

The SCOOP

Charles County's Senior Center News



HAPPY LABOR DAY



SEPTEMBER 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.

Meals on Wheels Drivers Needed

Charles County Meals on Wheels, Inc. is currently looking for volunteers 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.



National Senior Center Month: "Discover Yours"

Celebrated every year in September, National Senior Center Month is a time to shine a light on our 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. The Department of Community Services operates each of the County's Senior Centers, where citizens 60 and older may access a variety of programs and services, including: Social/ Recreational activities, Clubs, Special Events, Nutritious Lunches, Health and Screenings Programs, Educational programs, Physical Fitness programs, Creative Arts, and Computer Lab/Classes. We want you to utilize everything we have to offer so here are some of highlights on what we got going on at the centers!

- Clark Senior Center: Let's Talk about Backyard Songbirds, The Romantic Scammer, Balloon Art Class, Hand Dance, Crochet
- Indian Head Senior Center: Solo Aging – Mobile Physical Therapy, International Peace Day, Herbal Tea Club, DanceFit, Project Linus
- Nanjemoy Senior Center: Painting & Pizza, Shop the Rack, Fitness 15, Fresh Conversations, Community Day
- Waldorf Senior & Rec Center: Line Dance Party, Basketball, Poetry Workshop, Leather Crafting, Cornhole

You can now get digital access to the *SCOOP* by scanning this QR code!

Never scanned a QR code before? Don't worry!
Follow these simple steps!

1. Open the camera app on your phone.
2. Point the camera at the QR code.
3. Tap the banner/website that appear on the phone screen.



This will open the *SCOOP* webpage on your phone!
The *SCOOP* is now at your finger tips!

Council News for September Sponsored/Hosted Activities & Events

Clark Senior Center	Indian Head Senior Center	Nanjemoy Senior & Community Center	Waldorf Senior & Rec Center
Ice Cream Social	International Peace Day Bingo Shibashi All Clubs	Bingo	Line Dance Party Bingo

National Preparedness Month



This year's National Preparedness Month campaign will focus on preparing older adults for disaster.

Here are 12 ways to take action and prepare:

- Sign up for Alerts and Warnings
- Make a Plan
- Save for a Rainy Day
- Practice Emergency Drills
- Test Family Communication Plan
- Safeguard Documents
- Plan with Neighbors
- Make Your Home Safer
- Know Evacuation Routes
- Assemble or Update Supplies
- Get Involved in Your Community
- Document and Insure Property

Information can be found at www.ready.gov/older-adults

Never too late to LEARN!

More than just the kids are returning to the classroom this fall! If you are interested in taking classes, look at some of the tuition waivers schools are offering.

College of Southern Maryland: If a course has sufficient enrollment, the college shall waive the credit course tuition for Maryland residents who are age 60 and over. Contact the Registrar's Office. All fees still apply. 301-934-2251.

Prince George's Community College: Maryland residents age 60 and older are eligible for free tuition to regular academic courses that can lead to a degree. However, seniors must pay a one-time application fee of \$25, a registration fee of \$25 each semester, the cost of any required textbooks, and any special lab, music, or supply costs.

University of Maryland: The Golden ID Program allows eligible senior citizens to take advantage of the wide variety of courses at the University of Maryland. To be eligible for participation, the individual must be:

- 60 years of age or older
- a legal resident of the State of Maryland
- retired (not engaged in gainful employment for more than 20 hours a week).



Charles County Fair

September 14 – 17, 2023

Join us for the 99th Charles County Fair at the Charles County Fair Grounds. If you interested in volunteering in the Senior Room at the fair, contact Beth Fiske at 301-934-0117 or the centers to see if there are available shifts. It's not too late to register your artwork online too! Last day to register items online is September 10th.

National Hispanic Heritage Month



Hispanic Heritage Month (September 15 - October 15) is an annual celebration in the United States that honors the history, culture, and contributions of Americans whose ancestry can be traced to 20 countries and one territory — which includes Mexico, Central and South America, the Caribbean, and Spain.

These are some facts and ways to celebrate this month!

- According to the latest U.S. Census data, the Hispanic or Latinx population hit 62.1 million — making this community the largest minority group in the country.
- Visit a museum.
- Love your cowboy hats? You have Mexican and Spanish ranchers or "rancheros" to thank for that! The traditions, which originated in Mexico and Spain, come from hard-working farmers who used cowboy hats as they worked over their crops and livestock.
- Watch a documentary about the Latinx experience.
- Although they are often used interchangeably, the terms "Hispanic" and "Latino" have different meanings. The term Hispanic refers to someone who comes from or is a descendant of a Spanish-speaking country, whereas Latina or Latino (or the gender-neutral, Latinx) refers to someone who comes from Latin America or is a descendant from any Latin American country.

Follow Us on Facebook

Did you know that Charles County Senior Centers have a Facebook page? Follow our page, Charles County Seniors Centers! To find our page, type Charles County Senior Centers in the search bar on Facebook. Click on our page and press the follow button. You should also follow the Nanjemoy Community Centers Facebook page which will keep you connected to programs offered on the west side of Charles County.

Yummy Double Chocolate Brownies

Applesauce is the secret ingredient that keeps these yummy chocolate brownies dense and chewy even without all the butter you would expect to find. We've used whole-wheat pastry flour for added fiber and loaded the brownies with plenty of chocolate chips to keep them rich and satisfying.

