

The SCOOP

Charles County's Senior Center News



NOVEMBER 2019
www.CharlesCountyMD.gov

Veterans Assistance

Are you a veteran, caregiver of a veteran, or family member seeking information on behalf of a veteran? The SHIP Office and VConnections, Inc. are available in the Senior I & A office at the Clark Senior Center each Thursday from 2 to 4 p.m. Appointments are encouraged but walk-ins are welcome. Please contact 301-609-5712 to schedule an appointment.

CASH BINGO Fundraiser

Wednesday, Nov. 6 | 10 a.m. – 1:30 p.m.

A fundraiser for Charles County Senior Centers, sponsored by Senior Services of Charles County, Inc. The admission is \$20 for regular games and specials, plus \$5 for optional additional packs. Early Birds and Coveralls are \$2 each. Payouts are \$25, \$50 and a \$150 jackpot. Subs, chips and sodas available for purchase. Location: Waldorf Senior Recreational Center, Post Office Road.

Prime-Time Health Series: Reduce Pain & Inflammation

Inflammation is the root cause of most health issues. Learn simple ways to reduce inflammation and improve quality of life. This is the first of a four-part series offered by Anne Overall, Certified Health Coach with the Dr. Sears Wellness Institute. Preregistration Required.

Tuesday, Nov. 19, 10:30 a.m. • Fee: \$15 • Location: WSRC

Wednesday, Nov. 20, 10:30 a.m. • Fee: \$15
Location: Clark Senior Center

Central Registration

It's time for the senior centers to update Central Registration for 2020. Donations received are placed back into programs to benefit your Centers. To register, you must live in Charles County, and you or your spouse must be 60 years of age or older. For details, please visit your center. Renew your membership at any of the four senior centers



Diabetes Awareness

November is National Diabetes Awareness month. Join our Nutritionist, Charity Haynes, as she reviews relevant topics such the relationship between carbohydrates and your blood glucose, the importance of portion control and serving size and much more.

Thursday, Nov. 7, Noon • WSRC

Tuesday, Nov. 12, 11:15 a.m. • IHSC

Tuesday, Nov. 12, 1 p.m. • Nanjemoy Senior Center

Thursday, Nov. 14, 10 a.m. • Clark Senior Center

Fee: FREE



Volunteer Tax Preparers Needed

Please consider helping. Volunteer tax preparers are needed to provide this beneficial service. FREE training is provided and will be held Mondays, Wednesdays, and Fridays beginning January 2020. Upon completion of the program persons must then pass a test before receiving certification.

Learn More: Individuals wishing to enroll in the AARP Income Tax Training Program for 2019 should contact Hazel Conner, Senior Information & Assistance Program Assistant at 301-609-5712 or connerh@charlescountymd.gov

Get Ready for Medicare D Open Enrollment

Open enrollment is the time for Medicare beneficiaries to review their Medicare Prescription Drug Plans and make any necessary changes. New beneficiaries can select a plan and learn how the plan works and existing enrollees can change and update their plan as they chose. Open enrollment begins October 15 and will end December 7. Senior Health Insurance counselors (SHIP) will assist you during this enrollment period. Please call the SHIP office at 301-609-5712 to schedule an appointment. Walk-ins ARE NOT accepted during open enrollment.

COUNCIL NEWS SPONSORED/HOSTED ACTIVITIES & EVENTS

Clark Senior Center

Special give-a-ways for Veteran's Day
Turkey and Ham give-a-ways

Indian Head Senior Center

National Donut Day
Thanksgiving Party
Minute to Win It

Waldorf Senior Center

Bingo, Thanksgiving Party, and
Pumpkin Pie

Nanjemoy Community Center

Support for Thanksgiving
Celebration and Show Troupe
performance

What Is SHIP?

State Health Insurance Assistance Program (SHIP) is a free counseling service provided by Charles County Government, Charles County Department of Community Services, Aging & Human Services Division, through a grant from Maryland Department of Aging, the Administration for Community Living and the Centers for Medicare & Medicaid Services. Every state and United States territory offers a SHIP program. SHIP provides free, impartial information to help consumers make decisions regarding their health care choices. We strive to help them be wise consumers and to get the most value for their health insurance dollars.

SHIP is staffed by paid individuals and trained volunteer counselors who are certified by the Maryland Department of Aging. Staff and volunteers receive regular training providing updates to keep them current with recent changes in Medicare and other healthcare insurance options. We can be reached at 301-609-5712 and 301-934-0118.

SHIP:

- Provides educational materials and brochures.
- Educates beneficiaries so that they can understand Medicare, organize their records, file claims, and appeal Medicare decisions.
- Teaches consumers to assess their needs so they can make informed decisions about their health insurance policies.
- Informs consumers of their rights as a Medicare beneficiary or health insurance policyholder.
- Shows consumers how to evaluate the available Medicare Part D and Supplemental insurance policies.
- Refers clients to appropriate agencies where they can get help with other needs.
- Assists clients with finding help to pay for their Part B Premium and prescriptions including manufacturers' patient assistance programs, and retail discounts.
- Provides speakers to make presentations to groups.



Local help for people with Medicare.

Senior Services of Charles County, Inc. holds Annual Meeting

Tuesday, Nov. 12 | 9-10 a.m. |FREE

Senior Services of Charles County, Inc. was developed as a response to the need for an organization to assist Senior Citizens County wide. A major objective is to assist seniors, enhance their quality of life, support independence, and encourage involvement in and with the community. Please plan to attend this annual membership meeting to elect the Board of Directors and discuss goals for the upcoming year. Persons interested in becoming a board member may attend one of the monthly meetings at the Clark Senior Center. Meetings are held the second Tuesday of each month at 9 a.m. Persons interested in becoming a board member are encouraged to attend a meeting. CASH Bingo held at the Waldorf Senior and Recreational Center is the primary fundraising held throughout the year. Senior Services of Charles County, Inc. Board Members thank the community for their on-going support. **Location:** *Richard R Clark Senior Center.*

November is National Family Caregivers Month

It is a time to recognize and honor family caregivers across the country. This year's theme is "Caregiving Around the Clock."

This special observance enables us to do the following:

raise awareness of family caregiver issues, celebrate the efforts of family caregivers, educate family caregivers about self-identification, and increase support for family caregivers.

"Caregiving can be a 24-hours-a-day, seven-days-a-week job," states the Caregiver Action Network, which spearheads National Family Caregivers Month. "Providing care around the clock can crowd out other important areas of life."

What challenges do family caregivers face, and how do they manage them day and night?

Morning: The average family caregiver is a working mother of school-aged children. Mornings become a tricky balancing act of getting the kids ready for school, making sure your loved one has what they need for the day, and then getting yourself out the door for work.

Throughout the Day: Up to 70 percent of the time, the family caregiver manages the medications. The more serious the condition, the more likely it is that the family caregiver manages the medications for the patient. This means

Continued on next page 4

ensuring their loved one is taking medication correctly and maintaining an up-to-date medication list.

During the Workday: Six out of 10 family caregivers work full or part time in addition to juggling their caregiving responsibilities at home. Most say they need to reduce work hours, take a leave of absence, or quit their job entirely.

