

# The SCOOP

Charles County's Senior Center News



**NOVEMBER 2022**  
[www.CharlesCountyMD.gov](http://www.CharlesCountyMD.gov)





## Annual Christmas Party

**Thursday, December 8 • 10:30 a.m. – 2 p.m.**

Charles County seniors, age 60 and older, are invited to attend this annual event sharing delicious food, fellowship, and entertainment. Entertain will be provided throughout the event. Santa will stop in to hand out door prizes donated by senior clubs, councils, and organizations. Please bring a canned food item to share with needy families. Admission is FREE, but tickets are required & available on a very limited basis. Senior Centers will distribute tickets beginning Thursday, November 10. This event is open to Charles County Seniors Only. **Located in the Waldorf Jaycees Community Center and sponsored by the Greater Waldorf Jaycees.**

## Volunteers Needed for Christmas Connection Program

**Take the opportunity to help our community.**

Christmas Connection is a volunteer and interagency partnership providing holiday cheer to seniors and families in need. The Charles County Department of Community Services leads the "Adopt-a-Senior" portion of the project and is seeking volunteers to prepare and deliver holiday food baskets to seniors who have been determined to be financially needy and without support of family at the holiday time.

Individuals wishing to volunteer should call the Aging and Human Services Division at 301-934-6737 or hammonju@charlescountymd.gov by **Wednesday, Nov. 9**. Citizens with special needs may contact the Maryland Relay Service at 711, or Relay Service TDD: 800-735-2258.

## Holiday Closures

Charles County Senior Centers are closed on the following dates in November:

- Tuesday, November 8 for Election Day
- Friday, November 11 for Veterans Day
- Wednesday, November 23 – Friday, November 25 for Thanksgiving.

NOVEMBER

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## 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.**

November 3	Waldorf Senior & Rec Center
November 10	Clark Senior Center
November 16	Indian Head Senior Center
November 16	Nanjemoy Senior Center



## Senior Center Registration

**Everyone to complete an updated form.**

Update your 2022-2023 Senior Center membership by completing an Annual Registration Form. Please renew your membership at any one of the four Senior Centers so that we may better serve and assist you in the event of an emergency. To register, you must live in Charles County and you, or your spouse must be 60 years of age or older. Registration donations are appreciated, and they directly benefit the Charles County Senior Center programs. For more information, please visit a nearby Senior Center.

## Charles County Fair a Big Success

**You are so talented!**

The fair celebrates Charles County's agricultural heritage and history. Artists and collectors from the senior community came out in force entering exhibits divided into Needlework's, Fine Arts, Photography, and Collections. We thank everyone who entered their projects and the many volunteers who supervised the senior room. In addition, we send a special thank you to Fair Superintendents and long-time regular volunteers Norma Baretincic and Beth Fiske, for their dedication in making the senior room look outstanding and for their support throughout the judging process. It is a lot of work! We hope that you had a chance to visit the fair and we encourage persons to begin planning projects for next year.





## Diabetes Awareness Month

By: Charity Haynes

November is often considered to be the month that kicks off the holiday season. There are also many important topics of awareness highlighted during the month of November. One such topic is Diabetes awareness. This condition affects more than 11% of the US population with 1.4 million new cases diagnosed in 2019 alone, according to CDC statistics.<sup>1</sup>

Sugar (aka glucose) is a vital source of energy for our bodies. When the food we eat is broken down, glucose from that food is absorbed into the bloodstream and taken up by the cells. Insulin is a hormone that acts as a “key” to “unlock” the cells, allowing them to take in the extra glucose. Diabetes is a condition where the body either does not produce enough insulin or does not properly respond to the insulin that is produced. The result is an excess of sugar in the blood which can lead to serious health issues for the heart, kidneys, vision, nerves, or other systems.

“So, then what can I do to help control my diabetes and still enjoy the holiday season?!” – great question! For starters, don’t skip meals. Eating small meals throughout the day can help regulate blood sugar more effectively than “saving” all the carbs for the evening meal. Fill half your plate with vegetables that are grilled, steamed, or raw vs those in heavy cream sauces. Treat your plate like a sampler plate by taking small amounts (1-2 bites) of the starchier foods - just enough to get a taste. Finally, consider going for a walk with family or friends after the meal. The physical activity can facilitate digestion, encourage glucose uptake by the cells and, as a result, help to lower blood sugar. Diabetes does not have to interrupt the joy and celebration around the table during the holidays. Work with your diabetes healthcare team to craft a plan for controlling blood sugar this season, and then stay with it.

Information from the Centers for Disease Control and Prevention. National Diabetes Statistics Report [www.cdc.gov/diabetes/data/statistics-report/index.html](https://www.cdc.gov/diabetes/data/statistics-report/index.html)



## Caregivers Corner

### Enjoying the holidays as a caregiver

The holidays can be a wonderful but stressful time of the year. It is important to remember seniors with a diagnosis of dementia feel the stress of the holidays in a different way. They may not be concerned with the perfect holiday meal, buying great gifts, or decorating the house. They may be more worried about not remembering a dear niece/nephew, making mistakes that ruin plans, or messing up that traditional family recipe.