Ingredients

- 4 ounces unsweetened chocolate
- 2 tablespoons butter
- 1 cup whole-wheat pastry flour
- $\frac{1}{4}$ cup unsweetened cocoa powder
- $\frac{1}{4}$ teaspoon salt
- 4 large egg whites
- 3 large eggs
- $1\frac{1}{3}$ cups packed light brown sugar
- $\frac{3}{4}$ cup unsweetened applesauce
- 2 tablespoons canola oil
- 1 teaspoon vanilla extract
- $\frac{1}{2}$ cup semisweet chocolate chips
- $\frac{1}{3}$ cup chopped walnuts (optional)

Preparation

1. Preheat oven to 350°F. Coat a 9-by-13-inch baking pan with cooking spray.
2. Melt chocolate and butter in a double boiler over barely simmering water. (Alternatively, place in a small microwave-safe bowl and microwave on Medium, stirring every 30 seconds, until melted and smooth.)
3. Whisk flour, cocoa and salt in a medium bowl.
4. Beat egg whites, eggs and brown sugar in a large mixing bowl with an electric mixer. Add applesauce, oil and vanilla; beat until blended. Add the chocolate-butter mixture; beat until blended. Add the flour mixture and mix just until moistened. Stir in chocolate chips. Scrape the batter into the prepared pan, spreading evenly. Sprinkle with nuts, if desired.
5. Bake the brownies until the top springs back when touched lightly, 20 to 25 minutes. Transfer to a wire rack and let cool completely. Cut into bars.
6. Variation: For a mocha flavor, in Step 4 stir in 4 teaspoons instant coffee granules dissolved in 2 tablespoons hot water.

Recipe from

<https://www.eatingwell.com/recipe/251813/double-chocolate-brownies/>



Caregivers Corner

You are not able to take care of others if you aren't taking care of yourself. Getting enough of the right kinds of exercise can keep you stronger and healthier as you age. It's never too late to start exercising. Set yourself up to succeed! These are some reasons why you should create a conditioning exercise routine for yourself.

1. To maintain your independence. It's easy to take the activities of daily living for granted. That's why it's important to understand that many of them depend on having enough strength, flexibility, and balance to do them safely, and for many years. Lifting a bag of groceries, getting into and out of the car, mowing the lawn, walking the dog, and opening a jar of pickles each require mobility and coordination. When it comes to living in your own home on your own terms, the time you devote to exercise is time well spent.
2. To boost your longevity. Exercise helps the body repair itself. It also lowers the risk of chronic conditions like diabetes, osteoporosis, obesity, and more.
3. To reduce your pain. When something hurts in your body, the very idea of exercise can seem overwhelming—or impossible. But inactivity can quickly lead to a cycle of more pain, lost physical function, and decreased motivation to get and stay moving. Safe and appropriate exercise can help address some of the underlying causes of pain, including excess body weight, strength imbalances, and poor alignment. Exercise also positively affects some neurotransmitters and receptors involved in the pain response.

Information can be found at www.NCOA.org

Grandparents Day: September 10

Having the title of grandma or grandpa is one of the greatest blessings during our time here on earth. Like parents, grandparents love unconditionally, which helps a child feel safe and secure. Grandparents help teach family culture, tradition, value, and history. Many grandparents also help with childcare in some way. There's no doubt about it, grandparents are valuable in the lives of their grandchildren and are part of the village needed to raise children. *Happy Grandparent's Day!*





Medicare Training

Are you turning 65 or over 65 and getting ready to retire, receiving Social Security Disability for two years, or caring for a Medicare-eligible loved one? 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 you navigate the Medicare maze. Plan to attend the next Medicare ABC's virtual presentation held through the Charles County Public Library. For questions contact SHIP: 240-448-2816 OR 301-609-5712. **Sign up is available on the library website.**

Virtual presentation, <https://www.ccplonline.org/>
Wednesday, Sept. 13, 6pm

Energy Assistance

The Office of Home Energy (OHEP) helps eligible Maryland residents pay their utility bills, minimize the strain when the cold weather sets in, and make energy costs more affordable by providing grants under the Maryland Energy Assistance Program (MEAP) and the Electric Universal Service Program (EUSP).

**Applicants must re-apply every year after July 1 for their benefits to continue. **

Seniors age 60+ can obtain information, receive application assistance, or schedule an appointment to apply by contacting our I & A offices 240-448-2816 or 301-609-5712.



Legal Aid

Oct 3rd and Nov 7th

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

Ask SHIP:

Does Medicare cover emergency and non-emergency transportation?

Medicare Part B covers emergency ambulance services. Medicare considers an emergency to be any situation when your health is in serious danger, and you cannot be transported safely by other means.

In limited cases, Medicare Part B covers non-emergency ambulance services. To be eligible for coverage of non-emergency ambulance services, you must:

- Be confined to your bed. This means you are unable to get up from bed without help, unable to walk, and unable to sit in a chair or wheelchair.
- Or, need vital medical services during your trip that are only available in an ambulance, such as administration of medications or monitoring of vital functions.

Part B covers medically necessary emergency and non-emergency ambulance services at 80% of the Medicare-approved amount. In most cases, you pay a 20% coinsurance after you meet your Part B deductible (\$226 in 2023). All ambulance companies that contract with Medicare must be participating providers. If you have a Medicare Advantage Plan, contact the plan directly to learn about the costs of ambulance transportation.

Some Medicare Advantage Plans may cover additional types of transportation as a supplemental benefit. Make sure to get all the rules and restrictions on this benefit before enrolling in a plan. You can compare Medicare Advantage Plans at www.medicare.gov/plan-compare or Contact a plan directly to learn the details about their transportation costs and coverage.

Contact your State Health Insurance Assistance Program (SHIP) with questions, 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!

Program Highlights

Veterans Benefits Presentation

Are you a Veteran, the spouse, or caregiver of a Veteran? Mr. Mike Moses will share his knowledge during this informational presentation about Veteran's Benefits.

Wednesday, Sep. 6, 1 to 2:30 p.m. Fee: FREE

Let's Talk About Our Backyard Songbirds

Join Karolina as she talks about the variety of songbirds found in our area throughout the year.

Thursday, Sep. 7, 10:30 a.m. Fee: FREE

Cooking with Christina, Latin American Cuisine

Join us for a cooking demo as we celebrate and learn about the cultural significance of Latin American cuisine for Hispanic Heritage Month.

