a person's chances of getting skin cancer.

People who reach the age of 65 can expect to live, on average, 2 more decades. This means that efforts to improve the use of sun protection and reduce sunburn among older adults would likely help to reduce skin cancer risk in later decades of life. More research can help us to understand the best ways to promote and support sun safety among older adults. Communities can continue making sun protection options easily accessible to older adults by increasing shade in outdoor public spaces.

### Ways to prevent sunscreen include:

- Stay in the shade.
- Use sunscreen.
- Wear a wide-brimmed hat.
- Wear clothing to the ankles.
- Wear a long-sleeved shirt.



Information provided by the Centers for Disease Control.

## Juneteenth Celebration was a huge success! Thank you to all involved!

Our first ever county-wide Juneteenth celebration was a huge success! Over 100 seniors attended the celebration at the Indian Head Pavilion. We saw an amazing performance by Soul in Motion & the Richard R. Clark Gospel Choir and enjoyed a delicious lunch by Belinda Branson. As a national holiday, we got to enjoy the celebration of FREEDOM. Thank you to all the seniors who helped us celebrate. And thank you to each senior that paved the way for us to have this celebration. All celebrations in senior centers before this year helped us shape the celebration we had. **Thank you!**

## Morning Meditation

The Outreach Van is bringing you a program called Mobile Meditation. Participants will learn mindfulness, meditation, and movement to improve mental health and wellness. Come enjoy this fun program and visit the Outreach Van before or after to pick up a book or audiobook on meditation! Bring a yoga mat or towel and a bottle of water.

### Nanjemoy Senior & Community Center

Tuesday, July 12, 11 a.m. • Fee: FREE

### Indian Head Senior Center

Thursday, July 14, 10:30 a.m. • Fee: FREE



## July is National Ice Cream Month

Maryland summers can be hot, humid, and sometimes feel unbearable. A cool treat helps offer some relief from the heat and what better month to celebrate ice cream than July!? For those of us that need to watch our sugar intake or can't handle dairy, ice cream may not be an option, but nice cream can be an alternative!

Nice Cream is becoming popular as a healthier gluten-free, low-calorie plant-based alternative to ice-cream which satisfies your sweet tooth. Best of all you can feel good indulging in it -whenever you want! Nice cream is made up from bananas that have been peeled, chopped and popped in the freezer ready to be blended up for a soft serve. What's more, you can add your preferred fruits, nuts, seeds, chocolate, spreads, flavorings and more for a truly personalized taste experience. So, if you've never tried it, you're in for a treat.

### STRAWBERRY BANANA ICE CREAM - Ingredients

2 frozen bananas (peeled, sliced into coins, and frozen overnight)

1 cup frozen strawberries

2 tablespoons maple syrup (or 4 pitted dates + 1/4 cup water)

### INSTRUCTIONS

1. Add the ingredients to the bowl of a food processor fitted with an "S" blade. If using dates in your recipe, process them with water first to help break them down, then add in the bananas and any other ingredients.
2. Process the bananas until they break down and have a smooth and creamy ice-cream-like texture. Serve right away for a soft serve consistency.
3. For a scoop-able ice cream, transfer the banana ice cream to a freezer-safe dish and freeze for 2 hours. Scoop and serve
4. Leftover ice cream can be stored in a tightly covered container for up to 3 months, but it will harden so you'll need to let it thaw on the counter for 15 to 20 minutes before serving again.

Information from detoxinista.com and keepfitkingdom.com.

## Happy Birthday, Welcome to Medicare!

It is a milestone to celebrate as you turn 65! This means you may be eligible for Medicare Parts A, B, C, D and/or Supplemental Insurance (Medigap). You may also qualify for Medicare Savings Programs to help with Medicare costs. Are you confused with the telephone calls, television ads and excessive mailings? Do not worry, if you need help through this process, or need more accurate information, please contact the State Health Insurance Program (SHIP) office at 301-609-5712 (La Plata) or 240-448-4816 (Waldorf) for FREE and unbiased Medicare education and counseling. This is one of many benefits available to you as you turn 65.



**Extra time to sign up for Medicare is available for anyone who wasn't able to contact the Social Security Administration because of problems with Social Security's telephone system between January 1, 2022, and December 30, 2022.**



## Attention Medicaid Beneficiaries:



**Important Changes coming...** Do you or a family member currently have health coverage through Medicaid? If so, you may soon need to take steps to find out if you can continue your coverage. Soon states will resume Medicaid eligibility reviews. This means some people with Medicaid could be disenrolled from those programs. Make sure your address is up to date. The state of Maryland will mail you a letter to let you know if you need to complete a renewal form to see if you still qualify for Medicaid. If you get a renewal form, fill it out and return it to your state right away. This may help to avoid a gap in your coverage.

## Seeking Volunteers!

For some, it offers a chance to give something back to their community. For others, it provides an opportunity to develop new skills or build on existing experience and knowledge. Opportunities include:

- Telephone Reassurance Program
- Senior Medicare Patrol
- Medicare health insurance counselors
- Administrative duties (filing, etc)
- Maryland Access Point

To volunteer for the Aging and Disability Resource Center contact Maryland Access Point (MAP) at 1-855-843-9725 or email [mdaccesspoint@charlescountymd.gov](mailto:mdaccesspoint@charlescountymd.gov)



## Energy Assistance

The Office of Home Energy (OHEP) helps eligible Maryland residents pay their utility bills, minimize the strain when the cold weather sets in, and make energy costs more affordable by providing grants under the Maryland Energy Assistance Program (MEAP) and the Electric Universal Service Program (EUSP).

\*\*Applicants must re-apply every year after July 1 for their benefits to continue. \*\* Seniors age 60+ can receive application assistance, obtain information or schedule an appointment to apply by contacting our I & A offices 240-448-4816 or 301-609-5712.

**Legal Aid: July 5th and Aug 2nd  
9 a.m. – 12 p.m.  
Call 301-609-5712 for an appointment.**

## Veterans Assistance

Are you a veteran, caregiver of a veteran, or family member seeking information on behalf of a veteran? The SHIP Office and VConnections are in the Information and Assistance area at the Richard Clark Senior Center every Thursday. You made the ultimate sacrifice for our freedoms so please give us a chance to assist you in your time of need. Appointments are encouraged but walk-ins are welcome. Please contact 301-609-5712 to schedule an appointment.

# CLARK SENIOR CENTER

1210 Charles St • La Plata, MD 20646 • 301-934-5423 or 301-870-2015

Get your Latest SCOOP online!

## Community

### Blood Pressure Check and Q&A

Get your blood pressure checked and get answers on how to manage your blood pressure. Please sign up.

Wednesday, July 6, 10:30 a.m. Fee: FREE

### Book Club

Led by Christine England, Charles County Public Library. This month we will be reading & discussing "The Underground Railroad", by Colson Whitehead.