### Ways to help a senior with dementia during the holidays:

- Prepare your loved one the week prior by talking about plans. For example, who may be visiting with a picture as a reminder if possible.
- Know the limits of your loved one, recognize stress before it becomes overwhelming.
- If crowded situations are difficult for your loved one, try to plan a quiet area away from the large crowd where a few people could visit them at a time.
- Bring familiar items that typically provide comfort, a favorite sweater, a photo album, a magazine, etc.
- Try to plan events around times that the senior is typically at their best.
- Stick to the routine as much as possible.
- Be prepared to end a visit early if needed.
- If you receive an invitation for an event that does not fit well with your loved one, then it is okay to leave them with a trusted back-up provider and enjoy yourself. No guilt necessary.

Information for this article provided by The National Institute on Aging. <https://www.nia.nih.gov/health/holiday-hints-alzheimers-caregivers>

Caregivers Support Group offered in-person at Richard R. Clark Senior Center November 30, 2022, at 2pm.



## National Stress Awareness Day

Is stress making you frustrated and irritable? Especially around this time of the year with the holidays coming up. It is easy to become overwhelmed and feel out of control. For quick relief, try one of these tips.

**Get Active** - Virtually any form of physical activity can act as a stress reliever.

**Eat a Healthy Diet** - This is an important part of taking care of yourself. Aim to eat a variety of fruits and vegetables, and whole grains.

**Avoid Unhealthy Habits** - Some people may deal with stress by indulging into their bad habits. Try to avoid that as much as possible.

**Meditate** - It can instill a sense of calm, peace, and balance that can benefit both your emotional well-being and your overall health.

**Laugh More** - A good sense of humor can't cure all ailments, but it can help you feel better, even if you must force a fake laugh through your grumpiness.

**Connect with Others** - When you're stressed, your instinct may be to isolate yourself. Instead reach out to your family and friends and make social connections.

**Get Enough Sleep** - The quality and amount of sleep you get can affect your mood, energy level, concentration and overall functioning. Make sure that you have a quiet and relaxing bedtime routine.

**Get Musical and Be Creative** - Listening to or playing music is a good stress reliever because it can provide a mental distraction, reduce muscle tension and decrease stress hormones.

**Seek Counseling** - If new stressors are challenging your ability to cope or if self-care measures just aren't relieving your stress, you may need to look for reinforcements in the form of therapy or counselling.

**Information on [mayoclinic.org](https://www.mayoclinic.org)**



## Black Friday Scams and How to Avoid Them

Black Friday draws millions of holiday shoppers seeking to score deals, compete for hot products, and cross names off their shopping lists. A scammer could take advantage of the season to make off with your gifts, credit card information, or your identity. Here are some tips to protecting yourself this holiday season.

- Stick to reputable retailers.
- Use a credit card for your online holiday shopping.
- Never make an impulse donation in response to an ad or plea on social media.
- If you get a message about an item you didn't order, stop and think.
- Make sure you are going to the real website when shopping online.

**Information on [us.norton.com](https://us.norton.com)**

## Shop Small Business Saturday

Small Business Saturday is celebrated Saturday after Thanksgiving. It reminds us of the prime shopping opportunities right in our own community. Small businesses feed our communities. Supporting small businesses means you're supporting your local economy, local business, tax base, schools, and infrastructure. Keep these tips in mind when shopping this holiday.



- Check your holiday shopping list for those who would like handcrafted items and buy locally from a craft fair.
- Small businesses may specialize in one area, or they may offer a variety of services. Don't hesitate to walk in and explore the store. You may be surprised what they have to offer.
- Who has a hard-to-shop-for family member? We all do, right? Ask the shop owner for help. They often have ideas you've never considered that will fill your empty stocking.

**Information on [nationaldaycalendar.com](https://www.nationaldaycalendar.com)**



MEDICARE OPEN ENROLLMENT / Oct. 15 – Dec. 7

Medicare.gov

Open enrollment is the time for Medicare beneficiaries to review their Medicare Prescription Drug Plans and make any necessary changes. New beneficiaries can select a plan and learn how the plan works and existing enrollees can change and updates their plans.

State Health Insurance Assistance Program counselors (SHIP) will be available to assist you during this enrollment period.

**Call to schedule an over-the-phone or in-person appointment with SHIP at 301-609-5712 or 240-448-2816.**

## Self-Enrollment Assistance Labs

Do you need help searching for a 2023 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):**

Nov 3, 2022-----Potomac Library

Nov 10, 2022----PD Brown Library

### **Senior Centers (9am – 12pm):**

Nov 2, 2022 --- Richard R. Clark Senior Center

Nov16, 2022 --- Richard R. Clark Senior Center

Nov 17, 2022---Nanjemoy Senior Center

Nov 21, 2022--- Nanjemoy Senior Center

## 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.



## AARP Tax Aide Volunteers & Training

Preparation for tax season is underway and once again the Senior Information and Assistance Office is partnering with AARP to assist seniors and moderate to low-income adults with income tax preparation. This is a FREE service for those who meet eligibility guidelines.

We are currently accepting volunteers to assist in tax coordination and preparation!! Training will take place in the coming weeks. Individuals wishing to enroll in the AARP Income Tax Training Program for 2023 should apply directly to <https://www.aarp.org/volunteer/programs/tax-aide/>

Click "Volunteer Now" then "Create Account". Once submitted, your application will be routed to the volunteer program coordinator in your jurisdiction.

For general questions contact Barbara Joy, Senior Information & Assistance Program Assistant at 301-609-5712 or JoyB@charlescountymd.gov



## Maryland Access Point: Loan Closet

Aging and Human Services Division maintains a durable medical equipment loan closet for qualified seniors in need. Supplies are limited to what is on-hand at the time of request, but generally consists of, but not limited to: walkers, canes, bath/shower benches, incontinence supplies and wheelchairs.