Tuesday, Sep. 12, 10 a.m. Fee: FREE

Emergency Preparedness Presentation

Charles County's Emergency Management Services representative will go over the items needed to prepare for an emergency. The first 20 people to arrive will receive a shelf stable meal box and a cleaning care kit.

Thursday, Sep. 14, 10:30 a.m. Fee: FREE

The Romantic Scammer

This presentation is intended to instruct on how to recognize the red flags of a scheming plot, and how to not become a victim in the dating world.

Tuesday, Sep. 19, 10:30 a.m. Fee: FREE

Balloon Art Class

You will receive instructions on how to make those cute little balloon figures, using balloons and a hand pump. All supplies provided. Please Sign Up!

Thursday, Sep. 21, 11 a.m. Fee: FREE

Ice Cream Social

Join the Clark Senior Center Council for a cool tasty treat! A variety of ice cream choices and toppings will be offered. Please sign up by September 14.

Thursday, Sep. 21, 12:30 p.m. Fee: FREE

Interactive Poetry Presentation

Join Lori Joseph to learn about interactive poetry, read poetry, and learn tips & tricks on writing poetry.

Tuesday, Sep. 26, 11 a.m. Fee: FREE

Let's Build a Bird Feeder

Join Karolina in building a bird feeder to attract songbirds to your yard. Space is limited, sign up and pay in the program office.

Thursday, Sep. 28, 10 a.m. Fee: \$4

Ongoing Programs

Beginners Jewelry Class

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

Wednesday Sep. 6 & 20, 10 a.m. Fee: FREE

Book Club

Led by Nancy Marquardt, Charles County Public Library. Talking to Strangers by Malcolm Gladwell

Thursday, Sep. 7, 1 p.m. Fee: FREE

Widow to Widow Support Group

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

Monday, Sep. 11, 1 p.m. Fee: FREE

Charles County Mobile Library

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

Tuesday, Sep. 12, 10 a.m.- Noon Fee: FREE

Grocery Bag Distribution

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

Thursday, Sep. 14, 11:30 a.m. Fee: FREE

Karaoke Wednesday

Tune up those vocal cords and join us for some karaoke fun with DJ Psyborg.

Wednesday, Sep. 20, 11a.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, Sep. 26, 1 p.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, Sep. 27, 10 a.m. Fee: \$5/PP

Free Lunchtime Music with Will!

Join us at lunchtime to listen to the acoustic guitar tunes provided by Will Yeckley!

Wednesday, Sep. 27, 11:30 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

Health & 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, Sep. 6 & 20, 10 a.m. Fee: \$5

Fall Prevention Presentation

Join Mike O'Brien, Freedom Physical Therapy for a discussion on how to decrease your fall risk through balance.

Wednesday, Sep. 13, 10:30 a.m. Fee: FREE

Hand Dance

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

Thursday, Sep. 14 & 28, 2 p.m. Fee: FREE

Total Body Conditioning

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

Mondays, 9 a.m. Fee: Fitness Card

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

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

get motivated

FITNESS

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 & Puzzles9:30 2N1 Social Club.....10:00 Duplicate Bridge10:00 Pokeno11:00 Primetimers.....2:15 Fitness Total Body Conditioning.....9:00 Walking at Laurel Springs ...9:00 Pilates.....10:00 Drums Alive1:00 Yoga Flow.....2:00	Billiards.....9:30 Stained Glass9:30 Quilting Class.....9:30 Coloring & Puzzles9:30 Guitar10:00 Cards & Games10:00 Lunch12:00 Fitness Strength Training.....9:00 Flex & Stretch.....10:00 Zumba11:30 Line Dance1:00	Billiards.....9:30 Sewing Room OPEN9:30 Crochet/Knitting.....9:30 Coloring & Puzzles9:30 Mah Jong10:00 Cards & Games10:00 Lunch12:00 Fitness Gospel Choir.....2:00 Basic Fitness Training9:00 Yoga10:30 Chair Yoga11:30 AFEP1:00 Kettlebell Training.....2:00	Billiards.....9:30 Sewing Room OPEN9:30 Coloring & Puzzles9:30 Lunch12:00 Reflections.....1:00 Fitness Strength Training.....9:00 Step Plus.....10:00 Zumba11:30 Flex & Stretch.....1:00	Billiards.....9:30 Project Linus9:30 Coloring & Puzzles9:30 Open Paint Session10:00 Guitar10:00 Lunch12:00 Fitness Core & More.....9:15 Total Body Conditioning.....10:15 AFEP11:30 Gentle Stretch12:00 Circuit Training.....1:00 Line Dance2:00



4  Senior Centers Closed	5 Stained Glass9:30	6 Beginners Jewelry10:00 Fitness Orientation10:00 VA Presentation1:00	7 Let's Talk about Birds ...10:30 Book Club.....1:00	1 Hand & Foot Canasta ...10:00
11 Widow to Widow1:00	12 Cooking w/Christina10:00 Mobile Library10:00 Hand & Foot Canasta ...10:00	13 Fall Prevention10:30 Council Meeting1:00	14 Emergency Preparedness10:30 Grocery Distribution11:30 Hand Dance2:00	15 Project Linus Meeting.....10:00
18 Drums Alive1:00	19 The Romantic Scammer10:30	20 Beginners Jewelry10:00 Fitness Orientation10:00 Karaoke Day11:00	21 Exercise, It's Never Too Late10:30 Balloon Art11:00 Ice Cream Social12:30	22 Hand & Foot Canasta ...10:00
25 Total Body Conditioning.....9:00	26 Interactive Poetry11:00 Poetry Group1:00	27 Greeting Card Making ..10:00 Lunchtime Music with Will ..11:30 Caregivers Support Group ...2:00	28 Lets Build a Bird Feeder10:00 Hand Dance2:00	29 Hand & Foot Canasta ...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 due to inclement weather or the feel like temperature is 90 degrees or higher.**

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

Program Highlights

Matter of Balance

See staff to register. More information on page 14.

