

# The SCOOP

Charles County's Senior Center News



**AUGUST 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.

August 4	Waldorf Senior & Rec Center
August 11	Clark Senior Center
August 18	Indian Head Senior Center
August 25	Nanjemoy Senior Center



## HOW TO CONNECT WITH US!

### Stop by the Senior Center!

All Charles County Senior Centers are open Monday through Friday. The Clark Senior Center and Waldorf Senior and Rec Center are open from 10 a.m. to 4 p.m. The Indian Head Senior Center & Nanjemoy Senior Center are open 9 a.m. to 3 p.m.

### Give us a call!

Leave a detailed message if we don't answer and we'll give you a call back!

Richard R. Clark Senior Center: 301-934-5423

Indian Head Senior Center: 301-743-2125

Nanjemoy Senior Center: 301-246-9612

Waldorf Senior and Rec Center: 240-448-2810 ext. 1

### Follow Us on Facebook!

Did you know that Charles County Senior Centers have a Facebook page? Follow our page, Charles County Seniors Centers! To find our page, type Charles County Senior Centers in the search bar on Facebook. Click on our page and press the follow button. Some of the programs available to you on the Charles County Senior Center Facebook Page include:

- Arts and Crafts
- Wellness Tips
- AFEP Class Videos and MORE!

### Follow our eNews Letter!

Want to know about upcoming events at the Senior Centers? Sign up for our eNews letter!

**Step 1:** Visit <https://www.charlescountymd.gov/>

**Step 2:** Scroll halfway down the page and click the large yellow "Subscribe to eNews" button.

**Step 3:** Complete the Charles County eNews Registration form and you are done!

### The SCOOP

There are a few different ways you can get a copy of the monthly SCOOP.

**Virtually:** SCOOPs are posted monthly & can be viewed electronically at <https://www.charlescountymd.gov/services/aging-and-senior-services/scoop>.

**In-Person:** grab a SCOOP at any of our 4 senior centers!

**Mailed:** The SCOOP can now be mailed to your home! To register for this program, please contact Kaci Hernandez at 301-934-5423.

## Caregivers Corner

### Using Technology

As the summer heat continues this month, you may be looking for ways to provide stimulating activity for your loved one with dementia. Technology, whether it be a computer, laptop, smart TV, or tablet, can provide opportunities for your loved one when the weather will not allow them to enjoy the outdoors. Throughout the past year, more national parks and attractions have provided virtual tours as a way for people to experience destinations while remaining safely in their homes. A good place to start would be [www.fullscreen360.com](http://www.fullscreen360.com) that allows access to many iconic destinations, some of which your loved one may have visited in the past and has a wonderful memory of. Many people have also become more familiar and open to connecting virtually with friends and family through apps such as Facebook, Zoom, and Microsoft Teams. There are even virtual opportunities for exercise, crafts, and informational presentations. Our own Charles County Senior Centers has a Facebook page with all these activities at the click of a few buttons! If your loved one is unsure of using technology, then make it simple. Have them sit on a program with you or make it as simple as sitting in front of the TV. Use all that technology has to offer to your advantage!

Information for this article provided by Alzheimer's Foundation of America.

August Caregiver Support Group being offered in-person at the Richard Clark Senior Center on Wednesday, August 31, 2022 at 2pm.

## Volunteers Needed!

There are multiple ways to volunteer to serve the older population of Charles County. Volunteers like you are the backbone of our community! The glue that ties us all together. Look below for specific volunteer opportunities that are needed at this time.

### Meals on Wheels

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).

### Show Troupe Seeks Volunteers

Charles County Senior Show Troupe is seeking volunteer singers, and dancers to join our group.

Please contact Debi Shanks 301-609-5711 to volunteer!

### Aging and Disability Resource Center

For a list of opportunities with the Aging and Disability Resource Center, please read the information on page 5. 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)

### Matter of Balance Coach

We are looking for seniors who would be interested in assisting to lead this evidenced based class series. Matter of Balance is a 6-week classroom-based workshop that help older adults who have fallen or have a fear of falling overcome and gain confidence in daily activities. Class meets once a week. For more information, read page 14.

Please contact Debi Shanks 301-609-5711 to volunteer!

## When Grandkids go back to school, how can grandparents help?

Mornings start to get cooler, back to school ads flood TV and summer fades to a close. School is about to be back in session! But wait – what does back to school have to do with you? A lot more than you realize! Below are ways that you can engage and support your grandkids returning to school!

- Attend Back-to-School Night. It's good to become familiar with the teacher and school policies. If you ever pick the grandkids up, school staff will know you.
- Offer to volunteer at the school. Most schools are in desperate need of volunteers, and there are so many ways you can help. The volunteer things are usually pretty simple – like reading to the class or helping in the library.
- Offer to help with homework.
- Offer to help buy new school supplies or clothes.
- Special reminders gifts. You can give a special gift that signifies the start of a new school year. Like a bookbag or book.
- Outings/Party. Take the grandkids on a special "end of summer" outing or throw a back-to-school party.
- Get a calendar of events. Make sure to get a calendar of major events, so you won't miss out on the fun!
- Support school fundraisers. Supporting a school fundraiser is a non-intrusive way to support. It also doesn't have to be a large donation. Every dollar counts!
- School lunches. Go to school and have lunch with your grandkids!
- Carpooling. If you're available, offer to take the kids to or from school and possibly help out any neighbors kids that may also need a ride.
- Check in. Check in with kids that are alone before or after school.
- Classroom treats. If mom or dad is busy, commit to bringing treats for a class party!
- Be the photographer. Attend school events with mom and dad and take photos so the parents can be in the pictures with your grandkids!
- Offer to babysit. Once school is back in session, you may have less time to spend with your grandkids. Offer to babysit so you get time, and the parents catch a break!
- Watch for Grandparents Day!