Equipment on-hand in the loan closet can be checked out, free of charge, for a period of 90 days. All borrowed equipment must be cleaned, sanitized and in good working condition when returned; ready to meet the needs of the next recipient.

**We accept donations!** Please contact Maryland Access Point (MAP) at 855-843-9725 about donating and scheduling a donation date/time. We look forward to helping you stay healthy and safe in Charles County.

# CLARK SENIOR CENTER

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

*Get your Latest SCOOP online!*

## Community

### Charles County Mobile Library

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

Tuesday, November 1 & 22, 10 a.m.- Noon

Fee: FREE

### Medicare Open Enrollment Lab

This is a self-enrollment assistance lab to help with your Medicare choices. Appointments are preferred, but walk-ins will be welcomed. Call 301-609-5712 to schedule a timeslot.

Wednesday, November 2 & 16,

9 a.m. to 12 p.m.

Fee: FREE

### Book Club

Led by Christine England, Charles County Public Library. The Maid by Nita Prose will be discussed.

Thursday, November 3, 1 p.m.

Fee: FREE

### Veterans Day Celebration

Let's celebrate our Veterans for all they have done and continue to do to keep our Country free and safe. There will be vendors on site to assist with various needs, entertainment, and a delicious lunch. Sign up in the program office by November 1st.

Wednesday, November 9, 10:30 a.m.

Fee: Veterans 60 & over FREE,

Non-Vets 60 & over \$5

### Challenged by Hair Loss?

Lakeysa Moore, Certified Hair Loss Practitioner, will provide information on how to retain, regrow, or replace hair.

Thursday, November 10, 10:30 a.m. Fee: FREE

### Grocery Bag Distribution

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

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

### Widow to Widow Support Group

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

Monday, November 14, 1 p.m.

Fee: FREE

### Gluten-Free Diet Awareness

Need information about a gluten-free diet? Charity Haynes, Nutritionist will present pros and cons of this type of lifestyle.

Tuesday, November 15, 10:30 a.m. Fee: FREE

### HomeFit/Aging in Place Virtual Presentation

Learn how to make your home more suitable for you as you age. This virtual presentation will be shown at the Clark Center via Zoom.

Wednesday, November 16, 10 a.m. Fee: FREE



### Fall Harvest Party

Join us for some fall fun, food & dancing, with entertainment provided by Mosquito Cove Digital Magic Entertainment.

Thursday, November 17, 10 a.m.

Fee: \$6/60 & over, \$8/\$59 & younger.

### Insurance 101 for Seniors

Maryland Insurance Administration will provide important information to help you compare rates & coverage for various types of insurance.

Tuesday, November 29, 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, November 29, 1 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

### 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

### Gospel Choir Group

Wednesdays, 2 p.m.

Fee: FREE

### Reflections

Join Pastor Powell for this non-denominational Bible study.

Thursdays, 1 p.m.

Fee: FREE

### Project Linus

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

Fridays, 9:30 a.m.

Fee: FREE

### Open Paint Session

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

Fridays, 10 a.m.

Fee: FREE

## Classes

### Computer Class

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

Tuesday, November 1, 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, November 15 & 29, 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 November 2 & 16, 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, November 30, 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.

Wednesdays, 10 a.m. Fee: \$5

### Basic Fitness Training

Basic exercises designed for functional workout to assist with strengthening the whole body. Easy to follow, Seated/Standing exercises to get you up and moving.

Wednesdays, 9 a.m.

Fee: Fitness Card

### Circuit Training

Participants move through a series of stations with specific exercises at each station.

Fridays, 1 p.m. Fee: Fitness Card

### Total Body Conditioning

A Cardiovascular System workout to target all muscle groups, using bands, weights, and stretching for a well-rounded workout.

Mondays, 9 a.m.

Fee: Fitness Card

Fridays, 10:15 a.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 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 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 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 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>1</b> <b>Computer Class.....10:00</b> <b>Mobile Library.....10:00</b>	<b>2</b> Medicare Open Enrollment Lab.....9:00 Jewelry Club Class.....10:00 Fitness Room Orientation.....10:00	<b>3</b> <b>Book Club.....1:00</b>	<b>4</b> Hand and Foot Canasta.....10:00 Total Body Conditioning.....10:15
<b>7</b> Chair Dance Aerobics.....11:00	<b>8</b> <b>Election Day</b>  <b>Centers Closed</b>	<b>9</b> <b>Veteran's Day Program .10:00</b> Fitness Room Orientation.....10:00 Clark Council Meeting.....1:00	<b>10</b> <b>Hair Loss Program.....10:30</b> <b>Grocery Distribution.....11:30</b>	<b>11</b> <b>Veterans Day</b>  <b>Centers Closed</b>
<b>14</b> <b>Widow to Widow.....1:00</b>	<b>15</b> <b>Camera Club.....10:00</b> <b>Gluten Free Diet.....10:30</b> <b>Bunko.....10:00</b>	<b>16</b> Medicare Open Enrollment Lab.....9:00 Jewelry Club Class.....10:00 <b>Aging in Place/Virtual .10:00</b> Fitness Room Orientation.....10:00	<b>17</b> <b>Fall Harvest Party.....10:00</b>	<b>18</b> Project Linus Meeting.....10:00
<b>21</b> Drums Alive.....1:00	<b>22</b> Mobile Library.....10:00	<b>23</b> <b>Thanksgiving Holiday</b>  <b>Centers Closed</b>	<b>24</b> <b>Thanksgiving Holiday</b>  <b>Centers Closed</b>	<b>25</b> <b>Thanksgiving Holiday</b>  <b>Centers Closed</b>
<b>28</b> Sewing Room OPEN.....9:30	<b>29</b> <b>Camera Club.....10:00</b> <b>Insurance 101.....11:00</b> Poetry Group.....1:00	<b>30</b> Greeting Card Class.....10:00 Fitness Room Orientation.....10:00 Caregivers Support.....2:00		

# INDIAN HEAD SENIOR CENTER

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

Get your Latest SCOOP online!