Tuesdays, 10 a.m. Fee: FREE

Solo Aging – Mobile Physical Therapy

Join Dr. Donna Concepcion, PT, DPT for Fitness Surprise. Dr. Donna will teach a short fitness class and talk about fitness equipment that will help you during your rehab.

Thursday, Sep. 7, 9:30 a.m. Fee: Donation

Fall Prevention Week – After the Fall

Join Wanda Hart, Director of Operations & team from Avalon. The Avalon team will share what to expect from in home care after an injury.

Tuesday, Sep. 19, 10:15 a.m. Fee: FREE

International Peace Day/Craft

The 2023 theme is Action for Peace. Let's chat and create.

Thursday, Sep. 21, 10:15 a.m. Fee: FREE

World Tourism Day

Charles County Recreation, Parks & Tourism Dept. will share how to be a tourist in the County.

Thursday, Sep. 27, 11 a.m. Fee: FREE

Save the DATE – FALL FEST

Close out the summer with a party on the Village Green, with music by After 6, Herbert Farms, Clarity Coffee House, games and much more.

Thursday, Oct. 5, 9 a.m.

Fee: Generous Donation



Ongoing Programs

Bingo

Fridays, Sep. 1 & 29, 9:30 a.m. Fee: nickel/card
Monday, Sep. 18, 9:30 a.m. Fee: nickel/card

Senior Tech

Thursday, Sep. 7, 11 a.m. Fee: \$1
Friday, Sep. 22, 11 a.m. Fee: \$1

Diabetes Prevention Program (DPP)

This program is proven to delay or prevent type 2 diabetes. Sponsored by CCHD and CRMC.

Thursdays, Sep. 14 & 28, 9:30 a.m. Fee: FREE

Project Linus/Sewing 101

Project Linus Howard University Medical Center pediatric ward, TAPS and local first responders. No experience is necessary.

Mondays, Sep. 11 & 25, 9:30 a.m. Fee: FREE

Poetry Club

Facilitated by Poet Dorothy Simms.

Tuesday, Sep. 12, 2:30 p.m. Fee: FREE

Widow & Widower Support Group

Brenda Dubose, Facilitator, offers support during and after the grieving stages.

Wednesdays, Sep. 13 & 27, 10 a.m. Fee: FREE

Herbal Tea Club

Sponsored by the IHSCC.

Tuesday, Sep. 19, 1 p.m. Fee: FREE

Information & Assistance w/Julie

Meet privately with Aging & Disability Resource Specialist, Julie Hammonds. Call 301 934-6737 to make an appointment.

Tuesday, Sep. 26, 9:30 a.m. Fee: FREE

Eat Well/Move Well

Tuesday, Sep. 26, 1:30 p.m. Fee: FREE

Health & Fitness Programs

Fitness Room

Fitness Orientation required.

Daily, 9 a.m. Fee: FREE

Tai Chi for Health

This outside tai chi class is for students who practice the 41 movements.

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

Dance Fit w/Sha'Meca

Dance your way into weight loss, strong bones, better posture and balance.

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

Tai Chi for Health Beginner's Class

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

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

AFEP

A low-impact exercise program focusing on range of motion while reducing stiffness.

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

Mobility & Balance w/Nieda

Nieda incorporates functional movement for every-body! Join her for class!

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

Fitness w/Nate

Exercises to promote strength.

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

Class for strength and agility.

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

Seated Yoga

Enjoy your yoga practice with yoga instructor, Neida.

Fridays, 9 a.m. Fee: Fitness Card

Fitness Orientation

Required before using equipment.

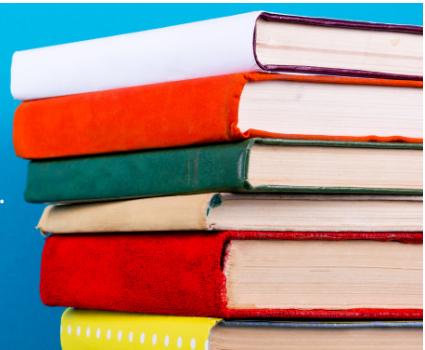
Friday, Sep. 8, 2 p.m. Fee: \$5

Wednesday, Sep. 13, 2 p.m. Fee: \$5

BOOK CLUB: THERE THERE

One Book One Maryland selection for 2023.
A collection of stories of people traveling to the same Powwow.

