

The SCOOP

Charles County's Senior Center News

HAPPY
Father's
Day!



JUNE 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.

Annual Jaycees Senior Picnic

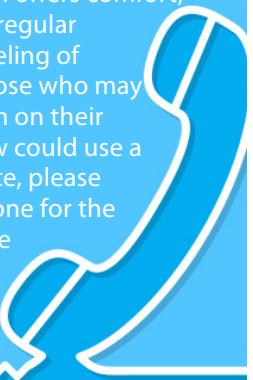
Wednesday, Jun. 21 | 10:30 a.m.

FREE! Don't miss out on this year's fun. Enjoy live music, word games, line dancing, door prizes, and a delicious luncheon provided by the Waldorf Jaycees. Please bring a canned food item to share with needy families. Admission is free, but tickets are required and are available at all four Senior Centers beginning Thursday, June 1. Location: Waldorf Jaycee Community Center. Please note: All Senior Centers are CLOSED on June 21 so all staff and members can attend this event.

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.



Fresh Conversations

The Fresh Conversations class is coming to the Nanjemoy Senior Center starting June 12, 2023!

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

Be sure to register at the Nanjemoy Senior Center and join our Fresh Conversations Certified Trainers the second Monday of each month from June - November!

June Holiday Closures

Charles County Senior Centers will be closed on Monday, June 19 in observance of Juneteenth.



Council News Sponsored/Hosted Activities & Events

Clark Senior Center	Indian Head Senior Center	Nanjemoy Senior & Community Center	Waldorf Senior & Rec Center
Father's Day Breakfast	Juneteenth Celebration	Father's Day Luncheon	Father's Day Party Juneteenth Celebration



Senior Farmers Market Nutrition Program

We are excited to announce the return of the Senior Farmers Market Nutrition Program (SFMNP). This is an income-based program designed to provide eligible seniors access to locally grown fresh fruits, vegetables, honey and herbs. To be eligible to receive coupons, your income must meet qualifications. If you are enrolled in one of the following income-based Federal Programs, you will likely also be eligible for the coupons.

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

If you are not enrolled in any of these programs, you may still be eligible based on your monthly income. Verification of eligibility must be presented at time of pick-up (i.e. pay stubs, income statements etc.). Participation in the program in past years does not automatically qualify you for this year. Distribution of coupons will be on a first come, first served basis. During this year's Senior Farmers Market, Herbert Farms will join us onsite with fresh local produce. Shopping with the farmer will be open to voucher recipients only from 9:30-11:30am and open to the public from 11:30am-12:30pm.

Indian Head Senior Center: July 6

Waldorf Senior & Rec Center: July 12

Nanjemoy Senior & Community Center: July 20

Clark Senior Center: July 27

Building Better Caregivers

6-week workshop (FREE)

This workshop is for anyone providing care to another human (a parent taking care of a disabled child, spouse supporting spouse, adult child taking care of an aging parent, or any person providing care to another adult). Topics covered during the workshop include: Caregiver Stress, Getting Help, Planning for Future Needs, Legal issues Related to Caregiving, Action Planning and Problem Solving, and more! Register for this class at the senior center. Class size is limited.

Clark Senior Center: Fridays, 10 a.m. to 12:30 p.m. Begins June 2, 2023

Nanjeomy Senior & Community Center: Thursdays, 9 a.m. to 11:30 a.m. Begins June 22, 2023

Safe Travel Tips for Older Adults

Be prepared and take precautions to help ensure you enjoy a much-needed trip. In general, traveling, going to new places, seeing friends and family is vital for our mental health.

Follow these tips to help for smooth traveling:

- Choose a hotel that meets your needs** - While most hotels can accommodate a guest's mobility, some places that are off the beaten path or historical haven't been updated. Before booking a hotel, call ahead to make sure the hotel has elevators, and ask if the elevator is wheelchair accessible if you need it.
- Don't publicize your trip on social media** - It's natural to want to share your excitement about an upcoming trip but think twice before posting it on social media. There are many reported cases of thieves using social media to target homes when the owner announces they're going on a long trip.
- Know the TSA rules** - While you're trying to figure out where to pack your sunhat and flip flops, don't forget about your prescriptions. Always pack it in your carry-on where you can access it easily, and it can't be lost by an airline.
- Stay healthy on route to, and on, the plane** - Busy airports and tight spaces while getting on an airplane can be a fall risk. The airline will help if you call ahead and ask about priority boarding.
- Keep important documents on hand** - Before leaving home, make copies of your important documents, like your passport, driver's license, Medicare card, and itinerary. Pack an extra set with you, and make sure to leave copies with people you trust at home. If you lose your ID or it's stolen, this will make it easier to get replacements.

Information can be found at How to Travel Safely as an Older Adult (ncoa.org)

Sister Act – Toby's Dinner Theatre

Join us as we travel by motorcoach to Toby's Dinner Theatre to see Sister Act. 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 August 14. Please arrive 15 minutes before departure to check in with staff.

Wednesday, September 13 • Fee: \$130

Departure from Nanjemoy, 8:30 a.m.,

Departure from Clark, 9:15 a.m.

Caregivers Corner

Caring for yourself is one of the most important things you can do as a caregiver. It's key to maintaining your own health and well-being. When you feel better, you can take better care of your loved one.

Keep these simple steps in mind to ensure you find the time and resources to take care of yourself:

- Get regular physical activity.
- Make time for yourself.
- Keep humor in your life.
- Get out and about.
- Take care of business.
- Keep medical and dental appointments.



Join Cindy Olmsted for the Caregivers Support Group at the Richard R. Clark Senior Center on June 28th at 2:00 p.m. Come share your caregiver experiences with others and walk away refreshed!