Evening: Evenings are for family time and mealtime. Nutrition is as important for caregivers as it is for their loved ones. Proper nutrition helps maintain strength, energy, stamina and a positive attitude.

Late at Night: This might be the only time that family caregivers get a few minutes for themselves to rest and recharge. The chance to take a breather and re-energize is vital so they can be as good a caregiver tomorrow as they were today.

Middle of the Night: If loved ones need to go to the emergency room in the middle of the night, family caregivers should be prepared ahead of time with what they need to know and what they need to have with them.

The Clark Senior Center offers a Caregivers Support Group on the last Wednesday of each month at 2 p.m. This group is for senior citizen caregivers of any age in Charles County. Facilitator: Cindy Olmsted. The next meeting will be held; Wednesday, Nov. 27, 2 p.m. Article provided by National Pace Association, info@npa.gov

Managing Diabetes

Diabetes can affect almost every part of your body. Managing your blood glucose, as well as your **blood pressure** and **cholesterol**, can help prevent the health problems that can occur when you have diabetes. **Follow your diabetes meal plan** Choose fruits and vegetables, beans, whole grains, chicken or turkey without the skin, fish, lean meats, and nonfat or low-fat milk and cheese. Drink water instead of sugar-sweetened beverages. Choose foods that are lower in calories, **saturated fat, trans fat**, sugar, and salt. **Make physical activity part of your daily routine:** Set a goal to be more physically active. Try to work up to 30 minutes or more of physical activity on most days of the week. Brisk walking and swimming are good ways to move more. **Cope with your diabetes in healthy ways** Feeling stressed, sad, or angry is common when you live with diabetes or any chronic disease. Stress can raise your blood glucose levels, but you can learn ways to lower your stress. Try deep breathing, gardening, taking a walk, doing yoga, meditating, doing a hobby, or listening to your favorite music. Try to get 7 to 8 hours of sleep each night helping to improve your mood and energy level. Remember, managing diabetes isn't easy, but it's worth it. Info by ADA.

Annual Christmas Party

Thursday, December 12 • 10:30 a.m. – 2 p.m.

Charles County seniors, age 60 and older, are invited to attend this annual event sharing delicious food, fellowship, and entertainment. The Rise Band & Show will entertain throughout the event. Santa will stop in to hand out door prizes donated by senior clubs, councils, and organizations. Please bring a canned food item to share with needy families. Admission is FREE, but tickets are required available on a very limited basis at all senior centers beginning Wednesday, November 13. **Located in the Waldorf Jaycees Community Center and sponsored by the Greater Waldorf Jaycees.**



Holiday Stress and your Health

The Good Outweighs the Bad

It is the time of year to be joyous but sometimes in all the hustle and bustle we get stressed, and stress is BAD. When the body is under stress, the nervous system becomes compromised. The hormones that are released make the heart beat faster, raises blood pressure, and increases glucose production. Muscles will tense up which may trigger headaches. Respiration changes to a heavier breathing and can sometimes cause panic attacks. With the heart beating faster, the heart muscle pumps harder. Stress also has a direct effect on the gastrointestinal system where you may eat or drink more producing acid reflux or heartburn. Stress is BAD.

Movement is GOOD. Take time to exercise. Movement is a natural de-stressor. When in doubt "Sweat it Out!"

Meditating is GOOD. Just a few minutes of quieting your mind and body can do wonders. Close your eyes and focus on your breathing. Take deep breaths making sure to relax your shoulders, neck, back, legs and feet.

Outside is GOOD. Nature is proven to calm the nervous system.

Music is GOOD. Listen to soothing music. Sounds can do wonders for your heart rate.

Charles County Senior Centers are GOOD FOR YOU!

Christmas Connection

Volunteers are needed to purchase and deliver holiday food to Charles County seniors in need. Aging and Human Services leads the "Adopt-a-Senior" part of the Christmas Connection project. This program provides holiday food to seniors in need. The seniors participating have been determined to be financially eligible and without the support of family at Christmas. To be a part of this wonderful Christmas project call Dept. of Aging 301-934-6737 or 301-609-5712.

Stepping Up Your Nutrition

In this 2 1/2 hour workshop, participants will understand the importance of balanced nutrition for falls prevention and identify key factors that contribute to malnutrition.

We will focus on how nutrition affects falls risk, the importance of muscles for strength, key nutrients for older adults and how to create an action plan to improve nutritional health.

Location: Indian Head Senior Center

Thursday, November 7, 9:30a.m.-12 p.m. • Fee: FREE

Holistic Health Fair

Richard R. Clark Senior Center

November 14 10:30a.m.- Noon, FREE

There are many alternative ways to heal the body, mind and spirit. Stop in and get information, participate in demonstrations and educate yourself on a natural way of healing and wellness. Door prizes, healthy snacks and vendor give-a-ways for attendees.

Memory Screening

A check-up for your brain

A memory screening is a simple and safe "healthy brain check-up" that tests memory and other thinking skills. The National Memory Screening Program sponsored by the Alzheimer's Foundation of America provides free confidential memory screenings to individuals concerned about memory loss. For more details and what is involved in a screening please visit www.nationalmemoryscreening.org Walk-ins accepted, but appointments are preferred.

Thursday, Nov. 14, 9:30 a.m. • Fee: FREE

Waldorf Senior and Recreational Center

Time for your Flu Shot

Senior Centers offer flu vaccines.

An annual seasonal flu vaccine is the best way to reduce the chances that you will get seasonal flu and spread it to others. Vaccines can give broader protection during the flu season, but experts advise not to delay getting your vaccine. Even if you get the flu shot you may experience episodes when you are certain this is the flu. The flu vaccine has never been easier to get. (Information by the Center for Disease Control (CDC.) For a flu shot, visit a pharmacy or your physician's office.

Tai Chi for Health - FREE

Hour for hour, tai chi is one of the most effective exercises to improve health and wellbeing. You can start and continue to progress to higher levels no matter your age or physical condition. More importantly, tai chi helps you to know yourself better and like yourself more. It is so enjoyable that millions of people around the world are practicing it. Tai chi was created based on nature and harmony. The gentle flowing movements contain inner power that strengthens the body, improves mental balance and brings better health and harmony to people's lives. Nowadays, tai chi is practiced in every corner of the world for health improvement. And for good reasons. Scientific studies show that tai chi improves and possibly prevents chronic conditions such as arthritis, heart disease and diabetes. In addition, it improves balance, immunity and reduces stress. In fact, tai chi improves practically any aspect of health. There are many forms of tai chi, and it is important for beginners to find a form that they enjoy and that can bring them the benefit they are looking for. From: <https://taichiforhealthinstitute.org>. **All Senior Center sponsored Tai Chi for Health Classes are FREE!**

- **Waldorf Senior & Recreational Center** with Karen Garrett Tuesdays & Thursdays, 11:30 a.m.
- **Clark Senior Center** with Karen Garrett Thursdays, 9:30 a.m.
- **Indian Head Senior Center** with Cynthia Simmons Mondays & Wednesdays, 10:30 a.m.

