

# The SCOOP

Charles County's Senior Center News



OCTOBER 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.**

- |            |                             |
|------------|-----------------------------|
| October 6  | Waldorf Senior & Rec Center |
| October 13 | Clark Senior Center         |
| October 20 | Indian Head Senior Center   |
| October 27 | Nanjemoy Senior Center      |



## Caregivers Corner

### Fall Favorites

Fall is in the air! The stifling heat is subsiding, and the crisp morning air is welcomed. Fall is a great opportunity to get outside with your elderly loved one. Exploring the fall foliage is a favorite Fall activity that anyone can participate in! Although pumpkin carving may prove a bit strenuous for your elderly loved one, they could make a great judge. Pumpkin favored baked goods? Even if baking is no longer an activity that your loved one can do, they can certainly taste test and decorate! If they are not able to walk too far for trick or treating with the grandchildren, they could help pass out candy or make goodie bags in advance. So many Fall activities can be modified to enjoy with your elderly loved one. Remember to aim to do activities at the best time of day for your family. If sun downers is an issue, then plan for activities to be earlier in the day. Small modifications can make activities and the season itself more enjoyable for the whole family. Happy Fall Y'all!

October Caregiver Support Group being offered in-person at the Richard Clark Senior Center on Wednesday, October 26, 2022 at 2pm.

## Central Registration Begins Oct. 1



It's time for the senior centers to update Central Registration for 2023. Donations received are placed back into programs to benefit your Centers. To register, you must live in Charles County, and you or your spouse must be 60 years of age or older. For details, please visit your center. Renew your membership at any of the four senior centers.

## Fall Fest on the Green

All seniors are welcome to gather on the Indian Head Village Green as we celebrate the end of summer and the beginning of cooler days. Start the day at 9 a.m. with a walk and lawn games. Welcome Herbert's Farms for fall veggies at 10 a.m. The Steve Potter Band will share Chicago and West Coast blues at our celebration from 11 a.m. to 1 p.m. Enjoy the show by bringing your own chair, water, and lunch. Some food trucks will be on the Village Green. Limited snacks and water will be available. Expect door prizes, lawn games, a 50/50, I & A table and loads of fun. No rain date. **This event is sponsored in part by Warren and Jeanne Bowie, the Indian Head Senior Center Council and AVSI.**

Thursday, October 6, 9 a.m. • Fee: Generous Donation



## Holiday Closures



Charles County Senior Centers are closed on Monday, October 10, for Columbus Day.

## Walk, Walk, Walk! Walk Maryland Day is October 5!

By Debi Shanks

Walking is the easiest, least expensive form of exercise there is. Not to mention its Maryland's most popular way to exercise! Taking a brisk 20-minute walk not only will help with strengthening muscles but is also a mood booster. PLUS, it helps prevents falls. When we walk, we use core muscles in the abdominal and back area which keeps our core strong and in turn assists the body to become more stable. See, it's a win-win!

Can't walk? You can get just as good of benefits sitting in a chair and marching, doing knee lifts and kicks. The point is to get moving! Fall is a great time to explore parks, your neighborhood and getting outside. Grab a friend and get walking!

## 2N1 Club

Discover the benefits of joining the 2N1 club, a social club for all Charles County seniors. We gather weekly to:

- form new friendships and rekindle old ones
- share our concerns
- host guest speakers
- plan day and overnight trips, potlucks, annual picnic, and Christmas party
- celebrate birthdays

Give yourself a fun excuse to get out of the house and spend time among friends. Refreshments are periodically provided.

Please join us at the Clark Senior Center every Monday at 10:15 a.m. in the multipurpose room.

## Senior Center Councils Need YOU!!



Do you attend fitness classes? Do you come to parties at the center? Do you enjoy the programs? Sew? Make stained glass? Work out in the Fitness Room? Play Cards? If so, the Senior Center Councils want YOU!

Each senior center has a council made up of volunteers, just like you, helping support the programming at the senior center. And they need more members! Consider joining the senior center council and support your senior center!

For more information on your local senior center council, be sure to speak to senior center staff next time you are in the center.



PLUS+ Includes: Walk / Run / Bike / Kayak, etc. - Any Distance - Anytime - Anywhere

Registration begins on-line Thursday, September 1, 2022: Fee: \$35.00 person  
<https://runsignup.com/Race/MD/IndianHead/2022SistersatHeart17thAnnualBreastCancerVirtualFitnessWalkPLUS>

Walk for the women and men in your life

If you would like to walk in-person, this year we have two locations:

October 9th - 8:30 am Registration (\$35.00 person)  
Old Fisherman's Field, 17215 Neale Road, Cobb Island, MD 20625

October 15th - 8:30 am Registration (\$35.00 person)  
Indian Head Village Green, 100 Walter Thomas Road, Indian Head, MD 20640

Don't miss out on this great opportunity to fight against breast cancer!



**Donations Appreciated** Checks to: SISTERS AT HEART  
Address: Clark Senior Center c/o Sisters at Heart  
1210 Charles Street, La Plata, MD 20646



Contact Information: [f](#) Sisters at Heart Breast Cancer Support Group of Southern Maryland



## Global Diversity Awareness Month



Celebrate Global Diversity Awareness Month and pay tribute to the diverse minds and beliefs held by all cultures around the world. We live in a multicultural society and embracing the values of various cultures only strengthens our understanding and appreciation of the world. Here are some ways to celebrate!

- **Learn about another culture:** Indulge in listening to international music or watching international movies.
- **Try to stay informed:** Keeping up with global happenings and events can be extremely informative in daily life.
- **Connect with people:** Make a friend on the other side of the world - Modern technology allows us to learn almost anything we want to learn about people's lives through social media, and other online channels.

Information from [nationaltoday.com](http://nationaltoday.com)

## National Cyber Security Awareness Month

Just as you fasten your seat belt before driving, take precautions before using the Internet to be sure you are safe and secure.

### Know the red flags

To begin with, if anyone contacts you and insists on payment by a wire transfer or gift card, it's a scam. End the conversation immediately.

### Verify to Clarify

Be suspicious of emails, text messages, or phone calls that create a sense of urgency and require you to respond to a crisis or give sensitive information, such as your credit card number or bank account information. Don't respond immediately. Hang up or walk away from the computer and contact a trusted source to verify the legitimacy of the request.