Thursday, July 7, 1 p.m. Fee: FREE

### Widow to Widow Support Group

Women's group focusing on grief. Facilitated by Fran Bryner.

Monday, July 11, 1 p.m. Fee: FREE

### Bunko

Join us for a friendly game of Bunko! All are welcome. 2nd Tuesday of each month.

Tuesday, July 12, 10 a.m. Fee: FREE

### Declaration & Trivia

Join Debi Scoggins for some Declaration fun facts and trivia.

Tuesday, July 12, 10:30 a.m. Fee: FREE

### Grocery Bag Distribution

New Hope Community Outreach Organization, and Area Council on Aging will provide a bag of groceries to those who sign up. One bag per household. Limited supply, sign up early by calling the Clark Center.

Thursday, July 14, 11:30 a.m. Fee: FREE

### Charles County Mobile Library

Visit the Charles County Mobile Library, located in our center parking lot.

Tuesday, July 19, 10 a.m.- Noon Fee: FREE

### Neck & Shoulder Pain?

Join Chris Peterson, with Peterson Physical Therapy to learn why you may be having some of these issues, and what you can do to help ease your pain. Please sign up!

Tuesday, July 19, 10:30 a.m. Fee: FREE

### Advanced Directives

Learn the difference between Advanced Directives and Medical Orders for Life Sustaining Treatment (MOLST) and why they are needed. Facilitator is Mary Levy. Please sign up.

Thursday, July 21, 10:30 a.m. Fee: FREE

## Poetry Group

This group is for those who wish to share their poetry in a group setting, and those who would like to write poetry for the first time. Held the last Tuesday each month. Please sign up.

Tuesday, July 26, 1 p.m. Fee: FREE

## Guitar Jam

Join our fellow acoustic guitar players for socialization, to learn some new techniques, and make beautiful music.

Tuesday and Friday, 10 a.m. Fee: FREE

## Knit & Crochet Group

This is an open session for you to come together and work on your own projects. A great time to share your skills and techniques with others.

Wednesdays, 9:30 a.m. Fee: FREE

## Mah Jong

Mah Jong is a tile-based game that was developed in the 19th century in China and has spread throughout the world since. All experience levels welcome!

Wednesdays, 10 a.m. Fee: FREE

## Gospel Choir Group

Wednesdays, 2 p.m. Fee: FREE

## Reflections

Join Pastor Powell for this non-denominational Bible study.

Thursdays, 1 p.m. Fee: FREE

## Project Linus

Karen Huffman & Gail Cavella, along with a group of volunteer members, come together to create and collect blankets to provide to children in their time of need.

Fridays, 9:30 a.m. Fee: FREE

## Open Paint Session

Open to artists to paint in the medium of their choice. Artists provide their own supplies.

Fridays, 10 a.m. Fee: FREE

## Wii Bowling

Join your friends for a friendly game of computerized bowling. Sure to be loads of fun!

Fridays, 11 a.m.

Fee: FREE

## Classes

### Computer Class

Would you like to learn how to set up your own Gmail account? If so, this class is for you! Charles County Public Library staff will teach you how to set up an account and navigate through it. Class size limited, sign up required. Stay tuned for additional classes.

Tuesday, July 5, 10 a.m. Fee: FREE

### Jewelry Club Class

You will make beautiful pieces of jewelry in this class. All supplies will be provided. Sign up and payment required in the program office.

Wednesday, July 6 & 20, 10 a.m. Fee: \$3/pp

### Camera Club

Sue & Bill Cassidy will show you tips & tricks about how to use your camera, and how to preserve those precious photographs.

Wednesday, July 6, 10 a.m.

Fee: FREE

Tuesday, July 19, 10 a.m.

Fee: FREE

### Learn to Quilt

Quilting is a great way to unwind. Join Gale Cavella to learn new quilting techniques. Must provide your own supplies.

Tuesdays, 9:30 a.m.

Fee: FREE

## Senior Fitness

### Clark Center Fitness Room Orientation

Mandatory before first use of fitness room. Sign up required. Limited to 6.

Wednesday, July 13 & 27, 10 a.m.

Fee: \$5

### Core & More

This class will focus on the mid-section of the body for stability and strength in your abdominal and back muscles.

Fridays, 9:15 a.m.

Fee: Fitness Card

## Ice Cream Social

Dive into summer by joining staff for a cool, tasty treat.

Sign up and pay by July 1 • Thursday, July 7, 1 p.m. • Fee: \$2



**Beginning Sign Language Class Coming In August. 6 week class will begin August 12, 2022. FREE!**

# CLARK SENIOR CENTER

1210 Charles St • La Plata, MD 20646 • 301-934-5423 or 301-870-2015

Hours: 9 a.m.–4 p.m., Monday–Friday

Luncheon at Noon—Reservation/Registration Required  
Reserve lunch by 10 a.m. the preceding day.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards.....9:30 Sewing Room OPEN.....9:30 Creative Coloring.....10:00 2N1 Social Club.....10:00 Duplicate Bridge .....10:00 Pokeno .....11:00 <b>Fitness</b> Total Conditioning.....9:00 Gentle Yoga .....10:00 Drums Alive .....1:00	Billiards.....9:30 Stained Glass .....9:30 Quilting Class.....9:30 Guitar .....10:00 Cards & Games .....10:00 Spiritual Enrichment.....12:00 <b>Fitness</b> Lunch .....12:00 Strength Training.....9:00 Flex & Stretch.....10:00 Zumba .....11:30 Line Dance .....1:00	Billiards.....9:30 Sewing Room OPEN .....9:30 Crochet/Knitting.....9:30 Acy Deucey.....10:00 Mah Jong .....10:00 Creative Coloring.....10:00 <b>Fitness</b> Lunch .....12:00 Powder Puff Billiards.....1:00 Gospel Choir.....2:00 <b>Fitness</b> Basic Fitness Training .....9:00 Breathe Easy .....10:00 Morning Stretch .....10:30 AFEP .....1:00	Billiards.....9:30 Sewing Room OPEN .....9:30 Pokeno .....11:00 Lunch .....12:00 Reflections.....1:00 <b>Fitness</b> Strength Training.....9:00 Step Plus.....10:00 Zumba .....11:30 Flex & Stretch.....1:00 Beginner Ballet .....2:00	Billiards.....9:30 Project Linus .....9:30 Open Paint Session .....10:00 Guitar .....10:00 Wii Bowling.....11:00 Lunch .....12:00 <b>Fitness</b> Core & More.....9:15 Total Body Conditioning.....10:15 AFEP .....11:30 Line Dance .....2:00