## Program Locations for Outside Activities

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

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

## Special Programs

### Create a Budget

What's a fixed expense? How does that affect my budget? Part 2 of how to create a budget. (Sources from AARP.org)

Tuesday, November 15, 10:30 a.m. Fee: FREE

### Herb Workshop

Session 2 of a 3-session workshop will focus on making teas and tinctures. Kimberly Campbell, certified Yoga, Pilates, and Wellness instructor will share the history of popular herbs, how to make teas using herbs and the last session how to make essential oil. Space is limited to first 8 paid.

Wednesday, November 16, 1 p.m.  
Fee: \$10 each session if space is available.

### Honoring Joe Gressis

Thanksgiving Day is lossif "Joe" Mario Gressis Day. Joe used his time, food, and resources to serve a Thanksgiving meal to anyone in the community. Joe's family still owns OBO in Indian Head. Let's support their efforts by having lunch at OBO.

Tuesday, November 22, 11:45 a.m.  
Fee: Your Order

### Deck the Halls

Help Council prepare for the Christmas holiday.

Wednesday, November 30, 1 p.m. Fee: FREE

## Health & Fitness Programs

### Tai Chi for Health Beginner's Class

This 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

Join Jinjer as she incorporates dance steps for a body conditioning workout.

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, and Thai foot massage practitioner. This class is limited to ten.

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

### Stress Relievers

National Stress Awareness Day allows us to take a breath and review our stress relievers list as we plan for the Holiday season.

Wednesday, November 2, 11:45 a.m. Fee: FREE

### Nutrition Education/Gluten Free

When planning for the Holidays we plan gatherings and craft menus that will accommodate a myriad of dietary restrictions. November is Gluten Free Awareness Month. Join Charity, our dietitian nutritionist, for a discussion of a gluten free eating lifestyle and ways to remember your gluten free friends in your holiday menu planning.

Wednesday, November 9, 11:15 a.m. Fee: FREE

### Diabetes 101

University of Maryland Charles Regional Medical Center dietician Cindy Adams, a diabetes education specialist, will discuss the basics of diabetes.

Thursday, November 10, 10:30 a.m. Fee: FREE

### Fitness Orientation

Mandatory before using equipment.

Tuesday, November 22, 1 p.m. Fee: \$2

## Ongoing Programs

### Crafter's Corner

Make an Autumn Votive for your Thanksgiving table. Pay fee when signing up.

Tuesday, November 1, 10:30 a.m. Fee: \$2

### Bingo

The first, third and fifth Mondays and some Wednesdays for a nickel.

Mondays, November 7 & 21  
Wednesdays, November 2, 16 & 30, 9:30 a.m.

Fee: Nickel/card

### 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 and local first responders. No sewing experience is necessary, just an attitude of sharing and caring.

Monday, November 14 & 28, 9:30 a.m.  
Fee: FREE

### Information & Assistance w/Julie

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

Tuesday, November 15 & 29, 10 a.m.  
Fee: FREE

### Senior Tech

Check with Taylani for senior tech checkups.

Tuesday, November 15, 1 p.m. Fee: FREE

### Green Thumb Club

Kale might be ready!

Friday, November 18, 10:30 a.m. Fee: FREE

### Book Club

Wednesday, November 30, 1 p.m. Fee: FREE

## Outdoor Programs

### Tai Chi for Health

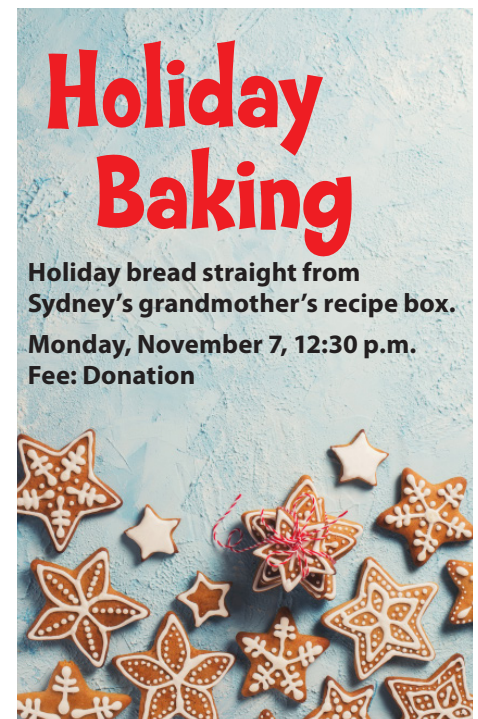
This class is held around Indian Head's Village Green fountain. This Tai chi class is for students who practice the 41 movements.

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

### Outdoor Games

Take advantage of the cooler days to play outside.

Wednesdays, November 2 & 9, 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.