### Think before you act

Ignore emails or communications that create a sense of urgency and require you to respond to a crisis, such as a problem with your bank account or taxes. This type of message is likely a scam.

### When in doubt, throw it out

Links in email, tweets, texts, posts, social media messages and online advertising are the easiest way for cyber criminals to get your sensitive information. Be wary of clicking on links or downloading anything that comes from a stranger or that you were not expecting.

### Lock your devices

You lock the front door to your house, and you should do the same with your devices. Require a passcode to unlock your phone or tablet. Securing your devices keeps prying eyes out and can help protect your information in case your devices are lost or stolen.

### Make a long, unique password

Length trumps complexity. A strong passphrase is a sentence that is at least 12 characters long. Focus on positive sentences or phrases that you like to think about and are easy to remember. Keep a list that's stored in a safe, secure place away from your computer.

### People online aren't always who they say they are

Adults of all ages need to be wary of strangers and those appearing to be your friends or loved ones online. It is too easy for criminals to hide their identity and appear trustworthy. If someone asks to be your friend on a social media platform, only accept their request if you know them.

Information from [staysafeonline.org](http://staysafeonline.org)



## Mummy Rice Krispie Treats

It's hard to beat a fun and tasty treat that requires only 5 ingredients and takes less than 20 minutes to make!

### INGREDIENTS

- 3 Tbsp. Butter
- 10 oz. bag of Mini marshmallows
- 6 cups Rice Krispies cereal
- 8 oz. White chocolate or white melting chocolate
- Mini chocolate chips

### INSTRUCTIONS

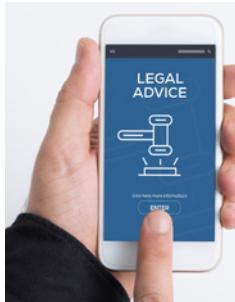
1. In a large saucepan, melt the butter on low heat and then add the mini marshmallows. Stir together until the marshmallows are completely melted.
2. Remove from heat and add in Rice Krispies cereal. Stir until well combined and the cereal is evenly coated in the marshmallow mixture.
3. Butter a 9 x 13-inch baking pan and evenly press the Rice Krispie Treats mixture into the pan. Use a buttered spatula or butter wax paper to prevent your hands from getting too sticky. Place in the refrigerator for 10 minutes to harden.

### ASSEMBLY

1. Use a sharp knife and cut the Rice Krispie treats into 10 rectangular pieces. Place white chocolate or candy melts in a microwave safe bowl and melt in the microwave according to package directions.
2. Dab the back of mini chocolate chip with white chocolate and place it on the Rice Krispie Treat to create the look for a mummy, repeat on all.
3. Place the melted white chocolate into a zip lock bag and cut a small slit in the corner. Drizzle the chocolate across the top of the mummies in a random pattern to look like a mummy wrap. Repeat with additional Rice Krispie Treats and allow the chocolate to harden and set. Place in the refrigerator if you want to harden them quicker.

Information from [kathrynskitchenblog.com](http://kathrynskitchenblog.com)





## Legal Aid

Oct 4 & Nov 1

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

DO YOU  
QUALIFY FOR  
LOWER RX  
COSTS?

MEDICARE OPEN ENROLLMENT / Oct. 15 – Dec. 7

Medicare.gov



## Information & Assistance

Information and Assistance offices are open to provide face to face services. Appointments highly recommended!

### Richard R. Clark Senior Center

Hazel Conner or Barbara Joy at 301-609-5712

### Waldorf Senior & Recreation Center

Joyce Woodard at 240-448-2810 ext 4816

### Nanjemoy & Indian Head Senior Centers

Julie Hammonds at 301-934-6737 or the Center Coordinator



## PROTECT YOURSELF FROM IMPROPER SALES TACTICS.

The government has rules about Medicare plan marketing. Knowing the rules can help you protect yourself from dishonest plan agents or dishonest people posing as agents.

### BEWARE OF PEOPLE WHO:

OFFER YOU GIFTS TO ENROLL IN THEIR PLAN

PRESSURE YOU TO JOIN THEIR PLAN.

SAY YOU WILL "LOSE YOUR MEDICARE BENEFITS"  
UNLESS YOU SIGN UP FOR THEIR PLAN.

OFFER "FREE" SERVICES OR OFFER "EXTRA  
BENEFITS" FOR "SIGNING UP EARLY."

ASK FOR YOUR MEDICARE NUMBER, SOCIAL  
SECURITY NUMBER, OR BANK INFORMATION  
JUST TO PROVIDE YOU WITH INFORMATION  
ABOUT MEDICARE OR THEIR PLAN.

This project was supported, in part, by grant number 90SATC0002 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

## Medicare Open Enrollment Presentations

This month you should receive an Annual Notice of Change and Evidence of Coverage from your Medicare Advantage or Part D plan. It's time to explore these changes and compare other plans in your area. The State Health Insurance Assistance Program (SHIP) will help you navigate your enrollment season questions.

**Potomac Library** - Thursday Oct 6 @ 11am

**Waldorf West Library** - Thursday Oct 13 @ 6pm

**Virtual Presentation**, Tuesday Oct 18 @ 6pm

Visit <https://www.ccplonline.org/> to register for virtual presentation.

## Self-Enrollment Assistance Labs

Do you need help searching for a 2022 Part D drug plan or considering a Medicare Advantage plan? Join us and we will show you how to create your Medicare.gov account, research your plan options and enroll for 2023. Please bring your Medicare card and list of prescriptions. Appointments encouraged to secure your spot, but walk-ins welcome. Check with your library or senior center for sign up list or call SHIP at 301-609-5712.

### Charles County Public Libraries (9am -12pm):

Oct 19, 2022	La Plata Library
Oct 26, 2022	Waldorf West
Nov 3, 2022	Potomac Library
Nov 10, 2022	PD Brown Library

### Senior Centers (9am – 12pm):

Oct 25, 2022	Waldorf Senior & Recreation Center
Nov 2, 2022	Richard R. Clark Senior Center
Nov 16, 2022	Richard R. Clark Senior Center
Nov 17, 2022	Nanjemoy Senior Center
Nov 21, 2022	Nanjemoy Senior Center

# CLARK SENIOR CENTER

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

Get your Latest *SCOOP* online!