Senior Centers Holiday Schedule

All Senior Centers will be closed on the following dates:

Monday, Nov. 11 for Veteran's Day

Thursday & Friday, Nov. 28-29 for the Thanksgiving Holidays

CLARK SENIOR CENTER

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

Get your Latest *SCOOP* online!

Visit www.CharlesCountyMD.gov/CS

Special Events & Daily Activities

Widow to Widow Support Group

by Fran Bryner

Grief is a hard but necessary step after the loss of a loved one. Widow to widow is a women's group focusing on grief facilitated by Fran Bryner.

Monday, Nov. 4, 1 p.m. Fee: FREE

Video: A Look Back at Indian Head

Charles County Government Television filmed a wonderful video capturing the rich history of Indian Head. Enjoy light refreshments while tuning into the video here at Clark.

Tuesday, Nov. 5, 11 a.m. Fee: FREE

Veterans Day Celebration

Veterans Day is a time for us to pay our respects to those who have served. Join us as we thank our veterans for the sacrifices they have made and continue to make for our nation. Food, Entertainment and giveaways available. Vendors will be onsite. Registration required. Veteran admission is FREE, non-veterans age 60 and over \$5.

Thursday, Nov. 7, 10:30 a.m. Fee: \$5

Holistic Health Fair

Stop in to learn about alternative ways to heal the body mind and spirit. (Refer to page 5)

Thursday, Nov. 14, 10:30 a.m.- Noon Fee: FREE

Diabetes Awareness with Charity

See page 2 for details

Thursday, Nov. 14, 10 a.m. Fee: FREE

Thanksgiving Celebration

Thanksgiving is a time for family, fellowship, and togetherness. Join your Clark family to celebrate each other through music by Rearview Mirror, a delicious turkey lunch with all the fixins', turkey giveaways from our council, door prizes and more. Make sure to check out vendors at the Fall/Christmas Craft Fair. Registration required.

Thursday, Nov. 21, 10:30 a.m. Fee: \$6

Book Club:

Uncle Tom's Journey from Maryland to Canada by Edna Troiano.

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

Newcomers Coffee

The Richard R. Clark Senior Center has something to offer everyone. Ask questions and give suggestions.

Wednesday, Nov. 20, 10 a.m. Fee: FREE



Special Presentations

History of Veterans Day

Learn about the rich history and respect behind Veterans Day. Join Debi Scoggins for a interactive and fun presentation.

Tuesday, Nov. 12, 11 a.m. Fee: FREE

Protecting Family in Public Places

Unfortunately, mass shootings are a problem. Join the Charles County Sheriffs department as they give tips and advice as to what to do to keep your family safe.

Wednesday, Nov. 13, 11 a.m. Fee: FREE

Veterans Benefits

VConnections works hard to ensure that senior veterans are knowledgeable of earned benefits and how to navigate the benefit process. Join Bill Buffington to ask questions and gain knowledge.

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

Fresh Convos.: Ancient Grains Make a Comeback

Join Erin Carney from University of MD Extension for a fresh conversation about the importance of introducing grains into your diet. Receive a free newsletter with real-life restaurant nutrition listings and examples of healthy serving sizes to help you navigate options when eating out. Must Pre-Register.

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

Reduce Pain & Inflammation

Coronary Artery Disease, Diabetes, High Blood Pressure, Dementia, Autoimmune Conditions, and even Obesity are all linked to chronically elevated inflammation. Join Anne for an informative workshop that will empower you with the knowledge you need to improve and maintain good health. Materials and snack included. Senior Discount has been applied. Must sign up!

Wednesday, Nov. 20, 10:30 a.m. Fee: \$15

Fall/ Christmas Craft Fair

Shop with seniors of Charles County! Talented and creative are just a few words to describe the type of gift or craft that can be found at our craft fair. Looking for crafty senior vendors wanting to sell their unique creations! Vendors please sign up in program office.

Thursday, Nov. 21, 10 a.m.- 2 p.m. Fee: FREE

Emergency Financial Preparedness

Americans at all income levels have experienced the challenges of rebuilding their lives after a weather disaster or other emergency. In these stressful circumstances,

having access to personal financial, insurance, medical, and other records is crucial. Join Patricia Maynard for informative presentation. Please sign up.

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

Classes

Spanish Class-Drop In

Mondays, 10 a.m. Fee: FREE

Sewing Room Orientation

Must sign up. Facilitator Kaye Webb.

Monday, Nov. 4 & 18, 10 a.m.- 11 a.m.

Fee: FREE

Young at heART Painting Class

Join artist Lakisha Ferebee for a fun painting class! No experience needed. Must sign up.

Thursdays, Nov. 7, 14, & 21, 1 p.m. Fee: FREE

Jewelry Club Class

Make beautiful pieces of jewelry with Martha Williams and Regina Larrabee.

Wednesdays, Nov. 6 & 20, 10 a.m. Fee: FREE

Scrapbooking & Cardmaking

Wednesdays, Nov. 6 & 27, 10 a.m. Fee: FREE

American Acey Duecy

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

Services

Reflexology

Registration Required.

Friday, Nov. 8, 9 a.m. Fee: \$15/30 minutes

Wednesday, Nov. 20, 9 a.m.

Fee: \$15/30 minutes

Massage Therapy

Registration Required.

Wednesdays, Nov. 6, 13, 27, 9 a.m.

Fee: \$25-\$55

Brother Jay's Mobile Car Detailing

Exterior & interior cleaning. Registration Required.

Friday, Nov. 15, 9 a.m.-3 p.m. Fee: \$30/vehicle

Fitness

Fitness Orientation

Mandatory before first use of fitness room. Registration required.

Tuesday, Nov. 5, 2:30 p.m.

Wednesdays, Nov. 13 & 27, 1 p.m. Fee: \$5

Upcoming

Charles County Senior Show Troupe

The Show troupe brings your fun filled entertainment and holidays songs.

December, Dec. 4, 10:30 a.m.- Noon Fee: FREE

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.

Calendar items marked by an * require reservation/appointment

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards Drop-In 9:00 Sewing Drop-In 9:00 Duplicate Bridge 10:00 Spanish Drop-In 10:00 2N1 Club 10:15 Pinochle 1:00 Fitness Pilates 9:00 Total Body Conditioning 10:00 Drums Alive 11:00 Ballet 101 12:30 Circuit Training 2:30	Billiards Drop-In 9:00 Sewing Drop-In 9:00 Guitar Jam 10:00 Fine Arts 10:00 Chess Club 10:30 Spiritual Enrichment 11:00 Pokeno 1:00 Fitness SoMD Woodcarvers 1:00 Flex & Stretch 8:30 Yoga 9:30 AFEP 10:30 Fitness w/ Dee 11:00 Zumba Noon Line Dance 1:00 Weekly Workout 5:00	Mah Jong 9:00 Billiards Drop-In 9:00 Jazzy Quilters 9:00 Knit & Crochet 9:00 Quilting Workshop 9:00 Bridge 11:00 Canasta/Pinochle 12:30 Spades 1:00 Powder Puff Billiards 1:00 RRCSC Gospel Singers 2:00 Fitness Strength Training 9:15 Breathe Easy 10:20 Exercise Express 11:00 Groove Dance 1:00	Quilting Class 9:00 Billiards Drop-In 9:00 Stained Glass 10:00 Young at heART 1:00 Reflections 1:00 Fitness Flex & Stretch 8:30 Tai Chi 9:30 AFEP 10:30 Fitness w/ Dee 11:00 Zumba Noon Beginner Line Dance 1:00	Project Linus 9:00 Billiards Drop-In 9:00 Guitar Jam 10:00 Oil Painting/Acrylics 10:00 Canasta/Pinochle Noon Pokeno 1:00 Fitness Strength Training 9:15 Gentle Yoga 10:30 Hand Dance 1:00 Reconditioning Wellness 2:00
				1
				Hand & Foot Canasta 10:00 Guided Meditation 11:30