World Elder Abuse Awareness Day

**WORLD
ELDER ABUSE
AWAWARENESS DAY**
JUNE 15

World Elder Abuse Awareness Day (WEAAD) was launched on June 15, 2006, by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations. The purpose of WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic, and demographic processes affecting elder abuse and neglect. There are many ways to get involved in creating a stronger society that safeguards our communities and prevents elder abuse from occurring. We can all be "beams" of support in our society structure. Here are some ways we can prevent and address the problem.

- Talk about the issue to increase the identification and reporting of abuse by the public, professionals, and older people who experience abuse.
- Challenge injustice and ageist stereotypes.
- Keep in contact and talk with your older friends, neighbors, and relatives frequently.
- Educate oneself and others about how to recognize and report elder abuse.
- Provide over-burdened caregivers with support such as help from friends, family, or local relief care groups; adult day care programs; counseling; outlets intended to promote emotional well-being.
- Learn how the signs of elder abuse differ from the normal aging process.

It is up to everyone to prevent and address elder abuse. Report suspected mistreatment to your local adult protective services, long-term care ombudsman or law enforcement agency who can investigate the situation. Programs such as Adult Protective Services (APS) are here to help. To report a case in your area, call 800-332-6347.

Men's Health Month

The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among both men and boys. It's important as a senior man to brush up on your health facts, listen to your body and be sure to get regular checkups. Not only will you live longer, but you'll also have a better quality of life.

General Health – Even if you don't feel sick it is important to see your doctor regularly and schedule annual exams. Here are some of the screening tests recommended for men 65+:

- Abdominal aortic aneurysm
- Blood pressure
- Colorectal Cancer
- Depression
- Diabetes mellitus, type 2
- Lipid disorders



Illness – It seems simple but if you're sick — see your doctor. Studies have shown that 40% of men said that when sick, they delay seeking medical care for a few days; and 17% percent said they would wait "at least a week." Don't wait. Prompt medical care can be the difference.

Medications – It's important to take medications as directed, and especially for seniors to keep a complete list of medications and dosages handy. Always inform any doctor you visit about your medications. The older you get, the more common you may be on more daily prescriptions and medications; so with increased medications you run a greater risk of side effects and adverse interactions.

Vaccines and Inoculations – Keep up with recommended shots, including for flu, shingles, pneumonia, and diphtheria/tetanus, is vitally important — especially for the elderly men in our lives.

Healthy Eating – Older men have specific dietary needs. They need more calcium, vitamin D, fiber, and potassium.

Additionally, it is recommended that senior men try to incorporate 30 minutes of physical activity, 5x a week into their daily schedule (physical limitations, permitting.)

Use Sunscreen – Up to 50 percent of Americans who live to age 65 will have at least one skin cancer, and Caucasian men are particularly at risk. It's never too late to take steps to prevent further damage from the sun. Try to avoid the sun during peak hours from 10 a.m. to 4 p.m., wear a hat and sunglasses, and liberally apply SPF 30 or greater sunscreen to all exposed skin.

Meals on Wheels Drivers Needed

Charles County Meals on Wheels, Inc. is currently looking for people to deliver hot and frozen meals to home-bound seniors between 10am and 2pm on weekdays throughout Charles County. Training will be provided. If you are interested in helping us with this important service please contact the Charles County Meals on Wheels office at 301-392-6325 or email ccmealstrp@comcast.net for more information.

New to Medicare Class

Are you turning 65? Getting ready to retire? Receiving Social Security Disability for two years? Caring for a Medicare-eligible family member and now faced with the ABCs of Medicare? Are you overwhelmed by the tv advertisements and mass amounts of Medicare literature from multiple insurance companies? Your local State Health Insurance Program (SHIP) can help navigate all parts of Medicare, review benefits, and find available resources.

6.7.23 | 6 PM - ABCD's of Medicare

Location: La Plata Library
2 Garrett Ave. La Plata, MD 20640 | Phone: 301-645-2864

6.14.23 | 2 PM - ABCD's of Medicare

Location: Potomac Library
3225 Ruth B. Swann Dr. Indian Head, MD 20640 | Phone: 301-375-7375

VConnections: Connecting Veterans

Are you a veteran, caregiver of a veteran, or a 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.

Appointments are available through the I&A office at the Waldorf Senior & Recreational Center at 240-448-2816 and the Richard R. Clark Senior Center at 301-609-5712.



Legal Aid

June 6th and July 11th
By appointment **only** at the Richard Clark Senior Center, contact **301-609-5712** to schedule.



**Medicare Fraud Prevention Week:
COMMUNITY**
Help protect your neighbors by sharing information about scams and ways they can protect themselves from falling victim.
SUPPORTED BY GRANT & SOURCECODE FROM AGL

Ask SHIP:

How can I communicate well with my doctor?

Communication is key in building good relationships with your health care providers and getting the best possible care. To help you communicate effectively with your doctors and other providers, take the following steps:

Be prepared.

- Before making an appointment, make sure that the doctors you want to see accept your health insurance.
- Think about what you would like to ask the doctor before your visit. You may want to write down your questions and take them with you to your appointment.
- Decide if you want to bring another person, like a family member, friend, or caregiver, to your appointment. It may be helpful to have someone else at your appointment if you have extensive care needs or are used to someone managing your care.

Share information.

- Tell your doctor about any current symptoms or concerns during your visit. If there are several, consider ranking them in order of how much they are affecting or troubling you.
- Tell your doctor if you are having trouble with activities of daily living, such as bathing or dressing.
- If your doctor does not specifically ask for information that you think is important, tell them.

Ask questions.

- If you do not understand something your doctor says, ask them to explain it. If you need more time to process an answer, ask your question again or ask your doctor to explain it in a different way.

Get it in writing.

