

The SCOOP

Charles County's Senior Center News



OCTOBER 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, well-being, 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.

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!

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.

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.

AARP Tax-Aide Volunteers & Training

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

We are currently accepting Volunteers to assist in Tax coordination and preparation!! Training will take place the month of January. Individuals wishing to enroll in the AARP Income Tax Training Program for 2024 should apply directly to <https://www.aarp.org/volunteer/programs/tax-aide/>

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

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

Council News for October Sponsored/Hosted Activities & Events

Clark Senior Center Council Taco Day	Indian Head Senior Center Dr. Cook Bingo Herbal Tea Club Fall Fest	Nanjemoy Senior & Community Center Council Evening Bingo Fundraiser	Waldorf Senior & Rec Center Bingo
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21st Annual Celebration

NANJEMOY HERITAGE Day

SATURDAY OCTOBER 14TH
Rain or Shine • 11:30-3 p.m.

FREE • Family-friendly Day of Fun!
Parade and Car Show
Local Art and Heritage Displays
Games, Food, and more!

**2023 souvenir T-shirt
available for purchase!**

Details: 301-246-9612 • GouldR@CharlesCountyMD.gov
Nanjemoy Community Center
4375 Port Tobacco Rd
Nanjemoy, MD

Charles County Government
Department of Community Services
Maryland Relay 711 • www.CharlesCountyMD.gov

Pop Up Farmers Markets

Pop Up Farmers Markets are coming to Senior Centers this Fall! Herbert Farms will be visiting the Senior Centers this month bringing fresh local produce for purchase.

To those seniors who received the Senior Farmers Market Nutrition Program (SFMNP) Vouchers in July: Your concerns about having nowhere in county to spend the vouchers has been heard. Herbert Farms is participating in that program and will be able to accept the vouchers at the centers this month. This is your chance to spend your remaining vouchers. Mark your calendars!

October

5th at 9 a.m. - Indian Head Senior Center (Indian Head Fall Fest)
11th at 10 a.m. - Waldorf Senior & Rec Center
18th at 10 a.m. - Clark Senior Center
19th at 1 p.m. – Nanjemoy Senior & Community Center

Fall Fest – Goodbye Summer

Join us for the third Fall Fest on the Indian Head Village Green as we celebrate the end of summer, Breast Cancer Awareness Month and Domestic Violence Awareness Month. Start the day at 9 a.m. with a walk, lawn games and coffee and pastries from Clarity Coffee House. Welcome Herbert's Farms for fall veggies at 10 a.m. After 6 Band will play at 11 a.m. with some oldies, Go-Go, Country and R&B. Chick-Fil -A chicken sandwiches will be available to purchase. Bring your own chair, water, and lunch. Expect door prizes, a 50/50, and loads of fun. No Rain date. This event is sponsored in part by Charles County Arts Alliance, Inc., the Indian Head Senior Center Council and AVSI.

Thursday, Oct. 5, 9 a.m., band starts at 11 a.m.

Fee: Generous Donation

Location: Indian Head Village Green

Caregivers Corner

Top Tips Older Adults Can Use to Save Money at the Grocery Store

From beef and poultry to dried beans and legumes, food prices everywhere have risen. These costs are outpacing Social Security cost-of-living adjustments (COLA), leaving many older adults struggling to stock their fridge every week. While you can't do much about food prices, you can learn to shop smarter and make your dollars work harder. Here are some money-saving tips for grocery shopping you can put to use on your next trip.

1. Embrace the art of coupon clipping. The Sunday inserts can be overwhelming, but take some time to mine them for brand-name food coupons you think you'll use.
2. Join store loyalty programs. Most stores offer rewards programs for free and once you sign-up you can receive generous members-only discounts & coupons.
3. Give generic brands a chance.
4. Make a grocery list – and stick to it.
5. Make fewer shopping trips. Plan for one weekly trip and stick to it to curb the chances of impulse purchases.
6. Pay attention to price per unit. Tracking this will help you ensure you're getting the most product for your money.
7. Take advantage of weekly sales and deals.
8. Grocery shop online. Doing your food shopping from the comfort of home has money-saving advantages. First, it helps cut down on impulse buys by keeping you away from tempting aisles and displays. What's more, before you place a grocery order online, you can check to see exactly what's in your fridge. This stops you from spending money on items you don't need right now.
9. Find out if you qualify for SNAP.