# HELLO JULY

<b>4</b> <b>4th of July Observed</b>  <b>Senior Centers closed</b>	<b>5</b> Computer Class .....10:00	<b>6</b> Jewelry Club Class.....10:00 Camera Club.....10:00 <b>Blood Pressure Q&amp;A ....10:30</b>	<b>7</b> <b>Ice Cream Social .....1:00</b> Book Club.....1:00 <b>No Ballet Today.</b>	<b>8</b> Wii Bowling.....11:00
<b>11</b> Widow to Widow .....1:00	<b>12</b> <b>Bunko .....10:00</b> <b>Declaration &amp; Trivia ....10:30</b>	<b>13</b> Fitness Orientation .....10:00 Clark Council Meeting.....1:00	<b>14</b> <b>Grocery Distribution....11:30</b>	<b>15</b> <b>Project Linus Meeting .....10:00</b>
<b>18</b> Creative Coloring.....10:00	<b>19</b> Mobile Library .....10:00 Camera Club.....10:00 <b>Neck &amp; Shoulder Pain...10:30</b>	<b>20</b> Farmers Market Coupon Distribution .....9:30 Jewelry Club Class.....10:00	<b>21</b> <b>Advance Directives....10:30</b>	<b>22</b> Hand & Foot Canasta .....10:00
<b>25</b> Sewing Room OPEN .....9:30 Barre Fitness .....2:00	<b>26</b> <b>Poetry Group.....1:00</b>	<b>27</b> Fitness Orientation .....10:00 Caregivers Support .....2:00	<b>28</b> Reflections.....1:00	<b>29</b> Hand & Foot Canasta .....10:00

# INDIAN HEAD SENIOR CENTER

100 Cornwallis Square (Village Green) • Indian Head, MD • 301-743-2125

Get your Latest SCOOP online!

## Program Locations for Outside Activities

**Indian Head Village Green - near the fountain  
100 Walter Thomas Rd, Indian Head, MD**

**\*Outdoor programs will be canceled in cases of inclement weather or if the feel like temperature is 80 degrees or higher.**

## Special Programs

### MIY - Make It Yourself

Handmade PooPourri Spray. Compare to the price of \$10 in stores. All supplies will be provided and limited to ten.

Tuesday, July 5, 1:15 p.m. Fee: \$4

### Lighthouse Poems w/Dorothy Simms

Dorothy Simms has written several poetry books. Join her as she guides you into writing a poem with lighthouse as a symbol of what navigates you.

Tuesday, July 19, 10 a.m. Fee: Donation

### Lighthouse Bingo

Just for the fun of it. Learn about different lighthouses and how they were used in the past during this interactive game of Bingo. We will play four games.

Wednesday, July 13, 11:15 a.m.  
Fee: FREE for first card, \$1 for each additional card.

### Farmer's Market

See page 2 for details.

Wednesday, July 27, 9:30 a.m.  
Fee: Your Purchases



### Buffalo Soldiers' Day

Learn about Cathy Williams, the first and only documented female Buffalo soldier.

Thursday, July 28, 10:30 a.m. Fee: FREE

## Health & Fitness Programs

### Tai Chi for Health - Beginners

This hour-long tai chi class teaches Tai Chi for Arthritis using Sun style Tai Chi. This class will focus on muscle control, stability, balance, and flexibility.

Mondays & Fridays, 1 p.m. Fee: FREE

### Jinjer & Total Body Conditioning

Ready for a fun work-out that includes dance steps? Join Jinjer for a total workout guaranteed to give you a good night's sleep.

Tuesdays & Thursdays, 9:15 a.m.

Fee: Fitness Card

### AFEP

Low impact seated (mostly) exercise designed by the Arthritis Foundation.

Tuesdays & Thursdays, 11:15 a.m. Fee: FREE

### Fitness w/Nate

Exercises to promote strength with Certified Fitness Specialist, Nate Schultz.

Wednesdays, 10:15 a.m. Fee: Fitness Card

### Fitness w/Lamont

Cardio, circuit, and strength training.

Thursdays, 1 p.m. Fee: Fitness Card

### Seated Yoga

Alessandra is a 200-hour yoga instructor, a yoga restorative instructor, a Reiki, and Thai foot massage practitioner. Space is limited.

Fridays, 9 a.m. Fee: \$5 per class

### Blood Pressure

Come get a free blood pressure check from a University of Maryland Charles Regional Medical Center nurse and get your questions answered concerning high blood pressure.

Thursday, July 14, 10:30 a.m. Fee: FREE

### Fitness Orientation

Schedule time with staff to learn how to use Fitness machines and equipment.

Wednesday, July 20, 1 p.m. Fee: \$2

## Ongoing Programs

### Crafters' Corner

New crafts every month. Check out crafters calendar or make suggestions.

Wednesday, July 6, 10:30 a.m. Fee: Varies

### Sewing 101/Project Linus

Make a difference in a child's life. Project Linus blankets are being taken to the Howard University Medical Center pediatric ward. We support the Project Linus Chapter at Clark. No sewing experience is necessary, just an attitude of sharing and caring.

Monday, July 11 & 25, 9:30 a.m. Fee: FREE

### Bingo

The first, third and fifth Mondays for a nickel.

Monday, July 18, 9:30 a.m. Fee: Nickel/card

### Pastor Chris and Friends

Join Pastor Chris for a devotional and familiar hymns.

Tuesday, July 12, 1 p.m. Fee: FREE

### Information & Assistance w/Julie

Come out to hear current Medicare topics and local resources for Seniors in Charles County. Meet privately with Aging & Disability Resource Specialist, Julie Hammonds for additional assistance, by making an appointment. See Staff or calling 301-943-6737 for appointment.

Tuesdays, July 12 & 26, 10 a.m. Fee: FREE

### Green Thumb Club

Planning for Fall.

Friday, July 22, 10:15 a.m. Fee: FREE

### Book Club

Wednesday, July 27, 11 a.m. Fee: FREE

## Outdoor Programs

### Tai Chi for Health

This hour-long class is held around Indian Head's Village Green fountain. This evidence-based Tai chi class is for students who practice the 41 movements.

Mondays & Wednesdays, 9 a.m. Fee: FREE

### Morning Meditation

OMM Works will be presenting this intergenerational program to promote mental well-being. Afterwards visit the Mobile Library to pick up a calming at home activity. Sponsored by the Charles County Public Library.