Tips provided by <https://adventuresinnanaland.com/when-grandkids-go-back-to-school/>.



## National Night Out



National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer, more caring places to live. National Night Out enhances the relationship between neighbors and law enforcement while bringing back a true sense of community. Furthermore, it provides a great opportunity to bring police and neighbors together under positive circumstances.

Millions of neighbors take part in National Night Out across thousands of communities from all fifty states, U.S. territories and military bases worldwide on the first Tuesday in August. Neighborhoods host block parties, festivals, parades, cookouts and various other community events with safety demonstrations, seminars, youth events, visits from emergency personnel, exhibits and much, much more.

Join us on Tuesday, August 2 from 6 p.m. to 8 p.m. at the Nanjemoy Senior and Community Center for our annual National Night Out event!

Information from <https://natw.org/about/>.

## National Immunization Month

August is National Immunization Awareness Month. Every year thousands of adults in the U.S. suffer serious health problems, are hospitalized, and even die from diseases that could be prevented by vaccines.



We all need shots (also called vaccinations or immunizations) to help protect us from serious diseases. Shots can prevent serious diseases like the flu. It's important to know which shots you need and when to get them. Older adults and those with chronic health conditions such as lung disease (asthma or COPD), heart disease, and diabetes are at higher risk of complications from pneumococcal bacteria, influenza, and other vaccine-preventable diseases.

Vaccines are especially important for older adults. As you get older, your immune system weakens, and it can be more difficult to fight off infections. You're more likely to get diseases like the flu, pneumonia, and shingles — and to have complications that can lead to long-term illness, hospitalization, and even death.

If you have an ongoing health condition — like diabetes or heart disease — getting vaccinated is especially important. Vaccines can protect you from serious diseases (and related complications) so you can stay healthy as you age.

Getting vaccinated can help keep you, your family, and your community healthy.

Information provided by [acl.gov](http://acl.gov) and [hhs.gov](http://hhs.gov).

## Ways to Relax in Nature

Spending time in nature can improve your health and well-being. But, the way you spend time out in nature can affect how much your physical, emotional and mental health will benefit from it. If you're getting outside to relax, relieve stress or anxiety, focus your mind or improve your health and well-being, try some of these tips to make it a more mindful experience.

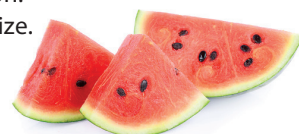
1. Savor the scenery. When was the last time you got up early to watch the sunrise, or ventured to the nearest hilltop to watch it set?
2. Wander the wilderness. You don't have to have a specific destination in mind, either — your goal isn't to hike a particular number of miles, but to aimlessly immerse yourself in the natural world around you. The Japanese call this "forest bathing" and it can rejuvenate a weary mind.
3. Meditate on the music. And not the kind playing in your headphones. Leave your electronics behind and listen to the melodies nature has to offer: babbling brooks, bird songs, wind whistling through the trees and the scurrying of unseen animals through the canopy.
4. Study in the sunshine. If you have studying to do, or written material to digest, leave the fluorescent lights behind and read in the light of the blue sky overhead. Natural environments can enhance cognitive abilities, like memory and problem-solving.
5. Pack a picnic. Load a basket with your favorite healthy goodies and have lunch among the flora and fauna. Bring some companions along — a picnic is the perfect way to spend quality time with friends and family without the distractions of the modern-day world.
6. Go fish. Fishing puts you outside, near a body of water, and it rewards patience. All of those are good things. Better still, grab a young niece or nephew or grandchild, and teach them how to fish.

It's time to stop reading and take a deep, calming breath in nature, so you can be Healthy for Good! Information provided by [heart.org](http://heart.org).

## National Watermelon Day

In August we celebrate National Watermelon Day! Ever wondered how to pick the ripest, juiciest watermelon at the grocery store or while at a local farm? Here are some tips to follow!

- Pick a melon that has a strong, consistent stripe pattern.
- Choose a dull looking melon. Shiny ones are likely under ripe.
- Pick a melon that has a creamy yellow or near orange field spot.
- Knock on it. If the pitch sounds deep and hollow, the fruit has more water and is likely riper.
- Dry weathering spots and vein-like webbing are great indicators of an extra sweet watermelon.
- Choose the heaviest one for its size.
- Select a rounder shape.
- Buy when they are in season.



Tips from [realsimple.com](http://realsimple.com).



## Energy Assistance

### Do you need help paying your utility bills?

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 240-448-2816 or 301-609-5712.



## 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**



## Legal Aid: Aug 9 and Sept 13

By appointment only at the Richard Clark Senior Center. Contact 301-609-5712 to schedule.

## 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. Please contact 301-609-5712 to schedule an appointment.

## Medicare Trainings

Are you turning 65 or over 65 and getting ready to retire, receiving Social Security Disability for two years, caring for a Medicare eligible family member and now faced with the ABCD's of Medicare? Are you overwhelmed by the tv advertisements and mass amounts of Medicare literature from multiple insurance companies? Your local State Health Insurance Program (SHIP) can help demystify all parts of Medicare, review benefits programs and available resources. Plan to attend the quarterly ABCD's of Medicare presentation held at the Charles County Public Library branches. For detail contact SHIP: 301-934-0118.