Information from National Council on Aging (NCOA).

World Stroke Day: October 29

World Stroke Day is an opportunity to raise awareness of the serious nature and high rates of stroke and talk about ways in which we can reduce the burden of stroke through better public awareness of the risk factors and signs of stroke.

Facts and Figures about Stroke

- Stroke is a condition where the blood supply to the brain is disrupted, resulting in oxygen starvation, brain damage and loss of function.
- Stroke can cause permanent damage, including partial paralysis and impairment in speech, comprehension and memory.
- Stroke has already reached epidemic proportions. Globally 1 in 4 adults over the age of 25 will have a stroke in their lifetime.
- The incidence of stroke increases significantly with age, however over 60% of strokes happen to people under the age of 70 and 16% happen to those under the age of 50.
- One of the main clinical risk factors for stroke is high blood pressure as a result of atherosclerosis. There are many other risk factors, including tobacco use, physical inactivity, unhealthy diet, harmful use of alcohol, atrial fibrillation, raised blood lipid levels, obesity, genetic disposition, stress and depression.

The signs of stroke

Knowing the signs of stroke and seeking immediate emergency medical care can save lives and improve the outcome for survivors. The key signs of stroke are:

- Facial drooping
- Arm weakness on one side
- Speech difficulties - slurring or not making sense

People may also experience changes in their vision and loss of balance/dizziness.

Information from <https://www.world-stroke.org/>.



Holiday Closure

Charles County Senior Centers are closed on Monday, October 9, for Indigenous Peoples Day.

OCTOBER

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How Older Adults Can Improve Their Personal Cyber Security

The web can be a rich source of information, connection, and community for older adults—something that became even clearer during the COVID-19 pandemic. But as with any public space, you need to be aware of your surroundings. There are many online scams that target older adults, and their number and sophistication continues to grow.

Cyber security tips for seniors

But you don't have to resign yourself to becoming a victim. Scammers may be sophisticated—but there are smart ways to safeguard against them. Think of cyberspace as the freeway: you have to navigate it defensively. Just like fastening your seatbelt, using some basic internet safety practices can help ensure that your online experience is safe and enjoyable. We've outlined four top cyber security tips below.

1. Don't click on links in emails from unfamiliar senders. Be wary of any strange or unexpected messages, even if it's from someone you know.
2. Don't open any attachments unless you know the sender and were expecting them to send it.
3. Ignore unsolicited phone calls and "robocalls."
4. Don't respond to or click on pop-up windows on your phone or computer.
5. Don't conduct any transaction involving personal information while using a public (or unsecured) network.
6. Another item on your personal cyber security checklist should be installing trusted antivirus software to protect you and your device.

Lastly, if you think you've been the victim of an online scam or cyber attack, be vocal about your experience. You're not alone—and there's no reason to feel embarrassed about what happened. Immediately contact your local police and your financial institution if money has been taken from your account. You can also report the scam online to the Federal Trade Commission (FTC).

Information from <https://ncoa.org/article/how-older-adults-can-improve-their-personal-cyber-security>.

Central Registration

It's time for the senior centers to update Central Registration for 2024. 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.

Information & Assistance

Information and Assistance offices are open to provide face-to-face services. Appointments are highly recommended!

Richard R. Clark Senior Center

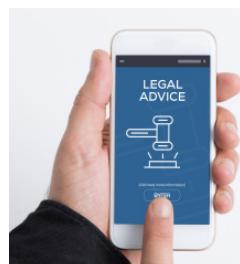
Hazel Conner or Barbara Joy at 301-609-5712

Waldorf Senior & Recreation Center

Joyce Woodard at 240-448-2810 ext 2816

Nanjemoy & Indian Head Senior Centers

Julie Hammonds at 301-934-6737



Legal Aid

Nov 7th and Dec 5th

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



DO YOU QUALIFY FOR LOWER RX COSTS?

