

The SCOOP

Charles County's Senior Center News



MAY 2023

www.CharlesCountyMD.gov

Welcome to the Charles County Senior Centers!

The Charles County Senior Center Mission is to connect older adults to an inclusive community that fosters healthy aging through programs that support independence, wellbeing, and self-expression.

Meet the Team!

Director of Community Services, Dina Barclay

Chief of Aging, Lisa Furlow

Centers Administrator, Beth Fiske

Senior Center Supervisor, Elizabeth Phipps

Health Promotion and Physical Fitness Coordinator, Deborah Shanks

Aging & Disability Resource Center Coordinator, Desiree Hodgson Williams

Nutritionist, Charity Haynes

Come Visit!

Richard R. Clark Senior Center

1210 Charles St., La Plata, MD 20646 • 301-934-5423

Open 9 a.m. to 4 p.m., weekdays • Coordinator: Janice Hamby

Indian Head Senior Center

100 Cornwallis Sq., Indian Head MD, 20640 • 301-743-2125

Open 9 a.m. to 3 p.m., Mon./Wed./Fri • Open 9 a.m. to 4 p.m., Tues. & Thurs.

Coordinator: Cynthia Simmons

Nanjemoy Senior & Community Center

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

Open 8:30 a.m. to 4:30 p.m. (Senior Room open 9 a.m. to 3 p.m. only), weekdays.

Coordinator: Rachel Gould

Waldorf Senior and Recreational Center

90 Post Office Rd., Waldorf, MD 20602 • 240-448-2810, ext. 1

Open 9 a.m. to 4 p.m., weekdays • Coordinator: Ariana Shanks

Senior Center Eligibility Requirements

In accordance with the Older Americans Act, participants must be a resident of Charles County aged 60 or over. Spouses of those aged 60 or over are eligible to participate. Participants must be able to exhibit independence and be self-sufficient in basic needs including: Restroom use, Eating independently, Move safely and independently throughout the center, Providing and maintaining personal assistive devices and medications without assistance of Senior Center staff. Each participant must complete an annual center registration form that provides basic information and allows the Aging and Senior Programs Division to document facility usage for funding purposes. Participants must sign in at the Senior Center during each visit and detail the activities they are participating in that day. Disruptive and inappropriate behavior will not be tolerated in the Senior Centers.

Grocery Distribution

Donated by New Hope Community Outreach Services Inc. Supplies will be limited. Please call your local senior center to register and receive this generous donation.

All distributions begin at 11:30 a.m.

May 4 Waldorf Senior & Rec Center

May 11 Clark Senior Center

May 18 Indian Head Senior Center

May 25 Nanjemoy Senior Center



Council News

Sponsored/Hosted Activities & Events

Clark Senior Center	Indian Head Senior Center	Nanjemoy Senior & Community Center	Waldorf Senior & Rec Center
Senior Citizen Prom	Cinco de Mayo Celebrating Your Age Party Healthy Herbal Tea Club	Bingo Mother's Day Dinner Basket Raffle	Bingo Mother's Day Luncheon

Prime Timers Theatre Group

Calling all actors or anyone wanting to laugh and have a good time performing. Join our group for skits and improv fun.

Mondays beginning in May. Meet in Multipurpose Room at the Clark Senior Center from 2:15 p.m. to 3:30 p.m.

May Holiday Closures

Charles County Senior Centers will be closed on Monday, May 29 in observance of Memorial Day.



The Bees are back!

"Bee Well" & JOIN

The 5th Annual Senior Health & Wellness Fair!

Waldorf Senior & Recreation Center

Wednesday, May 31

10 a.m. - 2 p.m.

Registration required for goodie bag.

This day is dedicated in welcoming seniors to explore ways in making their lives healthier. Visit vendor tables, participate in demos and explore options to optimize spiritual, physical, mental and financial health.

Learn how to play racquetball, sit in on a music therapy session, get your blood pressure checked, visit, and speak with vendors, or take part in a fitness demo.

Give-a-ways, lunch, door prizes and so much fun! Stop in to pick up information or stay the whole time.

Lunch reservation must be made by Monday, May 17.

Call 240-448-2810 and **BEE THERE!**



Older Americans Month

This May, join us as we recognize the 60th anniversary of Older Americans Month (OAM) and challenge the narrative on aging. Here are some ways we can all participate in Aging Unbound:

- **Embrace the opportunity to change:** Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.
- **Explore the rewards of growing older:** With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.
- **Stay engaged in your community:** Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior center or elsewhere in the community.
- **Form relationships:** As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.

Information can be found at ACL.gov.



Nutrition Bingo

For the month of May the nation is celebrating Older Americans Month (OAM) with the theme Aging Unbound. The truth is - there is not one way to age. Our food and activity choices can empower us to age on purpose and not by chance where the odds are fueled by expectations and stereotypes. When it comes to our food choices, variety is key! Join Charity, County Dietitian Nutritionist, in a conversation on how our food choices can empower us to age on purpose, and for a fun game of nutrition bingo!

May 9 • 10 a.m. • Clark Senior Center
May 16 • 10:30 a.m. • Waldorf Senior & Rec Center
May 24 • 11 a.m. • Indian Head Senior Center
May 30 • 12:45 p.m. • Nanjemoy Senior Center

Senior Center Lunch Program Refresh

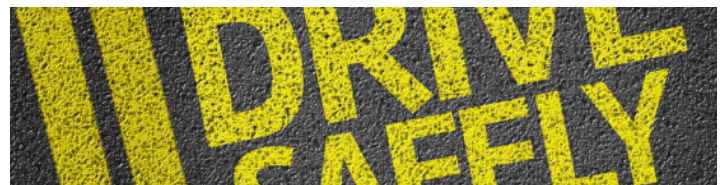


You spoke and we listened! In order to continue providing engaging service to the older adults of Charles County, the senior center lunch program is getting a refresh in several areas based on recent feedback we collected from those who attend our county senior centers. One such upgrade will be to showcase local restaurant vendors for an entire month several times throughout the year. For the month of May, the vendor of the month will be Apple Spice Junction! The featured vendor will provide lunch once a week at a different center every week of the month. See the SCOOP menu for more details and stop by your local senior center to **sign up in advance**.

Telephone Reassurance Program

Offering comfort, support, and companionship through regular telephone calls.

Are you or someone you know in need of receiving calls from the Telephone Reassurance Program? This program is an all-volunteer telephone reassurance program that provides reassurance for homebound or socially isolated seniors in the community. The program offers comfort, support, and companionship through regular telephone calls. It helps combat the feeling of loneliness and serves as a lifeline to those who may not have someone to regularly check in on their wellbeing. If you or someone you know could use a phone call to connect to a friendly voice, please give us a call. To sign up or refer someone for the Telephone Reassurance Program please call 301-609-5715 and leave a message for a volunteer coordinator to call you back.