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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	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> Crafter's Corner .....10:30	<b>2</b> Bingo .....9:30 Stress Relievers ..... 11:45 Outdoor Games..... 1:00	<b>3</b> Mobile Market..... 11:00	<b>4</b> Pokeno .....10:30  <b>No Yoga Today</b>
<b>7</b> Bingo .....9:30 Holiday Baking .....12:30	<b>8</b> <b>Election Day</b>  <b>Centers Closed</b>	<b>9</b> <b>Nutrition Education</b> <b>-Gluten Free. .... 11:15</b> Outdoor Games..... 1:00	<b>10</b> Diabetes 101 .....10:30 <b>No AFEP today</b>	<b>11</b> <b>Veterans Day</b>  <b>Centers Closed</b>
<b>14</b> Project Linus/Sewing 101 ... 9:30  <b>No Tai Chi</b>	<b>15</b> Information & Assistance w/Julie .....10:00 <b>Create a Budget .....10:30</b> Senior Tech.....1:00	<b>16</b> Bingo .....9:30 AFEP .....11:00 Grocery Distribution .....11:30 <b>Herb Workshop ..... 1:00</b>	<b>17</b> <b>Thanksgiving with the</b> <b>RRCSC Gospel Choir. ....10:45</b>  <b>No AFEP today</b>	<b>18</b> Green Thumb Club .....10:30
<b>21</b> Bingo .....9:30 Gingerbread Cookie Day.....12:45  <b>No Tai Chi</b>	<b>22</b> Music Spotlight .....10:30 <b>Honoring Joe Gressis ... 11:45</b> Fitness Orientation ..... 1:00	<b>23</b> <b>Thanksgiving Holiday</b>  <b>Centers Closed</b>	<b>24</b> <b>Thanksgiving Holiday</b>  <b>Centers Closed</b>	<b>25</b> <b>Thanksgiving Holiday</b>  <b>Centers Closed</b>
<b>28</b> Project Linus/Sewing 101 ... 9:30	<b>29</b> Information & Assistance w/Julie .....10:00	<b>30</b> Bingo .....9:30 Book Club.....1:00 <b>Deck the Halls ..... 1:00</b>		



## THANKSGIVING WITH THE

### RICHARD R. CLARK SENIOR CENTER GOSPEL SINGERS

Our Thanksgiving is blessed when the Richard R. Clark Senior Center Gospel Singers share their love of singing. We are so thankful and grateful to have them kick off our holiday season. Lift your voices in thanksgiving and praise as we sing familiar songs along with the Gospel Singers. Enjoy a hearty Thanksgiving meal after the performance. Sponsored by the Indian Head Senior Center Council.

Thursday, November. 17, 10:45 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 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! Not accepting donations at this time.

Tuesdays, 1-4:30 p.m.

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



### Mobile Library

Borrow books, movies, tech every three weeks. Tuesdays, November 1 & 29, 10:30 a.m.-12 p.m. Fee: FREE

### Vaccine Clinic

Flu and COVID vaccine clinic open to the public. Walk-ins welcome! Appointments can be made at <https://charlescountycovid.org/vaccine-registration/>.

Thursday, November 10, 9 a.m.-12 p.m.

Fee: FREE

### Maryland Food Bank

Fresh produce and shelf stable food boxes available for free pick up. Open to the public. First come, first serve. No prior registration.

Thursday, November 10, 12 p.m. - 2 p.m.

Fee: FREE

### Department of Social Services Appointments

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

Wednesday, November 30, 10 a.m.

Fee: FREE

## Charles County Arts Alliance (CCAA) Programs

### Keeping the Beat

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

Wednesday, November 9, 10-10:45 a.m.

Fee: FREE

### Recreation Programs

Register for Recreation Programming online at: <https://charlescountymd.myrec.com/info/facilities/details.aspx?FacilityID=14733>

### Glass Etching

Learn how to take stencils and ordinary glasses and create two unique masterpieces. All supplies are included or bring your own glassware. No pyrex or plastic. For ages 18+.

Thursday, November 3, 10 a.m. -11:30 a.m.

Fee: \$20

### 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.

Wednesday, November 9, 6 p.m. – 7 p.m.

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

### Senior Council Programs

#### Council Thanksgiving Fundraiser

The Nanjemoy Senior Center Council will host a Thanksgiving themed lunch fundraiser. Please see the Nanjemoy Senior Council to register and pay in advance. Last day to register is Monday, November 7th.

Thursday, November 10, 11:30 a.m.- 12:30 p.m.

Fee: \$15

### Senior Center Programs

#### Artistic Aesthetics

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

Mondays, 1 p.m.

Charger Happy Fall Y'all, November 7, Fee: FREE

Fall Painting w/ Wreath, November 14, Fee: \$7

Tile Coaster, November 28, 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. No prior registration.

Wednesday, November 16, 11:30 a.m. Fee: FREE

### Being Gluten Free

The holiday season is upon us, and many are beginning to plan gatherings and craft menus that will accommodate a myriad of dietary restrictions. November is Gluten Free awareness month. Join Charity, our dietitian nutritionist, for a discussion around the gluten free eating lifestyle and ways to remember your gluten free friends in your holiday menu planning this year.

Wednesday, November 16, 1 p.m. Fee: FREE

### Open Enrollment:

#### Self-Enrollment Assistance Labs

Do you need help searching for a 2023 Part D drug plan or considering a Medicare Advantage plan? Join us and we will help you create your Medicare.gov account, research your plan options and enroll for 2023. Please bring your Medicare card and list of prescriptions.

Thursday, November 17 & Monday,

November 21

9 a.m.-12 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.