MEDICARE OPEN ENROLLMENT / Oct. 15 – Dec. 7

Medicare.gov

Self-Enrollment Assistance Labs

Do you need help searching for a 2024 Part D drug plan or considering a Medicare Advantage plan? Join us and we will show you how to create your Medicare.gov account, research your plan options and enroll for 2024. Please bring your Medicare card and list of prescriptions. *Must be able to use the computer independently* Appointments are encouraged to secure your spot, but walk-ins are welcome. Check with your library or senior center for a sign-up list or call SHIP at 301-609-5712.

Charles County Public Libraries (9am -12pm):

Oct 25, 2023 - La Plata Library

Nov 29, 2023 - Waldorf West

Senior Centers (9am – 12pm):

Oct 30, 2023 - Richard R. Clark Senior Center

Nov 7, 2023 - Richard R. Clark Senior Center

Nov 15, 2023 - Nanjemoy Senior & Community Center

Ask SHIP:

What is Medicare's Open Enrollment Period? What changes can I make during this time?

Medicare's Open Enrollment Period (OEP) runs from October 15 through December 7 each year. During this time, you can make certain changes to your health insurance coverage, including adding, dropping, or changing your Medicare Advantage and Part D coverage. Even if you are happy with your current health and drug coverage, Medicare's Open Enrollment Period is a good time to review what you have, compare it with other options, and make sure that your current coverage still meets your needs for the coming year.

The changes you can make include:

1. Joining a new Medicare Advantage Plan
2. Joining a new Part D prescription drug plan
3. Switching from Original Medicare to a Medicare Advantage Plan
4. Switching from a Medicare Advantage Plan to Original Medicare (with or without a Part D plan)

Regardless of how you receive your Medicare coverage, you should consider:

- Your access to health care providers you want
- Your access to preferred pharmacies
- Your access to benefits and services you need
- The total costs for insurance premiums, deductibles, and cost-sharing amounts
- The quality of the customer service you receive

If you have a Medicare Advantage Plan or a stand-alone Part D plan, read your plan's Annual Notice of Change (ANOC) and/or Evidence of Coverage (EOC). Review these notices for any changes in a) the plan's costs, b) the plan's benefits and coverage rules, or c) the plan's formulary (list of drugs your plan covers). Make sure that your drugs will still be covered next year and that your providers and pharmacies are still in the plan's network. If you are unhappy with any of your plan's changes or your plan's performance, you can enroll in a new plan.

If you want assistance reviewing your options, **Contact your State Health Insurance Assistance Program (SHIP)** for unbiased counseling, at 301-609-5712 (La Plata area residents) or 240-448-2816 (Waldorf area residents).



CLARK SENIOR CENTER

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

Get your Latest *SCOOP* online!

Program Highlights

Getting Started with Facebook

During this hands-on workshop, you will sign up for Facebook, begin building your profile, learn to find friends, and get a brief introduction to Facebook privacy standards. Class size limited, please sign up early!

Wednesday, Oct. 4, 10 a.m. Fee: FREE

Council Taco Day

Join the Clark Center Council for a tasty Taco lunch with all the fixins. Limit two tacos per person. Sign up required by September 27th.

Wednesday, Oct. 4, 11:30 a.m. Fee: FREE

Let's Talk about Bird Feeders

Join Karolina and learn about bird feeders and what type you might need to attract a specific type of bird.

Wednesday, Oct. 11, 10:30 a.m. Fee: FREE

Halloween Movie "The Monster Squad"

Calling all Halloween Movie Enthusiasts! Join us for a supernatural morning movie and popcorn!

Tuesday, Oct. 17, 10 a.m. Fee: FREE

Farmers Market

Herbert Farms will be onsite with fresh produce available for purchase. Farmers Market Coupons accepted.

Wednesday, Oct. 18, 10 a.m.

Fee: Your purchase

Spooktacular Halloween Party

Join us for some spooky Halloween fun, lunch and a costume contest. Enjoy music by DJ CJ Kiggins. Sponsored in part by Charles County Arts Alliance. Sign up and pay in the program office.