**P.D. Brown, Memorial Branch, 50 Village St. Waldorf**

• **Thursday, Sept. 15, 11am**

**Virtual presentation, <https://www.ccplonline.org/>**

• **Monday, Sept. 26, 6pm**

## SHIP helps with...

- ☒ understanding costs and coverage
- ☒ comparing health insurance plan options
- ☒ enrolling in or changing a health insurance plan
- ☒ correcting Medicare billing issues
- ☒ all of the above



**shiphelp.org**  
Find Local Medicare Help

# CLARK SENIOR CENTER

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

*Get your Latest SCOOP online!*

## Community

### Book Club

Led by Christine England, Charles County Public Library. Hamnet: a novel of the plague by Maggie O'Farrell

Thursday, August 4, 1 p.m. Fee: FREE

### Widow to Widow Support Group

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

Monday, August 8, 1 p.m. Fee: FREE

### Bunko

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

Tuesday, August 9, 10 a.m. Fee: FREE

### Charles County Mobile Library

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

Tuesday, August 9 & 30, 10 a.m.- Noon  
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, August 11, 11:30 a.m. Fee: FREE

### Treasure the Chesapeake

Help us celebrate all the treasures of the Chesapeake with a special crab cake lunch, and entertainment by Mosquito Cove Digital Magic DJ. Sign up and pay by Tuesday, August 9th.

Tuesday, August 16, 10 a.m.  
Fee: \$5/60 & over, plus a donation for lunch, \$8/59 and younger.

### Show & Tell

Bring in your most fascinating/treasured possession to show and share a story about.

Wednesday, August 17, 1 p.m. Fee: FREE

### Foot Orthotics: What, Why & How they Work

Join Mike O'Brien to learn about orthotics, what they do and how they can help you.

Tuesday, August 23, 11 a.m. Fee: FREE

### Fraud & Identity Theft

Learn how to spot the most common identity theft schemes. Facilitator: Karen Morgan, AARP Representative.

Wednesday, August 24, 10 a.m. Fee: FREE

### The Essentials of Camping

Learn some basic camping essentials from staff Abbey Clements and Trinity Smith. Enjoy a tasty treat at the end of the presentation.

Thursday, August 25, 11 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, August 30, 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

### Gospel Choir Group

Wednesdays, 2 p.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. All experience levels welcome!

Wednesdays, 10 a.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

### Wii Bowling

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

Fridays, 11 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

## Classes

### Computer Class

Would you like learn how do some web browsing? If so, this class is for you! Charles County Public Library staff will teach you what browsers to use and how to navigate through the web. Class size limited, sign up required. Stay tuned for additional classes.

Tuesday, August 2, 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 August 3 & 17, 10 a.m. Fee: \$3/pp

### Beginner Sign Language

Learn the basics of sign language with Patricia Whitney with this 6-week course. Class size limited, please sign up.

Fridays, August 12 to September 16, 10 a.m.  
Fee: FREE

### Greeting Card Making Class – NEW!

Join Teresa Wearmouth to learn to make your own beautiful greeting cards. Each participant will make 2 complete cards in this class.

Wednesday, August 31, 10 a.m. Fee: \$5/PP

### 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

### No Camera Club in August.

## Senior Fitness

### Clark Center Fitness Room Orientation

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

Wednesday, August 10 & 24, 10 a.m. Fee: \$5

### AFEP

Arthritis Foundation Exercise Program is a chair-based exercise class for anyone who has difficulty with joints, stiffness or pain.

Wednesdays, 1 p.m. & Fridays, 11:30 a.m.  
Fee: FREE

### Barre Fitness

Every "Body" moves differently. This class focuses on postural alignment and core strength to allow your body to move at its best.

Mondays, 2 p.m. Fee: Fitness Card

### Line Dance

Tuesdays at 1 p.m. Fee: Fitness Card  
Fridays at 2 p.m. Fee: Fitness Card

# 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 Barre Fitness.....2:00	Billiards.....9:30 Stained Glass.....9:30 Quilting Class.....9:30 Guitar.....10:00 Creative Coloring.....9:30 Cards & Games.....10:00 Spiritual Enrichment.....12:00 Lunch.....12:00 <b>Fitness</b> 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 Creative Coloring.....9:30 Mah Jong.....10:00 Pokeno.....11:00 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 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 Creative Coloring.....9:30 Open Paint Session.....10:00 Guitar.....10:00 Wii Bowling.....11:00 <b>Fitness</b> Core & More.....9:15 Total Body Conditioning.....10:15 AFEP.....11:30 Line Dance.....2:00
<b>1</b> Sewing Room OPEN.....9:30	<b>2</b> <b>Computer Class.....10:00</b>	<b>3</b> Jewelry Club Class.....10:00	<b>4</b> Book Club.....1:00	<b>5</b> Hand & Foot Canasta.....10:00
<b>8</b> Widow to Widow.....1:00	<b>9</b> Mobile Library.....10:00 <b>Bunko.....10:00</b>	<b>10</b> Clark Council Meeting.....1:00 Fitness Orientation.....10:00	<b>11</b> Grocery Distribution.....11:30	<b>12</b> <b>Beginner Sign Language.....10:00</b> Wii Bowling.....11:00 <b>No Core and More class today.</b>
<b>15</b> Drums Alive.....1:00	<b>16</b> <b>Treasure the Chesapeake.....10:00</b>	<b>17</b> Jewelry Club Class.....10:00 Show & Tell.....1:00	<b>18</b> Step Plus.....10:00	<b>19</b> <b>Beginner Sign Language.....10:00</b> <b>Project Linus Meeting . 10:00</b> <b>No Core and More class today.</b>
<b>22</b> Creative Coloring.....10:00	<b>23</b> <b>Foot Orthotics.....11:00</b> <b>No Zumba Today</b>	<b>24</b> <b>Fraud &amp; Identity Theft . 10:00</b> Fitness Orientation.....10:00	<b>25</b> <b>Camping Essentials .... 11:00</b> <b>No Zumba Today</b>	<b>26</b> <b>Beginner Sign Language.....10:00</b> Hand & Foot Canasta.....10:00
<b>29</b> Sewing Room OPEN.....9:30	<b>30</b> Mobile Library.....10:00 <b>Poetry Group.....1:00</b>	<b>31</b> Greeting Card Making Class..10:00 <b>Caregivers Support. .... 2:00</b>		



# 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

### National Coloring Book Day

Relax from the hot days of summer and meditate on coloring.