Thursday, July 14, 10:30 a.m. Fee: FREE

### Outdoor Games

Wednesday, July 20, 11 a.m. Fee: FREE



**In honor of Independence Day, let's don the colors as we enjoy a strawberry and blueberry treat.**

**Friday, July 1, 11:30 a.m.**

**Fee: FREE**

# INDIAN HEAD SENIOR CENTER

100 Cornwallis Square (Village Green) • Indian Head, MD • 301-743-2125

Hours: 9 a.m.–3 p.m., Monday–Friday

Luncheon at Noon—Reservation/Registration Required  
Reserve lunch by 10 a.m. the preceding day.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards/Cards .....9:00 Tai Chi for Health .....9:00 Tai Chi for Health Beginners...1:00	Billiards/Cards .....9:00 Jinjer & Total Body Conditioning .....9:15 AFEP .....11:15	Billiards/Cards .....9:00 Tai Chi for Health .....9:00 Fitness w/ Nate .....10:15	Billiards/Cards .....9:00 Jinjer & Total Body Conditioning .....9:15 Canvas Painting .....10:00 AFEP .....11:15 Fitness w/ Lamont .....1:00	Seated Yoga .....9:00 Billiards/Cards .....10:00 Tai Chi for Health Beginners...1:00
				<b>1</b> Red, White, and Blue .....11:30
<b>4</b> <b>4th of July Observed</b>  <b>Senior Centers closed</b>	<b>5</b> Council Meeting .....9:30 MIY .....1:15	<b>6</b> <b>Lighthouse Intro</b> .....10:20 Crafters' Corner – Lighthouse Craft .....10:30	<b>7</b> Mobile Market .....10:30 Stress Relievers .....10:30	<b>8</b> Puzzles .....10:30
<b>11</b> Sewing 101 .....9:30	<b>12</b> Information & Assistance w/Julie .....10:00 Pastor Chris .....1:00	<b>13</b> <b>Lighthouse Bingo</b> .....11:15	<b>14</b> Blood Pressure .....10:30 <b>Morning Meditation</b> .....10:30  <b>No AFEP Today</b>	<b>15</b> Pokeno .....10:30
<b>18</b> Bingo .....9:30	<b>19</b> <b>Lighthouse Poems with Dorothy Simms</b> .....10:00	<b>20</b> Outdoor Games .....11:00 Fitness Orientation .....1:00	<b>21</b> Grocery Distribution .....11:30	<b>22</b> Green Thumb Club .....10:15
<b>25</b> Sewing 101 .....9:30	<b>26</b> Information & Assistance w/Julie .....10:00	<b>27</b> <b>Farmer's Market</b> .....9:30 Book Club .....11:00	<b>28</b> <b>Buffalo Soldiers Day</b> .....10:30	<b>29</b> Pokeno .....10:30

## LIGHTHOUSE, WHAT NAVIGATES YOU?

This month we will be focusing on things that will guide us in our journey of aging. The purpose of a lighthouse is to guide mariners, so they can avoid dangerous rocks and coastlines. We will be offering programs throughout the month to help you navigate through rocky (stressful) areas in your life to help you in your journey of aging.

**Wednesday, July 6, 10:20 a.m. • Fee: Free**

# NANJEMOY SENIOR/COMMUNITY CENTER

4375 Port Tobacco Rd • Nanjemoy, MD 20662 • 301-246-9612

Get your Latest SCOOP online!

## Community Programs

Age restrictions for drop-in use of Community Rooms are 13-17 with adult. 18+ independent use.

### Billiard/Game Room

Monday-Friday, 8:30 a.m.-4:30 p.m. Fee: FREE

### Computer Lab

Print, copy, fax services available 10¢ per side.

Monday-Friday, 8:30 a.m.-4:30 p.m. Fee: FREE

### Fitness Room

The fitness room is open to those who have already completed the Fitness Room Orientation.

Monday-Friday, 8:30 a.m.-4:30 p.m. Fee: FREE

### Youth Room

Available for drop-in use to color, read, play games or watch an age-appropriate movie.

Monday-Friday, 8:30 a.m.-4:30 p.m. Fee: FREE

### Narcotics Anonymous

Tuesdays, 3 p.m. – 4 p.m.

### Shop the Rack – Community Closet

Come "shop" our free community closet. Donations accepted; please call ahead to arrange drop off. Shop hours noted below.

Tuesdays, 1-4:30 p.m. & Fridays, 8:30 a.m.-4:30 p.m. Fee: FREE

### Painting & Pizza

Open to all ages! Activity will consist of a pre-sketched 8"x10" canvas with painting supplies provided. Pizza meal consists of two slices of pizza, pepperoni or cheese, seasonal fruit, and a bottle of water. Pizza selection made at signup with payment. Designs will be shared on our Facebook page. Limited availability.

Fridays, July 8 & 22, 12:30 p.m. Fee: \$8

### Mobile Library

Borrow books, movies, & tech every three weeks.

Tuesday, July 12, 10:30 a.m.-12 p.m. Fee: FREE

### Mobile Meditation

OMM Works will be presenting this program to promote mental well-being. Afterwards, visit with Mobile Library staff to pick up a calming at-home activity.

Tuesday, July 12, 11 a.m. Fee: FREE

## Senior Council Programs

### Council Sub Fundraiser

The Nanjemoy Senior Center Council will host a sub fundraiser event. Menu features a cold cut sub, chips, and drink, selection available. Please see the Nanjemoy Senior Council to register and pay in advance. Last day to register is Monday, July 18th.

Thursday, July 21, 12-1 p.m. Fee: \$10

## Senior Center Programs

### Artistic Aesthetics

Weekly project to express your creativity. Fee due at registration. Prior registration required. Limited availability.

Mondays, 1 p.m.

Shell Frame, July 11 Fee: \$2

Key Chain, July 18 Fee: FREE

Yarn Wine Bottles, July 27 Fee: FREE

### Health Matters

This month's Health Matters presentations focus on nutrition. Presentations were developed by doctors, universities, and specialized agencies. Discussion will also include resources from TED Talks.

Wednesdays, 1 p.m. Fee: FREE

Improve Your Gut Health, July 6

Glucose In and Out of Balance, July 13

Food and Mood, July 20

Your Relationship with Water, July 27

### Friday Films

Enjoy a movie and snacks with friends each Friday this month.

Fridays, 1 p.m. Fee: FREE

### I & A with Julie

Come out to hear current Medicare topics and local resources for Seniors in Charles County. Meet privately with Aging & Disability Resource Specialist, Julie Hammonds for additional assistance, by making an appointment. See Staff or call 301-934-6737 for an appointment.

Thursday, July 21, 10 a.m.-12 p.m. Fee: FREE

### New Hope Community Grocery Giveaway

Stock your pantry with groceries. New Hope Community is providing an outreach event. Available first come, first serve.

Thursday, July 28, 11:30 a.m. Fee: FREE

## Senior Fitness

### Tai Chi for Arthritis

Improve balance, flexibility, and stability using the evidence-based program from the Tai Chi for Health Institute.

Mondays, 11 a.m.

Fee: FREE

### Flex & Stretch

Total body workout focusing on body movement, balance, stretching and mobility.

Tuesdays, 10 a.m.

Fee: FREE

### Fitness 15

Focuses on core work, muscle work, and flexibility. Routines for strengthening via hand weights are set to music, as are routines for core strengthening through moves focused on strengthening abdominals and increasing flexibility.