Older Driver Safety Virtual Presentation

Maryland Department of Transportation will facilitate a virtual presentation on safe driving for older adults at the Nanjemoy Community & Senior Center.

Thursday, May 4, 12-12:30 p.m. • Fee: FREE

Mental Health Awareness Month

May is the month we bring attention to our mental health. We use this time to advocate for a nation where anyone affected by mental illness can get the appropriate support and quality of care to live healthy, fulfilling lives.

Strategies for Increasing Your Happiness

Stress is a normal part of life, but if it builds too much or for too long, it can take a toll on you. Here are four things you can do to get back to less stress and happier.

- Get a complete physical – Sometimes mental health changes are part of a medical problem. Treating an underlying medical problem can relieve a great deal of stress. Have these discussions with your primary care physician.
- Talk to someone – In addition to your doctor, it may help to share your concerns with a friend or family member. Stress often starts to fade as soon as you know that you have the support.
- Take a deep breath – When you're stressed, your breathing becomes so shallow that it's no wonder you feel tired and foggy. For a quick stress reliever, practice breathing exercises.
- Find your happy place – Take a few moments each day to find your zen. For many, spending time in nature, yoga, meditation, or listening to music.



Resource Corner

Check out these free resources.

Warmlines – Warmlines are phone numbers people can call when they need someone to talk to. Dial 410-598-0234.

Inspire - Inspire is leading social network for health that connects patients and caregivers in a safe permission-based manner. Provides a place for people with similar interests to support and encourage each other 24/7 online. More information can be found at inspire.com.

Anxiety and Depression Association of America – ADAA works to prevent, treat, and cure anxiety disorders and depression. More information can be found at adaa.org.

988 Suicide & Crisis Lifeline – This lifeline offers 24/7 call, text, and chat to crisis counselors who can help people experiencing suicidal, mental health crisis, or any emotional distress. People can dial 988 if they are worried about a loved one who may need crisis support.

Pro Bono Counseling Project – If you are sad, grieving, stressed, Pro Bono Counseling Project may be able to get you free therapy. Reach out by contacting 410-825-1001 or their website probonocounseling.org.

Caregivers Corner

Hobbies for Caregivers to Ease Stress, Make Life Better

Having your own interests and passions is always important—and is even more crucial for caregivers. Having interests of your own helps you to maintain **your own identity**, rather than getting lost in the role of being a caregiver. However, finding good hobbies for caregivers can seem difficult at times.

How to choose the best hobbies

Before we dive into the list of hobbies for caregivers, consider how certain hobbies can meet different needs.

Engaging hobbies. These tend to take up a decent amount of mental and/or physical energy, but often provide a lot in return. They're powerful for pulling you out of the current situation and giving you somewhere else to put your attention. In doing so, they're a good reminder there is more to your life than caregiving. Examples: reading, writing, singing, dancing, making music, arts and crafts, puzzles

Distracting hobbies. While these hobbies don't necessarily require a lot of energy, they can pull you out of your present situation for a time. Your challenges don't go away, of course, but having time away from them often helps you to see things more clearly and resets your emotional energy. Examples: video games, watching TV, sports, exercise classes

Relaxing hobbies typically ask much less of you. Some, like gardening or yoga, involve simple physical movements, while others might involve little movement at all. Such hobbies give your body and mind a chance to rest and regroup. Examples: knitting, crocheting, gardening, baking, photography, yoga, puzzles

Purposeful hobbies. These hobbies are more than just a way to spend time. They also have some greater purpose, like crafting to earn money or as gifts for other people. You're likely to need some hobbies in each category, as sometimes you'll just need to rest, while other times you'll need to be engaged instead. Examples: arts and crafts for income, making gifts

Information provided from ncoa.org.



Maryland Access Point: Connecting Seniors to Resources

Working with senior citizens, young disabled persons, caregivers, professionals, and families who have long-term care needs, the MAP staff can connect these entities with private and public resources for long-term care. The MAP also provides Options Counseling to aid consumers with developing a personalized action plan, combined with referrals and resources received to make an informed decision about meeting their long-term care needs or that of another person.

If you have questions about services and resources available to Charles County aging and young disabled, please contact Maryland Access Point (MAP) at 855-843-9725 or email mdaccesspoint@charlescountymd.gov

Special Thanks to AARP Tax-Aide Volunteers!!

The Department of Community Services Aging and Senior Programs Division wishes to extend a heartfelt **THANK YOU** to the volunteers of the AARP Foundation Tax-Aide program who dedicated their time and talent this tax season to assist senior citizens and low-income adults with completing and filing their 2022 income tax returns. The program volunteers attended intensive training, studied, and passed exams, and facilitated preparation and filings at the Richard R. Clark Senior Center to ensure that timely and accurate tax preparation was available to our residents.

In addition, we want to acknowledge the Center's I&A staff, for their work behind the scenes, in addition to their normal duties. Lastly, to Senior Center staff for accommodating the needs of this program to continue to service the community.

Happy Medicare Birthday!

It is a milestone to celebrate as you turn 65! This means you may be eligible for Medicare Parts A, B, C, D and/or Supplemental Insurance (Medigap). You may also qualify for Medicare Savings Programs to help with Medicare costs. Are you confused with the telephone calls, television ads and excessive mailings? **Do not worry**, if you need help through this process, or need more accurate information, please contact the State Health Insurance Assistance Program (SHIP) office at 301-609-5712 (La Plata) or 240-448-2816 (Waldorf) for **FREE** and unbiased Medicare education and counseling. This is one of many benefits available to you as you turn 65.



VConnections: Connecting Veterans

Are you a veteran, caregiver of a veteran, or family member seeking information on behalf of a veteran? VConnections provides fellow veterans guidance and connects veterans and their families to resources and/or potential benefits in the community.

VConnections is here to serve you!

Waldorf Senior & Recreational Center

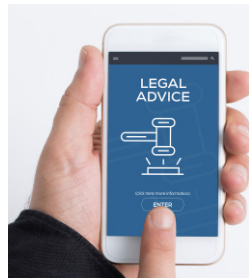
May 9 & May 30 • 10 a.m. – 12 p.m. appt only; 1 p.m. – 2 p.m. walk-ins

Richard R. Clark Senior Center

May 25 • 10 a.m. – 12 p.m. appt only; 1 p.m. – 2 p.m. walk-ins

Please contact the I&A office to schedule 301-609-5712

(La Plata) or 240-448-2816 (Waldorf) to schedule an appointment.



Legal Aid

May 2nd and June 6th

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

Ask SHIP:

Does Medicare cover Home Health Care?

Home health care includes a wide range of health and social services delivered in your home to treat illness or injury. Services covered by Medicare's home health benefit include intermittent skilled nursing care, therapy, and some care provided by a home health aide. Medicare covers your home health care if: you are homebound, you need skilled nursing and/or therapy care, and your doctor signs a home health certification with an approved plan of care.