- Ask your doctor to write down what you should do between now and your next visit. This may include instructions for how to take medications, specialists you should see, or life-style modifications.

Follow up!

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.

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.

CLARK SENIOR CENTER

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

Get your Latest *SCOOP* online!

Community

Book Club

Led by Nancy Marquardt, Charles County Public Library. Lessons in Chemistry by Bonnie Garmus

Thursday, Jun. 1, 1 p.m. Fee: FREE

Caption Call Presentation

This presentation is designed to help those who need a telephone. For the hearing impaired, learn what is available to them at little to no cost. Please sign up.

Tuesday, Jun. 6, 10:30 a.m. Fee: FREE

Sizzlin' Summer Picnic

Join us for some entertainment with Jimi Simon, have lunch then stay for bingo. Please sign up and pay in the program office.

Thursday, Jun. 8, 10:30 a.m.

Fee: \$5/60 & over, plus lunch donation, \$7/59 & under.

Widow to Widow Support Group

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

Monday, Jun. 12, 1 p.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, Jun. 15, 11:30 a.m. Fee: FREE

Charles County Mobile Library

Visit the Charles County Mobile Library, located within our center.

Tuesday, Jun. 20, 10 a.m.- Noon Fee: FREE

Game Show Day

Join David Emanuel and enjoy some of your favorite gameshows with friends.

Tuesday, Jun. 20, 10 a.m. Fee: FREE

Maryland Insurance Administration Presentation

The MIA Staff will be available in person to answer your insurance-related questions.

Thursday, Jun. 22, 10 a.m. Fee: FREE

A Magical Ice Cream Social

Bring your grandchildren and enjoy some ice cream and a magic show by comedy illusionist, Reggie Rice. Sure to be a fun time for all! Please sign up and pay in the program office.

Thursday, Jun. 22, 1 p.m.

Fee: \$5/ages 16 & up, \$3/ages 15 & under.

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, Jun. 27, 1 p.m. Fee: FREE

What is I & A?

Did you know there is an Information & Assistance office located at this center? Meet Hazel and learn more about the I&A program and how we can support and assist you as an older adult.

Thursday, Jun. 29, 10 a.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 for children in their time of need.

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

Classes

Building Better Caregivers Class

See page 3 for details.

Fridays, 10 a.m. Fee: FREE

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 are required.

Monday, Jun. 5, 10 a.m. Fee: \$2

Beginners Jewelry Class

Mary Hemmingway will help you create beautiful pieces of beaded jewelry. No experience necessary. Class size is limited, please sign up!

Wednesday, Jun. 7, 10 a.m. Fee: FREE

iPhone Help

Do you need help with your iPhone, or another Apple product? Come see Trinity for some help with your technological needs. Please sign up.

Tuesday, Jun. 13, 10 a.m. Fee: FREE

Friday, Jun. 30, 10 a.m. Fee: FREE

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, Jun. 28, 10 a.m. Fee: \$5/PP

Learn to Quilt

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

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

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, Jun. 7 & 28, 10 a.m. Fee: \$5

Hand Dance- NEW!

All levels are welcome in this fun interactive class. Learn the basics of hand dance, no partner needed.

Thursday, Jun. 8 & 22, 2 p.m. Fee: FREE

Total Body Conditioning

This class targets 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

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 therabands.

Wednesdays, 1 p.m. Fee: FREE

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 kettlebells (weights with a handle) specific exercises are done in a circuit style class.

Wednesdays, 2 p.m. Fee: Fitness Card



CLARK SENIOR CENTER

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

Hours: 9 a.m.–4 p.m., Monday–Friday

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards 9:30 Sewing Room OPEN 9:30 Coloring & Puzzles 9:30 2N1 Social Club 10:00 Duplicate Bridge 10:00 Pokeno 11:00 Primetimers 2:15 Fitness Total Body Conditioning 9:00 Walking at Laurel Springs 9:00 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 Fitness Strength Training 9:00 Flex & Stretch 10:00 Zumba 11:30 Line Dance 1:00	Billiards 9:30 Sewing Room OPEN 9:30 Crochet/Knitting 9:30 Coloring & Puzzles 9:30 Mah Jong 10:00 Pokeno 11:00 Lunch 12:00 Fitness Powder Puff Billiards 1:00 Gospel Choir 2:00 Fitness Basic Fitness Training 9:00 Breathe Easy 10:00 Yoga Flow 10:30 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	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 Book Club 1:00	2 Building Better Caregivers 10:00
5 Scrapbooking Club 10:00 Primetimers 2:15	6 Caption Call 10:30	7 Fitness Orientation 10:00 Beginners Jewelry Club 10:00	8 Sizzlin Summer Picnic 10:30 Hand Dance 2:00	9 Building Better Caregivers 10:00
12 Widow to Widow 1:00 Primetimers 2:15	13 iPhone Help 10:00	14 Lunchtime Music with Will 11:30 Clark Council Meeting 1:00	15 Father's Day Breakfast 10:00 Grocery Distribution 11:30	16 Project Linus Meeting 10:00 Building Better Caregivers 10:00
19 JUNETEENTH HOLIDAY  SENIOR CENTERS CLOSED	20 Game Show Day 10:00 Mobile Library 10:00	21 JAYCEES SUMMER PICNIC SENIOR CENTERS CLOSED	22 MD Insurance Admin 10:00 Magical Ice Cream Social 1:00 Hand Dance 2:00	23 Building Better Caregivers 10:00
26 Primetimers 2:15	27 Poetry Group 1:00	28 Fitness Orientation 10:00 Greeting Card Making 10:00 Caregivers Support Group 2:00	29 What is I & A 10:00	30 iPhone Help 10:00 Building Better Caregivers 10:00

INDIAN HEAD SENIOR CENTER

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

Get your Latest *SCOOP* online!