Tuesdays, 11:15 a.m.

Fee: FREE

### Walking Club

Enjoy the great outdoors and walk with friends!

Wednesdays, 10 a.m.

Fee: FREE

### Total Body Conditioning

Standing and chair exercises for a whole-body workout to increase cardiovascular conditioning and flexibility. Move to a variety of music and use hand weights to increase strength.

Thursdays, 11 a.m.

Fee: FREE

### Arthritis Foundation Exercise - AFEP

Use of gentle movements to help increase joint flexibility, range of motion, and muscle strength developed by the Arthritis Foundation.

Fridays, 10 a.m.

Fee: FREE

 **FITNESS**



# NANJEMOY SENIOR/COMMUNITY CENTER

4375 Port Tobacco Rd • Nanjemoy, MD 20662 • 301-246-9612

Senior Center Hours: 9 a.m.–3 p.m., Mon–Friday

Luncheon at Noon—Reservation/Registration Required

Reserve lunch by 10 a.m. the preceding day.

Community Center Hours:

8:30 a.m.–4:30 p.m., Mon–Friday

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards.....8:30	Billiards.....8:30	Billiards.....8:30	Billiards.....8:30	Billiards.....8:30
Casual Crafting.....8:30	Casual Crafting.....8:30	Casual Crafting.....8:30	Casual Crafting.....8:30	Casual Crafting.....8:30
Computer Lab.....8:30	Computer Lab.....8:30	Computer Lab.....8:30	Computer Lab.....8:30	Computer Lab.....8:30
Fitness Room.....8:30	Fitness Room.....8:30	Fitness Room.....8:30	Fitness Room.....8:30	Fitness Room.....8:30
Senior Tech Appts.....8:30	Senior Tech Appts.....8:30	Senior Tech Appts.....8:30	Senior Tech Appts.....8:30	Shop the Rack.....8:30
Lunch.....12:00	Lunch.....12:00	Lunch.....12:00	Lunch.....12:00	Senior Tech Appts.....8:30
Dominos.....1:00	Dominos.....1:00	Dominos.....1:00	Dominos.....1:00	Lunch.....12:00
Games/Puzzles.....1:00	Games/Puzzles.....1:00	Games/Puzzles.....1:00	Games/Puzzles.....1:00	Dominos.....1:00
	Shop the Rack.....1:00			Games/Puzzles.....1:00
	Narcotics Anonymous.....3:00			

# HELLO JULY

<b>4</b> <b>4th of July Observed</b>  <b>Senior Centers closed</b>	<b>5</b> Coloring Group .....9:00 Flex & Stretch.....10:00 Fitness Fifteen.....11:15	<b>6</b> Walking Club .....10:00 Health Matters: <i>Improve Your Gut Health</i> .....1:00	<b>7</b> Total Body Conditioning.....11:00 Nickel Bingo.....1:00	<b>8</b> AFEP .....10:00 <b>Community Program</b> Painting & Pizza .....12:30
<b>11</b> Senior Council Meeting .....10:00 Tai Chi.....11:00 Artistic Aesthetics: <i>Shell Frame</i> .....1:00	<b>12</b> Coloring Group .....9:00 Flex & Stretch.....10:00 Fitness Fifteen.....11:15 <b>Community Program</b> Mobile Library .....10:30 Mobile Meditation .....11:00	<b>13</b> <b>Farmer's Market</b> <b>Coupon Distribution.....9:30</b> Walking Club .....10:00 Health Matters: <i>Glucose In and Out of Balance</i> .....1:00	<b>14</b> Total Body Conditioning.....11:00 Nickel Bingo.....1:00	<b>15</b> Get Fit Chair Pilates Video ...10:00 Friday Films .....1:00 In Season .....1:00
<b>18</b> Tai Chi.....11:00 Artistic Aesthetics: <i>Key Chain</i> .....1:00	<b>19</b> Coloring Group .....9:00 Flex & Stretch.....10:00 Fitness Fifteen.....11:15	<b>20</b> Walking Club .....10:00 Health Matters: <i>Food and Mood</i> .....1:00	<b>21</b> I & A with Julie .....10:00 Total Body Conditioning.....11:00 Council Sub Fundraiser.....12:00 Nickel Bingo.....1:00	<b>22</b> AFEP .....10:00 <b>Community Program</b> Painting & Pizza .....12:30
<b>25</b> Tai Chi.....11:00 Artistic Aesthetics: <i>Yarn Wine Bottle</i> .....1:00	<b>26</b> Coloring Group .....9:00 Flex & Stretch.....10:00 <b>Fitness Fifteen Canceled</b>	<b>27</b> Walking Club .....10:00 Health Matters: <i>Your Relationship with Water</i> .....1:00	<b>28</b> <b>New Hope Community</b> <b>Grocery Giveaway.....11:30</b> Nickel Bingo.....1:00 <b>Total Body Conditioning</b> <b>Canceled</b>	<b>29</b> Get Fit Chair Pilates Video ...10:00 Friday Films .....1:00

# WALDORF SENIOR & RECREATIONAL CENTER

90 Post Office Road • Waldorf, MD 20602 • 240-448-2810

Get your Latest SCOOP online!

## Special Programs

### Summer Fun Bingo

Prizes will include summer favorites and necessities. Free to play and win!

Tuesday, July 5, 10:30 a.m. Fee: FREE

### Farmers Market and Coupon Distribution

Local farmer, Sue Herbert from Herbert Farms will bring produce to sell. Cash or Farmers Market Coupons accepted. See page 2 for details.

Wednesday, July 6, 9:30 – 11:30 a.m.

Fee: Your Purchase

## Community

### Poetry Slam

Do you have a love for poetry? Join us and perform spoken poetry (original work or simply poems you like written by others). All are invited! Don't want to speak? That's ok! Join us to listen along.

Friday, July 1, 11 a.m. Fee: FREE

### Charles County Mobile Library

The mobile library is a full-service library on wheels. Come check them out!

Tuesday, July 5 & 26, 9 a.m. Fee: FREE

### Pastor Chris & Friends

Worship time with old time hymns followed by a devotional. All are welcome!

Wednesday, July 6, 10:30 a.m. Fee: FREE

### Grocery Bag Distribution

New Hope Community Outreach Organization, and Area Council on Aging will provide a bag of groceries to those who sign up. One bag per household. Limited supply, sign up early.

Thursday, July 7, 11:30 a.m. Fee: FREE

### Personal Care Supplies Distribution

Upward Thrive will be distributing a bag of personal care products to those who sign up. One bag per senior. Limited supplies, sign up early.

Thursday, July 7, 11:30 a.m. Fee: FREE

### Coffee & Conversation

Curious about the Waldorf Senior Center? Join us for a cup of coffee, conversation, center tour and overview of programs.