Medicare's home health benefit does not cover all home care services. Services generally excluded from Medicare coverage include: 24-hr day care at home, prescription drugs, meals delivered at home, custodial care (including light housekeeping, laundry, meal prep, etc).

Contact your State Health Insurance Assistance Program (SHIP) at 301-609-5712 (La Plata area residents) or 240-448-2816 (Waldorf area residents) if you have more questions.

CLARK SENIOR CENTER

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

Get your Latest SCOOP online!

Community

Murder Mystery Introduction & Meeting

Join us for an exciting murder mystery. Participants will receive a booklet at the introduction to explain the steps for solving the mystery. The meeting is for all who attended the introduction. You will work together at the meeting to solve the mystery. Thursday, May 4 & May 18, 10 a.m. Fee: FREE

Book Club

Led by Nancy Marquardt, Charles County Public Library. Lessons in Chemistry by Bonnie Garmus. Thursday, May 4, 1 p.m. Fee: FREE

Widow to Widow Support Group

Women's group focusing on grief. Facilitated by Fran Bryner. Monday, May 8, 1 p.m. Fee: FREE

Charles County Mobile Library

Visit the Charles County Mobile Library, located within our center. Tuesday, May 9 & May 30, 10 a.m.- Noon Fee: FREE

Nutrition Bingo

Join Charity Haynes, Nutritionist, in a conversation on how our food choices can empower us to age on purpose, and for a fun game of nutrition bingo. Tuesday, May 9, 10 a.m. Fee: FREE

Pets on Wheels

Learn how pets can help reduce stress and anxiety, while providing comfort. Thursday, May 11, 11 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 Senior Center. Thursday, May 11, 11:30 a.m. Fee: FREE

Medicare & Mental Health

Let's talk about Mental/Behavioral Health resources. Medicare provides coverage and free screenings. Join the I & A staff for a discussion on Medicare coverage and a healthier you. Monday, May 15, 11 a.m. Fee: FREE

Mother's Day Tea

Calling all Moms! Join us for a Tea in honor of Mother's Day. Wear your best hat for a chance at winning a prize. Please bring your favorite teacup to display. Moms Only! Space is limited, please sign up early in the program office. Tuesday, May 16, 1 p.m. Fee: FREE

Free Magic Show Hosted by Sisters at Heart

Enjoy a free magic show and popcorn compliments of Sisters at Heart. Monday, May 22, 11:30 a.m. – 12:15 p.m. Fee: FREE

Weather Stories of Southern Maryland

Join Debi Scoggins as she traces weather stories throughout the area over the past two centuries. Tuesday, May 23, 10:30 a.m. Fee: FREE

Poetry Group

This group is for those who wish to share their poetry in a group setting, and those who would like to write poetry for the first time. Held the last Tuesday each month. Please sign up. Tuesday, May 30, 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

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

Classes

Beginners Jewelry Class

Mary Hemmingway will help you create beautiful pieces of beaded jewelry. No experience necessary. Class size limited, please sign up! Wednesday, May 3 & May 17, 10 a.m. Fee: FREE

Crafters Corner

Join other participants and work on your own craft project or pick one from our collection. This is a self-led project, with no instruction, and will be held once monthly. Wednesday, May 10, 10 a.m. Fee: FREE

CPR Class

See Page 14 for details. Friday, May 12, 10 a.m.

Scrapbooking Club

Calling all scrapbook enthusiasts! A Scrapbooking Club is forming, and we want you to join us! For the first meeting, please bring a few of your favorite photos. This class will be led by Janice & Abbey. Sign-up and payment in advance is required. Monday, May 15, 10 a.m. Fee: \$2
Monday, May 22, 10 a.m. Fee: \$2

Basket Weaving Class

Join Pamela King for instruction on making a beautiful hand-woven basket. All supplies will be provided. This is a four-hour class and requires reasonable manual dexterity. Class size Limited. Sign up and pay in the program office. Wednesday, May 24, 10 a.m.-2:30 p.m. Fee: \$15/PP

Geometric Painting Session

Join Abbey and learn to paint a beautiful geometric design with paint, tape and a canvas. All supplies provided. Space is limited, so please sign up. Tuesday, May 30, 10:30 a.m. Fee: FREE

Learn to Quilt

Join Gale Cavella to learn new quilting techniques. Must provide your own supplies. Tuesdays, 9:30 a.m. Fee: FREE

 **get motivated**

FITNESS

Senior Fitness

Clark Center Fitness Room Orientation

Mandatory before first use of fitness room. Sign up and payment required in the program office. Limited to 6. Wednesday, May 3 & 17, 10 a.m. Fee: \$5

Arthritis Foundation Exercise Program (AFEP)

This class focuses on range of motion and gentle exercise for all types of arthritis. Seated and standing exercises done with the use of light weights and thera bands. Wednesdays, 1 p.m. & Fridays, 11:30 a.m. Fee: FREE

Kettlebell Training

Challenging but geared for the older adult, this class is all about staying strong and agile. All fitness levels welcome. With the use of kettle bells (weights with a handle) specific exercises are done in a circuit style class. Wednesdays, 2 p.m. Fee: Fitness Card

Chair Yoga

Seated Yoga is ideal for anyone who cannot handle getting on the floor for postures. Seated and some standing poses to help stretch, move, and improve balance. All fitness levels welcome! Wednesdays, 11:30 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 Fitness Total Body Conditioning.....9:00 Walking @ Laurel Springs...10:00 Gentle Yoga.....11:00 Drums Alive.....1:00	Billiards.....9:30 Stained Glass.....9:30 Quilting Class.....9:30 Coloring & Puzzles.....9:30 Guitar.....10:00 Cards & Games.....10:00 Lunch.....12:00 Spiritual Enrichment.....12:00 Fitness 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 Fitness Basic Fitness Training.....9:00 Breathe Easy.....10:00 Yoga.....10:30 Chair Yoga.....11:30 AFEP.....1:00 Kettlebell Training.....2:00	Billiards.....9:30 Sewing Room OPEN.....9:30 Coloring & Puzzles.....9:30 Lunch.....12:00 Reflections.....1:00 Fitness 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 Fitness Core & More.....9:15 Total Body Conditioning.....10:15 AFEP.....11:30 Gentle Stretch.....12:00 Circuit Training.....1:00 Line Dance.....2:00
1 Walking at Laurel Springs...10:00 Primetimers.....2:15	2 Walk with Ease.....10:00	3 Walk with Ease.....10:00 Beginners Jewelry Class.....10:00 Fitness Orientation.....10:00	4 Walk with Ease.....10:00 Murder Mystery Intro...10:00 Book Club.....1:00	5 Circuit Training.....1:00
8 Walking at Laurel Springs...10:00 Widow to Widow.....1:00 Primetimers.....2:15	9 Walk with Ease.....10:00 Nutrition Bingo.....10:00 Hand & Foot Canasta.....10:00 Mobile Library.....10:00	10 Walk with Ease.....10:00 Crafters Corner.....10:00 Clark Council Meeting.....1:00	11 Walk with Ease.....10:00 Pets on Wheels.....11:00 Grocery Distribution.....11:30	12 CPR Class.....10:00 Total Body Conditioning.....10:15
15 Scrapbooking Club.....10:00 Walking at Laurel Springs...10:00 Medicare & Mental Health.....11:00 Primetimers.....2:15	16 Walk with Ease.....10:00 Mother's Day Tea.....1:00	17 Walk with Ease.....10:00 Beginners Jewelry Class.....10:00 Fitness Orientation.....10:00	18 Walk with Ease.....10:00 Murder Mystery Meeting.....10:00	19 Project Linus Meeting.....10:00
22 Walking at Laurel Springs...10:00 Scrapbooking Club.....10:00 Free Magic Show.....11:30 Primetimers.....2:15	23 Weather Stories of Southern Maryland.....10:30	24 Basket Weaving Class...10:00	25 Beginner Ballet.....2:00	26 Gentle Stretch.....12:00
29 Memorial Day Holiday  Senior Centers Closed	30 Mobile Library.....10:00 Geometric Painting.....10:30 Poetry Group.....1:00	31 Caregivers Support Group.....2:00 *Health & Wellness Fair @ Waldorf Senior & Rec Center from 10 a.m. – 2 p.m.*		