Program Locations for Outside Activities

*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

Special or New Programs

Diabetes Prevention Program (DPP)

This program is proven to delay or prevent type 2 diabetes. Meet with DPP Lifestyle Coaches, Palon Moon and Spencer Barry throughout the year. Sponsored by CCHD and CRMC.

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

Healthy Trail Mix

Eat healthy as you travel during the summer with homemade trail mix.

Tuesday, Jun. 20, 1:30 p.m. Fee: Donation

Narcan Training

Did you know that drug overdoses exceeds homicides by 300% according to drugabusestatistics.org. Join Charles County Health department for an in-depth training on Narcan and how to use it.

Wednesday, Jun. 28, 11 a.m. Fee: FREE

Juneteenth Celebration

Bring your drums, rain sticks, tambourines or milk jugs and join More than A Drum for an interactive drumming circle. Drums have bonded many African communities, through communication, healing, music, and dance. This will be an outside event, with an Afrocentric market, 50/50 opportunity and more. The event is sponsored in part by the Indian Head Senior Center Council and Charles County Arts Alliance, Inc.

Thursday, June 29, 11 a.m. Fee: \$5

Fresh Fruit Fridays

Friday, Jun. 30, 12:30 p.m. Fee: Donation

Health & Fitness Programs

Tai Chi for Health Beginner's Class

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

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

Mobility & Balance w/Nieda

Nieda Tice-Palmer has a strong yoga background and will be incorporating functional movement for every-body!

Tuesdays, 9:15 a.m. Fee: Fitness Card

Eat Well – Move Well

See Craft for Wellness.

Tuesday, Jun. 6, 1 p.m. Fee: \$5

get motivated

FITNESS

AFEP (Arthritis Foundation Exercise Program)

This low-impact exercise program focuses on range of motion while reducing stiffness.

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

Fitness w/Nate

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

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

Fitness Surprise

Thursdays, 9:15 a.m. Fee: Fitness Card

Fitness w/Lamont

Cardio, circuit, and strength training.

Thursdays, 1 p.m. Fee: Fitness Card

Kettlebell w/Lamont

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

Thursdays, 2:15 p.m. Fee: Fitness Card

Seated Yoga

Alessandra is a 200-hour yoga instructor.

Class size is limited.

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

Fitness Orientation

Mandatory before using equipment.

Friday, Jun. 16, 2 p.m. Fee: \$2

Tuesday, Jun. 27, 2 p.m. Fee: \$2

Shibashi w/Randi

A gentle workout concentrating on balance.

Sponsored by the Indian Head Senior Council.

Tuesday, Jun. 27, 3 p.m. Fee: Donation

Ongoing Programs

Bingo

A nickel a card. Note additional days and times.

Fridays, Jun. 2 & 16, 9:30 a.m. Fee: Nickel/card

Monday, Jun. 5, 9:30 a.m. Fee: Nickel/card

Wednesday, Jun. 28, 9:30 a.m.

Fee: Nickel/card

Craft for Wellness-Paint & Pasta

Start this event with painting a prepped canvas, while listening to health tips and later enjoying a healthy pasta salad. Sponsored in part by the Charles County Arts Alliance, Inc.

Tuesday, Jun. 6, 1 p.m. Fee: \$5

Project Linus/Sewing 101

Make a difference in a child's life. Project Linus blankets are be taken to the Howard University Medical Center pediatric ward, TAPS and local first responders. No sewing experience is necessary.

Mondays, Jun. 12 & 26, 9:30 a.m. Fee: FREE

Information & Assistance w/Julie

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

Tuesday, Jun. 27, 9:30 a.m. Fee: FREE

Senior Tech

Sign up with Tayloni for a 20-minute tech checkup. Join Tayloni for a chat about heat and technology before appointments on June 5th.

Monday, Jun. 5, 11 a.m. Fee: \$1

Friday, Jun. 23, 11 a.m. Fee: \$1

Book Club: Unsolved by

James Patterson & David Ellis

Book two of the Emma Dockery Series. She's young, driven and baffled by this new case.

Wednesday, Jun. 28, 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 warmer weather and play outside.

Wednesday, Jun. 7, 1 p.m. Fee: FREE

Beach Bingo

Just for fun, wear your beach attire and win some awesome prizes as you learn more about beaches in our area.

Tuesday, Jun. 13, 10 a.m.

Fee: First card free, \$1 for each additional card.



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/Sha'Meca10:15 Beginners Tai Chi for Health...1:00	Billiards/Cards9:00 Mobility & Balance w/ Nieda9:15 AFEP11:15	Billiards/Cards9:00 Tai Chi for Health9:00 Fitness w/Nate10:15	Billiards/Cards9:00 Fitness Surprise9:15 Canvas Painting11:00 AFEP11:15 Fitness w/Lamont1:00 Kettle Bell w/Lamont2:15	Seated Yoga9:00 Billiards/Cards10:00 Beginners Tai Chi for Health...1:00
			1 Diabetes Prevention Program (DPP)9:30 Mobile Library11:00	2 Bingo9:30
5 Bingo9:30 Senior Tech11:00	6 Building Better Caregivers9:30 Craft for Wellness/Eat Well – Move Well1:00	7 Council Meeting9:30 Outdoor Games1:00 No Tai Chi Today	8 Diabetes Prevention Program (DPP)9:30	9 Minute to Win-It11:00
12 Project Linus/Sewing 1019:30	13 Building Better Caregivers9:30 Beach Bingo10:00 Pastor Chris & Friends1:00 Poetry Club2:15	14 Men's Health Trivia11:00	15 Diabetes Prevention Program (DPP)9:30 Grocery Distribution11:30 Healthy & Wellness Chat w/ CMO Dr. Smith10:30 No AFEP	16 Bingo9:30 Fitness Orientation2:00
19 JUNETEENTH HOLIDAY  SENIOR CENTERS CLOSED	20 Building Better Caregivers9:30 Healthy Trail Mix1:30 Seated Yoga2:30	21 JAYCEES SUMMER PICNIC SENIOR CENTERS CLOSED	22 Diabetes Prevention Program (DPP)9:30 Mobile Library11:00	23 Green Thumb Club10:30 Senior Tech11:00
26 Project Linus/Sewing 1019:30	27 Building Better Caregivers9:30 Information & Assistance with Julie9:30 Healthy Herbal Tea Club1:00 Fitness Orientation2:00 Shibashi w/ Randi3:00	28 Bingo9:30 Mobile Market11:00 Narcan Training11:00 Book Club: Unsolved by James Patterson & David Ellis1:00	29 Diabetes Prevention Program (DPP)9:30 Juneteenth11:00 No AFEP	30 Fresh Fruit Friday12:30