Tuesday, August 2, 10:30 a.m. Fee: FREE

### Family Feud

Back by popular demand. Form your team and join "Stephanie Harvey" for a fun time. Sponsored by the Indian Head Senior Center Council.

Thursday, August 4, 10:30 a.m. Fee: FREE

### AARP Smart Driver Course

The AARP Smart Driver course is a refresher course specifically designed for drivers aged 50 and older. Facilitator will be Pam Hobson.

Wednesday, August 24, 9:30 a.m.  
Fee: Non-members \$25, members \$20, cash or check only.

## Health & Fitness Programs

### Tai Chi for Health Beginner's Class

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

### 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.

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

### Stress Relievers

Take 15 minutes to add to our list of ways to relieve stress.

Thursday, August 11, 10:30 a.m. Fee: FREE

### Fitness Orientation

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

Wednesday, August 24, 1 p.m. Fee: \$2

### Immunization Awareness

Do you know what immunizations you need as you age? Join the Health Department for updates.

Tuesday, August 30, 10:30 a.m. Fee: FREE

## Ongoing Programs

### Bingo

The first, third and fifth Mondays and NEW second and fourth Wednesdays for a nickel.

Mondays, August 1, 15 & 29 and Wednesday August 10, 9:30 a.m. Fee: Nickel/card

### Sewing 101

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, August 8 & 22, 9:30 a.m. Fee: FREE

### Information & Assistance w/Julie

Come out to hear about utility assistance programs and see if you qualify! Meet privately with Aging & Disability Resource Specialist, Julie Hammonds for additional assistance, by making an appointment. See Staff or calling 301 934-6737 for appointment.

Tuesdays, August 9 & 23, 10 a.m. Fee: FREE

### Crafter's Corner

Check out the Crafter's calendar and sign up for upcoming craft projects. Sign up will be required for adequate number of supplies.

Wednesday, August 17, 9:30 a.m. Fee: \$2 - \$5

### Music Spotlight

Name the tune, finish the line, or name the artist during this fun filled time.

Wednesday, August 17, 11:15 a.m. Fee: FREE

### Grocery Distribution

See Page 2 for details.

Thursday, August 18, 11:30 a.m. Fee: FREE



### Green Thumb Club

Planning our Fall Garden.

Friday, August 26, 10:15 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

### Games on the Green

Cornhole, parachute, water balloons will be available to take advantage of some summer fun.

Wednesdays, 1 p.m. Fee: FREE



## Watermelon Wednesday

Join staff for a refreshing summer treat on the Village Green.

Wednesdays, August 3 & 31, 12:45 p.m.  
Fee: Donation





# INDIAN HEAD SENIOR CENTER

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

Hours: 9 a.m.–3 p.m., Monday–Friday

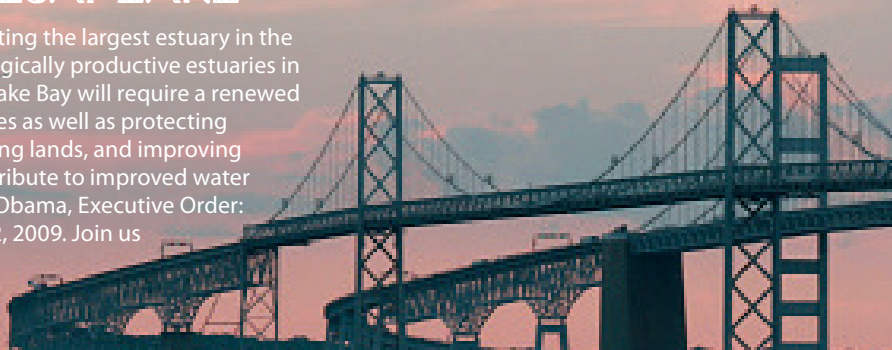
Luncheon at Noon–Reservation/Registration Required  
Reserve lunch by 10 a.m. the preceding day.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards/Cards .....9:00 Tai Chi for Health .....9:00 Beginners Tai Chi for Health...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 <b>Games on the Green. ....1:00</b>	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 Beginners Tai Chi for Health...1:00
<b>1</b> Bingo.....9:30	<b>2</b> Council Meeting .....9:30 <b>National Coloring Book Day .....10:30</b> Town of Indian Head National Night Out .....6:00	<b>3</b> Watermelon Wednesday ....12:45	<b>4</b> <b>Family Feud .....10:30</b>	<b>5</b> Pokeno .....10:30
<b>8</b> Sewing 101/Project Linus ...9:30	<b>9</b> Information & Assistance w/Julie.....10:00	<b>10</b> Bingo .....9:30  <b>No Fitness w/ Nate</b>	<b>11</b> Stress Relievers .....10:30	<b>12</b> Scrabble .....10:30  <b>No Tai Chi</b>
<b>15</b> Bingo .....9:30  <b>No Tai Chi</b>	<b>16</b> <b>Treasure of the Chesapeake .....11:30</b>	<b>17</b> Crafter's Corner .....9:30 Music Spotlight ..... 11:15  <b>No Tai Chi</b>	<b>18</b> <b>Grocery Distribution. ....11:30</b>	<b>19</b> Puzzles .....11:00  <b>No Tai Chi</b>
<b>22</b> Sewing 101/Project Linus ...9:30  <b>No Tai Chi</b>	<b>23</b> Information & Assistance w/Julie.....10:00	<b>24</b> AARP Driving Course.....9:30 Fitness Orientation .....1:00	<b>25</b> Peach Tea ..... 11:45	<b>26</b> Green Thumb Club ..... 10:15
<b>29</b> Bingo .....9:30	<b>30</b> <b>Immunization Awareness .....10:30</b>	<b>31</b> Watermelon Wednesday ....12:45  <b>No Fitness w/ Nate</b>		

## TREASURE OF THE CHESAPEAKE

"The Chesapeake Bay is a national treasure constituting the largest estuary in the United States and one of the largest and most biologically productive estuaries in the world. Restoration of the health of the Chesapeake Bay will require a renewed commitment to controlling pollution from all sources as well as protecting and restoring habitat and living resources, conserving lands, and improving management of natural resources, all of which contribute to improved water quality and ecosystem health." — President Barack Obama, Executive Order: Chesapeake Bay Protection and Restoration, May 12, 2009. Join us as we enjoy food from the bay.