## Community

### Flu Shot Clinic

Flu shots will be administered by LaPlata Safeway Pharmacy. Please sign up by September 26th.

Monday, October 3, 10 a.m. to Noon

Fee: FREE

### Widow to Widow Support Group

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

Monday, October 3, 1 p.m. Fee: FREE

### Emergency Preparedness

Join Gary Lewis, from Charles County's Emergency Services to find out what you need to have on hand to be prepared for an emergency.

Wednesday, October 5, 11 a.m. Fee: FREE

### Book Club

Led by Christine England, Charles County Public Library. "What's Yours and Mine" by Naima Coster (OMOB).



Thursday, October 6, 1 p.m. Fee: FREE

### Immunizations: which ones do you need?

Jessica Goldsmith, Charles Co Department of Health, will help you understand which immunizations you need to help you as you age.

Tuesday, October 11, 10 a.m. Fee: FREE

### Charles County Mobile Library

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

Tuesday, October 11, 10 a.m.- Noon Fee: FREE

### Why do we say that?

Join Debi Scoggins to find out why we say some of the things we say, and the history behind it.

Wednesday, October 12, 10:30 a.m. Fee: FREE

### Jeopardy

Join staff & participants for a friendly game of Jeopardy. Sure to be loads of fun for all! Contestants and audience members needed. Please sign up!

Thursday, October 13, 10 a.m. Fee: FREE

### Stronger Memory Social Group

Second Thursday of each month.

Thursday, October 13, 10:30 a.m. Fee: FREE

### Grocery Bag Distribution

One bag per household. Limited supply, sign up early by calling the Clark Center.

Thursday, October 13, 11:30 a.m. Fee: FREE

## Arthritis & Thumb Pain

Courtney Potter, Occupational Therapist, will talk about therapy used to help arthritis & thumb pain.

Tuesday, October 18, 10:30 a.m. Fee: FREE

## Gadgets & Things

Join center staff for this virtual presentation by AARP on items available to make everyday life easier as we age.

Wednesday, October 19, 10 a.m. Fee: FREE

## Becoming Stroke Smart

Shellee Stine, RN, & Sharon Khoo, Rehab Services Mgr., Charles Regional Medical Center, will discuss stroke awareness & prevention.

Thursday, October 20, 10:30 a.m. Fee: FREE

## Breast Cancer Awareness Q & A

Join Sisters at Heart members for this informative roundtable discussion to learn more about breast cancer awareness. Please sign up.

Monday, October 21, 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, October 25, 1 p.m. Fee: FREE

## Halloween Costume Party

Come dressed in your best costume for a chance to win a prize, and dance to the tunes of DJ Mean Gene. Sign up and payment required in the program office.

Thursday, October 27, 10 a.m.

Fee: \$5/60 & over, \$8/59 & younger.

## 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. If you are new, we can teach you.

Wednesdays, 9:30 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

## 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

Charles County Public Library staff will teach you about the different spread sheet programs available, and how to use them. Class size limited, sign up required. Stay tuned for additional classes.

Tuesday, October 4, 10 a.m.

Fee: FREE

### Fall Pumpkin Craft

Join staff and create a beautiful handcrafted fall pumpkin. Sign up by September 30th.

Friday, October 7, 10 a.m.

Fee: FREE

### Camera Club

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

Tuesday, October 4 & 18, 10 a.m. Fee: FREE

### Jewelry Club Class

All supplies will be provided. Sign up and payment required in the program office.

Wednesday October 5 & 19, 10 a.m.

Fee: \$3/pp

### Greeting Card Making Class

Join Teresa Wearmouth to learn to make your own beautiful greeting cards. Each participant will make 2 complete cards in this class. Sign up and payment required in the program office.

Wednesday, October 26, 10 a.m. Fee: \$5/PP

### Learn to Quilt

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



# 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 Coloring & Puzzles ..... 9:30 2N1 Social Club ..... 10:00 Duplicate Bridge ..... 10:00 Pokeno ..... 11:00 <b>Fitness</b> Total Body Conditioning ..... 9:00 Gentle Yoga ..... 10:00 Chair Dance Aerobics ..... 11:00 Drums Alive ..... 1:00 Barre Fitness ..... 2:00	Billiards ..... 9:30 Stained Glass ..... 9:30 Quilting Class ..... 9:30 Coloring & Puzzles ..... 9:30 Guitar ..... 10:00 Cards & Games ..... 10:00 <b>Fitness</b> 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 Tap Dance ..... 2:00	Billiards ..... 9:30 Sewing Room OPEN ..... 9:30 Crochet/Knitting ..... 9:30 Coloring & Puzzles ..... 9:30 Mah Jong ..... 10:00 Pokeno ..... 11:00 <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 Yoga ..... 10:30 Chair Yoga ..... 11:30 AFEP ..... 1:00	Billiards ..... 9:30 Sewing Room OPEN ..... 9:30 Coloring & Puzzles ..... 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 Coloring & Puzzles ..... 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 Gentle Stretch ..... 12:00 Circuit Training ..... 1:00 Line Dance ..... 2:00
<b>3</b>  Flu Shot Clinic ..... 10:00 Widow to Widow ..... 1:00	<b>4</b>  Computer Class ..... 10:00 Camera Club ..... 10:00	<b>5</b>  Jewelry Club Class ..... 10:00 <b>Emergency Preparedness</b> ..... 11:00  <b>No Basic Fitness Training today.</b> <b>*Walk Maryland Day*</b>	<b>6</b>  Book Club ..... 1:00  <i>*Fall Fest at the Indian Head Village Green at 9 a.m.*</i>	<b>7</b>  Fall Pumpkin Craft ..... 10:00
<b>10</b>  <b>Columbus Day</b>   <b>All Center Closed</b>	<b>11</b>  Immunizations Presentation ..... 10:00 Mobile Library ..... 10:00 Bunko ..... 10:00  <b>*Exercise for a Cause*</b>	<b>12</b>  Fitness Orientation ..... 10:00 <b>Why do we say that?</b> ..... 10:30 Clark Council Meeting ..... 1:00	<b>13</b>  <b>Jeopardy Game</b> ..... 10:00 <b>Grocery Distribution</b> ..... 11:30 <b>Stronger Memory Social Group</b> ..... 10:30	<b>14</b>  Project Linus Meeting ..... 10:00
<b>17</b>  Drums Alive ..... 1:00	<b>18</b>  Camera Club ..... 10:00 Arthritis & Thumb Pain ..... 10:30	<b>19</b>  Jewelry Club Class ..... 10:00 <b>Gadgets &amp; Things</b> ..... 10:00	<b>20</b>  <b>Becoming Stroke Smart</b> ..... 10:30	<b>21</b>  Wii Bowling ..... 11:00  <b>No Core &amp; More Class today.</b>
<b>21</b>  Sewing Room OPEN ..... 9:30 <b>Breast Cancer Awareness Q&amp;A</b> ..... 11:00	<b>25</b>  <b>Halloween Movie Day</b> ..... 10:00 Poetry Group ..... 1:00	<b>26</b>  Fitness Orientation ..... 10:00 <b>Greeting Card Making</b> ..... 10:00 Caregivers Support Group ..... 2:00  <b>*Senior Health &amp; Wellness Day*</b>	<b>27</b>  <b>Halloween Party</b> ..... 10:00 Reflections ..... 1:00	<b>28</b>  Hand & Foot Canasta ..... 10:00
<b>31</b>  Drums Alive ..... 1:00	<h1>HELLO OCTOBER</h1> 			