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

**What's the Word. Cancelled for November and December.**





# 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> Coloring Group .....9:00 Flex & Stretch.....10:00 Fitness Fifteen.....11:15 <u>Community Program</u> Mobile Library .....10:30	<b>2</b> Walking Club .....10:00	<b>3</b> Total Body Conditioning.....11:00 Nickel Bingo.....12:45 <u>Recreation Program</u> Glass Etching .....10:00	<b>4</b> AFEP.....10:00 Friday Films .....1:00
<b>7</b> Senior Council Meeting .....10:00 Tai Chi.....11:00 Artistic Aesthetics: <i>Charger Happy Fall Y'all</i> .....1:00	<b>8</b> <b>Election Day</b>  <b>Centers Closed</b>	<b>9</b> CCAA Program <b>Keeping the Beat</b> .....10:00 <u>Recreation Program</u> Wacky Science.....6:00	<b>10</b> Total Body Conditioning.....11:00 <b>Council Thanksgiving Fundraiser</b> .....11:30 Nickel Bingo.....12:45 <u>Community Programs</u> Vaccine Clinic.....9:00 Maryland Food Bank.....12:00	<b>11</b> <b>Veterans Day</b>  <b>Centers Closed</b>
<b>14</b> Tai Chi.....11:00 Artistic Aesthetics: <i>Fall Painting w/Wreath Association Presentation</i> .....1:00	<b>15</b> Coloring Group .....9:00 Flex & Stretch.....10:00 Fitness Fifteen.....11:15	<b>16</b> Walking Club .....10:00 <b>New Hope Food Distribution</b> .....11:30 Being Gluten Free .....1:00	<b>17</b> <b>Open Enrollment</b> .....9:00 Total Body Conditioning.....11:00 Nickel Bingo.....12:45	<b>18</b> AFEP.....10:00 Friday Films .....1:00
<b>21</b> <b>Open Enrollment</b> .....9:00 Tai Chi.....11:00 <b>Maryland Insurance Association Presentation</b> ...1:00	<b>22</b> Coloring Group .....9:00 Flex & Stretch.....10:00 Fitness Fifteen.....11:15	<b>23</b> <b>Thanksgiving Holiday</b>  <b>Centers Closed</b>	<b>24</b> <b>Thanksgiving Holiday</b>  <b>Centers Closed</b>	<b>25</b> <b>Thanksgiving Holiday</b>  <b>Centers Closed</b>
<b>28</b> Tai Chi.....11:00 Artistic Aesthetics: <i>Tile Coaster</i> .....1:00	<b>29</b> Coloring Group .....9:00 Flex & Stretch.....10:00 Fitness Fifteen.....11:15 <u>Community Program</u> Mobile Library .....10:30	<b>30</b> <b>Department of Social Services Appointments</b> .10:00		

# WALDORF SENIOR & RECREATIONAL CENTER

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

*Get your Latest SCOOP online!*

## Special Programs

### Nutrition Education

In honor of Gluten-Free Diet Awareness Month, join our nutritionist to learn about the benefits of a gluten-free diet.

Tuesday, November 1, 10:30 a.m. Fee: FREE

### Fresh Conversations

This month's topic is about the connection between diet exercise, and sleep. Please pre-register.

Wednesday, November 2, 10 a.m. Fee: FREE

### Healthy Snacking for Healthy Blood Sugars

Join Jodi Serafin to learn about healthy snacking for healthy blood sugars. In this workshop, you will learn what balance snacks you should eat instead of skipping a meal, budget-friendly DIY snacks, grab and go options for low blood sugar, and "better for you" versions and sweet & salty snacks.

Thursday, November 3, 10:30 a.m. Fee: FREE

### Loss Seminar

We understand that the holidays can be a difficult time for those experiencing grief and loss. Please join Brenda DuBose & Judy Tynney to learn how to best deal with loss during the holidays.

Monday, November 14, 9:30 a.m. Fee: FREE

### Estates Planning

Join Attorney Heather Cherry to learn about estates planning.

Tuesday, November 15, 1 p.m. Fee: FREE

### NFL & Chili Day

Who doesn't love football season! Represent your favorite NFL team by wearing a jersey to the center. While you are here, grab a small cup of chili from the kitchen, while supplies last. Hopefully this will inspire you to make some homemade chili for football Sunday!

Wednesday, November 16, 12 p.m.

Fee: Generous Donation

### Thanksgiving Lunch

Sign-up for our annual Thanksgiving Lunch and spend some quality time with friends of the center during and after lunch. Please Note: Bingo will end at Noon this day.

Thursday, November 17, 12 p.m.

Fee: suggested \$3 lunch donation

### Holiday Scams: 'Tis the Season for Scams and Cybercrooks

Learn how to protect yourself from the many scams that take place during the holidays.

The presenter will be joining the class virtually.

Tuesday, November 22, 11 a.m. Fee: FREE

## Community

### Pastor Chris & Friends

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

Wednesday, November 2, 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, November 3, 11:30 a.m. Fee: FREE

### Coffee & Conversation

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

Monday, November 7, 9:30 a.m. Fee: FREE

### Bible Study

Facilitated by Minister Yvonne' Wilson. All are welcome!

Tuesday, November 15, 11 a.m. Fee: FREE

### Hot Chocolate Bar w/ a side of Poetry

Nothing is better than having a cup of hot chocolate on a chilly day! The best part is you get to enjoy some beautiful poetry presented by local poets.