Tuesday, Oct. 31, 10:30 a.m.

Fee: \$5/60 & Over, plus a lunch donation, \$7/59 & younger.

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 Oct. 4 & 18, 10 a.m. Fee: FREE

Book Club

Led by Nancy Marquardt, Charles County Public Library. There There by Tommy Orange.

Thursday, Oct. 5, 1 p.m. Fee: FREE

Charles County Mobile Library

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

Tuesday, Oct. 3 & 24, 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, Oct. 12, 11:30 a.m. Fee: FREE

Widow to Widow Support Group

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

Monday, Oct. 16, 1 p.m. Fee: FREE

Karaoke Wednesday

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

Wednesday, Oct. 18, 11 a.m. Fee: FREE

Greeting Card Making Class

Join Teresa Wearmouth to learn to make your own beautiful greeting cards. Each participant will make 2 complete cards in this class. Sign up and payment required in the program office.

Wednesday, Oct. 25, 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, Oct. 25, 11:30 a.m. Fee: FREE

Learn to Quilt

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

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

Knit & Crochet Group

This is an open session for you to come together and work on your own projects. If you are new, we can teach you.

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

Project Linus

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

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

get motivated

FITNESS

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, Oct. 4 & 18, 10 a.m. Fee: \$5

Flu Shot Clinic

Get your flu shot here! Safeway Pharmacy of LaPlata will be onsite to provide free flu shots. Please sign up by October 3.

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

Hand Dance

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

Thursday, Oct. 12 & 26, 2 p.m. Fee: FREE

Unlocking Mobility/Empowering Seniors to Overcome Knee Stiffness

Join Physical Therapist, Dr. Donna Concepcion to learn more about how to overcome knee stiffness. Please sign up!

Thursday, Oct. 19, 10:30 a.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

Flex & Stretch

Walk away feeling amazing with gentle movement, stretching, and specific exercises. This class can be done in a chair or on the mat. All exercise levels welcome.

Tuesdays, 10 a.m. Fee: Fitness Card

Tursdays, 1 p.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 thera bands.

Wednesdays, 1 p.m. Fee: FREE

Fridays, 11:30 a.m. 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards.....9:30 Sewing Room OPEN.....9:30 Coloring & Puzzles.....9:30 2N1 Social Club.....10:00 Duplicate Bridge.....10:00 Pokeno.....11:00 Primetimers.....2:15 Fitness Total Body Conditioning.....9:00 Walking at Laurel Springs.....9:00 Pilates.....10:00 Yoga Flow.....11:00 Drums Alive.....1:00	Billiards.....9:30 Stained Glass.....9:30 Quilting Class.....9:30 Coloring & Puzzles.....9:30 Guitar.....10:00 Cards & Games.....10:00 Lunch.....12:00 Fitness Strength Training.....9:00 Flex & Stretch.....10:00 Zumba.....11:30 Line Dance.....1:00	Billiards.....9:30 Sewing Room OPEN.....9:30 Crochet/Knitting.....9:30 Coloring & Puzzles.....9:30 Mah Jong.....10:00 Cards & Games.....10:00 Lunch.....12:00 Fitness Gospel Choir.....2:00 Fitness Basic Fitness Training.....9:00 Yoga.....10:30 Chair Yoga.....11:30 AFEP.....1:00	Billiards.....9:30 Sewing Room OPEN.....9:30 Coloring & Puzzles.....9:30 Lunch.....12:00 Reflections.....1:00 Fitness Strength Training.....9:00 Step Plus.....10:00 Zumba.....11:30 Flex & Stretch.....1:00	Billiards.....9:30 Project Linus.....9:30 Coloring & Puzzles.....9:30 Open Paint Session.....10:00 Guitar.....10:00 Lunch.....12:00 Fitness Core & More.....9:15 Total Body Conditioning.....10:15 AFEP.....11:30 Gentle Stretch.....12:00 Circuit Training.....1:00 Line Dance.....2:00
2 Coloring & Puzzles.....9:30	3 Mobile Library10:00	4 Getting Started with Facebook10:00 Beginners Jewelry.....10:00 Fitness Orientation.....10:00 Guided Meditation.....10:00 Council's Taco Day11:30 Walk at Port Tobacco Park11:30	5 Book Club.....1:00 Fall Fest at 9 a.m. on the Indian Head Village Green	6 Hand & Foot Canasta ...10:00
9 Senior Centers Closed  Indigenous Peoples Day Holiday	10 Flu Shot Clinic.....9:30 Hand & Foot Canasta.....10:00	11 Lets Talk About Bird Feeders10:30 Council Meeting1:00	12 Exercise for a Cause9:00 Grocery Distribution.....11:30 Hand Dance2:00	13 Circuit Training.....1:00
16 Widow to Widow.....1:00	17 Movie "Monster Squad"10:00 Hand & Foot Canasta10:00	18 Beginners Jewelry.....10:00 Farmers Market10:00 Fitness Orientation.....10:00 Guided Meditation.....10:00 Karaoke Day11:00	19 Knee Pain Presentation10:30	20 Project Linus Meeting.....10:00
23 Qi Gong Workshop.....11:00 Skin Care & Makeup1:00	24 Mobile Library10:00	25 Greeting Card Class.....10:00 Lunchtime Music with Will11:30 Caregivers Support Group2:00	26 Diabetes 10110:00 Hand Dance2:00	27 Hand & Foot Canasta ...10:00
30 Self Enrollment Assistance Lab.....9:00 Total Body Conditioning.....9:00	31 Halloween Party10:30 			