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

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

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

Extended Hours Start this Month! Center is now open until 4 p.m. on Tuesdays & Thursdays

Review the calendar carefully, so you don't miss out on all the afternoon programming.

Special or New Programs

Diabetes Prevention Program (DPP)

This program is proven to delay or prevent type 2 diabetes. Meet once a week for an hour with DPP Lifestyle Coaches, Palon Moon and Spencer Barry for 16-weeks, then once a month. Sponsored by CCHD and CRMC. Space is limited, see Staff.

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

Eat Well – Move Well

Well-come to Wellness. Eat Well – Move Well will focus on how nutrition and fitness will help us live independently. We will explore label reading, practical fitness goals, share recipes and more throughout the year.

Tuesday, May 2, 2:30 p.m. Fee: FREE

Introduction to the Kettle Bell

Challenging but geared for the older adult, this class is all about staying strong and agile. All fitness levels welcome. Trainer is LaMont. Class will be taught weekly after the introduction.

Thursday, May 4, 2:15 p.m. Fee: FREE

Cinco de Mayo

Join Staff as we mix up a patch of guacamole. Sponsored by the Indian Head Senior Center Council (IHSCC).

Friday, May 5, 11:45 a.m. Fee: Donation

Healthy vs. Unhealthy Mental Relationships

Join the Center for Abused Person for an important discussion about safe homes & safe relationships.

Tuesday, May 9, 10:30 a.m. Fee: FREE

Poetry Club

"As iron sharpens iron" help each other improve on the written word. Published Poet Dorothy Simms will challenge you.

Tuesday, May 9, 2:30 p.m. Fee: FREE

Building Better Caregivers

This six-week workshop is designed for individuals caring for family members unable to care for themselves. Mutual support and tools will build the caregivers confidence in managing their loved ones while maintaining a fulfilling life.

Tuesdays, May 16, 23 & 30, 9:30 a.m.

Fee: FREE

AARP Smart Driver Course

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

Wednesday, May 24, 9:30 a.m.

Fee: Non-members \$25, members \$20, cash or check only

Health & Fitness Programs

Beginner's Tai Chi for Health

This class teaches Tai Chi for Arthritis using Sun style Tai Chi, focusing on muscle control, stability, balance, and flexibility.

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

Dance Fit w/Shah Meca

Fun and energetic movements and techniques in this dance class. Great for all levels.

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

APEP (Arthritis Foundation Exercise Program)

Low-impact exercise program to help range of motion, self-confidence, and muscle strength, while reducing stiffness and pain.

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

Fitness w/Nate

Exercises to promote strength. 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

Yoga instructor, Alessandra Poroj teaches all levels in chair or on mat. Class limit is ten.

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

Tuesday, May 23, 2:30 p.m. Fee: \$5 per class

Fitness Orientation

Mandatory before using equipment.

Friday, May 12, 2 p.m. Fee: \$2

Tuesday, May 30, 2 p.m. Fee: \$2



Nutrition Bingo

Fun game to learn how to use food to age unbounded! More on page 3.

Wednesday, May 24, 11 a.m. Fee: FREE

Ongoing Programs

Art/Crafts for Wellness

Sponsored in part by the Charles County Art Alliance, Inc.

Tuesday, May 2, 1 p.m. Fee: \$2

Wednesday, May 17, 11 a.m. Fee: \$2

Creative Crocheting

Janet Fogle will be available to teach you beginner basics.

Wednesday, May 3, 9:30 a.m. Fee: FREE

Bingo

A nickel a card. Note additional days and times.

Mondays, May 1 & 15, 9:30 a.m.

Fee: Nickel/card

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

Fee: Nickel/card

Friday, May 26, 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, TAPS and local first responders. No sewing experience is necessary.

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

Information & Assistance w/Julie

Current Medicare topics and local resources for Seniors in Charles County. Meet privately with Aging & Disability Resource Specialist, Julie Hammonds for additional assistance, need an appointment, call 301 934-6737.

Tuesday, May 23, 9:30 a.m. Fee: FREE

Book Club: "The Best is Yet to Come" by Debi Macomber

Enjoy this heartwarming novel as you follow Hope's journey from loneliness to opening her heart to two lost souls. One has four legs.

Wednesday, May 24, 1 p.m. Fee: FREE

Outdoor Programs

Tai Chi for Health

Meet us at the Indian Head's Village Green fountain to practice the 41 movements.