Friday, November 18, 11 a.m. Fee: Donation

### Widower Support Group

Facilitated by Brenda DuBose

Monday, November 21, 9:30 a.m. Fee: FREE

### Widow to Widow Support Group

Facilitated by Brenda Dubose.

Monday, November 28, 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 & Thursdays, 9:30 a.m.

Fee: Fitness Card

### Fitness Room Orientation

Mandatory before first use of fitness room.

Registration required.

Fee: \$5

Wednesday, November 2 & 16, 1 p.m.

Monday, November 7, 11 a.m.

Tuesday, November 22, 10 a.m.

### 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, 10:00 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. and 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, November 3 & 17, 2:30 p.m.

## Arts & Music

### 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, November 9, 10:00 a.m.

Fee: \$3/pp

### 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.

## Veteran's Day Celebration

Join us as we thank our Veterans for the sacrifices they have made and continue to make for our nation! Entertainment will be provided by The One-Man Band, Jimi Simon.

Friday, November 4, 10:30 a.m. – 12:30 p.m. • Fee: \$5 for non-veterans; veterans are free.



# 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 Lunch .....12:00 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 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 Pinochle .....11:00 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>1</b> Tech Time.....10:30 <b>Nutrition Education ....10:30</b>	<b>2</b> <b>Basketball.....10:00</b> <b>Fresh Conversations.....10:00</b> Pastor Chris & Friends.....10:30 Basic Sewing .....1:00 <b>Fitness Orientation.....1:00</b>	<b>3</b> Bingo .....10:30 <b>Healthy Snacking for Healthy Blood Sugars.....10:30</b> Grocery Distribution .....11:30 Personal Care Supplies Distribution .....11:30 <b>Intro to Pickleball.....2:30</b>	<b>4</b> <b>Veteran's Day Celebration .....10:30</b> Intro to Yoga .....12:30
<b>7</b> <b>Diabetes Prevention ....9:30</b> Coffee & Convo.....9:30 <b>Fitness Orientation.....11:00</b> <b>Insurance 101 for Seniors 1:00</b> Basic Sewing .....1:00	<b>8</b> <b>Election Day</b>  <b>Centers Closed</b>	<b>9</b> Basketball.....10:00 <b>Jewelry Club .....10:00</b> Basic Sewing .....1:00	<b>10</b> Bingo .....10:30	<b>11</b> <b>Veterans Day</b>  <b>Centers Closed</b>
<b>14</b> <b>Diabetes Prevention ....9:30</b> <b>Loss Seminar .....9:30</b> Basic Sewing .....1:00	<b>15</b> Tech Time.....10:30 <b>Bible Study .....11:00</b> <b>Estate Planning.....1:00</b>	<b>16</b> Basketball.....10:00 <b>NFL &amp; Chili Day .....12:00</b> Basic Sewing .....1:00 <b>Fitness Orientation.....1:00</b>	<b>17</b> Bingo .....10:30 Thanksgiving Lunch .....12:00 <b>Intro to Pickleball.....2:30</b>	<b>18</b> <b>Hot Chocolate Bar w/ a side of Poetry .....11:00</b> Intro to Yoga .....12:30
<b>21</b> <b>WSC Council Meeting ....9:30</b> <b>Diabetes Prevention ....9:30</b> Widower Support Group .....9:30 Basic Sewing .....1:00	<b>22</b> <b>Fitness Orientation.....10:00</b> Tech Time.....10:30 <b>'Tis the Season for Scams and Cybercrooks .....11:00</b>	<b>23</b> <b>Thanksgiving Holiday</b>  <b>Centers Closed</b>	<b>24</b> <b>Thanksgiving Holiday</b>  <b>Centers Closed</b>	<b>25</b> <b>Thanksgiving Holiday</b>  <b>Centers Closed</b>
<b>28</b> <b>Widow to Widow .....9:30</b> <b>Diabetes Prevention ....9:30</b> Basic Sewing .....1:00	<b>29</b> <b>Mobile Library.....9:00</b> Tech Time.....10:30	<b>30</b> Basketball.....10:00 Basic Sewing .....1:00		



## Giving Thanks

**As we go through our day to day lives let's stop, pause, and give thanks for the many blessings that surround us.**

The plan: Fill up a journal with 30 days of gratitude.

The action: Write one DIFFERENT thing each day that you are grateful for. Big or small, doesn't matter. Focus your energy that day on this one thing. Do this for 30 days!

The benefit: You have a notebook filled with love and gratitude to reflect on when you're not feeling your best. It makes you attuned to the positive aspects of life and it raises your vibration and light which in turn has enormous mental & physical health benefits!

Anyone who joins in and completes their journal—I would love to see them! Debi Shanks Health Promotion/Physical Fitness Coordinator



## Connect with us through Group Fitness!

**Our classes offer more than just a great workout!**

Group exercise classes offer a connection to people like you who are wanting to live healthy! The support that comes with that is motivating and energizing! It is proven that people who exercise with others are more likely to stick with a program than those who do it alone.

A variety of classes are offered at all Senior Centers to keep you strong, flexible, and engaged.

**New to the schedule in November is Circuit Training!**

In this class the instructor sets up stations and at each station, is an exercise to be completed in a certain time frame. Instructor guides you through each station until the whole circuit is complete.

Richard R Clark Senior Center  
Waldorf Senior Center  
Fee: Fitness Card

Fridays, 1 p.m.  
Fridays, 2:30 p.m.  
Instructor: Jennifer Crispell



## Diabetes & Exercise

**Exercise effects blood glucose by moving glucose from the blood to working muscles.**

MOVE YOUR BODY! Movement is crucial in working muscles so they can be more efficient in daily life.