Monday, July 11, 9:30 a.m. Fee: FREE

### Karaoke

Warm up your vocal cords and come sing your favorite 60's hits!

Friday, July 29, 11 a.m. Fee: FREE

## Senior Fitness

### Chair Dance Aerobics

Description: Low impact, mostly seated routines that are easy to follow and FUN. This workout will enhance your cardiovascular system, burn fat, calories and more! You will have so much fun, you will forget you are exercising!

Mondays, 9:30 a.m. Fee: Fitness Card

### Stretching

This class lets you RELAX. Loosen the body and bring awareness of tight muscles through gentle movement. Let's stop, pause, breathe, and stretch!

Mondays, 10:30 a.m. Fee: Fitness Card

### Arthritis Foundation Exercise Program (AFEP)

Use of gentle movements to help increase joint flexibility, range of motion, and muscle strength.

Wednesdays, 10:30 a.m. Fee: FREE

Fridays, 11:30 a.m. Fee: FREE

### Total Body Conditioning

This exercise uses a combination of chair exercises, bands, weight and stretching for a well-rounded workout.

Tuesdays and Thursdays, 9:30 a.m.

Fee: Fitness Card

### Flex & Stretch

Tuesdays, 10:30 a.m. Fee: Fitness Card

### Basketball

Come shoot around and meet other players while getting a cardio workout in!

Wednesdays, 10 a.m. Fee: FREE

### Line Dancing

No line dance experience necessary.

Tuesdays & Thursdays, 11:30 a.m.

Fee: Fitness Card

### Beginner Ballet

Wednesdays, 9:30 a.m. Fee: Fitness Card

### No Ballet on July 6.

### Basic Fitness Training

Wednesdays, 11:30 a.m. Fee: Fitness Card

### Enhance Fitness

Mondays and Wednesdays, 1 p.m. Fee: FREE

### Fitness Room Orientation

Mandatory before first use of fitness room. Registration required.

Wednesday, July 6 & 20, 1 p.m. Fee: \$5

Tuesday, July 12 & 26, 10 a.m. Fee: \$5

### Dance Fit Aerobics

Wednesdays, 2 p.m. Fee: Fitness Card

### Intro to Pickleball

Interested in playing pickleball but need to learn the ropes first? Join us for a fun game of pickleball while we teach you how to play!

Thursday, July 14 & 28, 11 a.m. Fee: FREE

## Arts & Music

### Basic Sewing

Join instructor, Melon Spriggs, and learn basic sewing techniques. Limited to 6. Must pre-register.

Mondays, 1 p.m. Fee: FREE

### Open Studio Art

Space available to work on any media of art without instruction. Coloring books and pencils available for use.

Tuesdays, 10:30 a.m. Fee: FREE

### Watercolors

Space available to work on watercolor art without instruction.

Thursdays, 10 a.m. Fee: FREE

### WALDORF BINGO THURSDAYS:

#### How It Works

Players must purchase sheets daily and only be used on date of purchase. There are 25 games to play, winnings determined by number of purchased players. Bingo card sales run from 9:30 a.m.- 10:15 a.m. **Bingo cards will not be sold after 10:15am.** Bills used to purchase bingo cards must be \$10 or less. Bingo play begins at 10:30 a.m. unless otherwise noted in the SCOOP

## National Ice Cream Month

Did you know that July is National Ice Cream Month?

Well now you do! Please join us for some ice cream to help you cool off during this hot summer! Build your own yummy sundae and enjoy this sweet treat!

Friday, July 22nd, 1 p.m. Fee: \$2



ABCDEF  
HIJKLMNOP  
OPQRSTUVWXYZ  
0123456789

Karaoke  
NIGHT

ABCDEF  
HIJKLMNOP  
OPQRSTUVWXYZ  
0123456789

# WALDORF SENIOR & RECREATIONAL CENTER

90 Post Office Road • Waldorf, MD 20602 • 240-448-2810

Hours: 9 a.m.–4 p.m., Monday–Friday

Luncheon at Noon—Reservation/Registration Required  
Reserve lunch by 10 a.m. the preceding day.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness Room.....9:00 Racquetball .....9:00 Cards & Games .....10:30 Pinochle .....11:00 Lunch .....12:00	Fitness Room.....9:00 Racquetball .....9:00 Open Studio Art.....10:00 Cards & Games .....10:30 Chess.....11:00 Table Tennis.....11:00 Lunch .....12:00	Fitness Room.....9:00 Racquetball .....9:00 Bridge Club.....10:00 Cards & Games .....10:30 AFEP .....10:30 Jacks .....11:30 Lunch .....12:00	Fitness Room.....9:00 Racquetball .....9:00 Cards & Games .....10:30 Pinochle .....11:00 Lunch .....12:00	Fitness Room.....9:00 Racquetball .....9:00 Cards & Games .....10:30 Lunch .....12:00
<b>HELLO JULY</b>				<b>1</b> Core & More.....10:30 Poetry Slam.....11:00 AFEP .....11:30 StrongerMemory .....1:00
<b>4</b> <b>4th of July Observed</b>  <b>Senior Centers closed</b>	<b>5</b> Mobile Library.....9:00 Total Body Conditioning.....9:30 <b>Summer Fun Bingo</b> .....10:30 <b>Flex &amp; Stretch</b> .....10:30 Tech Time.....10:30 Line Dancing .....11:30 Tai Chi.....1:00	<b>6</b> Farmer's Market Coupon Distribution.....9:30 Farmer's Market .....9:30 Basketball.....10:00 <b>Pastor Chris &amp; Friends</b> ..10:30 Basic Fitness Training .....11:30 <b>Fitness Room Orientation</b> ...1:00 Enhance Fitness.....1:00 <b>Dance Aerobics</b> .....2:00 *No Ballet Today*	<b>7</b> Total Body Conditioning.....9:30 Watercolors .....10:30 <b>Bingo</b> .....10:30 <b>Grocery Distribution</b> ...11:30 <b>Personal Care Supply Distribution</b> .....11:30 Line Dancing .....11:30 Tai Chi.....1:00	<b>8</b> Core & More.....10:30 AFEP .....11:30
<b>11</b> Chair Dance Aerobics ...9:30 Coffee & Convo .....9:30 Gentle Stretching .....10:30 Enhance Fitness.....1:00 <b>Basic Sewing</b> .....1:00	<b>12</b> Total Body Conditioning.....9:30 <b>Fitness Room Orientation</b> .....10:00 <b>Flex &amp; Stretch</b> .....10:30 Tech Time.....10:30 Line Dancing .....11:30 Tai Chi.....1:00	<b>13</b> <b>Beginner Ballet</b> .....9:30 Basketball .....10:00 Basic Fitness Training .....11:30 <b>Dance Aerobics</b> .....2:00	<b>14</b> Total Body Conditioning.....9:30 Watercolors .....10:30 <b>Bingo</b> .....10:30 <b>Intro to Pickleball</b> .....11:00 Line Dancing .....11:30 Tai Chi.....1:00	<b>15</b> Core & More.....10:30 AFEP .....11:30 Get Crafty.....1:00
<b>18</b> Chair Dance Aerobics ...9:30 WSC Council Meeting....9:30 Gentle Stretching .....10:30 Enhance Fitness.....1:00 <b>Basic Sewing</b> .....1:00	<b>19</b> <b>CLOSED for Elections</b> 	<b>20</b> <b>Beginner Ballet</b> .....9:30 Basketball .....10:00 Basic Fitness Training .....11:30 <b>Fitness Room Orientation</b> .....1:00 Enhance Fitness.....1:00 <b>Dance Aerobics</b> .....2:00	<b>21</b> Total Body Conditioning.....9:30 Watercolors .....10:30 <b>Bingo</b> .....10:30 Line Dancing .....11:30 Tai Chi.....1:00	<b>22</b> Core & More.....10:30 AFEP .....11:30 Ice Cream Social .....1:00
<b>25</b> Chair Dance Aerobics ...9:30 Widow to Widow .....9:30 Gentle Stretching .....10:30 Enhance Fitness.....1:00 <b>Basic Sewing</b> .....1:00	<b>26</b> Mobile Library.....9:00 Total Body Conditioning.....9:30 <b>Fitness Room Orientation</b> .....10:00 <b>Flex &amp; Stretch</b> .....10:30 Tech Time.....10:30 Line Dancing .....11:30 Tai Chi.....1:00	<b>27</b> Beginner Ballet .....9:30 Basketball .....10:00 <b>Basic Fitness Training</b> ...11:30 Enhance Fitness .....1:00 <b>Dance Aerobics</b> .....2:00	<b>28</b> Total Body Conditioning.....9:30 Watercolors .....10:30 <b>Bingo</b> .....10:30 <b>Intro to Pickleball</b> .....11:00 Line Dancing .....11:30 Tai Chi.....1:00	<b>29</b> Core & More.....10:30 Karaoke .....11:00 AFEP .....11:30