**Thursday, August 16, 11:30 a.m.**  
**Fee: Generous Lunch Donation**



# 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 years old with adult. 18+ independent use.

*Like use on Facebook!!*

### 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

### Narcotics Anonymous

Tuesdays, 3 p.m. – 4p.m.

### Shop the Rack – Community Closet

New clothes have arrived. Shop our free closet and supplement your wardrobe!

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-sketches 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. Friday, August 19, 12:30 p.m. Fee: \$8

### Mobile Library

Borrow books, movies, tech every three weeks. Tuesdays, August 2 & 23, 10:30 a.m.-12 p.m. Fee: FREE

## Recreation Programs

Register for Recreation Programming online at: <https://charlescountymd.myrec.com/info/default.aspx>

### ArtsCamp

The Nanjemoy Community Center is partnering with Recreation and the Charles County Arts Alliance to bring you ArtsCamp. Immerse your child in a week of music, arts, drama, dance, and literature all while having fun! Each day of camp will bring new and exciting avenues to explore with guest speakers and hands-on activities geared towards the ARTS! Lunch will be provided. Ideal for ages 10-14.

Week of August 1-5, 9 a.m.-4 p.m. Fee: \$75 (County Resident), \$85 (Non-Resident)

### Glass Etching

Use etching to create a design on two pieces of glassware. All supplies included or bring your own glassware. No Pyrex or plastic. Ages 18+.

Wednesday, August 10, 10-11:30 a.m. Fee: \$10

## Wacky Science

Your child will enjoy conducting a variety of messy science experiments and activities in a fun, indoor setting.

Tuesday, August 16, 6-7 p.m. Fee: \$20

## 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, August 18 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.

Flip Flop Wreath, August 1 Fee: \$4

Mason Jar Lid Sun Catcher, August 8 Fee: FREE

Clothespin Trivets, August 15 Fee: FREE

Can Organizer, August 22 Fee: FREE

Decorate Mini Tote, August 29 Fee: FREE

### What's the Word

What's the Word is being postponed and will resume in September.

### I & A with Julie

Come out to hear about utility assistance programs and see if you qualify! 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, August 18, 10 a.m. -12 p.m.

Fee: FREE

### Chronic Disease Self-Management

This six-week workshop is recommended for individuals with any ongoing health conditions such as COPD, hypertension, heart issues, diabetes, PTSD, and others or caregivers. This interactive workshop teaches you tools that will help you improve your health and have fewer sick days. Sign up required.

Thursdays, August 25-September 29 9:30 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, August 25, 11:30 a.m. Fee: FREE

## In Season

Sample a dish and get the recipe for healthy produce that is currently in season. This month's dish features corn! Come and taste!!

Friday, August 26, 1 p.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: Fitness Pass

### Walking Club

Wednesdays, 10 a.m. Fee: FREE

### Total Body Conditioning

Standing and chair exercises for a whole-body workout to increase cardiovascular conditioning and flexibility.

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



Come join us for National Night Out.  
The event features school supply giveaways, free food, informational vendors, demos, and a craft!  
Tuesday, August 2, 6 - 8 p.m.  
Fee: FREE