# 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

### Baking Day

The smell of cookies baking reminds us of the beginning of Fall. Join Sydney for home-made oatmeal raisin cookies.

Monday, October 3, 12:30 p.m. Fee: Donation

### Who is That?

How well do you know the senior you see every day? Use your interviewing skills to get to know your peers better, instead of asking Staff.

Tuesday, October 4, 10:45 a.m. Fee: FREE

### Create a Budget

More month than money? Having to choose between groceries and prescriptions? Join Desiree Hodgson-Williams, Aging and Disability Resource Center Coordinator, for reliable sources to help lower the cost of your prescriptions and keep money in your pocket.

Tuesday, October 11, 10:30 a.m. Fee: FREE

### Herb Workshop

This 3 month 1 ½ hour workshop teaches how to use herbs to help us age our way. Use herbs from your garden or the garden at the center. Kimberly Campbell, certified yoga, Pilates and wellness teacher, will teach us the history of popular herbs, how to dry herbs, how to make teas using those dried herbs and how to make your own essential oil. Space is limited to first 8 paid.

Wednesday, October 19, 1 p.m.

Fee: \$25 for workshop or \$10/session

### Family Feud Halloween Edition

Returning Team Spirit is ready for a new team to try to knock them off the board. Join the fun.

Thursday, October 27, 10:30 a.m. Fee: FREE

### Trick or Treat

Double dog dare you! Halloween fun.

Monday, October 31, 12:45 p.m. Fee: Donation



## 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

### Walk w/Staff

Join staff as we walk around the Village Green before the weather gets cold.

Tuesday, October 4 & 18, 1 p.m. Fee: FREE

### Fitness w/Nate

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

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

### Train Your Brain

October 13th is Train Your Brain Day, but we will be exercising our brain all month. All programs are free.

Wednesday, October 5, 9:30 a.m.

Thursday, October 13, 10:30 a.m.

Tuesday, October 18, 10:30 a.m.

### 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. This class is limited to ten.

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

### Become Stroke Smart

University of Maryland Charles Regional Medical Center nurse Shellee Stine, RN, and Rehabilitation Services Manager Sharon Khoo will discuss stroke awareness and prevention.

Thursday, October 20, 10:30 a.m. Fee: FREE

### Fitness Orientation

Schedule time with staff to use Fitness machines and equipment.

Wednesday, October 19, 1 p.m. Fee: \$2

## Ongoing Programs

### Tech Time

Fridays, October 7 & 21, 11 a.m. Fee: FREE

### Bingo

The first, third and fifth Mondays and the 2nd and fourth Wednesday for a nickel.

Mondays, October 3, 17 & 31, 9:30 a.m.

Wednesdays October 12 & 26, 9:30 a.m.

Fee: Nickel/card

### Pastor Chris and Friends

Join Pastor Chris for a devotional and familiar hymns.

Tuesday, October 11, 1 p.m. Fee: FREE

### Information & Assistance w/Julie

Come out for 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. Call 301 934-6737 for appointment.

Tuesdays, October 11 & 25, 10 a.m. Fee: FREE

### Project Linus/Sewing 101

Make a difference in a child's life. Project Linus blankets are 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, October 24, 9:30 a.m. Fee: FREE

### Book Club

Wednesday, October 26, 1 p.m. Fee: FREE

### Green Thumb Club

Friday, October 28, 10:15 a.m. Fee: FREE

## Outdoor Programs

### Tai Chi for Health

This hour-long class is held at 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, ring toss will be available to take advantage of the nice weather.

Wednesdays, 1 p.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 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 Games on the Green.....1:00	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>3</b>  Bingo .....9:30 Baking Day.....12:30	<b>4</b>  Council Meeting .....9:30 Who is That? .....10:45 Walk w/Staff .....1:00	<b>5</b>  Train Your Brain Kick-Off.....9:30 Walk Maryland Day ....11:00	<b>6</b>  Fallfest .....9:00  No AFEP Today	<b>7</b>  Tech Time.....11:00
<b>10</b>  <b>Columbus Day</b> <b>HOLIDAY</b>  <b>All Center Closed</b>	<b>11</b>  Information & Assistance w/Julie .....10:00 <b>Create a Budget</b> .....10:30 Pastor Chris & Friends ...1:00	<b>12</b>  Bingo .....9:30	<b>13</b>  Crafter's Corner .....9:00 <b>Train Your Brain</b> .....10:30	<b>14</b>  Pokeno .....10:15  <b>Breast Cancer Walk on the</b> <b>Village Green 10/15 8:30 a.m.</b>
<b>17</b>  Bingo .....9:30	<b>18</b>  <b>Train Your Brain</b> .....10:30 Walk w/Staff .....1:00	<b>19</b>  Fitness Orientation .....1:00 <b>Herb Workshop</b> .....1:00	<b>20</b>  <b>Become Stroke Smart</b> ..10:30 Grocery Distribution .....11:30  No AFEP Today	<b>21</b>  Tech Time.....11:00
<b>24</b>  Project Linus/Sewing 101 ....9:30	<b>25</b>  Information & Assistance w/Julie .....10:00 Crafter's Corner .....1:00	<b>26</b>  Bingo .....9:30 Book Club.....1:00	<b>27</b>  <b>Family Feud Halloween</b> <b>Edition</b> .....10:30  No AFEP Today	<b>28</b>  Green Thumb Club .....10:15
<b>31</b>  Bingo .....9:30 Trick or Treat.....12:45	<h2>HELLO OCTOBER</h2> 			