The month of November

4 Sewing Room Orientation 10:00-11:00 Widow to Widow Support Group 1:00 Creative Coloring 11:30	5 Video: A Look Back at Indian Head 11:00 Fitness Orientation 2:30	6 Massage Therapy 9:00 Jewelry Club Class 10:00 Scrapbooking/Cards 10:00 Watch Repair 10:00 Computer Help 11:00	7 Veteran's Day Celebration. 10:30 Book Club 1:00	8 Reflexology 9:00
11 ALL CENTERS CLOSED FOR VETERANS DAY 	12 Genealogy 10:00 AARP Safe Driving 10:00 History of Veterans Day 11:00	13 Massage Therapy 9:00 Fitness Orientation 1:00 Protecting Family in Public Places 11:00	14 Diabetes Awareness with Charity 10:00 Veterans Benefits 11:00	15 Mobile Car Detailing 9:00 Guided Meditation 11:30
18 Sewing Room Orientation 10:00-11:00	19 Ancient Grains Make A Comeback 10:30	20 Reflexology 9:00 Jewelry Club Class 10:00 Newcomers Coffee 10:00 Watch Repair 10:00 Reduce Pain & Inflammation 10:30 Computer Help 11:00	21 Acy Duecay 10:00 Fall/Christmas Craft Fair 10:00-2:00 Thanksgiving Celebration . 10:30 Birthday Celebration 12:30	22 Hand & Foot Canasta 10:00
25 Sisters at Heart Breast Cancer Support Group 11:30 Creative Coloring 11:30	26 Emergency Financial Preparedness 11:00	27 Massage Therapy 9:00 Scrapbooking/Cards 10:00 Fitness Orientation 1:00 Caregivers Support 2:00	28 ALL CENTERS CLOSED FOR THANKSGIVING DAY 	29 ALL CENTERS CLOSED FOR THANKSGIVING DAY 

INDIAN HEAD SENIOR CENTER

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

Get your Latest *SCOOP* online!

Visit www.CharlesCountyMD.gov/CS

Share your Love Year (SYL)

Thanksgiving is a time for family interactions. What is your more memorable Thanksgiving story?

Tuesday, Nov. 5, 11:15 a.m. Fee: FREE

Love Our Daily Activities

National Vinegar Day

Learn how vinegar, sour wine, has been proven to be a very versatile product throughout the ages. Facilitated by Staff.

Friday, Nov. 1, 11:15 a.m. Fee: FREE

Car Detailing (SYL)

Brother Jay's Mobile Car Detailing will be at the center to help you love your car. Sign-up required.

Monday, Nov. 4, 9:30 a.m. Fee: \$30/vehicle

Watch Repairs (SYL)

We are thankful to have a senior, Vern Smith sharing his love of fixing things. Vern will replace batteries and/or fix your watch(es).

Monday, Nov. 4 & 18, 9:30 a.m.

Fee: Cost of Service

National Doughnut (Donut) Day

Meet our Council as fresh donuts are being shared.

Tuesday, Nov. 5, 9:15 a.m. Fee: FREE

Aging Resources Outreach

Meet privately with our Aging & Disability Resource Specialist, Julie Hammonds for help with senior programs in Charles County. Call 301 934-6737 for appointment or see staff.

Thursday, Nov. 14, 10 a.m. Fee: FREE

SMECO – Southern Maryland Electric Cooperative Presentation

Still trying to find ways to lower your electric bill. Have you talked to SMECO? Join a representative from our local electric coop to learn how to cut your energy bill this winter and still stay warm.

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

Love to Receive a Card: Messages in a Card

How do you feel when a handwritten envelope comes in the mail? Let's share that feeling by bringing back the art of letter writing. We will provide the cards, time and music so you can send a special card to a loved one.

Monday, Nov. 18, 10 a.m. Fee: Postage stamp
Friday, Nov. 22, 10 a.m. Fee: Postage stamp

Literary Club – One Maryland One Book selection – What the Eyes Don't See by Dr. Mona Hanna-Attisha

A story of crisis, resistance and hope in an American city. Pediatrician. Dr. Mona becomes an activist and a detective as she battles the government of Flint, Michigan. Dr. Mona along with parents and researchers expose lead in their tap water and deals with the backlash as they expose the truth. Facilitated by CCPL.



Wednesday, Nov. 20, 11 a.m. Fee: FREE

Love Our Classes

Jewelry Club

New projects every month.

Tuesdays 9:30 a.m. Fee: Your Project

Hooked on Yarn

This group challenges each other to complete their crocheted and knitted projects. Beginners welcomed.

Wednesdays, 9:30 a.m. Fee: Your Project

Ceramics

Pieces available for beginners.

Fridays, 9:30 a.m. Fee: \$1

Poetry Corner

Dorothy Simms shares her love of crafts and poetry.



Wednesday, Nov. 13, 10:30 a.m.

Fee: FREE

Love the Game: Pool/Billiards Pointers

Stephen Nelson, top five in a regional pool tournament will share tips to help you love the game of pool.

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

Love Your Body and Mind

Seated Massage (new days)

Fridays, Nov. 1 & 15, 9 a.m.- 1 p.m. Fee: \$8 - \$22

Fitness Training

Mondays & Wednesdays, 9:15 a.m.

Fee: Fitness Card

Chair Pilates

Tuesdays & Thursdays, 9:15 a.m.

Fee: Fitness Card

AFEP (Arthritis Foundation Exercise Program)

Seated exercised design to help with your ROM (range of motion).

Tuesdays & Thursdays, 10:30 a.m. Fee: FREE

Handling Stress During the Holiday

Stress and depression are unwanted guest at any holiday occasion. Whether the occasion is shopping, cooking, entertaining or decorating. Learn tips for coping during the holidays. Facilitated by staff.

Wednesday, Nov. 6, 1 p.m. Fee: FREE

Stepping Up Your Nutrition w/Debi

See page 5 for details.

Thursday, Nov. 7, 9:30 a.m. – Noon Fee: FREE

TOPS

Take Off Pounds Sensibly with this weight loss support group.

Thursdays, 9:30 a.m. Fee: \$32/year

Line Dancing w/Pat

Thursday, Nov. 7 & 14, 1 p.m. Fee: FREE

Visit the Nurse

Thursday, Nov. 7, 9:30 a.m. Fee: FREE

Monday, Nov. 25, 9:30 a.m. Fee: FREE

Love My Family: Diabetes Awareness Month w/Charity

November is National Diabetes Awareness month. Join our Nutritionist, Charity Haynes, as she reviews relevant topics such the relationship between carbohydrates and your blood glucose, the importance of portion control and serving size and much more.