## Staying Hydrated: WATER!!!

Keeping hydration in check during warmer weather is crucial for our health. Especially when exercising. Even during water exercise where you may not feel the heat as much because you are in the pool it is important to drink water before, during and after exercise. Fluids play an important role in our bodies. They help our digestive system by absorbing nutrients, gets rid of waste, prevents constipation, helps lubricate joints, protects organs, and helps regulate body temperature.

Adding lemons, watermelon or berries to water gives you snacks and adds a bit of flavor to the water.

### How much do you need?

32-40 oz if you are on a balanced diet. 48-64oz if you diet is low in fruits and vegetables.



## Exercise sheets for Water Exercise

**Going on vacation and want to take your pool workout with you?**

For the month of July, reserve your copy of a printed workout routine you can do at your own pool or take on vacation. Please call 301-609-5711 to request.

## Outdoor Walk Club

### Laurel Springs Park

Meets every Monday with Nate 9 a.m.

Meets every Friday - walk with the group 9 a.m. (not staff led)



## Biking with Nate

**Friday, July 1 & 15 @ 9:30 A.M**

Indian Head Rail Trail (White Plains)



## Arthritis Foundation Exercise Program (AFEP)

This evidence-based class is offered at all senior centers to work through range of motion while developing strength in muscles.

Light weights and exercise bands are used in seated or standing to work through various exercises for a whole-body workout that is gentle on the joints and done in 30 minutes! See your senior center for times! **Fee: Free**



## Intro to Kayaking

**Gilbert Run Regional Park is the perfect place to learn. Calm waters and beautiful scenery make for a great experience.**

Wednesday, July 13, at 10 a.m. or 11 a.m.

Registration required; kayaks provided • Fee: \$5

## Group Kayaking

**Get in and go! These time slots are for experienced kayakers. Not instructor led, this self-guided hour lets you explore the beautiful park on your own.**

Wednesday, July 20, at 10 a.m. or 11 a.m.

Registration required; kayaks provided • Fee: \$5



**During summer months many of our instructors enjoy time off to spend with their families. While we try to cover classes, we can't cover them all. Please check the calendar for updates and changes.**

**Thank you for your continued dedication to improving your health and fitness. Debi & Nate**

# SENIOR CENTER MENU

1% or skim Milk is offered with all meals  
All Juice is 100% Juice

## Lunch Cancellation Policy

If you have a lunch reservation and cannot dine at the Center, please call the Senior Center PRIOR to the reservation day to cancel your meal. If the meal is not cancelled, the County must still pay for the meal.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HELLO JULY				
<b>4</b> <b>4th of July Observed</b>  <b>Senior Centers closed</b>	<b>5</b> Chophouse Burger w/ Lettuce & Tomato Whole Wheat Bun Party Harty Beans Coleslaw Pineapple Chucks Apple Juice	<b>6</b> 1/4 Herb Roasted Chicken Parsley Mashed Potatoes Roasted Carrots Whole Wheat Roll Cantaloupe Fruit Punch Juice	<b>7</b> Sweet and Sour Pork Brown Rice Roasted Tomatoes Whole Wheat Dinner Roll Black Bean Mango Salad Raisins Fruit Punch Juice	<b>1</b> Baked Tuna Fish Cuban Black Beans White Rice Tomato Salad Whole Wheat Roll Applesauce Pineapple Juice
<b>11</b> Egg Salad Sandwich on Whole Wheat (2) Cucumber & Onion Salad Roasted Tomato Salad Apple Slices Apple Juice	<b>12</b> Unstuffed Cabbage w/ Ground Turkey Roasted Sweet Potatoes California Blend Veggies Whole Wheat Dinner Roll Pineapple Chunks Pineapple Juice	<b>13</b> Sloppy Joe on Whole Wheat Bun 5 Blend Veggies Roasted Potatoes Raisins Grape Juice	<b>14</b> Beef and Noodles Stewed Tomatoes Applesauce Cornbread Orange Juice	<b>15</b> Chipotle Chicken Roasted Bean and Corn Salad Roasted Beets Whole Wheat Roll Diced Mangos Fruit Punch Juice
<b>18</b> Tuna Salad Sandwich on Whole Wheat Bun Cranberry Salsa Salad Pasta Salad Mandarin Oranges Apple Juice	<b>19</b> Salmon Cake Brown Rice Zucchini Blend Biscuit Mandarin Oranges Pineapple Juice	<b>20</b> Ground Turkey Spanish Rice Green Beans Garlic Breadstick Pineapple Pineapple Juice	<b>21</b> Sweet and Sour Chicken Brown Rice Sautéed Spinach w/ Garlic Breadstick Mixed Fruit Cup Fruit Punch Juice	<b>22</b> Pork Chop & Gravy Roasted Sweet Potatoes Collard Greens Whole Wheat Roll Diced Apples Grape Juice
<b>25</b> Teriyaki Chicken Fluffy Rice Stir-fry Vegetables Whole Wheat Dinner Roll Mandarin Oranges Apple Juice	<b>26</b> BBQ Beef Cubes Sweet Potato Casserole Broccoli Whole Wheat Bread Fruit Cocktail Orange Juice	<b>27</b> Chicken Parmesan Noodles Roasted Brussel Sprouts Breadstick Diced mango Fruit Punch Juice	<b>28</b> Baked Lime Basil Whiting w/ Mango Lime Salsa Brown Rice Green Beans Biscuit Diced Peaches Grape Juice	<b>29</b> Chicken & Noodles Stewed Tomatoes Herb Roasted Potatoes Dinner Rolls Apricots Pineapple Juice
<p><b>Charles County Luncheon Program</b> <span style="float: right;"><i>Available at Noon • Days Vary By Center</i></span></p> <p>Open to any Charles County resident, age 60 or older, for a donation. The suggested meal donation is \$3, actual cost is \$5.75 per person. All donations are used to provide meals for Charles County seniors. Guests (anyone age 59 or younger, or a non-county resident) may order lunch, but must pay the full price of \$5.75. Lunch reservations must be made by 10 a.m. the preceding day. We appreciate your assistance in keeping costs down. Party &amp; special event meal prices may vary.</p> <p>Clark Senior Center.....Tuesday–Friday Indian Head Senior Center.....Monday–Friday</p> <p>Nanjemoy Senior Center.....Monday–Friday Waldorf Senior Center .....Monday–Friday</p>				
<p>For those days where potatoes, corn, beans, and/or peas are used for the starch component of the meal, an additional starch such as bread, crackers, or muffins will be available for those participating in the CACFP program.</p>				