## FALLFEST ON THE GREEN

All seniors are welcome to gather on the Indian Head Village Green as we celebrate the end of summer and the beginning of cooler days. Start the day at 9 a.m. with a walk and lawn games. Welcome Herbert's Farms for fall veggies at 10 a.m. The Steve Potter Band will share Chicago and West Coast blues at our celebration from 11 a.m. to 1 p.m. Enjoy the show by bringing your own chair, water, and lunch. Some food trucks will be on the Village Green, limited snacks and water will be available. Expect door prizes, lawn games, a 50/50, I & A table and loads of fun. No rain date. **This event is sponsored in part by Warren and Jeanne Bowie, the Indian Head Senior Center Council and AVSI.**

**Thursday, October 6, 9 a.m. • Fee: Generous 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 with adult. 18+ independent use.

*Like us 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! Not accepting donations at this time. Fee: FREE

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

### Mobile Library

Borrow books, movies, tech every three weeks. Tuesday, October 4, 10:30 a.m.-12 p.m.

Fee: FREE

## Charles County Arts Alliance (CCAA) Programs

### The Frederick Douglass Writing Club

Field trip opportunity for Western Charles County schools fully funded by the Charles County Arts Alliance. Prior registration required through CCPS.

Wednesday, October 12, 10-10:45 a.m.

Fee: FREE

## Community Event

### 20th Annual Nanjemoy Heritage Day

Celebrate 20 years of history, family, and fun at our 20th Annual Nanjemoy Heritage Day. Event features a parade and car show, moon bounce, vendors, food, demonstrations, and more. To register as a sponsor, vendor, or parade participant, please contact the center for a registration form.

Saturday, October 22, 12:00-3:00 p.m.

Fee: Prices set by vendors. FREE admission.

## Recreation Programs

Register for Recreation Programming online at:

<https://charlescountymd.myrec.com/info/facilities/details.aspx?FacilityID=14733>

### Move & Groove

Let your kids run, jump, and play to the sound of music. We will play short, exciting games to get your little one moving and grooving. Adult participation required. Recommended for ages 2-5.

Tuesday, October 18, 5-5:45 p.m. Fee: FREE

## Storytime

Reading aloud creates memories and encourages critical thinking. Come join us for a fun, interactive story, and an activity to follow. Adult participation required. Recommended for ages 2-5.

Tuesday, October 18, 6-6:45 p.m. Fee: FREE

## Grandparent & Me – Nature Escape

Work together with your grandchild on nature-based crafts and activities, such as, planting, story sharing, and more. Fee includes one (1) adult and one (1) child. All supplies are included.

Wednesday, October 19, 5:30-7:00 p.m.

Fee: \$30 county resident, \$35 non-resident

## Wacky Science

Mad scientist or just plain fun...you decide! Your child will enjoy conducting a variety of messy science experiments and activities in a fun indoor setting such as chemical reactions, slime, quicksand, lava lamps and so much more. An exciting new theme and different activities will keep your little scientist learning and having so much fun. Each month is a different theme.

Thursday, October 27, 6 - 7 p.m.

Fee: \$20 county resident, \$25 non-resident

## Senior Council Programs

### Council Soup & Sandwich Fundraiser

The Nanjemoy Senior Center Council will host a soup and sandwich lunch fundraiser. Please see the Nanjemoy Senior Council to register and pay in advance. Last day to register is Monday, October 17th.

Thursday, October 20, 11:30 a.m. - 12:30 p.m.

Fee: \$12

## Senior Center Programs

### Artistic Aesthetics

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

Mondays, 1 p.m.

Fairy House, October 3, Fee: \$2

Coffee Monster Candy Jar, October 17, Fee: FREE

Harvest Paper Wreath, October 24, Fee: FREE

Pumpkin Decorating, October 31, Fee: \$4

### 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, October 20, 10 a.m. - 12 p.m.

Fee: FREE

## Department of Social Services Appointments

Open to all ages and needs! The Department of Social Services is taking appointments at the Nanjemoy Community Center. No prior experience with DSS required! To get on the list, please contact center staff to be put on the list. Staff will ask for a name and phone number for reminder calls only.

Monday, October 24, 10 a.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, October 27, 11:30 a.m. Fee: FREE

### Halloween Costume Nickel Bingo

Show your Halloween spirit and get a special treat and a chance to win our Halloween Costume Contest!

Thursday, October 27, 12:45 p.m.