Check glucose levels before and after exercise can help monitor and prevent hypoglycemia (when your blood sugar gets too low) which can happen if your workout is too intense.

Moderation is key. Slowly building intensity and the length of your exercise will keep numbers in check.

**Here's how you can get started.**

- Work with your doctor to determine what level of physical activity you should engage in.
- Figure out how much time per day you can devote to exercise.
- Set fitness goals—having clear goals can help you stay motivated.
- Consider where you'll start working out—the gym, in your neighborhood, in a park?
- Build different activities into your daily routine.
- Start slowly and allow for recovery time.
- Keep track of what you do and stay focused on your goals.
- Listen to your body.

**Here's how we can help!**

Come to the Senior Center! All our exercise classes and fitness rooms can easily fit into your schedule. Join us for a class or schedule an orientation today. We also offer nutrition support and advise how to start implementing all these into your life!

## IMPORTANT INFO

**Our classes, unless otherwise noted require payment in the form of a fitness card. These cards can be purchased at your nearby 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>1</b> Unstuffed Cabbage w/ Ground Turkey Roasted Sweet Potatoes California Blend Veggies Whole Wheat Dinner Roll Pineapple Chunks Pineapple Juice	<b>2</b> Sloppy Joe on Whole Wheat Bun 5 Blend Veggies Roasted Potatoes Raisins Grape Juice	<b>3</b> Jerk Fish w/ Mango Salsa Roasted Baby Carrots Mashed Potatoes Dinner Roll Citrus Salad Grape Juice	<b>4</b> Chicken Parmesan Noodles Roasted Brussel Sprouts Breadstick Diced mango Fruit Punch Juice
<b>7</b> Salmon Cake Brown Rice Zucchini Blend Biscuit Mandarin Oranges Pineapple Juice	<b>8</b> <b>General Election Day</b>  <b>Senior Centers closed</b> <b>No lunch service</b>	<b>9</b> Ground Turkey Spanish Rice Green Beans Garlic Breadstick Pineapple Pineapple Juice	<b>10</b> Sweet and Sour Chicken Brown Rice Sautéed Spinach w/ Garlic Breadstick Mixed Fruit Cup Fruit Punch Juice	<b>11</b> <b>Veterans Day</b>  <b>No meal service</b> <b>Senior Center Closed</b>
<b>14</b> Teriyaki Chicken Fluffy Rice Stir-Fry Vegetables Whole Wheat Dinner Roll Mandarin Oranges Apple Juice	<b>15</b> BBQ Beef Cubes Sweet Potato Casserole Broccoli Whole Wheat Bread Fruit Cocktail Orange Juice	<b>16</b> Chipotle Chicken Roasted Bean and Corn Salad Roasted Beets Whole Wheat Roll Diced Mangos Fruit Punch Juice	<b>17</b> Sliced Turkey + Gravy Mashed Potatoes Stuffing Seasoned Green Beans Whole Wheat Dinner Roll Cranberry Sauce Apple Juice Pumpkin Pie	<b>18</b> Chicken & Noodles Stewed Tomatoes Herb Roasted Potatoes Dinner Rolls Orange Sections Pineapple Juice
<b>21</b> Honey Lime Chicken Roasted Redskin Potatoes Roasted Zucchini Whole Wheat Bread Apricots Orange Juice	<b>22</b> Chophouse Burger w/ Lettuce & Tomato Whole Wheat Bun Orange Glazed Carrots Party Harty Beans Pineapple Chunks Apple Juice	<b>23</b> <b>Thanksgiving</b>  <b>No meal service.</b> <b>Senior Center Closed</b>	<b>24</b> <b>Thanksgiving</b>  <b>No meal service.</b> <b>Senior Center Closed</b>	<b>25</b> <b>Thanksgiving</b>  <b>No meal service.</b> <b>Senior Center Closed</b>
<b>28</b> Pork Chop & Gravy Roasted Sweet Potatoes Collard Greens Whole Wheat Roll Diced Apples Grape Juice	<b>29</b> Liver and Onions Brown Rice Stewed Tomatoes Corn Bread Mandarin Oranges Apple Juice	<b>30</b> Asian Tuna Burger w/ Lettuce and Tomato Whole Wheat Bun Roasted Sweet Potatoes Green Beans Mandarin Oranges Orange 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.

## Treat yourself to Travel & Explore

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

**A Message from Travel Leaders/Action Travel Tours: The little ghosts and goblins are past, and the holidays are upon us. Call immediately if you are interested in the December 2nd Winterthur and Longwood Gardens Day or the December 13-15 Christmas Rockettes' Trip.**

If a trip is cancelled by Action Travel or the vendor, a refund or future credit will always be issued. Trip cancellations usually happen 60-45 days prior to travel based on the number of people signed up. Please call to make your reservation sooner than later. 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. Guaranteed departure.

**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. **If this date isn't available another date or cruise line may be.**

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

**June 12 – 16, 2023: The 36th Annual Mystery Trip.** Call to reserve your spot to destinations and experiences unknown. For our 35th Annual trip in 2022, we spent 5 amazing days exploring Savannah, GA and Beaufort, SC. Join the fun and experience the "Original Mystery Trip" for yourself.

**\*\*July 21-29, 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 28 – October 9, 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 if the **FREE** airfare promotion has been extended beyond 10/30/22.