Tuesday, Nov. 12, 11:15 a.m. Fee: Free

Living Well with High Blood Pressure Workshop

This 2 1/2-hour educational workshop is meant for people who have been diagnosed with hypertension or high blood pressure. Topics covered in this workshop includes: What is high blood pressure, home monitoring tips, where's salt and knowing your numbers. Facilitated by staff. Space is limited.

Tuesday, Nov. 19, 9:30 a.m. Fee: FREE

INDIAN HEAD SENIOR CENTER

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

Hours: 9 a.m.–3 p.m., Monday–Friday

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

Thanksgiving with the Richard R. Clark Senior Center Gospel Singers

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

Thursday, Nov. 21, 10:45 a.m. • Fee: Generous Lunch Donation

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards/Cards 9:00	Billiards/Cards 9:00	Billiards/Cards 9:00	Billiards/Cards 9:00	Seated Yoga 9:00
Fitness Training w/Lamont 9:15	Chair Pilates 9:15	Fitness w/Nate 9:15	Chair Pilates 9:15	Ceramics 9:30
Bingo 9:30	Jewelry Club 9:30	Hooked on Yarn 9:30	TOPS 9:30	Billiards/Cards 10:00
Tai Chi for Health 10:30	AFEP 10:30	Quilt 'N Chicks 10:00	Canvas Painting – Plus 11:00	Books of the Bible 1:00
		Tai Chi for Health 10:30	AFEP 10:30	

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Seated Massage 9:00
National Vinegar Day 11:15

The month of November

4 Love Your Car: Car Detailing with Brother Jay 9:30 Watch Repairs 9:30	5 National Doughnut Day 9:15 Council Meeting 9:30 Share Your Love: Thanksgiving Memories 11:15 Pastor Chris & Friends 1:00 No Jewelry Club Today	6 Crafters Corner 10:00 Handling Stress during the Holidays 1:00	7 Visit the Nurse 9:30 Stepping Up Your Nutrition 9:30 Acy Ducey 10:30 Line Dancing w/Pat 1:00	8 Love Our Garden 9:30 Pokeno 10:00
11 Veterans Day Holiday Center Closed 	12 Spades + 10:30 Diabetes Awareness Month w/Charity 11:15 Diabetes Puzzle 1:00	13 Poetry Corner 10:30 Pool Pointers 10:30 No Tai Chi Today	14 Aging Resources Outreach 10:00 SMECO Presentation 11:00 Line Dancing w/Pat 1:00	15 Seated Massage 9:00
18 Watch Repairs 9:30 Messages in a Card 10:00	19 Living Well with High Blood Pressure Workshop 9:30	20 Crafters Corner 10:00 Literary Club 11:00	21 Thanksgiving Party 10:45	22 Messages in a Card 10:00
25 Visit the Nurse 9:30 Movie Monday 11:45	26 Minute-to-Win-It 11:15	27 Pokeno & Pizza 10:00	28 Thanksgiving Holiday Center Closed 	29 Thanksgiving Holiday Center Closed 

NANJEMOY SENIOR/COMMUNITY CENTER

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

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Special Events & Daily Activities

Council Meeting

This meeting is open to community members who want to make a difference in Nanjemoy. The council takes part in special events and fundraising efforts to support the center.

Monday, Nov. 4, 10 a.m. Fee: FREE

Ten Tools for Dealing with Holiday Depression and Stress

There has been a long-standing myth that suicide rates increase over the holiday season. According to the Mayo Clinic this is false. What is true is that the rate of depression and stress does increase. We will share ten solid tools to help you and deal if Santa also brings you holiday blues.

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

Short Story Time

Where the Crawdads sing short summary?

This is a deeply affecting novel, lyrical and unforgettable. I can't even express how much I love this book! My November pick is *Where the Crawdads Sing* by Delia Owens. It's about a young woman named Kya, who's left to raise herself in the marshes of North Carolina when her family abandons her at a young age

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

Thinking Thursday

November is National Caregivers Month we will put our brains to work thinking about caregivers and words associated with this labor of love.

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

History of Veterans Day

In 1918, on the 11th hour of the 11th day of the 11th month, an armistice was declared between the Allied nations and Germany in World War I. Just over 116,000 Americans died in World War I, defending the lives and freedom of our European allies. Join us for additional facts on Veteran's Day

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

Native American Indian Heritage

The Native Americans have a rich history full of tradition and pride. You know that the Native Americans were at the first Thanksgiving with the Pilgrims, but what else do you know about them.

Wednesday, Nov. 13, 10 a.m. Fee: FREE

Nanjemoy Market Day

Just in time for Christmas. Support your seniors as they sell unique items for the holiday shopping. As vendor, space is limited
Thursday and Friday, Nov. 14, 15, 10-2 p.m.
Fee: \$3 per table.

Love you Greens

When did Kale become a super food? Learn about the nutritional value of kale, collard, water cress, spinach and more and the importance of including them into your weekly menu ideas.

Tuesday, Nov. 19, 10 a.m. Fee: FREE

Thinking Tuesday

We will put our brains to work by thinking about words associated with your Thanksgiving Celebration.

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

Thanksgiving Mix Up

Unscramble, word search. The word November contains many hidden words. Let's see how many you know.

Wednesday, Nov. 20, 10 a.m. Fee: FREE

Information & Assistance

Julie Hammonds, Information and Assistance Specialist, will be here to help seniors understand services and benefits.

Thursday, Nov. 21, 10 a.m.- Noon Fee: FREE

Movie Matinee

Planes, Trains and Automobiles- A serious business Steve Martin is stuck with annoying John Candy in a desperate cross-country attempt to make it home in time for Thanksgiving.

Thursday, Nov. 7, 1-2:30 p.m. Fee: FREE

Special Presentations

Show Troupe at Nanjemoy Senior Center

Join Debi Shanks as they showcase the Charles County Senior Show Troupe Holiday program Christmas Love. The Senior Show Troupe is comprised of your peers who are prepared to entertain everyone in the Nanjemoy Community.

Monday, Nov. 25, 10:30 a.m. Fee: FREE

Fun Facts about Thanksgiving

Did you know that the first Thanksgiving was a three-day celebration? Join us for additional fun facts and history about this important day.

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

Being Thankful

I'm thankful for those people who love me, not because I may be talented, rich, influential or they can count on me when needed. Mainly it is because I am who I am. They love me despite my shortcomings and mistakes; they are my family and friends. Let's share what we are thankful for today.

Wednesday, Nov. 27, 10 a.m. Fee: FREE

Happy Leaves

Tuesday, Nov. 5, 10 a.m. Fee: \$2

Thankfulness Turkey

Monday, Nov. 18, 10 a.m. Fee: \$2

Fitness

Group Fitness with LaMont

Promotes strength using weight resistance for range of motion and functional movement. Can be done seated or standing.

Mondays, 11 a.m. Fee: FREE

Arthritis Foundation Exercise Program with Nate

Fun and motivating designed for strength and flexibility. Can be done seated or standing.