Fee: \$0.05 per card

## 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

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

# 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 Senior Tech Appts.....8:30 Shop the Rack .....8:30 Lunch .....12:00 Dominos.....1:00 Lunch .....12:00 Dominos.....1:00 Games/Puzzles .....1:00
<b>3</b> Senior Council Meeting .....10:00 Tai Chi .....11:00 Artistic Aesthetics: <i>Fairy House</i> .....1:00	<b>4</b> Coloring Group .....9:00 Flex & Stretch.....10:00 Fitness Fifteen.....11:15 What's the Word.....1:00 Community Program Mobile Library .....10:30	<b>5</b> Walk Maryland Day at Friendship Landing Park....10:00	<b>6</b> <b>Fall Festival @ IHSC.....9:00</b> <b>Total Body Conditioning Canceled</b> <b>Nickel Bingo Canceled</b>	<b>7</b> Get Fit Chair Pilates Video ...10:00 Friday Films .....1:00
<b>10</b> <b>Columbus Day HOLIDAY</b>  <b>All Center Closed</b>	<b>11</b> Coloring Group .....9:00 Flex & Stretch.....10:00 Fitness Fifteen.....11:15 What's the Word.....1:00	<b>12</b> <u>CCAA Program</u> <b>The Frederick Douglass Writing Club .....10:00</b>	<b>13</b> Total Body Conditioning.....11:00 Nickel Bingo.....12:45	<b>14</b> AFEP .....10:00 Friday Films .....1:00
<b>17</b> Senior Council Meeting .....10:00 Tai Chi .....11:00 Artistic Aesthetics: <i>Coffee Monster Candy Jar</i> ....1:00	<b>18</b> Coloring Group .....9:00 Flex & Stretch.....10:00 Fitness Fifteen.....11:15 What's the Word.....1:00 <u>Recreation Programs</u> Move & Groove .....5:00 Storytime .....6:00	<b>19</b> Walking Club .....10:00 <u>Recreation Program</u> Grandparent & Me Nature Escape .....5:30	<b>20</b> I & A with Julie .....10:00 Total Body Conditioning.....11:00 Council Soup & Sandwich Fundraiser.....11:30 Nickel Bingo.....12:45	<b>21</b> Get Fit Chair Pilates Video ...10:00 Friday Films .....1:00 <b>Nanjemoy Heritage Day is tomorrow, 12 p.m. – 3 p.m.</b>
<b>24</b> Tai Chi .....11:00 Artistic Aesthetics: <i>Harvest Paper Wreath</i> .....1:00	<b>25</b> Coloring Group .....9:00 Flex & Stretch.....10:00 Fitness Fifteen.....11:15 What's the Word.....1:00	<b>26</b> Walking Club .....10:00	<b>27</b> Total Body Conditioning.....11:00 New Hope Community Grocery Giveaway .....11:30 Halloween Costume Nickel Bingo .....12:45 <u>Recreation Program</u> Wacky Science.....6:00	<b>28</b> AFEP .....10:00 In Season .....1:00 Friday Films .....1:00
<b>31</b> Tai Chi .....11:00 Artistic Aesthetics: <i>Pumpkin Decorating</i> .....1:00	<h1>HELLO OCTOBER</h1> 			

# WALDORF SENIOR & RECREATIONAL CENTER

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

Get your Latest *SCOOP* online!

## Special Programs

### Diabetes Prevention Program

Cut your Type II Diabetes in half. This Program is for: Senior Center members who are overweight, have prediabetes, have borderline diabetes, have a family history of diabetes, or had gestational diabetes.

Pre-Registration is required.

### Contact 301-609-6885 to register.

Begins Monday, October 3, 9:30-10:30 a.m. Class schedule provided once registered.

Fee: FREE

### Fresh Conversations

This month's topic is about what's trending in the nutrition world. Please pre-register.

Wednesday, October 5, 10 a.m. Fee: FREE

### Challenged By Hair Loss?

Come meet the expert, LaKeysha Moore, Hair Loss Practitioner. LaKeysha Moore is a Certified Hair Loss Practitioner, specializing in hair regrowth and hair replacement services. She is thrilled to share tips for retaining, regrowing, or replacing hair.

Tuesday, October 11, 10:30 a.m. Fee: FREE

### Pop-Up Farmer's Market

Sue Herbert from Herbert Farm will sell fresh autumn fruits and vegetables.

Thursday, October 20, 9:30 a.m.-11:30 a.m.

Fee: Your Purchase

### Self-Enrollment Lab

SHIP Counselors will show you how to create your Medicare.gov account, research your plan options and enroll for 2023. Please bring your Medicare card and list of prescriptions.

Tuesday, October 25, 9 a.m.-Noon Fee: FREE

### Register of Wills

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

Wednesday, October 26, 10 a.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, October 3, 9:30 a.m. Fee: FREE

### Pastor Chris & Friends

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

Wednesday, October 5, 10:30 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 serve

Thursday, October 6, 11:30 a.m. Fee: FREE

### Bible Study

Facilitated by Minister Yvonnde' Wilson. All are welcome!

Tuesday, October 18, 11 a.m. Fee: FREE

### Jewelry Club

You will make beautiful pieces of jewelry in this class. All supplies will be provided. Sign up and payment required at front desk.

Wednesday, October 12, 10 a.m. Fee: \$3/pp

### Widow to Widow Support Group

Facilitated by Brenda Dubose.

Monday, October 31, 9:30 a.m. Fee: FREE

## Senior Fitness

### 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

### Fitness Room Orientation

Mandatory before first use of fitness room. Registration required.

Wednesday, October 5 & 19, 1 p.m. Fee: \$5

Tuesday, October 11 & 25, 10 a.m. Fee: \$5

### Beginner Ballet

Wednesdays, 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

## 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.; Fridays, 11:30 a.m.

Fee: FREE

## 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, October 6 & 20, 2:30 p.m.

Fee: FREE

## Arts & Music

### Basic Sewing

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

Mondays & Wednesdays, 1 p.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.



## MONSTER MASH PARTY

Dress up for Halloween and dance the day away! Prizes will be given for best costumes in the categories of Spookiest, Most Creative, and Funniest. Registration required.