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

INDIAN HEAD SENIOR CENTER

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

Hours: 9 a.m.–3 p.m., Mon./Wed./Fri
9 a.m. to 4 p.m., Tues. & Thurs.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards/Cards9:00 Tai Chi for Health9:00 Dance Fit w/Shi'Meca 10:15 Beginners Tai Chi for Health. . .1:00	Billiards/Cards9:00 Mobility & Balance w/ Niede 9:15 AFEP 11:15	Billiards/Cards9:00 Tai Chi for Health9:00 Fitness w/Nate. 10:15	Billiards/Cards9:00 Surprise Fitness Class 9:15 Canvas Painting..... 11:00 AFEP 11:15 Fitness w/Lamont. 1:00	Seated Yoga9:00 Billiards/Cards 10:00 Beginners Tai Chi for Health. . .1:00
1 Bingo9:30	2 Council Meeting9:30 Sign Language.....12:30 Craft for Wellness1:00 Eat Well - Move Well. . . .2:30	3 Creative Crocheting Club.9:30	4 Well-Come to wellness w/ Debi. 9:15 Diabetes Prevention Program (DPP). 9:30 Introduction to Kettle Bell2:15	5 Cinco de Mayo 11:45 No Yoga Today
8 Project Linus/Sewing 1019:30 Senior Tech.....	9 Healthy vs. Unhealthy Mental Relationships10:30 Sign Language.....12:30 Pastor Chris & Friends.1:00 AFEP 2:15 Poetry Club2:30	10 Bingo9:30 Senior Tech..... 11:00	11 Well-Come to wellness w/ Debi. 9:15 DPP 9:30 Kettle Bell2:15	12 Fitness Orientation2:00 No Yoga Today
15 Bingo9:30	16 Building Better Caregivers Workshop.....9:30 Sign Language.....12:30 Matinee2:15	17 Intergenerational Craft for Wellness..... 11:00 Senior Tech..... 1:00	18 DPP.....9:30 Celebrate Your Age Party11:45 Kettle Bell2:15 No AFEP or Fitness w/LaMont	19 Bike To Workday (Pavilion). . .9:00 Green Thumb Club 11:00
22 Project Linus/Sewing 1019:30	23 Building Better Caregivers Workshop.....9:30 Information & Assistance with Julie9:30 Seated Yoga2:30	24 AARP Driving.....9:30 Nutrition Bingo.....11:00 Book Club..... 1:00	25 Well-Come to wellness w/ Debi. 9:15 DPP.....9:30 Mobile Library 11:00 Kettle Bell2:15	26 Bingo9:30
29 Memorial Day Holiday  Senior Centers Closed	30 Building Better Caregivers Workshop.....9:30 Mobile Market..... 11:00 Healthy Herbal Tea Club1:00 Fitness Orientation2:00	31 *Health & Wellness Fair @ Waldorf Senior & Rec Center from 10 a.m. – 2 p.m.*		

**OLDER
AMERICANS
MONTH**



AGING UNBOUND: MAY 2023

Celebrate Your Age Party Older Americans Month – Aging Unbound

Celebrating every age with our first intergenerational event. Invite you family to a day of fun, food, and fellowship of all ages, Be Bold – Claim your Age. Take selfies to post and enjoy Destini Anaiya, recent graduate of the Duke Ellington School of Arts as she performs songs all can enjoy. Expect games, book give-a-ways by Reaching Excellence, Creating Change (RECC), fitness demonstrations, 50/50, Herbert Farms and more. Sponsored in part by the Indian Head Senior Center Council.

Thursday, May 18, 11:45 a.m. • Fee: \$5

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. - 4 p.m.

Shop the Rack - Community Closet

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

Tuesdays, 1 p.m. - 4:30 p.m. &

Fridays, 8:30 a.m. - 4:30 p.m.

Fee: FREE

NEW Dance Fitness Workshop

Open to members of the community age 18+. Join fitness instructor Sha'Meca Oliver for a 6-week dance fitness workshop. Minimum participation required for workshop to commence.

Mondays, May 1-22, 3 p.m. - 4 p.m.

Fee: \$30 for workshop or \$7 drop-in class fee

Mobile Library

Borrow books, movies, tech every three weeks.

Tuesdays, May 2 & May 23, 10:30 a.m. - 12 p.m.

Fee: FREE

NEW HIIT Workshop

Open to members of the community age 18+. Join fitness instructor Robynn Powers for a 6-week high-intensity interval training workshop. Minimum participation required for workshop to commence.

Thursdays, May 4-25, 3:30 p.m. - 4:30 p.m.

Fee: \$30 for workshop or \$7 drop-in class fee

WIC Services

WIC services now available to the public.

Appointments preferred, but not required.

Fridays, May 12 & 26, 9 a.m.-4 p.m. Fee: FREE

Community Day: May 17

Open to the public! Join us for the following services:

Charles County Health Department

COVID & Flu Vaccine Clinic 9:30 a.m. - 2 p.m.

Maryland Food Bank

Mobile Food Market

10 a.m. - 12 p.m.

While supplies last

Department of Social Services 10 a.m. - 1 p.m.

Wednesday, May 17

Fee: FREE

Charles County Arts Alliance (CCAA) Program

Open to the Public with Prior Registration

Family Art Night Art Show and Concert

Our three Family Art Nights were full of fun and creative art. This art show and concert is an opportunity for those families that participated to show off their creativity while enjoying live music and dinner. Music will be provided by the Charles County Youth Orchestra. A catered dinner will be available for purchase for those that preregister.

Activities sponsored in part by funds from the Charles County Arts Alliance.

Monday, May 8, 6 p.m. - 8 p.m.

Fee: \$10 per meal

Miss Molly's Midsummer Night's Dream

Miss Molly's Midsummer Night's Dream is a wild story full of magic spells and fairies.

Fun and magical, the play withstands the test of time. In Molly's own adaptation of Shakespeare's classic, she tells the crazy story of rebellious lovers, fairies, and pranks.

Miss Molly's Midsummer Night's Dream incorporates students into the storytelling, portraying roles on stage in this Shakespeare assembly. Ideal for kindergarten through sixth grade. Field trip opportunity for Western Charles County schools fully funded by the Charles County Arts Alliance. Prior registration required through CCPS.

Wednesday, May 24, 1 p.m. - 1:45 p.m.

Fee: FREE

Senior Center Programs

Artistic Aesthetics

Weekly project to express your creativity.

Fee due at registration. Prior registration required. Limited availability.

Mondays, 1:00 p.m.

Shoe Floral Centerpiece, May 1, Fee: \$3

Lace Picture Frame Jewelry Holder, May 8, Fee: FREE

Tin Can Posy Holder Vase, May 15, Fee: FREE

Casual Crafting, May 22, Fee: \$5 for week access to center crafting materials

I&A Services & Presentation

This month we will be discussing mental health services for Mental Health Awareness month. Meet privately with Aging & Disability Resource Specialist, Julie Hammonds for additional assistance, by making an appointment. See Staff or call 301-937-6737 for an appointment.

Thursday, May 18, 9:30 a.m.

Fee: FREE

Painting & Pizza

Join us this month and paint a pre-sketches canvas and enjoy two slices of pizza (pepperoni or cheese), fruit, and a bottle of water. This month's design will be a tribute to Memorial Day. All supplies provided. Space is limited. Prior registration with payment is required.

Friday, May 26, 12:30 p.m.

Fee: \$8

Nutrition Bingo

See page 3 for more information.

Tuesday, May 30, 12:45 p.m.

Fee: FREE

Senior Fitness

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

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

Dinner Theatre Bus Trip

Joseph and the Amazing Technicolor Dreamcoat - Riverside Center

Bus trips are back! Join us as we travel by motorcoach to the Riverside Center for the Performing Arts to see Joseph and the Amazing Technicolor Dreamcoat. Buses will depart from the Nanjemoy Senior & Community Center and the Richard R. Clark Senior Center. Price includes motorcoach trip, driver gratuity, snacks on the bus, meal at venue, and the show. Sign up is available at any of our four Charles County Senior Centers. Space is limited and minimum participation signups are due by May 3rd. Please arrive 15 minutes before departure to check in with staff.