Health & Wellness Chat w/Chief Medical Officer Dr. Stephen Smith



Well-Come to Wellness with an interactive conversation with Dr. Stephen Smith, Chief Medical Officer (CMO) of University of Maryland Charles Regional Medical Center. Dr. Smith will share his vision for health care on the western side of the county and will address any questions concerning health concerns that affect the senior population. Submit questions in advance. This event is sponsored by University of Maryland Charles Regional Medical Center (Civista) and the Indian Head Senior Center Council.

Thursday, June 15, 10:30 a.m. • Fee: FREE

NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest SCOOP online!

Community Programs

Age restrictions for drop-in use of Community Rooms are 13-17 with adult. 18+ independent use. 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, 3-4 p.m.

Shop the Rack – Community Closet

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

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

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

Make a Change for Life – Diabetes Class Series (Final Two Classes)

LifeStyles presents a free class series on healthy eating, exercise, and managing diabetes. This class series is open to the public and offer a variety of tips and information to make a change for life!

Monday, Jun. 5 & Wed, Jun. 14, 10-11:30 a.m. Fee: FREE

Dance Fitness Workshop

Open to members of the community age 18+. Mondays, Jun. 5-12 & 26, 5:30 – 6:30 p.m.

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

WIC Services

WIC services are now available to the public. Appointments preferred, but not required. Fridays, Jun. 9 & 23, 9 a.m. - 4 p.m. Fee: FREE

Mobile Library

Borrow books, movies, tech every three weeks.

Tuesday, Jun. 13, 10 a.m.- 12:30 p.m.

Fee: FREE

Mobile Food Market

Maryland Food Bank distribution. Fresh and shelf-stable pantry items.

Wednesday, Jun. 21, 10 a.m.-12 p.m.

Fee: FREE - While supplies last

New Hope Food Distribution

Shelf-stable pantry items provided.

Thursday, Jun. 22, 11:30 a.m.

Fee: FREE - While supplies last

Building Better Caregivers – 6-Week Workshop

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.

Thursdays, Jun. 15-29, 10 a.m.-12 p.m.

Fee: FREE

Recreation Programs

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

Love Taekwondo – 6-Week Workshop

Learn basic kicking, punching, and forms along with basic self-defense. Returning students will continue their belt training. Opportunity to promote to next belt (optional). Develop self-confidence and discipline which learning taekwondo movements. Maximum of 20 students.

Mondays, Jun. 5-Jul. 12, 6-6:45 p.m. Fee: \$95

Senior Center Programs

Artistic Aesthetics

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

Mondays, 1 p.m.

Lemon & Check Charger Sign, Jun. 5. Fee: \$3
Casual Crafting, Jun. 12,

Fee: \$5 for week access to center crafting materials

Patriotic Coin Bag, Jun. 26, Fee: FREE

Painting & Pizza

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

Friday, Jun. 9, 12:30 p.m. Fee: \$8

Fresh Conversations – 6 Part Series

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

Monday, Jun. 12, 10 - 11 a.m. Fee: FREE

I&A Services & Presentation

This month's presentation discusses the function of I&A and how they can help seniors. 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, Jun. 15, 9:30 a.m. Fee: FREE

Senior Fitness

Tai Chi for Arthritis

Mondays, 11 a.m. Fee: FREE

Flex & Stretch

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

Tuesdays, 10 a.m. Fee: FREE

Fitness 15

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

Tuesdays, 11:15 a.m. Fee: Fitness Pass

Arthritis Foundation Exercise Program (AFEP)