Wednesdays, 11 a.m. Fee: FREE

Upcoming Events

Annual Tree Lighting Program

Join family and friends as we light the tree at Nanjemoy Community Center. Mt. Hope Elementary School chorus and Henry B. Lackey band will be performing holiday music. A special guest from the North Pole plans to stop by. Light refreshments will be served.

Thursday, Dec. 5, 6-7:30 p.m. Fee: FREE

Annual Christmas Party

To be held at the Waldorf Jaycees. Food, prizes and entertainment. Ticket is Required.

Thursday, Dec. 12, 10:30 a.m.-2 p.m. Fee: FREE

Nanjemoy Christmas Party

The holiday is rapidly approaching time to wrap your gifts and put up the tree. Be sure to save the date for the NCC annual Christmas party. This special day you and your friends will gather at the center to enjoy a meal and entertainment.

Tuesday, December 17, 10:30 a.m.- 2:30 p.m. Fee: To be determined

NANJEMOY SENIOR/COMMUNITY CENTER

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

Senior Center Hours: 9 a.m.–3 p.m., Mon–Fri

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–Fri

Thanksgiving Celebration

What makes you thankful? What fills you with graciousness? When you think of gratitude, we think of the Nanjemoy Community and Senior Center. Thanksgiving is complete when we have Reverend Gwen Washington sharing thoughts of Thanksgiving and everyone at the senior center. Be sure to sign up early for this special meal.



Thursday, Nov. 21 • Noon Fee: Generous lunch donation

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Computer Lab 8:30				
Fitness Room 8:30				
Billiards Drop-In 8:30	Billiards Drop-In 8:30	Billiards Drop-In 8:30	Billiards Drop In 8:30	Billiards Drop In 8:30
Board Games 9:30		AFEP w/Nate 11:00		Board Games 9:30
Fitness w/Lamont 11:00		Nickel Bingo 1:00		Nickel Bingo 12:30-2:30
Nickel Bingo 1:00				

1

Open Games 10:00

The month of November

4 Council Meeting 10:00	5 Arts & Crafts: Happy Leaves 10:00	6 Ten Tools for Dealing with Holiday Depression and Stress 10:00	7 Short Story Time 10:00 Thinking Thursday 1:00	8 Open Games 10:00
11 Center Closed Veterans Day 	12 History of Veterans Day 10:00	13 Native American Indian Heritage 10:00	14 Nanjemoy Market Day 10:00-2:00	15 Nanjemoy Market Day 10:00-2:00
18 Arts & Crafts: Thankfulness Turkey 10:00	19 Love Your Greens 10:00 Thinking Tuesday 1:00	20 Thanksgiving Mix Up 10:00	21 Information & Assistance 10:00-Noon Thanksgiving Celebration Noon	22 Open Games 10:00
25 Charles County Senior Show Troupe Holiday show 10:00	26 Fun Facts about Thanksgiving 10:00 Movie Matinee 1:00	27 Being Thankful 10:00	28 Center Closed Thanksgiving Holiday 	29 Center Closed Thanksgiving Holiday 

WALDORF SENIOR & RECREATIONAL CENTER

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

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Special Events & Daily Activities

Book Club: The Woman in the Window by A. J. Finn

Led by a representative of the Charles County Library, P.D Brown. Stop by the senior center to pick up your copy.

Wednesday, Nov. 20, 1 p.m. Fee FREE

12 Days of Christmas Raffle

Each weekday Dec. 5 through Dec. 20, we will draw the winner of a \$25 gift card with the final winner receiving a \$50 gift card. You do not have to be present to win. \$5 per entry ticket.

Presidential Trivia

Debi Scoggins, Charles County Historian, will be here with some quirky trivia about our nation's leaders both past and present.

Tuesdays, Nov. 5, 11:15 a.m. Fee: FREE

Socialization Prescription

Studies show that socialization is good for your mental and physical health. Join center staff for games and conversation, light refreshments and the opportunity to make some new friends!

Friday, Nov. 8, 10:30 a.m. Fee: FREE

Pumpkin Pie

Pack your own lunch and join us for dessert-pumpkin pie with whipped cream! Must sign up for pie by Friday, Nov. 22. Sponsored by the Waldorf Senior Center Council.

Wednesday, Nov. 27, 12:15 p.m. Fee: FREE

Special Presentations

Spades 101

Brenda Clayburn will be here every Monday in November to teach folks how to play the game of Spades.

Mondays, Nov. 4, 18 & 25, 11 a.m. Fee: FREE

What is CBD?

Stephanie Worley of CBD Wellness will be here to explain what exactly cannabidiol (CBD) is and the effect it can have on your body.

Tuesday, Nov. 12, 11 a.m. Fee: FREE

Grieving During the Holidays

Coping with grief during any time of the year is difficult. Join with others facing the same struggle this holiday season. Facilitated by Jackie Burson, Charles County Dept. of Health.

Wednesday, Nov. 13, 12:15 p.m. Fee: FREE

Memory Screening

See page 5 for details

Thursday, Nov. 14, 9:30 a.m. Fee: FREE

Tech Time

Volunteer, Ann Walter, will be available to help you better understand how to use your phone or tablet. Please sign-up in advance.

Friday, Nov. 1, 10 a.m. Fee: FREE

Days Ahead

Offering a broad range of services. Join the conversation to see if their new facility might be the place for you or a family member.

Friday, Nov. 22, 11:15 a.m. Fee: FREE

Lunch & Learn: Stress Busters

Stress is thought to contribute to heart disease, cancer, stroke, lung ailments, and even diabetes. Let's talk about different ways to reduce stress and live a happier life!

Tuesday, Nov. 26, 12:15 p.m. Fee: FREE

Classes

Beginners Crochet

Join Cyndi Greene of "Cyndi's Crochet Corner" for a 6-week program designed for beginners to knitting. Cost of class includes crochet workbook, 2 large skeins of yarn, hook and carry bag (\$40 value). Preregistration required. Sponsored by Charles County Arts Alliance.



Mixed Media w/ Pat

Pat Arnold assists with any media.

Tuesday, Nov. 5 & Nov. 19, 11:30 a.m.

Fee: \$5/class

Open Studio Art

Space available to work on any media of art without instruction.

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

On-going Watercolors

Material list provided. Instructor: Pat Arnold.

Thursdays, 10 a.m. Fee: \$30/6-week class

Services

Senior Information & Assistance

Available Monday, Wednesday & Friday.

Computer Help

Schedule an appointment for basic training. Most helpful if you bring your own laptop. Instructor Russ Russell.

Wednesdays, Nov. 13 & 27, 11 a.m. Fee: FREE

Watch Repairs by Vern

Wednesday, Nov. 13, 9 a.m. – Noon

Fee: Cost of Service

Reflexology by Crystal Jackson

Sign up in office.

Monday, Nov. 25, 9:30 a.m.- 2:30 p.m.

Fee: \$15/30 min

Fitness

Whole Body Tension Relief

Learn techniques to destress and relieve tension in the whole body. Facilitated by: Judi Lyons

Monday, Nov. 18, 1-2 p.m. Fee: \$20

Intro to Pickleball

Staff available to give direction and lessons to newcomers on this day.