**Thursday, October 27, 10:30 a.m. Fee: \$5**

# 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 <b>Fitness</b> Chair Dance Aerobics ..... 9:30 Chair Yoga ..... 10:30 Yoga ..... 11:30 Enhance Fitness ..... 1:00	Fitness Room ..... 9:00 Racquetball ..... 9:00 Open Studio Art ..... 10:00 Cards & Games ..... 10:30 Chess ..... 11:00 <b>Fitness</b> Table Tennis ..... 2:30 <b>Fitness</b> Total Body Conditioning ..... 9:30 Gentle Stretching ..... 10:30 Line Dancing ..... 11:30 Tai Chi ..... 1:00	Fitness Room ..... 9:00 Racquetball ..... 9:00 Bridge Club ..... 10:00 Cards & Games ..... 10:30 Jacks ..... 11:30 <b>Fitness</b> Lunch ..... 12:00 <b>Fitness</b> Beginner Ballet ..... 9:30 AFEP ..... 10:30 Basic Fitness Training ..... 11:30 Enhance Fitness ..... 1:00 Dance Aerobics ..... 2:00	Fitness Room ..... 9:00 Racquetball ..... 9:00 Cards & Games ..... 10:30 Watercolors ..... 10:30 Jacks ..... 11:00 <b>Fitness</b> Lunch ..... 12:00 <b>Fitness</b> Total Body Conditioning ..... 9:30 Line Dancing ..... 11:30 Tai Chi ..... 1:00	Fitness Room ..... 9:00 Racquetball ..... 9:00 Cards & Games ..... 10:30 Lunch ..... 12:00 <b>Fitness</b> Core & More ..... 10:30 AFEP ..... 11:30 Circuit Training ..... 2:30
<b>3</b> Coffee & Convo ..... 9:30 <b>Diabetes Prevention ....9:30</b> Basic Sewing ..... 1:00	<b>4</b> Tech Time ..... 10:30	<b>5</b> Basketball ..... 10:00 <b>Fresh Conversations....10:00</b> Pastor Chris & Friends ..... 10:30 <b>Fitness Orientation.....1:00</b> Basic Sewing ..... 1:00  <b>No Basic Fitness Training today.</b>	<b>6</b> Bingo ..... 10:30 Grocery Distribution ..... 11:30 Personal Care Supplies Distribution ..... 11:30 <b>Intro to Pickleball.....2:30</b> <i>*Fall Fest at the Indian Head Village Green at 9 a.m.*</i>	<b>7</b> <b>Poetry Slam.....11:00</b> Intro to Yoga ..... 12:30 <b>Stronger Memory.....1:00</b>
<b>10</b> <b>Columbus Day HOLIDAY</b>  <b>All Center Closed</b>	<b>11</b> <b>Fitness Orientation....10:00</b> Tech Time ..... 10:30 <b>Challenged By Hair Loss.10:30</b>	<b>12</b> Basketball ..... 10:00 <b>Jewelry Club .....10:00</b> Basic Sewing ..... 1:00	<b>13</b> Bingo ..... 10:30  <b>*Exercise for a Cause*</b>	<b>14</b> <b>National Dessert Day ...12:30</b>
<b>17</b> WSC Council Meeting ....9:30 <b>Diabetes Prevention ....9:30</b> Basic Sewing ..... 1:00	<b>18</b> <b>Mobile Library.....9:00</b> Tech Time ..... 10:30 <b>Bible Study .....11:00</b>	<b>19</b> Basketball ..... 10:00 <b>Fitness Orientation.....1:00</b> Basic Sewing ..... 1:00	<b>20</b> <b>Pop-Up Farmer's Market .9:30</b> Bingo ..... 10:30 <b>Intro to Pickleball.....2:30</b>	<b>21</b> Intro to Yoga ..... 12:30 <b>Stronger Memory.....1:00</b>
<b>24</b> <b>Diabetes Prevention ....9:30</b> Basic Sewing ..... 1:00	<b>25</b> <b>Self-Enrollment Lab.....9:00</b> <b>Fitness Orientation.....10:00</b> Tech Time ..... 10:30	<b>26</b> Basketball ..... 10:00 <b>Register of Wills .....10:00</b> Basic Sewing ..... 1:00	<b>27</b> <b>Monster Mash Party....10:30</b>  <b>*NO BINGO TODAY*</b>	<b>28</b> <b>Global Diversity Puzzle.....11:30</b>
<b>31</b> Widow to Widow .....9:30 <b>Diabetes Prevention ....9:30</b> Basic Sewing ..... 1:00	<h1>HELLO OCTOBER</h1> 			

## Exercise for a Cause Sisters At Heart FUNdraiser!

Not only get your exercise in but help raise money for Sister's At Heart, a community outreach that provides information about Breast Cancer in our community! There will be NO CHARGE for classes this day, in hopes you will donate.

Fee: Donations accepted to Sisters At Heart

Items will be available to purchase day of event! Wear your PINK!

Clark Senior Center • Tuesday, October 11 • 9 a.m. - 1 p.m.

Waldorf Senior Center • Thursday, October 13 • 9 a.m. - 1 p.m.

## Walk to End Alzheimer's Save the Date!



We walk to raise money and awareness to fight this life changing disease.

Join our Charles County Senior Center Team and raise your flower in honor, support or in hope there will be a cure to #endalz.

**October 1 • Regency Stadium • 8:30 a.m. registration**

Register: [www.alz.org/walk](http://www.alz.org/walk) We have a senior center team. Look under Charles County Senior Centers



## Walk Maryland Day is October 5!

Let's go Charles County! Join us and WALK! We will have group led walks at the following places:

Laurel Springs Park @ 9 a.m.

Meet in large parking lot on right.

Friendship Landing Park @ 10 a.m.

Meet in the main parking lot.

Indian Head Village Green @ 11 a.m.

Meet at Indian Head Senior Center.

## Biking with Nate

Thursday, October 27 @ 1:30 p.m.

Indian Head Rail Trail (White Plains)



## Walk in the Park

Join our group that meets every Monday & Friday for a trail walk at Laurel Springs Park.

Monday's walk is instructor led while on Friday's, the group goes on their own. Connect with people and get your exercise in.

Warm up begins at 10 a.m. Meet in the large parking lot on the right upon entering the park.

## Intro to Yoga

This class will teach you basic postures and movements. Perfect for anyone with limited mobility and restrictions. Instructor: Linda Jefferies.

**Friday, Oct. 7 & 21, 12:30 p.m.**  
Waldorf Senior & Rec Center

**Fee: Fitness Card**

## Celebrate Senior Health & Fitness Day on October 26!

This day we recognize how hard you work to keep healthy. Anyone who comes into a senior center and exercises will get the chance to win some fun fitness prizes.

Don't forget to get your raffle ticket at your senior center. One ticket per person.



## 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. All are welcome.

Wednesday, October 19 @ 10 a.m. OR 11 a.m.  
Registration required; kayaks provided • Fee: \$5



## IMPORTANT INFO

Our classes, unless otherwise noted, require payment in the form of a fitness card. These cards can be purchased at each Senior Center. They give you 10 fitness classes for \$20. They need to be punched upon entering our classes.