Wednesday, June 14

Fee: \$130

Departure from Nanjemoy, 9:30 a.m.

Departure from Clark, 10:15 a.m.

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 Computer Lab8:30 Fitness Room8:30 Senior Tech Appts8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness Tai Chi11:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room8:30 Senior Tech Appts8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Shop the Rack1:00 Narcotics Anonymous.....3:00 Fitness Flex & Stretch.....10:00 Fitness Fifteen11:15	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room8:30 Senior Tech Appts8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness AFEP11:00 Walking Club1:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room8:30 Senior Tech Appts8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness Total Body Conditioning.....11:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room8:30 Shop the Rack8:30 Senior Tech Appts8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness AFEP11:00 Walking Club1:00
1 Senior Council Meeting10:00 Artistic Aesthetics: <i>Shoe Floral Centerpiece</i>1:00 <u>Community Program</u> Dance Fitness.....3:00	2 Coloring Group9:00 <u>Community Program</u> Mobile Library10:30-12:00	3 Walking Club1:00	4 Older Driver Safety Virtual Presentation12:00 Nickel Bingo.....12:45 <u>Community Program</u> HIIT Workshop.....3:30	5 AFEP11:00
8 Artistic Aesthetics: <i>Lace Picture Frame Jewelry Holder</i>1:00 <u>Community Program</u> Dance Fitness.....3:00 CCAA Program Family Art Night Art Show & Concert.....6:00-8:00	9 Coloring Group9:00	10 Walking Club1:00 <u>Senior Council</u> Mother's Day Dinner & Basket Raffle11:00 – 1:00	11 Nickel Bingo.....12:45 <u>Community Program</u> HIIT Workshop.....3:30	12 Intro to Pickleball1:30 (Rain date 4/19) <u>Community Program</u> WIC Services9:00 <u>Senior Council</u> Bingo Fundraiser5:00-7:00
15 Artistic Aesthetics: <i>Tin Can Posy Holder Vase</i>1:00 <u>Community Program</u> Dance Fitness.....3:00	16 Coloring Group9:00	17 <u>Community Day</u> Vaccine Clinic.....9:30 Mobile Food Market...10:00 Dept. of Social Services .10:00	18 I&A Services Available Mental Health Awareness Month Presentation....9:30 Nickel Bingo.....12:45 <u>Community Program</u> HIIT Workshop.....3:30	19 AFEP11:00
22 Artistic Aesthetics: <i>Casual Crafting</i>1:00 <u>Community Program</u> Dance Fitness.....3:00	23 Coloring Group9:00 <u>Community Program</u> Mobile Library10:30-12:00	24 <u>CCAA Field Trip</u> Miss Molly's Midsummer Night's Dream.....1:00-1:45	25 New Hope Food Distribution.....11:30 Nickel Bingo.....12:45 <u>Community Program</u> HIIT Workshop.....3:30	26 Painting & Pizza12:30 <u>Community Program</u> WIC Services9:00
29 Memorial Day Holiday  Senior Centers Closed	30 Nutrition Bingo.....12:45	31 *Health & Wellness Fair @ Waldorf Senior & Rec Center from 10 a.m. – 2 p.m.*		

Special Programs

Mother's Day Luncheon

This event is hosted by the Waldorf Senior Center Council. Join the celebration!

Entertainment, food, and more! Tickets are sold on Thursdays between 9:30-11a.m.

Wednesday, May 10, 10:30 a.m.

Fee: \$10 paid to Waldorf Senior Center Council

Nutrition Bingo

Join Charity, County Dietitian Nutritionist in a conversation on how our food choices can empower us to age on purpose, and for a fun game of nutrition bingo! For more information, see page 3.

Tuesday, May 16, 10:30 a.m. Fee: FREE

Building Better Caregivers

A community-based workshop where classes are highly participatory, where mutual support and success build the participants' confidence in their ability to manage their caregiving tasks and maintain a fulfilling life. This interactive workshop is designed for people who are family caregivers of people with Traumatic Brain Injury (TBI), Post-Traumatic Stress Disorder (PTSD), dementia such as Alzheimer's, and any other conditions that affect memory.

Tuesdays, May 23-Jun. 27, 1 p.m. Fee: FREE

Drawing Class

Do you want to learn how to make beautiful art with just a pencil and paper? Join local artist, Olga Herrera, for this informative, fun, and rewarding class! All artist levels welcome. Please pre-register. Sponsored in part by funds from Charles County Arts Alliance.

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

Senior Health and Wellness Fair

See page 2 for more details.

Friday, May 31, 10:30 a.m. Fee: FREE

Community

Meet the "Carbs"

Isn't it time that you FINALLY understood what carbohydrates (also known as carbs) do in the body and how they impact your blood sugar: Are there good carbs and bad carbs? Is sugar in fruit different from sugar in candy? Find out in this informative and comprehensive class, led by Jodi Serafin, dietitian, and diabetes educator.

Tuesday, May 2, 10 a.m. Fee: FREE

NEW - 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 Friday, May 5, 10 a.m. Fee: FREE

Class schedule provided once registered.

Widow & Widower Support Group

Facilitated by Brenda Dubose.

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

Medicare & Mental Health Workshop

Let's talk about Mental/Behavioral Health resources. Medicare provides coverage and free screenings. Join the I&A staff for a discussion on Medicare coverage and a healthier you.

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

VConnections

Provides fellow veterans guidance and connects veterans and their families to resources and/or potential benefits, particularly in the rural communities of Southern Maryland. Appointment only from 10 a.m.-Noon. Walk-ins available from 1-2p.m. To schedule, call 240-448-2816.

Tuesday, May 9 & May 30, 10 a.m. Fee: FREE

Bible Study

Facilitated by Minister Yvonne' Wilson. All are welcome!

Tuesday, May 9, 11 a.m. Fee: FREE

Medication Safety

Join Spencer Barry, member of the pharmacy team from Charles Regional Medical Center, as he shares the importance of adhering to taking medication as prescribed.

Thursday, May 18, 10:30 a.m. Fee: FREE

Senior Fitness

Basketball

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

Tuesday & Thursday, 11 a.m.

Wednesdays, 10 a.m. Fee: FREE

Beginner Ballet

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

Beginner Kettle Bell Fitness

Challenging, but geared for the older adult, this class is all about staying strong and agile. All fitness levels welcome.

With the use of kettle bells (weights with a handle) specific exercises are done in a circuit style class.

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

Beginner AFEP

This class is for individuals who are new to the Arthritis Foundation Exercise Program.

Fridays, 1 p.m. - 1:30 p.m. Fee: FREE

Fitness Room Orientation

Mandatory before first use of fitness room.

Registration required.