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

Hispanic Heritage Month

Join us as we celebrate the sounds, taste, history and colors of our Hispanic community.

Friday, Oct. 6, 11 a.m. Fee: Donation

Healthy Lung Month – Well-come to Wellness

According to the American Lung Association as we age our lung capacity declines. Learn simple steps to improve your lung capacity.

Wednesday, Oct. 11, 1 p.m. Fee: FREE

Dr. Cook

Dr. Cook will be available to answer health questions. Submit questions in advance. Sponsored by the Indian Head Senior Center Council (IHSCC). Virtual link via MS Teams: Meeting #278-957-640-671 Passcode: 5YZs6z Or Call (audio only) 240-673-0212, 989857801.

Friday, Oct. 13, 10:30 a.m. Fee: FREE

Gospel Group

Love to sing. Join our Mary for some fun.

Monday, Oct. 16 & 30, 1 p.m. Fee: FREE

Gaudy Fashion Show

Just for laughs. Wear your gaudiest outfit.

Tuesday, Oct. 17, 10:30 a.m. Fee: FREE

Introduction to Pickleball

Join Nate as he teaches the basic of pickleball.

Wednesday, Oct. 18, 10:15 a.m. Fee: FREE

Cooking w/ Christina

Join Christina as we create a beet dish to celebrate Breast Cancer Awareness Month.

Wednesday, Oct. 18, 12:30 p.m. Fee: FREE

Ongoing Programs

Bingo

Monday, Oct. 2, 16 & 30, 9:30 a.m.

Fee: nickel/card

Diabetes Prevention Program (DPP)

This program is proven to delay or prevent type 2 diabetes. Facilitators, Palon Moon and Spencer Barry. Sponsored by CCHD and CRMC.

Thursday, Oct. 12, 9:30 a.m. Fee: FREE

Poetry Club

Facilitated by Poet Dorothy Simms.

Tuesday, Oct. 10, 2:30 p.m. Fee: FREE

Widow & Widower Support Group

Facilitated by Brenda Dubose.

Wednesday, Oct. 11 & 25, 10 a.m. Fee: FREE

Senior Tech

See Tayloni for a 20-minute tech checkup.

Friday, Oct. 20, 11 a.m. Fee: \$1

Project Linus/Sewing 101

Make a difference in a child's life. No sewing experience is necessary.

Monday, Oct. 23, 9:30 a.m. Fee: FREE

Information & Assistance w/Julie

Meet privately with Aging & Disability Resource Specialist, Julie Hammonds. Make an appointment by calling 301 934-6737.