# 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 Casual Crafting .....8:30 Computer Lab .....8:30 Fitness Room .....8:30 Senior Tech Appts .....8:30 Lunch .....12:00 Dominos.....1:00 Games/Puzzles .....1:00	Billiards.....8:30 Casual Crafting .....8:30 Computer Lab .....8:30 Fitness Room .....8:30 Senior Tech Appts .....8:30 Lunch .....12:00 Dominos.....1:00 Games/Puzzles .....1:00 Shop the Rack .....1:00 Narcotics Anonymous.....3:00	Billiards.....8:30 Casual Crafting .....8:30 Computer Lab .....8:30 Fitness Room .....8:30 Senior Tech Appts .....8:30 Lunch .....12:00 Dominos.....1:00 Games/Puzzles .....1:00	Billiards.....8:30 Casual Crafting .....8:30 Computer Lab .....8:30 Fitness Room .....8:30 Senior Tech Appts .....8:30 Lunch .....12:00 Dominos.....1:00 Games/Puzzles .....1:00	Billiards.....8:30 Casual Crafting .....8:30 Computer Lab .....8:30 Fitness Room .....8:30 Shop the Rack .....8:30 Senior Tech Appts .....8:30 Lunch .....12:00 Dominos.....1:00 Games/Puzzles .....1:00
<b>1</b> Senior Council Meeting .....10:00 Tai Chi.....11:00 Artistic Aesthetics: <i>Flip Flop Wreath</i> .....1:00 <u>Recreation Program</u> ArtsCamp.....9:00–4:00	<b>2</b> Coloring Group .....9:00 Flex & Stretch.....10:00 <i>Fitness Fifteen is canceled.</i> <u>Recreation Program</u> ArtsCamp.....9:00–4:00 <u>Community Program</u> Mobile Library.....10:30 <b>National Night Out.....6:00</b>	<b>3</b> Walking Club .....10:00 <u>Recreation Program</u> ArtsCamp.....9:00–4:00	<b>4</b> Nickel Bingo is canceled. <u>Recreation Program</u> ArtsCamp.....9:00–4:00	<b>5</b> AFEP .....10:00 Friday Films .....1:00 <u>Recreation Program</u> ArtsCamp.....9:00–4:00
<b>8</b> Artistic Aesthetics: <i>Mason Jar Lid Sun Catcher</i> ....1:00	<b>9</b> Coloring Group .....9:00 Flex & Stretch.....10:00 Fitness Fifteen.....11:15	<b>10</b> Walking Club .....10:00 <u>Recreation Program</u> Glass Etching .....10:00	<b>11</b> Total Body Conditioning.....11:00 Nickel Bingo.....1:00	<b>12</b> Get Fit Chair Pilates Video ...10:00 Friday Films .....1:00
<b>15</b> Artistic Aesthetics: <i>Clothespin Trivets</i> .....1:00	<b>16</b> Coloring Group .....9:00 Flex & Stretch.....10:00 Fitness Fifteen.....11:15 <u>Recreation Program</u> Wacky Science.....6:00	<b>17</b> Walking Club .....10:00	<b>18</b> <b>I &amp; A with Julie .....10:00</b> Total Body Conditioning.....11:00 Sub Fundraiser.....12:00 Nickel Bingo.....1:00	<b>19</b> AFEP .....10:00 Friday Films .....1:00 <u>Community Program</u> <b>Painting &amp; Pizza .....12:30</b>
<b>22</b> Tai Chi.....11:00 Artistic Aesthetics: <i>Can Organizer</i> .....1:00	<b>23</b> Coloring Group .....9:00 Flex & Stretch.....10:00 Fitness Fifteen.....11:15 <u>Community Program</u> Mobile Library.....10:30	<b>24</b> Walking Club .....10:00	<b>25</b> <b>Chronic Disease Self-Management.....9:30</b> Total Body Conditioning.....11:00 <b>New Hope Community Grocery Giveaway.....11:30</b> Nickel Bingo.....1:00	<b>26</b> Get Fit Chair Pilates Video ...10:00 <b>In Season .....1:00</b> Friday Films .....1:00
<b>29</b> Tai Chi.....11:00 Artistic Aesthetics: <i>Decorate Mini Tote</i> .....1:00	<b>30</b> Coloring Group .....9:00 Flex & Stretch.....10:00 Fitness Fifteen.....11:15	<b>31</b> Walking Club .....10:00		

## Special Programs

### I & A with Joyce

Join us to discuss Utility Assistance programs as we have entered a new fiscal year and it's time to apply. Gain understanding of programs available, and we encourage you to share the information and application with a friend.

Tuesday, August 9, 10 a.m. Fee: FREE

### Brain and Body: Total Wellness

Successful aging is built on several pillars: mental, intellectual, physical, spiritual, social, and emotional wellness. To achieve a sense of wellbeing, an ability to adjust to age-appropriate transitions and a tranquility of mind, it's important to explore all of these pillars. Brought to you by AARP. Please note: the presenter will be joining you all virtually.

Wednesday, August 10, 10 a.m. Fee: FREE

### Blood Pressure Screenings

HomeCall will be conducting blood pressure checks at the Waldorf Senior Center.

Please pre-register, spots are limited.

Wednesday, August 17, 10 a.m. Fee: FREE

### Snackin' and Craftin'™ \*Intergenerational\*

Calling all grandparents! Bring your grandchildren to the senior center to enjoy light refreshments while painting birdhouses and enjoying some quality time with each other! Pre-registration is required. Please sign-up at front desk by August 17.

Friday, August 19, 12:30 p.m. Fee: \$5

### Register of Wills

Lorraine Hennessey, Register of Wills, will be here to share important information regarding wills and estates.

Wednesday, August 24, 10 a.m. Fee: FREE

### Let's Mingle

Are you new to the area, center, or just looking to meet new people? Join us after lunch to mingle with the members of the Waldorf Senior Center and enjoy an Italian ice on us! Please pre-register.

Friday, August 26, 12:30 p.m. Fee: FREE

## Community

### Coffee & Conversation

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

Monday, August 1, 9:30 a.m. Fee: FREE

### Fresh Conversations

Join our Fresh Conversations Certified Trainers the first Wednesday of the month! This monthly program offers an array of nutrition, wellness, and health-related topics to older adults. The sessions are filled with interactive activities, lively discussions, tasting opportunities, and physical activity demonstrations. Each month, participants will receive a vibrantly colored newsletter featuring relevant research-based information, physical activity tips, mind-stimulating games, easy low-cost recipes, and an area to write down and track goals.

Wednesday, August 3, 10 a.m. Fee: FREE

### Pastor Chris & Friends

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

Wednesday, August 3, 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, August 4, 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, first come, first served.

Thursday, August 4, 11:30 a.m. Fee: FREE

### Charles County Mobile Library

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

Tuesday, August 16, 9 a.m. Fee: FREE

### Widow to Widow Support Group

Facilitated by Brenda Dubose.

Monday, August 29, 9:30 a.m. Fee: FREE

## Senior Fitness

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

### Flex & Stretch

Tuesdays, 10:30 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

### 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 and Thursdays, 11:30 a.m.

Fee: Fitness Card

### Beginner Ballet

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

### Basic Fitness Training

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

### Enhance Fitness

Mondays and Wednesdays, 1 p.m. Fee: FREE  
No class August 10.

### Fitness Room Orientation

Mandatory before first use of fitness room. Registration required.

Wednesday, August 3 & 17, 1 p.m. Fee: \$5  
Tuesday, August 16 & 23, 9:30 a.m. Fee: \$5

### Dance Aerobics

Wednesdays, 2 p.m. Fee: Fitness Card  
No class August 24.