# The SCOOP

The information contained in this monthly publication has been brought to you as a public service by the Charles County Department of Community Services. For more information about news for Charles County senior citizens, please contact the Richard R. Clark Senior Center at 301-934-5423.



[www.CharlesCountyMD.gov](http://www.CharlesCountyMD.gov)



**Department of Community Services**  
8190 Port Tobacco Road, Port Tobacco, MD  
301-934-9305 • MD Relay: 711 (Relay TDD: 1-800-735-2258)

## About Charles County Government

The mission of Charles County Government is to provide our citizens the highest quality service possible in a timely, efficient and courteous manner. To achieve this goal, our government must be operated in an open and accessible atmosphere, be based on comprehensive long- and short-term planning and have an appropriate managerial organization tempered by fiscal responsibility. We support and encourage efforts to grow a diverse workplace. Charles County is a place where all people thrive and businesses grow and prosper; where the preservation of our heritage and environment is paramount; where government services to its citizens are provided at the highest level of excellence; and where the quality of life is the best in the nation.

It is the policy of Charles County to provide equal employment opportunity to all persons regardless of race, color, sex, age, national origin, religious or political affiliation or opinion, disability, marital status, sexual orientation, genetic information, gender identity or expression, or any other status protected by law.

**AMERICANS WITH DISABILITIES** – The Department of Community Services welcomes the participation of individuals with disabilities. As with all County Government, we comply fully with the Americans With Disabilities Act in making reasonable accommodations to encourage involvement. If you require special assistance and would like to participate in our programs, please contact the Department of Community Services.

## Publication Changes & Cancellations

Programs and activities have been confirmed at the time this publication goes to press. However, changes or cancellations can occur. For information, check with the Senior Center that has scheduled the program.

## Senior Center Inclement Weather Policy

When Charles County Public Schools are closed due to inclement weather, Charles County's Senior Centers will also be closed. Senior Centers do not necessarily open late or close early as with Charles County Public Schools. Please tune your radio to 1560AM or 98.3FM for closing announcements. Community Services will also provide closing information as soon as possible through the Inclement Weather Hotline and Charles County Senior Center Facebook Page. Call 301-934-9305 or 301-870-3388 and immediately press extension 5197 for delays and cancellation listings.

## It's Time for a Switch Attention! Important Info!

The time has finally arrived! All Senior Centers will be transitioning to a key tag vs fob swap system in July. Other than getting a new key tag and choosing a key chain or lanyard for safe keeping, the process is the same for participants.

It's a simple process for all the next time you visit the senior center.

- Review & update your current registration information
- Return previous fob for recycling
- Get a new key tag
- Swap and tap activities when in the center next

Our senior center staff look forward to making the switch with you. Stop in soon!

## Let's Explore in 2022

### Trips sponsored by Action Travel Tours 301-645-1770

*Please call to verify trip dates, cost, and stated details. If a trip is cancelled by Action Travel or the vendor, a refund or future credit will always be issued. We must decide to cancel a trip at 60-45 days prior based on the number of people signed up. All tours are on a first come basis.*

**October 1-9, 2022: Chicago and Mackinac Island with Collette Tours.** Get ready for a relaxing journey. The tranquil beauty of Mackinac Island and the Great Lakes region comes alive amid old-fashioned traditions. Highlights from this tour include Chicago Millennium Park, Charlevoix Mushroom Houses, Mackinac Island, Grand Hotel, Frankenmuth, Henry Ford Museum and Greenfield Village. From \$3,399 per person double occupancy including air.

**October 23 – 30 and October 30 – November 5, 2022: Mediterranean and Adriatic Sailings with Royal Caribbean of the Seas.** Choose one itinerary or sail back-to-back and enjoy both. The Brilliance of the Seas will first sail a 7 Night Greek Isle itinerary beginning and ending in Venice. The second sailing is a 6 Night Italy and Adriatic Cruise beginning in Venice and ending in Rome. Spend an idyllic vacation of 7 – 14 days enjoying, Greece, Italy and Croatia. Call the office for pricing and detailed itinerary for each cruise.



**November 27- December 5, 2022: Christmas Markets Cruise on the Romantic Rhine with Mayflower and Emerald Waterways.** Sail from Basel, Switzerland to Amsterdam and visit the oldest and most historic of the European Christmas Markets. Call for availability and information on the free air promotion.



**December 2: Holiday Celebration at Winterthur and Longwood Gardens.** Join us as we travel to Brandywine Valley to enjoy history, antiques and the sights and sounds of Winterthur Estate for the Holidays. And then to Longwood Gardens decked out for the Christmas season. The light show alone at Longwood Gardens makes it worth the trip



**December 13 – 15, 2022: Rockettes' Christmas Spectacular in New York City.** Join us for 2 nights in NYC when it's decorated in all its' holiday glamor. We stay in the heart of Times Square at The Edison Hotel, with center mez seats for the fabulous Rockettes at Radio City. This leaves plenty of time for sightseeing, shopping, dining, theater and more.