Friday, Nov. 22, 10 a.m. Fee: FREE

Fitness Orientation

Mandatory before first use of fitness room. Registration Required.

Tue. Nov. 5 2:30-3:30 p.m. Fee: \$5/pp

Wed. Nov. 13 & 27, 1-2 p.m. Fee: \$5/pp

Walking Club

Meet in the gym and head outside to walk.

Mondays, 9:15 a.m. Fee: FREE

Arthritis Foundation Exercise Program (AFEP)

Wednesdays & Thursdays 10 a.m. Fee: FREE

WALDORF BINGO: How It Works

Players must purchase sheets daily and only be used on date of purchase. There are 25 games to play, winnings determined by number of purchased players. Bingo card sales run from 9:30am-10:15am. [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.

Thankful Hearts

We are thankful for so much including fellowship, dancing, laughter and musical talents of Billy Hill and True-Blue Country. Traditional Thanksgiving meal will be provided by Charles County lunch program. Refreshments, door prizes, and raffles sponsored by Waldorf Senior Council. Pre-registration required.

Thursday, Nov. 21, 10:30 a.m. **Fee: \$6/pp**



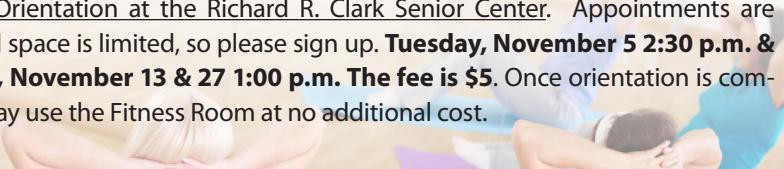
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Senior I&A 9:00-4:15	Total Body Conditioning 9:30	Senior I&A 9:00-4:00	Total Body Conditioning 9:30	Senior I&A 9:00-4:15
Zumba Gold 9:15	Drop in Pickle Ball .. 10:00am-2:00pm	Flex & Stretch 9:30	Watercolors 10:00	Open Studio Art to every Friday .. 9:30
Walking Club 9:15	Line Dancing 10:30	Bridge 9:45	AFEP 10:00	Dance Therapy Art 10:00
Pinochle 11:00	Card Games 10:30	AFEP 10:00	Card Games 10:30	Drop in Pickle Ball .. 10:00am-2:00pm
Chair Yoga 11:30	Tai Chi 11:30	Yoga 10:30	Tai Chi 11:30	Card Games 10:30
Open GYM 11:00am-3pm	Yoga 2:00	Card Games 10:30	Pinochle 11:00	
		Open GYM 11:00am-3pm		

The month of November

4 Beginners Crochet 10:00 Matter of Balance 10:00 Bingo 10:30 Spades 101 11:00	5 Presidential Trivia 11:15 Mixed Media w/ Pat 11:30 Inspirations 12:30	6 Senior Services CASH Bingo 10:00	7 Blood Pressure Screening .. 10:00 Bingo 10:30 Diabetes Awareness Noon	1 Open Studio Art 9:30 Tech Time 10:00
11 Senior Center Closed for Veterans Day 	12 What is CBD? 11:00 Inspirations 12:30	13 Watch Repairs 9:00 Bingo 10:30 Computer Help 11:00 Grieving During the Holidays 12:15	14 Memory Screening 9:30 Bingo 10:30	8 Open Studio Art 9:30 Socialization Prescription .. 10:30
18 WSC Council 9:30 Beginners Crochet 10:00 Matter of Balance 10:00 Bingo 10:30 Spades 101 11:00 Whole Body Tension Relief .. 1:00	19 Newcomers Coffee 10:00 Reduce Pain & Inflammation 10:30 Mixed Media w/ Pat 11:30 Inspirations 12:30	20 Bingo 10:30 Book Club 1:00	21 Thanksgiving Day Party 10:30	15 Open Studio Art 9:30
25 Reflexology 9:00 Beginners Crochet 10:00 Matter of Balance 10:00 Bingo 10:30 Spades 101 11:00	26 Lunch & Learn: Stress Busters 12:15 Inspirations 12:30	27 Bingo 10:30 Computer Help 11:00 Pumpkin Pie 12:15	28 Center Closed for Thanksgiving Holiday 	22 Open Studio Art 9:30 Intro to Pickleball 10:00 Days Ahead 11:15
				29 Center Closed for Thanksgiving Holiday 

Fitness Room Orientation at the Waldorf Senior and Recreational Center

Anyone wanting to use the fitness equipment at the new Fitness Room in the Waldorf Senior and Recreational Center must first go through an orientation. This is where a trainer can properly show you how to operate the equipment and develop a routine that is safe and effective. Please note: This is mandatory even if you have completed the Fitness Orientation at the Richard R. Clark Senior Center. Appointments are required and space is limited, so please sign up. **Tuesday, November 5 2:30 p.m. & Wednesday, November 13 & 27 1:00 p.m. The fee is \$5.** Once orientation is complete; you may use the Fitness Room at no additional cost.



New! Classes in Waldorf

Tai Chi

Gentle movement and balance exercises.

Tuesdays & Thursday's 11:30 a.m. • Fee: Free

Strength Training

All fitness levels welcome. Specific exercises designed for building muscular strength. Mat work involved.

Friday's 9:15 a.m. • Fee: Fitness Card

Circuit Training

Stations are set up alternating between upper and lower body exercises for strength, endurance and flexibility. All fitness levels welcome.

Thursday's 1 p.m. • Fee: Fitness Card

Reconditioning Wellness

This class features functional exercises, seated and standing for anyone beginning an exercise program or coming out of rehab or therapy

Friday's 1 p.m. • Fee: Fitness Card

Strength Training for Older Adults

There is something you can do for muscle loss as you age. Lifting weights! Pushing, pulling and moving plays a functional part in everything we do as we go about our day. Want to be stronger? Lifting weights can help drastically increase the muscle strength to perform more efficiently. Start light. For each person, weights will vary. You should be able to do 10-12 repetitions with a slight struggle at the end. Always go through movements slowly and follow the 2hour pain rule. If you are in pain 2 hours after exercise, lighten the weight and/or reduce the number of repetitions. Slow and controlled movements are key. All of the senior center instructors are here to help you and most classes have a strength component incorporated. Remember, Move it, or Lose it!



New! Groove Dance

Richard R Clark Senior Center

Where any floor is a dance floor. Easy to follow, simple dance steps anyone can follow. If you love music and you love to dance, seated or standing...try it you'll love it!

Wednesday November 6-27, 1:00 p.m. • Fee: Fitness Card • Instructor: Debi Shanks

Charles County Senior Show Troupe Presents...

Christmas Love –

Join us and watch a show for guaranteed Christmas Spirit

Nov. 13	Genesis La Plata, 10:30 a.m.
Nov. 18	Fenwick Landing, 11 a.m.
Nov. 20	Charlotte Hall 10:30 a.m.
Nov. 25	Nanjemoy, 10:30 a.m.
Dec. 2	Sagepoint, 10:30 a.m.
Dec. 4	Center Stars Richard R Clark Senior Center 10:30 a.m.
Dec. 9	North Beach Sr Center 10:30 a.m.
Dec. 11	Waldorf Sr. Ctr., 10:30 a.m.
Dec. 16	Bowie, 10:30 a.m.
Dec. 18	Northern Sr. Ctr. 10:30 a.m.