### 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, August 4 & 25, 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 a.m. Fee: FREE

### Watercolors

Space available to work on watercolor art without instruction.

Thursdays, 10:30 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



# 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 Table Tennis .....11:00 Chess. ....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>1</b> <b>Coffee &amp; Convo .....9:30</b> <b>Chair Dance Aerobics ...9:30</b> <b>Gentle Stretching .....10:30</b> Enhance Fitness. ....1:00 Basic Sewing .....1:00	<b>2</b> Total Body Conditioning. ....9:30 <b>Flex &amp; Stretch .....10:30</b> Tech Time. ....10:30 Line Dancing .....11:30 Tai Chi .....1:00	<b>3</b> <b>Beginner Ballet. ....9:30</b> <b>Fresh Convo .....10:00</b> <b>Pastor Chris &amp; Friends ..10:30</b> Basketball. ....10:00 Basic Fitness Training .....11:30 <b>Fitness Orientation. ....1:00</b> Enhance Fitness. ....1:00 <b>Dance Aerobics .....2:00</b>	<b>4</b> Total Body Conditioning. ....9:30 Watercolors .....10:30 <b>Bingo .....10:30</b> <b>Intro to Pickleball. ....11:00</b> <b>Grocery Distribution. ...11:30</b> <b>Personal Care Supplies Distribution. ....11:30</b> Line Dancing .....11:30 Tai Chi .....1:00	<b>5</b> Core & More. ....10:30 <b>Poetry Slam .....11:00</b> <b>AFEP .....11:30</b>
<b>8</b> <b>Chair Dance Aerobics ...9:30</b> <b>Gentle Stretching .....10:30</b> Enhance Fitness. ....1:00 Basic Sewing .....1:00	<b>9</b> Total Body Conditioning. ....9:30 <b>I &amp; A w/ Joyce. ....10:00</b> <b>Flex &amp; Stretch .....10:30</b> Tech Time. ....10:30 Line Dancing .....11:30 Tai Chi .....1:00	<b>10</b> <b>Beginner Ballet. ....9:30</b> <b>Brain and Body .....10:00</b> Basketball. ....10:00 Basic Fitness Training .....11:30 <b>Dance Aerobics .....2:00</b>  <b>No Enhance Fitness Class Today.</b>	<b>11</b> Total Body Conditioning. ....9:30 Watercolors .....10:30 <b>Bingo .....10:30</b> Line Dancing .....11:30 Tai Chi .....1:00	<b>12</b> <b>AFEP .....11:30</b>  <b>No Core &amp; More class today.</b>
<b>15</b> <b>WSC Council Meeting ...9:30</b> <b>Chair Dance Aerobics ...9:30</b> <b>Gentle Stretching .....10:30</b> Enhance Fitness. ....1:00 Basic Sewing .....1:00	<b>16</b> <b>Mobile Library. ....9:00</b> Total Body Conditioning. ....9:30 <b>Fitness Orientation. ....9:30</b> <b>Flex &amp; Stretch .....10:30</b> Tech Time. ....10:30 Line Dancing .....11:30 Tai Chi .....1:00	<b>17</b> <b>Beginner Ballet. ....9:30</b> <b>Blood Pressure Screenings. ....10:00</b> Basketball. ....10:00 Basic Fitness Training .....11:30 <b>Fitness Orientation. ....1:00</b> Enhance Fitness. ....1:00 <b>Dance Aerobics .....2:00</b>	<b>18</b> Total Body Conditioning. ....9:30 Watercolors .....10:30 <b>Bingo .....10:30</b> Line Dancing .....11:30 Tai Chi .....1:00	<b>19</b> <b>AFEP .....11:30</b> <b>Snackin' &amp; Craftin' .....12:30</b>  <b>No Core &amp; More class today.</b>
<b>22</b> <b>Chair Dance Aerobics ...9:30</b> <b>Gentle Stretching .....10:30</b> Enhance Fitness. ....1:00 Basic Sewing .....1:00	<b>23</b> Total Body Conditioning. ....9:30 <b>Fitness Orientation. ....9:30</b> <b>Flex &amp; Stretch .....10:30</b> Tech Time. ....10:30 Line Dancing .....11:30 Tai Chi .....1:00	<b>24</b> <b>Beginner Ballet. ....9:30</b> Basketball. ....10:00 <b>Register of Wills .....10:00</b> Basic Fitness Training .....11:30 Enhance Fitness. ....1:00  <b>No Dance Aerobics Class Today.</b>	<b>25</b> Total Body Conditioning. ....9:30 Watercolors .....10:30 <b>Bingo .....10:30</b> <b>Intro to Pickleball. ....11:00</b> Line Dancing .....11:30 Tai Chi .....1:00	<b>26</b> Core & More. ....10:30 <b>AFEP .....11:30</b> <b>Let's Mingle .....12:30</b>
<b>29</b> <b>Widow to Widow .....9:30</b> <b>Chair Dance Aerobics ...9:30</b> <b>Gentle Stretching .....10:30</b> Enhance Fitness. ....1:00 Basic Sewing .....1:00	<b>30</b> Total Body Conditioning. ....9:30 <b>Flex &amp; Stretch .....10:30</b> Tech Time. ....10:30 Line Dancing .....11:30 Tai Chi .....1:00	<b>31</b> <b>Beginner Ballet. ....9:30</b> Basketball. ....10:00 Basic Fitness Training .....11:30 Enhance Fitness. ....1:00 <b>Dance Aerobics .....2:00</b>		

## WHAT'S NEW?

### New Classes and Welcome Instructors!

**Bridgett Dell-**

Barre Fitness on Mondays at 2 p.m. at the Clark Senior Center.