Wednesdays & Fridays, 11 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

Senior Council Program

Father's Day Luncheon

Features a delicious meal and live music from the Steve Potter Blues Band

**Tuesday, Jun. 13, 11 a.m.-1 p.m.,
Fee: \$10**



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 Lab.....8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch.....12:00 Dominos.....1:00 Games/Puzzles.....1:00 Fitness Tai Chi.....11:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch12:00 Coloring Group9:00 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness Flex & Stretch.....10:00 Fitness Fifteen.....11:15	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness AFEP11:00 Walking Club1:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness Total Body Conditioning.....11:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Shop the Rack8:30 Lunch12:00 Senior Tech Appts.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness AFEP11:00 Walking Club1:00
			1 Nickel Bingo.....12:45	2 AFEP11:00
5 Artistic Aesthetics: Lemon & Check Charger Sign .1:00 <u>Community Program</u> Make a Change for Life Diabetes Class10:00 Dance Fitness.....5:30 <u>Recreation Program</u> Love Taekwondo.....6:00	6 Coloring Group9:00	7 Walking Club1:00	8 Nickel Bingo.....12:45	9 Painting & Pizza12:30 <u>Community Program</u> WIC Services9:00
12 Fresh Conversations10:00 Artistic Aesthetics: <u>Casual Crafting</u>1:00 <u>Community Program</u> Dance Fitness.....5:30 <u>Recreation Program</u> Love Taekwondo.....6:00	13 <u>Senior Council</u> Father's Day Luncheon11:00 <u>Community Program</u> Mobile Library10:30-12:00	14 Vaccine Clinic.....9:30 <u>Community Program</u> Make a Change for Life Diabetes Class10:00	15 What's I&A and How Can We Help Presentation.....9:30 I&A Services Available9:30 Nickel Bingo.....12:45 <u>Community Program</u> Connected Devices2:00	16 AFEP11:00
19 JUNETEENTH HOLIDAY SENIOR CENTERS CLOSED	20 Coloring Group9:00 Multipurpose Room Unavailable10:30-1:00	21 JAYCESS SUMMER PICNIC SENIOR CENTERS CLOSED Community Program Mobile Food Market.....10:00 <u>Outside Only</u>	22 New Hope Food Distribution .11:30 Nickel Bingo.....12:45 <u>Community Program</u> Building Better Caregivers9:30	23 <u>Community Program</u> WIC Services9:00
26 Artistic Aesthetics: <u>Patriotic Coin Bag</u>1:00 <u>Community Program</u> Dance Fitness.....5:30 <u>Recreation Program</u> Love Taekwondo.....6:00	27 Coloring Group9:00	28 Walking Club1:00	29 Nickel Bingo.....12:45 <u>Community Program</u> Building Better Caregivers9:30	30 AFEP11:00

WALDORF SENIOR & RECREATIONAL CENTER

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

Get your Latest SCOOP online!

Special Programs

Self Defense

Charles Turpin with First Strike Self Defense will teach you the necessary skills that can be used to protect yourself in everyday life. He will also be covering important information about Active Shooter training.

This class will take place over 2 days. Please pre-register, spots are limited.

Monday, Jun. 5 & 12, 2-3:30p.m. Fee: \$10

Father's Day Party

Come celebrate Father's Day at the center! We will have morning refreshments, music provided by True Blue Country Band, and games! Sponsored in part by funds from Charles County Art Alliance and the Waldorf Senior Center Council.

Please pre-register at the front desk.

Wednesday, Jun. 7, 10:30 a.m. Fee: \$5

Juneteenth Celebration

Join the Waldorf Senior Center to honor Juneteenth by participating in a day filled with performances and presentations. We will have a local Gospel Choir, NAAADT, Upward Thrive Actin' Up Theatre Troupe, and the African American Heritage Society at the Center.

Sponsored in part by the Waldorf Senior Center Council.

Friday, Jun. 16, 9:30 a.m.-1:30 p.m. Fee: FREE

Annual Fashion Show

Feeling stylish? Come to our Fashion Show to show off your favorite fit! See the front desk to sign-up to walk the runway and choose a category. Not interested in walking the runway? Not a problem! Stop in to see the show!

Friday, June 30, 10:30 a.m. Fee: FREE

Community

Stronger Memory

New strategy to Age My Way – Join in a weekly discussion and simple mental exercises that can be practiced at home to strengthen your memory. Stronger Memory by Goodwin House provides a curriculum designed to stimulate the brain's prefrontal cortex, which governs our ability to retrieve memories. Program is limited to 15 participants, please pre-register.

Introductory:

Friday, Jun. 2, 1:30 p.m. Fee: FREE

Four Day Course:

Fridays, Jun. 9-30, 1:30 p.m. Fee: FREE

Widow & Widower Support Group

Facilitated by Brenda Dubose.

Monday, Jun. 12 & 26, 9:30 a.m. Fee: FREE

What is I & A?

Did you know there is an Information & Assistance office located at this Center? Meet Joyce and learn more about the I&A program and how we can support and assist you as an older adult.

Tuesday, Jun. 13, 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, Jun. 13 & 27, 10 a.m. Fee: FREE

Bible Study

Facilitated by Minister Yvonnde' Wilson. All are welcome!

Tuesday, Jun. 20 , 11 a.m. Fee: FREE

Diabetes Prevention Program - Continued

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.

Began Friday, May 5, 10 a.m. Fee: FREE

Class schedule provided once registered.

Senior Fitness

Total Body Conditioning

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

Tuesdays and Thursdays, 9:30 a.m.

Fee: Fitness Card

Basketball

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

Tuesday/Thursday, 11 a.m.

Wednesdays, 10 a.m. Fee: FREE

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

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

Arts & Music

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

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, Jun. 2, 11 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, Jun. 14, 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.

Fridays, 11 a.m. Fee: FREE

WALDORF BINGO THURSDAYS:

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



WALDORF SENIOR & RECREATIONAL CENTER

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

Hours: 9 a.m.–4 p.m., Monday–Friday

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness Room 9:00 Racquetball 9:00 Cards & Games 10:30 Pinochle 11:00 Lunch 12:00 Fitness Chair Dance Aerobics 9:30 Yoga Flow 10:30 Enhanced Fitness 1:00	Fitness Room 9:00 Racquetball 9:00 Cards & Games 10:30 Tech Time 10:30 Lunch 12:00 Fitness Table Tennis 2:30 Total Body Conditioning 9:30 Gentle Stretching 10:30 Line Dancing 11:30 Walking Club 12:30 Tai Chi 1:00	Fitness Room 9:00 Racquetball 9:00 Bridge Club 10:00 Cards & Games 10:30 Lunch 12:00 Fitness AFEP 10:30 Basic Fitness Training 11:30 Enhanced Fitness 1:00 Dance Aerobics 2:00	Fitness Room 9:00 Racquetball 9:00 Cards & Games 10:30 Watercolors 10:30 Lunch 12:00 Fitness Lunch 12:00 Core & More 10:30 AFEP 11:30 Beginner AFEP 1:00 Circuit Training 2:30	Fitness Room 9:00 Racquetball 9:00 Cards & Games 10:30 Lunch 12:00 Fitness Lunch 12:00 Core & More 10:30 AFEP 11:30 Beginner AFEP 1:00 Circuit Training 2:30
			1 Bingo 10:30 Basketball 11:00 Grocery Distribution 11:30 Personal Care Supplies Distribution 11:30 Guitar Club 1:00 Intro to Pickleball 2:30	2 Diabetes Prevention 10:00 Poetry Club 11:00 Crochet Club 11:00 Stronger Memory Intro 1:30 *No Cards & Games Today*
5 Coffee & Convos 9:30 Diabetes Prevention 9:30 Yoga Flow 10:30 Basic Sewing 1:00 Self Defense 2:00	6 Mobile Library 9:00 Leather Crafting 10:00 Fitness Orientation 10:30 Basketball 11:00 Building Better Caregivers 1:00	7 Father's Day Party 10:30 Basic Sewing 1:00 No Basketball Today	8 Bingo 10:30 Basketball 11:00 Guitar Club 1:00 NO TAI CHI	9 Diabetes Prevention 10:00 Crochet Club 11:00 Fitness Orientation 12:00 Stronger Memory 1:30
12 Widow & Widower Support Group 9:30 Yoga Flow 10:30 Basic Sewing 1:00 Self Defense 2:00 NO ENHANCE FITNESS	13 What is I & A? 10:00 Leather Crafting 10:00 Vconnections 10:00 Basketball 11:00 Building Better Caregivers 1:00	14 Basketball 10:00 Jewelry Club 10:00 Basic Sewing 1:00 Fitness Orientation 1:00 NO ENHANCE FITNESS	15 Bingo 10:30 Basketball 11:00 Guitar Club 1:00 Intro to Pickleball 2:30	16 Juneteenth Celebration 9:30 Diabetes Prevention 10:00 Crochet Club 11:00 Stronger Memory 1:30
19 JUNETEENTH HOLIDAY  SENIOR CENTERS CLOSED	20 Leather Crafting 10:00 Bible Study 11:00 Basketball 11:00 Building Better Caregiver 1:00	21 JAYCEES SUMMER PICNIC SENIOR CENTERS CLOSED	22 Bingo 10:30 Basketball 11:00 Guitar Club 1:00	23 DanceFit 9:30 Diabetes Prevention 10:00 Crochet Club 11:00 Fitness Orientation 12:00 Stronger Memory 1:30 NO CIRCUIT TRAINING TODAY
26 WSC Council Meeting 9:30 Widow & Widower Support Group 9:30 Yoga Flow 10:30 AFEP 1:00 Basic Sewing 1:00 NO ENHANCE FITNESS	27 Mobile Library 9:00 Leather Crafting 10:00 Vconnections 10:00 Basketball 11:00 Building Better Caregivers 1:00	28 Basketball 10:00 Basic Sewing 1:00 Fitness Orientation 1:00 NO ENHANCE FITNESS	29 Bingo 10:30 Basketball 11:00 Guitar Club 1:00	30 Diabetes Prevention 10:00 Fashion Show 10:30 Crochet Club 11:00 Stronger Memory 1:30 NO CIRCUIT TRAINING TODAY

"Thank YOU, Vendors & Participants, in our 5th Annual Senior Health & Wellness Fair!"

What a turnout! It is so good coming together to explore ways to live a healthier and balanced life. See you next year!



Welcome:

Nieda Tice-Palmer! Nieda will be teaching at the Indian Head Senior Center Tuesdays at 9:15 a.m. She comes with a strong yoga background and will be incorporating functional movement for every-body! Hope to see you in her class!

Michael Smith! Personal Trainer teaching our kettlebell classes at the Clark Senior Center and Waldorf Senior & Rec Center.

NEW! Yoga Flow with Patsy

Experience the flow in the movement of yoga postures. This class moves, seated or standing everyone will walk away feeling blissful peace!

Waldorf Senior & Rec Center • Mondays • 10:30 a.m.

Clark Senior Center • Wednesdays • 10:30 a.m.



Self Defense Workshop

First Strike Self defense will provide this two-day workshop. Focus will be on protecting yourself in emergency situations, active shooter training and safety tactics for everyday situations.

Waldorf Senior & Rec Center • Monday Jun. 5 & Jun. 12

2 p.m. - 3:30 p.m. • Fee: \$10 per workshop

Registration required. Limited space.

Dance, Dance, Dance

Dancing is such a great way to not only feel better but an excellent way to move your body and ignite your brain! Check out these NEW classes that will get you grooving!

Waldorf Senior & Rec Center: Mondays, 9:30 a.m., Chair Dance

Waldorf Senior & Rec Center: Jun. 23, 9:30 a.m., Dance Fit

Clark Senior Center: Thursdays, 2 p.m., Hand Dancing

Indian Head Senior Center: Mondays, 10:15 a.m., Dance Fit

Outdoor Walking Club

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

Meet up at Laurel Springs Park at 9:00 a.m. in the large parking area to right upon entering park. Monday walks led by Debi or Nate.

On Jun. 23, walk with the group on your own.



Biking Days w/Nate

Friday Jun. 2 & Jun. 16 at 9 a.m.

Indian Head Rail Trail (White Plains)



Summer Aqua Aerobics

Water workouts are one of the best ways older adults can exercise with minimal impact on joints. Shallow water exercises paired with a good cardiovascular segment is challenging and fun.