Wednesday, Sep. 27, 1 p.m. • Fee: FREE



INDIAN HEAD SENIOR CENTER

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

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

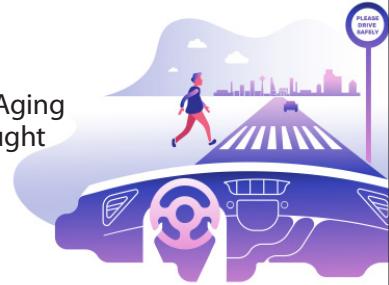
Luncheon at Noon—Reservation/Registration Required
Reserve lunch by 10 a.m. the preceding day.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness Room 9:00 Billiards/Cards 9:00 Tai Chi for Health 9:00 Dance Fit w/Sha'Meca 10:15 Beginners Tai Chi for Health...1:00	Fitness Room 9:00 Billiards/Cards 9:00 Mobility & Balance w/ Nieda 9:15 AFEP 11:15	Fitness Room 9:00 Billiards/Cards 9:00 Tai Chi for Health 9:00 Fitness w/Nate 10:15	Fitness Room 9:00 Billiards/Cards 9:00 Fitness Surprise 9:15 Canvas Painting 11:00 AFEP 11:15 Fitness w/Lamont 1:00 Kettle Bell w/Lamont 2:15	Cards 9:00 Seated Yoga 9:00 Fitness Room 10:30 Billiards 10:30 Beginners Tai Chi for Health...1:00
				1 Bingo 9:30
4 Labor Day  Senior Centers Closed	5 Matter of Balance 10:00	6 Council Meeting 9:30 No Tai Chi Today	7 Solo Aging – Mobile Physical Therapy 9:30 Senior Tech 11:00	8 Fitness Orientation 2:00
11 Project Linus/Sewing 101 ...9:30	12 Matter of Balance 10:00 Pastor Chris & Friends 1:00 Poetry Club 2:30	13 Widow & Widower Support Group 10:00 Fitness Orientation 2:00	14 Diabetes Prevention Program 9:30 National Preparedness Month 10:15	15 Enjoy the Fair
18 Bingo 9:30 Newcomers Chat 1:00	19 Matter of Balance 10:00 Fall Prevention – After the Fall 10:15 Herbal Tea Club 1:00 Shibashi 3:00	20 CarFit 9:30	21 International Peace Day 10:15	22 Green Thumb Club 10:30 Senior Tech 11:00
25 Project Linus/Sewing 101 ...9:30	26 Information & Assistance with Julie 9:30 Matter of Balance 10:00 Eat Well/Move Well 1:30	27 Widow & Widower Support Group 10:00 World Tourism Day 11:00 Mobile Market 11:00 Book Club 1:00	28 Diabetes Prevention Program 9:30	29 Bingo 9:30 Fresh Fruit Friday 12:30 No Yoga Today

CarFit

See staff to make an appointment. Part of solo aging is feeling safe behind the wheel. Aging does not necessarily mean unsafe drivers. CarFit is a hands-on educational program taught by professionals from the Maryland Department of Transportation (MDOT) and Physical or Occupational Therapist from Charles Regional Medical Center (CRMC). This is an outside event for seniors with vehicles. Sponsored by the MDOT and CRMC.

Wednesday, Sep. 20, 9:30 a.m. • Fee: FREE



NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest *SCOOP* online!

Program Highlights

A Matter of Balance – 8-Week Workshop

This evidence-based program is designed to reduce the fear of falling and improve activity by viewing falls as controllable, setting goals for activity, making small changes to reduce fall risk, and exercise to increase balance and strength.

Tuesdays, Sep. 5-26, 1 p.m. Fee: Free

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, Sep. 7-21, 9 a.m. - 11:30 a.m.

Fee: FREE

Heart Smart Education Program

Provided by the University of Maryland Charles Regional Medical Center, this program teaches participants about healthy eating practices to help your cardiovascular system. Offered during lunch. Signup and have lunch with us you become Heart Smart!

Wednesday, September 20, 12 p.m. Fee: FREE

Emergency Preparedness Pop-Up

Free shelf stable meals first come, first serve, while supplies last, with information about being prepared for emergencies.

Thursday, September 21, 10 a.m. Fee: FREE

Ongoing Programs

Artistic Aesthetics

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

Mondays, 1 p.m.

Casual Crafting, Sep. 11, Fee: \$5 for week access to center crafting materials

Book Stack Art, Sep. 18, Fee: FREE
Jar Lid Pumpkin, Sep. 25, Fee: FREE

Fresh Conversations

Covers current health topics and practical tips and sensible solutions to help you eat well and live well. This month's class is called Beating the Silent Killer. You will also receive a newsletter with recipes and activities related to the monthly topic.

Monday, Sep. 11, 10 - 11 a.m. 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. All supplies provided. Space is limited. Prior registration with payment is required.

Friday, Sep. 15, 12:30 p.m. Fee: \$8

I&A Services & Open Enrollment

Learn about Medicare open enrollment and get help with the process. Meet privately with Aging & Disability Resource Specialist, Julie Hammonds, for additional assistance, by making an appointment. See Staff or call 301-934-6737 for an appointment.

Thursday, Sep. 21, 9:30 a.m. Fee: FREE

Health & Fitness Programs

Tai Chi for Arthritis

Mondays, 11 a.m. Fee: FREE

Flex & Stretch

Body movement, balance, stretching and mobility.

Tuesdays, 10 a.m. Fee: FREE

Fitness 15

Core work, muscle work, and flexibility.

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

Arthritis Foundation Exercise Program (AFEP)

Wednesdays & Fridays, 11 a.m. Fee: FREE

Total Body Conditioning

Whole-body workout, standing and sitting, using free weights.

Thursdays, 11 a.m. Fee: FREE

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.

Monday-Friday, 8:30 a.m.-4:30 p.m.

Fee: 10¢ per side.

Fitness Room

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 and gently use clothing items for free.

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

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

Fee: FREE

WIC Services

Fridays, September 1, 15, & 29, 9 a.m.- 4 p.m.

Fee: FREE

The Importance of Good Communications Skills

Interactive session that uses role play to improve communication skills. Focus is on parents communicating with middle and high school students. Class facilitated by Teen Court with the Charles County Sheriff's Office.

Tuesday, Sep. 5, 6 p.m. Fee: Free

Ice Cream Sundaes

Hosted by the Nanjemoy Senior Council. Ice Cream flavors include chocolate, strawberry, and vanilla with assorted toppings.

Tuesday, September 19, 11 a.m.-1 p.m. Fee: \$4

LifeStyles

Learn about emergency financial assistance, get assistance with apply for SNAP benefits, get information about the Water Distribution program, and free toiletries.

Wednesday, Sep. 20, 10 a.m.

Fee: FREE - While supplies last

Mobile Food Market

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

Wednesday, September 20, 10 a.m.

Fee: FREE - While supplies last

Caption Call

Learn about a free text call service and phone that could help the hearing impaired.

Thursday, September 21, 12 p.m. Fee: FREE

Mobile Library

Borrow books, movies, tech every three weeks.

Tuesdays, Sep. 5 & 26, 10 a.m. Fee: FREE

New Hope Food Distribution

Shelf-stable pantry items provided.

Thursday, Sep. 28, 11:30 a.m.