Wednesday, May 3 & May 17, 1 p.m. Fee: \$5

Tuesday, May 9 & May 23, 10:30 a.m. Fee: \$5

Friday, May 12 & May 26, 12 p.m. Fee: \$5

Arts & Music

Poetry Club

Join the Poetry Club at the Waldorf Senior Center! Local poets come together to show their beautiful pieces of work with others.

Don't have poetry to read? That's ok! Come to listen to their powerful words.

Friday, May 5, 11 a.m. Fee: FREE

Open Studio Art

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

Fridays, May 5 - 19, 10 a.m. Fee: FREE

Leather Crafting

Join Tim Richardson and learn about the art of leather crafting, while creating beautiful leather accessories. Please bring your own leather. Crafting tools provided. Limited to 6 participants, pre-registration required.

Tuesdays, 10 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, May 17, 10 a.m. Fee: \$3/pp

Guitar Club

Do you own a guitar and are looking for a fun place to jam out with friends? If yes, then you found the perfect club! Bring your guitar to the center and play some tunes while learning new skills from peers.

Thursdays, 1 p.m. Fee: FREE

Crochet Club

Join Vicki Eichhorn and learn about basic crochet techniques while working on projects.

Friday, May 26, 11 a.m. Fee: FREE

Basic Sewing

Join instructor, Melon Spriggs, and learn basic sewing techniques. Please bring your own sewing supplies (fabrics, thread, etc.)

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

WALDORF BINGO THURSDAYS:

How It Works

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

WALDORF SENIOR & RECREATIONAL CENTER

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

Hours: 9 a.m.–4 p.m., Monday–Friday
Luncheon at Noon–Reservation/Registration Required
Reserve lunch by 10 a.m. the preceding day.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness Room9:00 Racquetball9:00 Cards & Games10:30 Pinochle11:00 Lunch12:00 Fitness Chair Dance Aerobics9:30 Chair Yoga10:30 Yoga11:30 Enhanced Fitness1:00	Fitness Room9:00 Racquetball9:00 Cards & Games10:30 Lunch12:00 Table Tennis2:30 Fitness Total Body Conditioning9:30 Gentle Stretching10:30 Line Dancing11:30 Walking Club12:30 Tai Chi1:00	Fitness Room9:00 Racquetball9:00 Bridge Club10:00 Cards & Games10:30 Lunch12:00 Fitness Beginner Ballet9:30 AFEP10:30 Basic Fitness Training11:30 Enhanced Fitness1:00 Dance Aerobics2:00	Fitness Room9:00 Racquetball9:00 Cards & Games10:30 Watercolors10:30 Pinochle11:00 Lunch12:00 Fitness Total Body Conditioning9:30 Kettle Bell Fitness10:30 Line Dancing11:30 Walking Club12:30 Tai Chi1:00	Fitness Room9:00 Racquetball9:00 Cards & Games10:30 Lunch12:00 Fitness Core & More10:30 AFEP11:30 Beginner AFEP1:00 Circuit Training2:30
1 Coffee & Convos9:30 Diabetes Prevention9:30 Basic Sewing1:00	2 Leather Crafting10:00 Meet the “Carbs”10:00 Tech Time10:30 Basketball11:00	3 Basketball10:00 Basic Sewing1:00 Fitness Orientation1:00	4 Matter of Balance10:00 Bingo10:30 Basketball11:00 Grocery Distribution11:30 Personal Care Supplies Distribution11:30 Guitar Club1:00 Intro to Pickleball2:30	5 Diabetes Prevention ...10:00 Open Studio Art10:00 Poetry Club11:00
8 Widow & Widower Support Group9:30 Basic Sewing1:00	9 Medicare & Mental Health10:00 Leather Crafting10:00 VConnections10:00 Fitness Orientation10:30 Tech Time10:30 Basketball11:00 Bible Study11:00	10 Basketball10:00 Mother’s Day Luncheon10:30 Basic Sewing1:00	11 Bingo10:30 Basketball11:00 Guitar Club1:00 Beginner Pickleball2:30	12 Diabetes Prevention ...10:00 Open Studio Art10:00 Fitness Orientation12:00
15 WSC Council Meeting9:30 Basic Sewing1:00	16 Mobile Library9:00 Leather Crafting10:00 Nutrition Bingo10:30 Tech Time10:30 Basketball11:00	17 Basketball10:00 Jewelry Club10:00 Basic Sewing1:00 Fitness Orientation1:00	18 Medication Safety10:30 Bingo10:30 Basketball11:00 Guitar Club1:00 Intro to Pickleball2:30	17 Diabetes Prevention ...10:00 Open Studio Art10:00
22 Widow & Widower Support Group9:30 Basic Sewing1:00	23 Leather Crafting10:00 Fitness Orientation10:30 Tech Time10:30 Basketball11:00 Building Better Caregivers1:00	24 Basketball10:00 Drawing Class10:00 Basic Sewing1:00	25 Bingo10:30 Basketball11:00 Guitar Club1:00 Beginner Pickleball2:30	26 Diabetes Prevention ...10:00 Crochet Club11:00 Fitness Orientation12:00
29 Memorial Day Holiday  Senior Centers Closed	30 Leather Crafting10:00 VConnections10:00 Tech Time10:30 Basketball11:00 Building Better Caregivers1:00	31 Senior Health & Wellness Fair 10 a.m. – 2 p.m. NO OTHER PROGRAMMING OR FITNESS CLASSES TODAY		

"Bee Well" & JOIN The 5th Annual Senior Health & Wellness Fair!

This day is dedicated in welcoming seniors to explore ways in making their lives healthier. Visit vendor tables, participate in demos and explore options to optimize spiritual, physical, mental and financial health. See pg. 2 for more details.

Wednesday, May 31, 10 a.m. to 2 p.m.

Waldorf Senior and Rec Center

Arthritis & Your Health

Flare ups can be painful and make you not want to do anything. Here are 5 tips to crash the pain cycle.

1. Start with slow range of motion exercises that get you moving. Keep it simple.
2. Sitting will stiffen joints. Get up and move around every ½ hour.
3. Aquatic exercise helps decrease inflammation and places less stress on joints. Join a pool and walk in the water.
4. Pair up with a friend. Makes exercise more fun and keeps you accountable. Win-win.
5. All senior centers offer The Arthritis Foundation Exercise Program several times a week. Take advantage of these FREE classes.

The Waldorf Senior & Rec Center, Indian Head Senior Center, and the Nanjemoy Senior & Community Center offers Tai Chi and it is a great way to move gently.

Check your center SCOOP page for times and days for AFEP & Tai Chi classes!

Outdoor Walking Club

Now that the weather is warmer, no excuse for an outdoor adventure walk!

Meet up at Laurel Springs Park at 10:00 a.m. in the large parking area to right upon entering park. Monday walks led by Debi or Nate.

On Fridays, walk with the group on your own.