Stay cool in the pool! Classes run June 26-August 24th

***No classes on 7/4**

Lackey HS Mon/Wed • 9:30 a.m. • Fee: \$50

St Charles HS Mon/Wed • 8 a.m. • Fee: \$50

LaPlata HS Mon/Wed • 10:30 a.m. • Fee: \$55

Tues/Thurs • 10:30 a.m. • Fee: \$55

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. Call 301-609-5711 to register.

Beginner: Wednesday, Jun. 14, 10 a.m.

Self-led: Wednesday, Jun. 14, 11 a.m.

Registration required; kayaks provided Fee: \$5

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 Sweet and Sour Pork Brown Rice Roasted Tomatoes Whole Wheat Dinner Roll Black Bean Mango Salad Raisins Fruit Punch Juice	2 BBQ Pulled Pork Sandwich Whole Wheat Bun Coleslaw Roasted Sweet Potatoes Grapes Grape Juice
5 Egg Salad Sandwich on Whole wheat (2) Cucumber & Onion Salad Roasted Tomato Salad 3 Bean Salad Apple Slices Apple Juice	6 HOT: Sloppy Joe on Whole Wheat Bun, 5 Blend Veggies, Roasted Potatoes, Raisins, Grape Juice COLD: Turkey & Cheese on Whole Wheat, Broccoli Salad, Cantaloupe, Grape Juice	7 Chophouse Burger w/ Lettuce & Tomato Whole Wheat Bun Orange Glazed Carrots Party Harty Beans Pineapple Chucks Apple Juice	8 Chicken Salad on Croissant Pasta salad Broccoli Salad Mandarin Oranges Orange Juice	9 Chipotle Chicken Roasted Bean and Corn Salad Roasted Beets Whole Wheat Roll Diced Mangos Fruit Punch Juice
12 Tuna Salad Sandwich on Whole Wheat Bun Cranberry Salad Pasta Salad Mandarin Oranges Apple Juice	13 HOT: Salmon Cake w/ Lemon Dill Sauce, Party Harty Beans, Zucchini Blend, Biscuit, Mandarin Oranges, Pineapple Juice COLD: Ham and Swiss on Whole Wheat, Coleslaw, Pineapple Chunks, Pineapple Juice	14 Ground Turkey Spanish Rice Green Beans Garlic Breadstick Pineapple Orange Juice	15 Sweet and Sour Chicken Brown Rice Sautéed Spinach w/ Garlic Breadstick Mixed Fruit Cup Fruit Punch Juice	16 Oven Fried Chicken Roasted Sweet Potatoes Collard Greens Cornbread Pineapple Chunks Pineapple Juice
19 JUNETEENTH HOLIDAY SENIOR CENTERS CLOSED	20 HOT: BBQ Beef, Sweet Potato Casserole, Broccoli, Whole Wheat Bread, Fruit Cocktail, Orange Juice COLD: Chicken Salad, Sandwich on Croissant, Pasta Salad, Roasted Tomato, Salad, Mandarin Oranges, Orange Juice	21 JAYCEES SUMMER PICNIC SENIOR CENTERS CLOSED	22 Blackened Catfish Roasted Sweet Potatoes Collard Greens Cornbread Pineapple Chunks Pineapple Juice	23 Tuna Noodle Casserole Stewed Tomatoes Seasoned Green Beans Dinner Roll Orange Sections Grape Juice
26 Honey Lime Chicken Roasted Redskin Potatoes Roasted Zucchini Whole Wheat Bread Apricots Orange Juice	27 HOT: Pork Chop in Gravy, Roasted Sweet Potatoes, California Blend Veggies, Whole Wheat Roll, Diced Apples, Grape Juice COLD: Egg Salad Sandwich on Whole Wheat, Cranberry Salad, Pasta Salad, Fruit Cocktail, Grape Juice	28 Curry Chicken Brown Rice Carrots and Green Beans Naan Flatbread Tangy Cherry Salad Pineapple Juice	29 BIRTHDAY CELEBRATION Beef and Rice Roasted Broccoli Carrot Raisin Salad Cornbread Mandarin Oranges Fruit Punch Juice Birthday Cake	30 Jerk Catfish w/ Mango Salsa Roasted Baby Carrots Mashed Potatoes Dinner Roll Citrus Salad Grape Juice
Charles County Luncheon Program 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				Available at Noon • Days Vary By Center 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

The travel world is in full recovery. I hope you see a trip below that peaks your interest. Call or email the office for pricing and detailed itineraries.

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.

Trips sponsored by Action Travel Tours 301-645-1770

** 2N1 Sponsored Trips

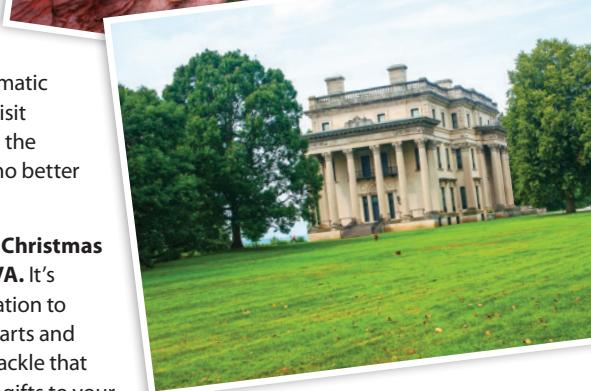
September 16, 2023: Stratford Hall Wine and Oyster Festival. Spend a glorious early fall day at the beautiful Stratford Hall enjoying Virginia wines, coastal oysters, food trucks, breweries, and local artisan wares.

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 18-21, 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.



November 11, 2023: Northern Virginia Christmas Market, Dulles Expo Center Chantilly, VA. It's Northern Virginia's grand opening celebration to the holiday season. Enjoy over 250 juried arts and craft vendors from more than 35 states. Tackle that shopping list and give unique and special gifts to your friends and family.

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.

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