Fee: FREE - While supplies last

Senior Council Bingo Fundraiser

Evening Nickel Bingo offered to the public. Cards in play are a nickel per game. Food and beverages will be available for purchase to benefit the Nanjemoy Senior Council

Friday, Sep. 29, 5 p.m. • Fee: 5¢ per card



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 Lunch12:00 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 Nickel Bingo.....12:45 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



4 Labor Day  Senior Centers Closed	5 A Matter of Balance1:00 <u>Community Programs</u> Mobile Library10:00 The Importance of Good Communication Skills ...6:00	6 AFEP11:00	7 <u>Community Program</u> Building Better Caregivers9:00	8 Walking Club1:00
11 Fresh Conversations10:00 Artistic Aesthetics: <i>Casual Crafting</i>1:00	12 A Matter of Balance1:00	13 Sister Act Trip (Departs from Clark)	14 <u>Community Program</u> Building Better Caregivers9:00	15 Painting & Pizza12:30 <u>Community Program</u> WIC Services9:00
18 Artistic Aesthetics: <i>Book Stack Art</i>1:00	19 A Matter of Balance1:00 <u>Community Programs</u> Council Ice Cream Sundae11:00 – 1:00	20 *Community Day* <u>Community Programs</u> Dept. of Social Services.....10:00 LifeStyles10:00 Mobile Food Market10:00 Heart Smart12:00	21 I&A Services and Medicare Open Enrollment9:30 Emergency Meals10:00 <u>Community Program</u> Building Better Caregivers9:00 Caption Call12:00 Connected Devices2:00	22 AFEP11:00
25 Artistic Aesthetics: <i>Jar Lid Pumpkin</i>1:00	26 A Matter of Balance1:00 <u>Community Program</u> Mobile Library10:00	27 Walking Club1:00	28 <u>Community Program</u> New Hope Food Distribution .11:30	29 <u>Community Program</u> WIC Services9:00 Council Evening Bingo Fundraiser5:00

WALDORF SENIOR & RECREATIONAL CENTER

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

Get your Latest **SCOOP** online!

Program Highlights

NEW – Prayer Group

We are praying at the Center! All are invited to join our new Prayer Group. We will be praying for our families, friends, loved ones, the sick, and our nation. We will be meeting every first and second Tuesday of the month.

Tuesday, Sept. 5 & 12, 10 a.m. Fee: FREE

Poetry Workshop

Author of *My Embrace*, poet, and photographer, Lori Joseph, will facilitate a time of inspiration to share and create while focusing on the book, "Seventy-Five, Connectivity through the Ages". This event is sponsored by the Maryland State Arts Council.

Wednesday, Sep. 6, 10 a.m. Fee: FREE

Estates Planning

Please join Attorney, Heather Cherry, as she discusses everything about Estates Planning. She is very knowledgeable and will open the floor for questions at the end.

Tuesday, Sep. 12, 10 a.m. Fee: FREE

Fall Prevention & Exercise

Falls are one of the leading causes of hospital stays and can lead to serious injuries. Join us in this interactive workshop that will teach you ways to reduce falls and give you take away exercises that can keep you strong to prevent falling.

Thursday, Sep. 14, 11 a.m. Fee: FREE

Makeup Tips

Interested in learning some new makeup tips and tricks? Join our Program Assistant, Taylor Johnson, and learn how to perfect your eye makeup (eye shadow and eye liner)!

Must bring your own make-up supplies.

Monday, Sep. 18, 11 a.m. Fee: FREE

National Preparedness – Pop-Up Table

Stop by this pop-up table to gather information you need to know about how to be prepared in the event of a national disaster.

Wednesday, Sep. 20, 9:30 a.m. Fee: Donation

Line Dance Party

Join us for a fun filled Line Dance Party, sponsored by our very own Senior Center Council! Registrations are done through the Senior Center Council on Sep. 7 from 10:30 - 11:30 a.m. in the lobby. See Council Member, Betty Rouse, for sign-up & payment.

Monday, Sep. 25, 10:30 a.m.

Fee: \$5 paid to the Senior Center Council

Lunch is not included. If you would like lunch after the party, you must sign-up separately on our lunch lists. Lunch is a suggested donation fee of \$3.

Cooking with Christina

Join Christina for a cooking demo as we celebrate and learn about the cultural significance of Latin American cuisine for Hispanic Heritage Month.

Tuesday, Sep. 26, 10 a.m. Fee: FREE

Stronger Memory Introductory

Learn what the Stronger Memory course is about and what it entails. After the intro class, if you think you can make the commitment, then sign-up for the 4-day course that starts next month!

Wednesday, Sep. 27, 11 a.m. Fee: FREE

Ongoing Programs

Cornhole

Did you know that playing cornhole can help you remain active, and help with depth perceptions, coordination, balance, and hand-eye coordination? Well, now you do! Come join us for a game of cornhole.

Monday & Friday, 1p.m. Fee: FREE



Widow & Widower Support Group

Facilitated by Brenda Dubose.

Monday, Sep. 11 & 25, 9:30 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, Sep. 13, 10 a.m. Fee: \$3/pp

Mobile Library

Pop-up library services include Wi-Fi access, library card services, printing/copier services, crafts to go, and more! Located in the parking lot.

Tuesday, Sep. 19, 9 a.m. Fee: FREE

Bible Study

Facilitated by Minister Yvonne' Wilson. All are welcome!

Tuesday, Sep. 19 , 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

Guitar Club

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

Mondays, 10 a.m. & Thursdays, 1 p.m.

Fee: FREE

Leather Crafting

No meetings in September. Meetings will resume in October.

Tuesdays, 10 a.m.

Fee: FREE

Crochet Club

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

Fridays, 11 a.m.

Fee: FREE

BINGO

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

Thursdays, 10:30 a.m. Fee: Your Purchase

Health & 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

Arthritis Foundation Exercise Program (AFEP)

Use of gentle movements to help increase joint flexibility, range of motion, and muscle strength.