Tuesday, Oct. 24, 9:30 a.m. Fee: FREE

Green Thumb Club

Friday, Oct. 27, 10:30 a.m. Fee: FREE

Herbal Tea Club

Sponsored by the IHSCC.

Tuesday, Oct. 31, 1 p.m. Fee: FREE

Health & Fitness Programs

Fitness Orientation

Required before using fitness equipment.

Wednesday, Oct. 11, 2 p.m. Fee: \$5

Fitness Room

Fitness Orientation required before using the fitness room.

Monday - Thursday, 9 a.m. Fee: FREE

Fridays, 10:30 a.m. Fee: FREE

Tai Chi for Health

This tai chi class is held outside 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, 10:30 a.m. Fee: Fitness Card

Tai Chi for Health Beginner's Class

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

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

AFEP (Arthritis Foundation Exercise Program)

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

Join Nieda incorporates functional movement for every-body!

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

Eat Well/Move Well

Join Brittany for healthy eating and moving tips.

Tuesday, Oct. 3, 1:30 p.m. Fee: FREE

Fitness w/Nate

Exercises to promote strength.

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

Fitness Surprise

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

Fitness w/Lamont

Cardio, circuit, and strength training.

Thursdays, 1 p.m. Fee: Fitness Card

Kettlebell w/Lamont

Challenging but geared for seniors, this class is all about staying strong and agile.

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

Seated Yoga

Enjoy your practice with Yoga Instructor, Nieda.

Fridays, 9 a.m. Fee: Fitness Card

Community Programs

Mobile Library – Geography Genius

Thursday, Oct. 19, 11 a.m. Fee: FREE

Mobile Market

Wednesday, Oct. 25, 11 a.m. Fee: FREE

Halloween Parade

Join the students for a Halloween Parade. Wear you best or worse costume.

Tuesday, Oct. 31, 3 p.m. Fee: FREE

BOOK CLUB: THE BOOK WOMAN OF TROUBLESONE CREEK

Wednesday, Oct. 25, 1 p.m.

Fee: FREE

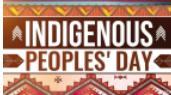


INDIAN HEAD SENIOR CENTER

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 w/Sha'Meca.....10:30 Beginners Tai Chi for Health...1:00	Fitness Room.....9:00 Billiards/Cards9:00 Mobility & Balance w/ Nieda9:15 AFEP11:15	Fitness Room.....9:00 Billiards/Cards9:00 Tai Chi for Health.....9:00 Fitness w/Nate.....10:15	Fitness Room.....9:00 Billiards/Cards9:00 Fitness Surprise9:30 Canvas Painting.....11:00 AFEP.....11:15 Fitness w/Lamont.....1:00 Kettle Bell Training2:15	Cards.....9:00 Seated Yoga.....9:00 Fitness Room.....10:30 Billiards.....10:30 Beginners Tai Chi for Health...1:00
2 Bingo9:30	3 Matter of Balance10:00 Eat Well/Move Well1:30	4 Council Meeting9:30 NO Tai Chi	5 Fall Fest.....9:00 No Fitness Surprise or AFEP	6 Hispanic Heritage Month11:00
9 Senior Centers Closed  Indigenous Peoples Day Holiday	10 Matter of Balance10:00 Pastor Chris & Friends.....1:00 Poetry Club2:30	11 Widow & Widower Support .10:00 Healthy Lung Month – Welcome to Wellness1:00 Fitness Orientation.....2:00	12 Diabetes Prevention Program9:30	13 Dr. Cook10:30 Lunch at 12:30 today Breast Cancer Walk- Village Green, Sunday 10/15
16 Bingo9:30 Gospel Group.....1:00	17 Matter of Balance10:00 Gaudy Fashion Show.....10:30 Shabashi.....3:00	18 Introduction to Pickleball.....10:15 Cooking w/ Christina ...12:30	19 Brain Games.....10:30 Mobile Library.....11:00 Groceries.....11:30	20 Senior Tech.....11:00
23 Project Linus/Sewing 1019:30	24 Information & Assistance with Julie Hammonds.....9:30 Matter of Balance10:00 CAP10:15	25 Widow & Widower Support .10:00 Mobile Market.....11:00 Book Club: <i>The Book Woman of Troublesome Creek</i>1:00	26 Fall Craft.....10:00	27 Green Thumb Club10:30
30 Bingo9:30 Gospel Group.....1:00	31 Herbal Tea Club1:00 Halloween Parade3:00			