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>3</b>  Lemon Garlic Baked Cod Roasted Tomatoes Mashed Potatoes Dinner Roll Raisins Fruit Punch Juice	<b>4</b>  Chicken Mushroom & Brown Rice Malibu Blend Vegetables Whole Wheat Dinner Roll Diced Mangos Orange Juice	<b>5</b>  Liver and Onions Brown Rice Stewed Tomatoes Corn Bread Apricots Apple Juice	<b>6</b>  BBQ Baked Chicken Mashed Potatoes Roasted Squash Dinner Rolls Raisins Grape Juice	<b>7</b>  Salmon w/ Lemon Dill Sauce White Rice Broccoli Wheat Dinner Roll Grapes Pineapple Juice
<b>10</b>  <b>Columbus Day/ Indigenous Peoples Day</b>   <b>Seniors Closed</b> <b>No meal service</b>	<b>11</b>  Chicken Marsala Parsley Potatoes Roasted Carrots Whole Wheat Bread Apricots Apple Juice	<b>12</b>  Lemon Pepper Tilapia Lemon Parsley Rice Green Beans w/ Tomatoes Breadstick Peaches Fruit Punch Juice	<b>13</b>  Ground Turkey Meat Sauce Whole Wheat Spaghetti & Mozzarella Cali. Blend Vegetables Breadstick Raisins Grape Juice	<b>14</b>  Baked Tuna Fish Cuban Black Beans White Rice Tomato Salad Whole Wheat Roll Applesauce Pineapple Juice
<b>17</b>  Salmon Cake Brown Rice Zucchini Blend Biscuit Mandarin Oranges Pineapple Juice	<b>18</b>  1/4 Herb Roasted Chicken Parsley Mashed Potatoes Roasted Carrots Whole Wheat Roll Cantaloupe Fruit Punch Juice	<b>19</b>  Oven Fried Chicken Mashed Potatoes w/ Gravy Broccoli Cornbread Fruit Salad Pineapple Juice	<b>20</b>  Sweet and Sour Pork Brown Rice Roasted Tomatoes Whole Wheat Dinner Roll Black Bean Mango Salad Raisins Fruit Punch Juice	<b>21</b>  BBQ Pulled Pork Sandwich Whole Wheat Bun Coleslaw Roasted Sweet Potatoes Grapes Grape Juice
<b>24</b>  Sweet and Sour Chicken Brown Rice Roasted Broccoli Breadstick Apple Sauce Apple Juice	<b>25</b>  Unstuffed Cabbage w/ Ground Turkey Roasted Sweet Potatoes California Blend Veggies Whole Wheat Dinner Roll Pineapple Chunks Pineapple Juice	<b>26</b>  Sloppy Joe on Whole Wheat Bun 5 Blend Veggies Roasted Potatoes Raisins Grape Juice	<b>27</b> <b>HALLOWEEN LUNCH</b>  Mummy Wraps (Lasagna) Ghoulish Green Beans (Seasoned Green Beans) Snake Grass (Tossed Salad) Witches Finger (Bread Stick) Mummy Eyes (Apricots) Blood Bath Punch (Grape Juice) Halloween Cake	<b>28</b>  Chipotle Chicken Roasted Bean and Corn Salad Roasted Beets Whole Wheat Roll Diced Mangos Fruit Punch Juice
<b>31</b>  Beef and Noodles Stewed Tomatoes Apple Sauce Cornbread Orange Juice	<h1>HELLO OCTOBER</h1> 			

## 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.

## Opportunities to Travel & Explore

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

**A Message from Travel Leaders/Action Travel Tours: A crispness has returned to the air and pumpkins are on the porch, it's time to turn your thoughts to booking your Holiday tours. Call immediately if you are interested in the December 2nd Winterthur and Longwood Gardens Day or the December 13-15 Christmas Rockettes' Trip. Show ticket reservations must be confirmed ASAP.**

*If a trip is cancelled by Action Travel or the vendor, a refund or future credit will always be issued. The decision to cancel a trip happens at 60-45 days prior based on the number of people signed up. Please call to make your reservation if you are like me and ready to return to safe travel. The below listed trips were all scheduled with availability at the time this list was sent for publication. All tours are on a first come basis. Please call to verify trip dates and stated details. Safe travels are upon us. Stay well and may God bless you and your family.*

### \*\* 2N1 Sponsored Trips

**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 the Winterthur Estate for the Holidays. Then head to the magnificent Longwood Gardens decked out for the Christmas season. The light show alone at Longwood Gardens makes it worth the trip.

**December 4-12, 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.

**December 13 – 15, 2022: Rockettes' Christmas Spectacular in New York City.** CALL IMMEDIATELY FOR RESERVATION. 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.



### February 27 - March 3, 2023: San Diego Getaway.

Looking for some warm sunshine in February? Spend 4 glorious nights in San Diego's Old Town District. Visit the world-famous San Diego Zoo, tour San Diego's Gaslamp Quarter, La Jolla, and the historic Hotel del Coronado and a spend a full day in sunny Palm Springs.

### \*\*July 22-30, 2023: Highlights of the Canadian Rockies with Mayflower Tours.

Visit the most breathtaking scenery you will ever experience while touring Calgary, Edmonton, Jasper, and Banff. Amazing sights of Maligne Lake, Columbia Icefields, Chateau Lake Louise, Sulphur Mountain, Calgary Tower, Royal Tyrrell Museum and West Edmonton Mall. Call for flyer and pricing.

**\*\*September 27 – October 8, 2023: Colorful Canyons and Beautiful Balloons.** This 12-day holiday is the perfect blend of the beauty of the Balloon Fiesta in Albuquerque and the amazing National Parks in the Southwest. Explore six National Parks on this incredible journey, enjoy a float trip on the Colorado River, and take a scenic cruise on Lake Powell. You will fly into Albuquerque and home from Salt Lake City.

### October 11-21, 2023: Portugal and the Douro River Cruise with Mayflower and Emerald Waterways.

Visit Portugal and Spain in this exceptional tour and river cruise. Spend 2 nights in Lisbon and visit Fatima on your way to Porto where you board your cruise of the UNESCO World Heritage Sites of the Douro Valley and Salamanca, Spain. Package includes: 22 meals, air, transfers, 2 nights hotel, 7-night cruise on the Emerald Radiance, gratuities, shore excursions and complimentary regional wines, beers and soft drinks with onboard lunches and dinners. Call for rates and flyer. Ask about the availability of FREE airfare.