Wednesdays, 10:30 a.m. & Fridays, 11:30 a.m.

Fee: FREE

Beginner Kettle Bell Fitness

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

Thursdays, 10:30 a.m.

Fee: Fitness Card

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 Table Tennis 2:30 Fitness Chair Dance Aerobics 9:30 Chair Yoga 10:30 Yoga 11:30 Enhanced Fitness 1:00	Fitness Room 9:00 Racquetball 9:00 Cards & Games 10:30 Lunch 12:00 Fitness Total Body Conditioning 9:30 Gentle Stretching 10:30 Line Dancing 11:30 Walking Club 12:30	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 Pinochle 11:00 Lunch 12:00 Fitness Total Body Conditioning 9:30 Kettle Bell Fitness 10:30 Line Dancing 11:30 Walking Club 12:30 Yoga Flow 2:00	Fitness Room 9:00 Racquetball 9:00 Cards & Games 10:30 Lunch 12:00 Fitness Core & More 10:30 AFEP 11:30
				
4 Labor Day  Senior Centers Closed	5 Prayer Group 10:00 Tech Time 10:30 Basketball 11:00	6 Basketball 10:00 Poetry Workshop 10:00 Basic Sewing 1:00 Fitness Orientation 1:00	7 Bingo 10:30 Basketball 11:00 Grocery Distribution 11:30 Personal Care Supplies 11:30 Guitar Club 1:00 Beginner Pickleball 2:30	1 Diabetes Prevention ... 10:00 Crochet Club 11:00 Cornhole 1:00
11 Coffee & Convo 9:30 Widow & Widower Support Group 9:30 Diabetes Prevention 9:30 Guitar Club 10:00 Basic Sewing 1:00 Cornhole 1:00	12 Prayer Group 10:00 Estates Planning 10:00 Tech Time 10:30 Fitness Orientation 10:30 Basketball 11:00	13 Basketball 10:00 Jewelry Club 10:00 Basic Sewing 1:00	14 ACA Meeting 9:30 Bingo 10:30 Fall Prevention & Exercise 11:00 Basketball 11:00 Guitar Club 1:00 Intro to Pickleball 2:30	15 Diabetes Prevention ... 10:00 Crochet Club 11:00 Cornhole 1:00
18 WSC Council Meeting 9:30 Guitar Club 10:00 Makeup Tips 11:00 Basic Sewing 1:00 Cornhole 1:00	19 Mobile Library 9:00 Tech Time 10:30 Basketball 11:00 Bible Study 11:00	20 National Preparedness Pop-Up Table 9:30 Basketball 10:00 Basic Sewing 1:00 Fitness Orientation 1:00	21 Bingo 10:30 Basketball 11:00 Guitar Club 1:00 Beginner Pickleball 2:30	22 Crochet Club 11:00 Cornhole 1:00
25 Widow & Widower Support Group 9:30 Guitar Club 10:00 Line Dance Party 10:30 Basic Sewing 1:00 Cornhole 1:00	26 Cooking w/ Christina ... 10:00 Tech Time 10:30 Fitness Orientation 10:30 Basketball 11:00	27 Basketball 10:00 Stronger Memory Introduction 11:00 Basic Sewing 1:00	28 Bingo 10:30 Basketball 11:00 Guitar Club 1:00 Intro to Pickleball 2:30	29 Diabetes Prevention ... 10:00 Crochet Club 11:00 Cornhole 1:00

Fall Prevention

In taking your health seriously, this includes keeping your body strong to prevent falls.

Matter of Balance:

This 8-week, 2-hour class teaches you ways to reduce falling and decrease the fear of falling. Registration is required and space is limited, so contact senior center to register.

Indian Head Senior Center • Sep. 5 – Oct. 24 • 10 a.m. – 12 p.m.
Nanjemoy Senior Center • Sep. 5 – Oct. 24 • 1 p.m. – 2 p.m.

Fall Prevention & Exercise

Join us in this interactive workshop that will teach you ways to reduce falls and give you take-away exercises that can keep you strong to prevent falling.

Waldorf Senior & Rec Center • Sep. 14 • 11 a.m.

Fee: Free • Facilitator: Nate Schultz

Exercise, It's never too late.

Video, followed by simple exercises that can be done at home.
Richard R Clark Senior Center • Sep. 21 • 10:30 a.m.

Fee: Free • Facilitator: Debi Shanks



Hand Dancing

Merv Russel is the leader in this amazing dance class that teaches you simple hand and footwork. No partner needed we will find you one!

Richard R Clark Senior Center

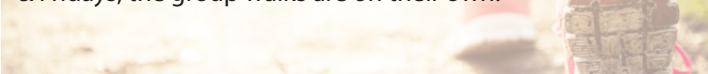
Thursday • Sep. 14 & Sep. 28 • 2 p.m. • Fee: FREE



Outdoor Walking Club

Fall is the best time to take a walk! Meet up at Laurel Springs Park at 9 a.m. Meet in the large parking area to right upon entering the park.

Mondays, group walks are led by Nate or Debi & Fridays, the group walks are on their own.



Water Aerobics

Classes begin Sept 11-November 9

Donald M Wade Aquatic Center(St Charles HS)

Mon/Wed • 3:00 • Fee: \$55

Donald M Wade Aquatic Center (St Charles HS)

Tu/Th • 3:00 • Fee: \$55

Biking Days w/Nate

Friday, Sep. 8 & Sep. 22 @ 9 a.m.

Indian Head Rail Trail (White Plains)



Intro to Kayaking & Group Kayaking

Gilbert Run Regional Park is the perfect place to learn. Calm waters and beautiful scenery make for a great experience. Call 301-609-5711 to register.

Beginner: Wednesday, Sep. 20, 10 a.m.

Self-led: Wednesday, Sep. 20, 11 a.m.

Registration required; kayaks provided.