CPR & First Aid for Seniors

Learn life saving techniques and how to handle various emergency situations. Red Cross Instructor, Ischmael Josiah leads us with what to do when certain emergencies arise.

Friday, May 12, 10 a.m. - 12p.m.; Fee: \$10

Richard R. Clark Senior Center



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.

Beginner: Wednesday, May 17 at 10 a.m.

Self-led: Wednesday, May 17 at 11 a.m.

Registration required; kayaks provided. Fee: \$5

Call Debi Shanks 301-609-5711 to register.

Biking Days w/Nate

Friday, May 5 at 1 p.m.

Indian Head Rail Trail (White Plains)



Friday, May 19, we celebrate Bike to work day!

Meet at the Indian Head village green at 1 p.m. for this ride and initiative to get people out of their cars and on the trails. Register for the ride at www.biketoworkmetrodc.org & get a free T Shirt. You can also contact Nate Schultz for assistance in registering. By calling 240-448-2817 or by emailing SchultzN@charlescountymd.com.

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
1 Honey Lime Chicken Roasted Redskin Potatoes Roasted Zucchini Whole Wheat Roll Apricots Orange Juice	2 HOT: Baked Tuna, Cuban Black Beans, White Rice, Tomato Salad, Whole Wheat Roll, Applesauce, Pineapple Juice COLD: Turkey & Cheese on Whole Wheat, Broccoli Salad, Cantaloupe, Fruit Punch	3 Restaurant Partner of the Month: Apple Spice Junction Beef and Rice, Roasted Broccoli, Cornbread, Fresh Apple Slices, Orange Juice Restaurant Partner of the Month @ Waldorf	4 Curry Chicken Brown Rice Carrots and Green Beans Naan Flatbread Tangy Cherry Salad Pineapple Juice	5 Beef Tacos (2) w/ Lettuce, Tomato, Cheese Seasoned Rice Roasted Broccoli Apple Sauce Apple Juice
8 Chicken Salad Sandwich on Brioche Bun Carrot Raisin Salad 3 Bean Salad Diced Mangos Apple Juice	9 HOT: BBQ Pulled Pork Sandwich on Whole Wheat Bun, Coleslaw, Roasted Sweet Potatoes, Grapes, Grape Juice. COLD: Ham and Swiss on Whole Wheat, Coleslaw, Pineapple Chunks, Pineapple Juice	10 Asian Tuna Burger w/ Lettuce and Tomato, Whole Wheat Bun, Roasted, Sweet Potatoes, Green Beans, Mandarin Oranges, Orange Juice Restaurant Partner of the Month @ Clark	11 Balsamic Chicken White Rice Cali. Blend Vegetables Biscuit Fruit Cocktail Fruit Punch Juice	12 Pork Chop Au Gratin Potatoes Collard Greens Cornbread Pineapple Chunks Pineapple Juice
15 Lemon Garlic Baked Cod Roasted Tomatoes Mashed Potatoes Dinner roll Raisins Fruit Punch Juice	16 HOT: Chicken Mushroom, Brown Rice, Malibu Blend Vegetables, Whole Wheat Dinner Roll, Diced Mangos, Orange Juice COLD: Chicken Salad, Sandwich on Croissant, Pasta Salad, Roasted Tomato, Salad, Mandarin Oranges Pineapple Juice	17 Jerk Catfish w/ Mango Salsa, Roasted Baby Carrots, Mashed Potatoes, Dinner Roll, Citrus Salad, Grape Juice Restaurant Partner of the Month @ Nanjemoy	18 BBQ Baked Chicken Party Harty Beans Coleslaw Dinner Rolls Peaches Grape Juice	19 Salmon w/ Lemon Dill Sauce White Rice Broccoli Wheat Dinner Roll Grapes Pineapple Juice
22 Ginger Lime Chicken Mashed Sweet Potato Broccoli Dinner Roll Mandarin Oranges Apple Juice	23 HOT: Chicken Marsala, Parsley Potatoes, Roasted Carrots, Whole Wheat Bread, Apricots, Apple Juice COLD: Egg Salad Sandwich on Whole Wheat, Cranberry Salad, Pasta Salad, Fruit Cocktail, Orange Juice	24 Lemon Pepper Tilapia, Lemon Parsley Rice, Green Beans w/ Roasted Tomatoes, Breadstick, Peaches, Fruit Punch Juice Restaurant Partner of the Month @ Indian Head	25 BIRTHDAY CELEBRATION Ground Turkey Meat Sauce Whole Wheat Spaghetti & Mozzarella Cali. Blend Vegetables Breadstick Raisins Grape Juice Birthday Cake	26 Chophouse Burger w/ Lettuce & Tomato Whole Wheat Bun Orange Glazed Carrots Party Harty Beans Pineapple Chunks Apple Juice Assorted Fruit Pie
29 Tuna Noodle Casserole Stewed Tomatoes Corn Bread Apricots Apple Juice	30 HOT: ¼ Herb Roasted Chicken, Parsley Mashed Potatoes, Roasted Carrots, Whole Wheat Roll, Cantaloupe, Fruit Punch Juice COLD: Roast Beef Sandwich on Whole Wheat, Coleslaw, Pasta Salad, Mandarin oranges, Orange Juice	31 Oven Fried Chicken Mashed Potatoes w/ Gravy Broccoli Cornbread Fruit Salad Pineapple 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



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.

Discover New Places

Trips sponsored by Action Travel Tours 301-645-1770

The world of travel is returning to normal.

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. All tours are on a first come basis. Please call to verify trip dates and stated details. Safe travels are upon us.

**** 2N1 Sponsored Trips**

****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.

September 16, 2023: Stratford Hall Wine and Oyster Festival. Spend a glorious early fall day at the beautiful Stratford Hall enjoying Virginia wines, coastal oysters, food trucks, breweries, and local artisan wares.

****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.

October 17-20, 2023 (Tentative): Historic Hudson Valley and Sleepy Hollow.

At publishing the dates had not been released for the Sleepy Hollow events. We expect to see the Kykuit and Vanderbilt Mansions, dine at the Culinary Institute, be amazed by the Great Jack O'Lantern Blaze, hear a dramatic reading of the Legend of Sleepy Hollow, visit Washington Irving's Home Sunnyside and the Union and Old Dutch Churches. There is no better Fall Adventure or Scenery.

December 13-15, 2023: Rockettes' Christmas Spectacular in New York City.

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

****January 22 – February 12, 2024: Australia and New Zealand Uncovered.** Uncover the core of Māori culture in New Zealand. Dive into the unparalleled Outback of Australia. This is Oceania, a paradise in the South Pacific. Cruise through the dramatic Milford Sound and the organic splendor of Abel Tasman National Park. Tour the Sydney Opera House to get a glimpse of the action behind the scenes. Admire the striking essence of Uluru (Ayers Rock) as you dine under the stars. Choose how you spend the day discovering the legendary Great Barrier Reef – by snorkeling, hiking, relaxing, or learning.