**Natonya Nadea-**

Chair Dance Class and Stretching Class on Mondays at 9:30 a.m. & 10:30 a.m. at the Waldorf Senior & Rec Center. Also, on Wednesdays at 10:30 a.m. at the Clark Senior Center.

**Stephanie Monaghan-**

Aquatics on Mon/Wed at LaPlata HS at 10:30 a.m. & St Charles HS on Tue/Th at 8:30 a.m.

**Ethan Divelbliss-**

Aquatics on Mon/Wed at Lackey HS at 9:30 a.m.

*We are very happy to have these instructors on the Fitness Team!!*

### Self Defense Classes

**First Strike Self Defense will be holding a class series. Coming Soon at the Waldorf Senior Center!**

We need to hear from you if you are interested in taking this class, please call Nate Schultz @240-448-2810 to reserve your space. \$20 per class.

4-week session • Fridays, 2 p.m. - 3:30 p.m.

**Dates: To be determined**



### Volunteers Needed

**Matter of Balance: Fall prevention workshop series.**

We are looking for seniors who would be interested in assisting to lead this evidenced based class series. Matter of Balance is a 6-week classroom-based workshop that helps older adults who have fallen or have a fear of falling overcome and gain confidence in daily activities. Class meets once a week.

Training is two, 4-hour sessions and you would then be a Matter of Balance Coach.

As a coach, the commitment is to assist with at least one, 6-week session within the year. You would be teaching alongside another coach. As we would like to make this available to all centers, travel to all senior centers in Charles County is strongly encouraged.

Please call Debi Shanks 301-609-5711 if interested or need more information.



### Exercise sheets for Water Exercise

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

For the month of August, 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.

### Biking with Nate

Friday August 26 @ 9:30 A.M.

Indian Head Rail Trail (White Plains)



### Intro to Kayaking/Group Kayaking

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

Wednesday, August 17, 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, August 31, 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
<b>1</b> Honey Lime Chicken Roasted Redskin Potatoes Roasted Zucchini Whole Wheat Roll Apricots Orange Juice	<b>2</b> Chophouse Burger w/ Lettuce & Tomato Whole Wheat Bun Orange Glazed Carrots Party Harty Beans Pineapple Chunks Apple Juice	<b>3</b> Curry Chicken Brown Rice Carrots and Green Beans Naan Flatbread Tangy Cherry Salad Pineapple Juice	<b>4</b> Beef and Rice Roasted Broccoli Cornbread Fresh Apple Slices Orange Juice	<b>5</b> Jerk Fish w/ Mango Salsa Roasted Baby Carrots Mashed Potatoes Dinner Roll Citrus Salad Grape Juice
<b>8</b> Chicken Salad Sandwich on Brioche Bun Carrot Raisin Salad 3 Bean Salad Diced Mangos Apple Juice	<b>9</b> BBQ Pulled Pork Sandwich Whole Wheat Bun Coleslaw Roasted Sweet Potatoes Grapes Grape Juice	<b>10</b> Tuna Burger w/ Lettuce and Tomato Whole Wheat Bun Roasted Sweet Potatoes Green Beans Mandarin Oranges Orange Juice	<b>11</b> Balsamic Chicken White Rice California Blend Vegetables Biscuit Fruit Cocktail Fruit Punch Juice	<b>12</b> Pork Chop Au Gratin Potatoes Collard Greens Cornbread Pineapple Chunks Pineapple Juice
<b>15</b> Lemon Garlic Baked Cod Roasted Tomatoes Mashed Potatoes Dinner Roll Raisins Fruit Punch Juice	<b>16 TASTE OF CHESAPEAKE</b> Crab Cakes Oven Fried Chicken Old Bay Coleslaw Old Bay Roasted Potatoes Dinner Roll Waldorf Fruit Salad Grape Juice Carrot Cake	<b>17</b> Beef Tacos w/ Lettuce, Tomato, Cheese Seasoned Rice Roasted Broccoli Apple Sauce Apple Juice	<b>18</b> BBQ Baked Chicken Mashed Potatoes Roasted Squash Dinner Rolls Raisins Grape Juice	<b>19</b> Salmon w/ Lemon Dill Sauce White Rice Broccoli Wheat Dinner Roll Grapes Pineapple Juice
<b>22</b> Ginger Lime Chicken Mashed Sweet Potato Broccoli Dinner Roll Mandarin Oranges Apple Juice	<b>23</b> Chicken Marsala Parsley Potatoes Roasted Carrots Whole Wheat Bread Apricots Apple Juice	<b>24</b> Lemon Pepper Tilapia Lemon Parsley Rice Green Beans w/ Tomatoes Breadstick Peaches Fruit Punch Juice	<b>25 BIRTHDAY CELEBRATION</b> Ground Turkey Meat Sauce Whole Wheat Spaghetti & Mozzarella Cali. Blend Vegetables Breadstick Raisins Grape Juice Birthday Cake	<b>26</b> Baked Tuna Fish Cuban Black Beans White Rice Tomato Salad Whole Wheat roll Applesauce Pineapple Juice
<b>29</b> Chef Salad on Spring Mix Whole Wheat Roll Broccoli Salad Pears Orange Juice	<b>30</b> ¼ Herb Roasted Chicken Parsley Mashed Potatoes Roasted Carrots Whole Wheat Roll Cantaloupe Fruit Punch Juice	<b>31</b> Sweet and Sour Pork Brown Rice Roasted Tomatoes Whole Wheat Dinner Roll Raisins Fruit Punch Juice		

## Charles County Luncheon Program

*Available at Noon • Days Vary By Center*

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 & special event meal prices may vary.

**Clark Senior Center.....Tuesday–Friday**  
**Indian Head Senior Center.....Monday–Friday**

**Nanjemoy Senior Center ..... Monday–Friday**  
**Waldorf Senior Center ..... Monday–Friday**

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.

# 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.