Fee: \$5 (pay at Gilbert Run)



Fitness Card News...

We appreciate your support in taking part in classes! Please note a new fitness card will be available for purchase.

\$20 for 10 classes or \$60 for 40 classes



Walk to End Alzheimers

Join our team, CHARLES COUNTY SENIOR CENTERS!!

Saturday, Sept 23, Regency Stadium, White Plains

The senior Centers are walking in support of the Alzheimers Association and because science holds the key to defeating Alzheimer's, we're proud that the funds we raise also advance research toward methods of treatment, prevention, and, one day, a cure. Register online <http://act.alz.org/2023charlescountyw> Debi Shanks to register. 301-934-5423 for more information.

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 Salmon w/ Lemon Dill Sauce White Rice Broccoli Wheat Dinner Roll Grapes Pineapple Juice
4 Labor Day  Senior Centers Closed	5 Chicken Marsala Parsley Potatoes Roasted Carrots Whole Wheat Bread Apricots Orange Juice No cold lunch option today.	6 Lemon Pepper Tilapia Lemon Parsley Brown Rice Green Beans w/ Roasted Tomatoes Dinner Roll Peaches Fruit Punch Juice	7 Ground Turkey Meat Sauce Whole Wheat Spaghetti & Mozzarella Cali. Blend Vegetables Dinner Roll Raisins Grape Juice	8 Baked Tuna Cuban Black Beans White Rice Tomato Salad Whole Wheat Roll Applesauce Pineapple Juice
11 Tuna Noodle Casserole Stewed Tomatoes Corn Bread Apricots Apple Juice	12 HOT: 1/4 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, Cantaloupe, Fruit Punch Juice	13 Chophouse Burger w/ Lettuce & Tomato on Whole Wheat Bun Roasted Potatoes Glazed Carrots Apple Slices Pineapple Juice	14 Sweet and Sour Pork Brown Rice Roasted Tomatoes Whole Wheat Dinner Roll Black Bean Mango Salad Raisins Fruit Punch Juice	15 BBQ Pulled Pork Sandwich Whole Wheat Bun Coleslaw Roasted Sweet Potatoes Grapes Grape Juice
18 Egg Salad Sandwich on Whole Wheat (2) Cucumber & Onion Salad 3 Bean Salad Apple Slices Apple Juice	19 HOT: Salmon Cake w/ Lemon Dill Sauce, Party Harty Beans, Zucchini Blend, Biscuit, Apricots, Orange Juice COLD: Ham and Swiss on whole Wheat, Coleslaw, Apricots, Orange Juice	20 Sloppy Joe on Whole Wheat Bun 5 Blend Veggies Roasted Potatoes Raisins Grape Juice	21 Shredded Beef & Noodles Stewed Tomatoes Applesauce Cornbread Orange Juice	22 Chipotle Chicken Roasted Bean and Corn Salad Roasted Beets Whole Wheat Roll Diced Mangos Fruit Punch Juice
25 BBQ Baked Chicken Party Harty Beans Roasted Squash Dinner Rolls Raisins Grape Juice	26 HOT: Blackened Catfish, Roasted Sweet Potatoes, Collard Greens, Cornbread, Mandarin Oranges, Pineapple Juice COLD: Tuna Salad Sandwich on Whole Wheat Bread, Cranberry Salad, Mandarin Oranges, Pineapple Juice	27 Ground Turkey Spanish Rice Green Beans Garlic Breadstick Pineapple Orange Juice	28 BIRTHDAY CELEBRATION Sweet and Sour Chicken Brown Rice Sautéed Spinach w/ Garlic Breadstick Diced Mangos Fruit Punch Juice Birthday Cake	29 Pork Chop in Gravy Roasted Sweet Potatoes Collard Greens Whole Wheat Roll Diced Apples Grape Juice
Charles County Luncheon Program				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.
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		Nanjemoy Senior Center.....Monday–Friday		
Indian Head Senior Center.....Monday–Friday		Waldorf Senior Center.....Monday–Friday		

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.

Air...Land...Sea...Let's travel together!

Trips sponsored by Action Travel Tours 301-645-1770

**** 2N1 Sponsored Trips**

October 18-21, 2023: Historic Hudson Valley and Sleepy Hollow. 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.



November 4-16, 2023: Royal Caribbean Vision of the Seas 12 Night Southern Caribbean Cruise from BALTIMORE. This cruise allows you to sail from your backyard to some of the very best islands of the Caribbean: Round Trip from Baltimore – St. Croix – St. Maarten – St. Lucia – Barbados – St. Kitts & Nevis.



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. Stay in the heart of Times Square at The Edison Hotel, with center mez seats for the fabulous Rockettes at Radio City. Ample 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 and 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.

****February 25 – March 4, 2024: Alaska Iditarod Race with Mayflower Tours.** For the adventurous spirit, join us on a journey to "The Last Frontier" for the Iditarod Sled Dog Race. Witness the Ceremonial Opening in Anchorage and travel to Willow for the official start of this epic race. 9 days, 11 meals, visiting Fairbanks, Denali National Park and Iditarod Festivities.

March 2 – March 16, 2024: Holland America Line 14 Day China and Japan. Sail on the beautiful Westerdam from Hong Kong, China - Shanghai, China – Kagoshima, Japan – Nagasaki, Japan – Pusan, South Korea - Kanmon Strait - Himeji, Japan – Osaka, Japan – Shimizu, Japan – Tokyo, Japan Ocean View Cabin from \$1613 per person double plus air. Rates subject to change.

****March 7 – 16, 2024: Hawaii Three Island Splendor with Mayflower Tours.** Enjoy this 10-day, 12 meal escorted tour of Oahu, Kauai, and Maui. Experience America's Pacific paradise, Hawaii, where you can walk the idyllic beaches, venture into the lush tropical forests and be amazed by the stunning waterfalls and exquisite beauty all on one trip.