Clogging/Dance Workshop

Attention Dancers!

You do not need the shoes to participate in this workshop. Let's dance and have fun. Learn new line dances and an easy clogging routine.

Instructor: Carol Davis • Fee: \$5

Thursday, November 7
2 p.m.- 3:30p.m.

Location:

Richard R Clark Senior Center



SENIOR CENTER MENU

1% milk is offered with all meals.

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 Chophouse Burger on Whole Wheat Bun Orange Glazed Carrots Sweet Peas Citrus Salad Fruit Punch Juice
4 Balsamic Chicken 3 Bean Salad California Blend Vegetables Biscuit Fruit Cocktail Fruit Punch Juice	5 Chicken Mushroom & Brown Rice Malibu Blend Vegetables Whole Wheat Dinner Roll Diced Mangos Orange Juice	6 Polish Sausage on Whole wheat bun Sautéed Peppers and Onions Green Beans Roasted Red Skin Potatoes Grapes Apple Juice	7 1/4 Herbed Baked Chicken Buttermilk and Chive Mashed Potatoes Seasoned Roasted Carrots Cornbread Applesauce Grape Juice	8 Pork Chop Au Gratin Potatoes Sauerkraut Cornbread Pineapple Chucks Pineapple Juice
11 Veterans Day No Meal Service  To those who served, Thank you!	12 Chicken Salad on Lettuce Bed Whole Wheat Bread (2) Broccoli Salad Seasoned Corn Banana Orange Juice	13 Oven Fried Chicken Mashed Potatoes Broccoli Cornbread Orange Slices Pineapple Juice	14 Birthday Celebration Meat Lasagna Seasoned Green Beans Garden Salad with Dressing Whole Wheat Dinner Roll Grapes Orange Juice Birthday Cake	15 BBQ Pulled Pork Sandwich Whole Wheat Bun Coleslaw Roasted Butternut Squash Applesauce Apple Juice
18 Unstuffed Cabbage w/ Ground Turkey Roasted Sweet Potatoes California Blend Veggies Whole Wheat Dinner Roll Diced Mangos Grape Juice	19 Liver and Onions Brown Rice Roasted Tomatoes Corn Bread Mandarin Oranges Apple Juice	20 Hearty Chicken Noodle Soup (1 cup) Cesar Salad Whole Wheat Roll Cantaloupe Fruit Punch Juice	21 Thanksgiving Dinner Sliced Turkey & Gravy Mashed Potatoes Stuffing Seasoned Green Beans Cranberry Sauce Cranberry Juice Whole Wheat Dinner Roll Pecan Pie	22 Chipotle Chicken Mashed Sweet Potato Pickled Beets Whole Wheat Tortilla Pineapple Chunks Pineapple Juice
25 Honey Lime Chicken Roasted Redskin Potatoes Spinach and arugula Salad Whole Wheat Bread (2) Apricots Orange Juice	26 Tuna Salad Sandwich on Whole Wheat Bun Cranberry Salsa Salad Pasta Salad Diced Mangos Apple Juice	27 Thanksgiving Holiday  No Meal Service	28 Thanksgiving Holiday  No Meal Service	29 Thanksgiving Holiday  No Meal Service
Charles County Luncheon Program				Available at Noon • Days Vary By Center
Open to any Charles County resident, age 60 or older, for a donation. The suggested meal donation is \$3, actual cost is \$5.75 per person. All donations are used to provide meals for Charles County seniors. Guests (anyone age 59 or younger, or a non-county resident) may order lunch, but must pay the full price of \$5.75. Lunch reservations must be made by 10 a.m. the preceding day. We appreciate your assistance in keeping costs down. Party & special event meal prices may vary.				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.
Clark Senior Center.....Tuesday-Friday Indian Head Senior Center.....Monday-Friday		Nanjemoy 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. Call 301-934-9305 or 301-870-3388 and immediately press extension 5197 for delays and cancellation listings.

Senior Services Needs Board Members

Senior Services of Charles County, Inc. concentrates on the needs of senior citizens here in Charles County. The group provides funds used to enhance their quality of life, support their independence and encourage involvement for older adults in and with the community. Fundraising consist of community Bingo's, grant application and Friends Mail-Out Campaign. Board members are needed to help support this organization's ongoing projects. The board meets on the second Tuesday of each month at 9 a.m. at the Clark Senior Center, excluding August and December.

The Annual Meeting will be held November 12, 9 a.m. at the Clark Senior Center, Open to the community giving you a chance to learn more about this worthwhile organization.

TRIPS! Senior Services of Charles County, Inc.

Alaska Cruise Tour

Sunday, May 24 – Wednesday, June 3, 2020

Cruise to Alaska, spend 11 days and 10 nights on a breathtaking journey that you will never forget. Sites include Anchorage, Hubbard Glacier, Glacier Bay National Park, Prince William Sound and so much more. Trip includes two days and nights in Alaska with sensational views. Nights 4 through 10 on board the Coral Princess. Per person double occupancy prices range from \$3,863 to \$4,733 and includes roundtrip air from Baltimore, cruise, lodge accommodations and fees. Deposit due now \$630 pp double or \$1,260 pp single. Final balance is due by February 10, 2020.



Venice to Rome with Oceania Cruises

Sunday, Oct. 25 – Wednesday, Nov. 4, 2020

All aboard cruise enthusiasts! Get your passport in order and pack your bags (include your apron!) Spend 11 days and 10 nights on board Oceania Cruises' the Marina. Departing Venice cruising to Rome with stops in Split and Dubrovnik Croatia, Crete (Greece), Ephesus (Turkey), Santorini (Greece) Katakolon (Greece), Messina (Sicily), Naples/Pompeii (Italy) and the final stop in Rome, Italy. Fares vary depending on cabin selection (all cabins have a Balcony or a Veranda). The cruise includes prepaid gratuities and unlimited internet, plus your choice of one of the following: Six free shore excursions; free \$600 shipboard credit; or free alcoholic beverage package (beer, wine, champagne with lunch and dinner.) The cruise will be escorted by Grand American Cruise and Tours and will also feature Master Chef Jacques Pepin.

There is a shore excursion or two with Chef Pepin!

Per person double occupancy prices range from \$5,550 to \$5,950 and includes roundtrip air from Baltimore, cruise, port charges, fees, taxes and transfers. Departs Baltimore on Oct. 24, 2020. Initial deposit of \$850 due soon. Final balance is due by June 19, 2020. Book early to get the best choice in cabins.



For the above trips: Make checks payable to Senior Services of Charles County, Inc. Mail payment to Suzanne Carr, 12944 Waldorf Forest Rd., Waldorf, MD 20601. For reservations or more information, or a copy of the cruise flyer, please contact Suzanne Carr at 301-645-5203. Additional trip insurance may be available upon request.