Fall Fest – Goodbye Summer

Join us for the third Fall Fest on the Indian Head Village Green as we celebrate the end of summer, Breast Cancer Awareness Month and Domestic Violence Awareness Month. Start the day at 9 a.m. with a walk, lawn games and coffee and pastries from Clarity Coffee House. Welcome Herbert's Farms for fall veggies at 10 a.m. After 6 Band will play at 11 a.m. with some oldies, Go-Go, Country and R&B. Chick-Fil-A chicken sandwiches will be available to purchase. Bring your own chair, water, and lunch. Expect door prizes, a 50/50, and loads of fun. **NO RAIN DATE.** This event is sponsored in part by Charles County Arts Alliance, Inc., the Indian Head Senior Center Council and AVSI.

Thursday, Oct. 5, 9 a.m., band starts at 11 a.m. • Fee: Generous Donation

NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest *SCOOP* online!

Program Highlights

Walk With Ease – 6-Week Workshop

This evidence-based program is designed to reduce arthritis pain, increase balance, strength, and walking pace, and build confidence in your ability to be physically active and help prevent falls.

Tuesdays - Thursdays, Oct. 3 - 31, 9 a.m.

Fee: FREE

A Matter of Balance – 8-Week Workshop

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

Tuesdays, Oct. 3 - 24, 1 p.m. Fee: FREE

Cooking with Christina

Join Christina as we create a beet dish to celebrate Breast Cancer Awareness month.

Thursday, Oct. 12, 10 a.m. Fee: FREE

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, Oct. 27, 5 p.m. Fee: 5¢ per card

Ongoing Programs

Artistic Aesthetics

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

Mondays, 1 p.m.

Scarecrow Wineglass, Oct. 2, Fee: FREE
Blinged Skull, Oct. 16, Fee: \$3

Casual Crafting, Oct. 23,

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

Decorate Bling Pumpkins, Oct 30, Fee: \$3

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 "Know Your Heart Signs." You will also receive a newsletter with recipes and activities related to the monthly topic.

Monday, Oct. 2, 10 a.m. - 11 a.m. Fee: FREE

I&A Services

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, Oct. 19, 9:30 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, Oct. 27, 12:30 p.m. Fee: \$8

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



FITNESS

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 p.m. - 4 p.m.

Shop the Rack – Community Closet

New and gently use clothing items for free.

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

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

Fee: FREE

WIC Services

Fridays, Oct. 13 & Oct. 27, 9 a.m. - 4 p.m.

Fee: FREE

21st Annual Nanjemoy Heritage Day

Celebrate 21 years of history, family, and fun at our 21st Annual Nanjemoy Heritage Day. Event features a parade and car show, entertainment, vendors, food, and more.

Saturday, Oct. 14, 11:30 a.m. - 3 p.m.

Fee: Prices set by vendors. FREE admission.

Singing, Reading, and Writing Songs with Alden Phelps – Youth Show & Workshop

It's a show and it's a workshop! In Singing, Reading, and Writing Songs, Silly Songster Alden sings his original children's songs, then leads students as they design musical couplets in teams. By physically manipulating magnetic words, roadblocks that inhibit participation (spelling, handwriting, etc.) are removed. Students at different levels can engage meaningfully and achieve writing success to build language skills in Singing, Reading, and Writing Songs. *This opportunity is fully funded by the Charles County Arts Alliance. Prior registration required through the Nanjemoy Community Center*

Tuesday, Oct. 17, 12 p.m. - 12:45 p.m.

Fee: FREE

Mobile Library

Borrow books, movies, tech every three weeks.

Tuesday, Oct. 17, 10 a.m., Fee: FREE

Mobile Food Market

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

Wednesday, Oct. 18, 10 a.m. Fee: FREE - While supplies last

Healthy Relationships

An active discussion and information session that discusses the signs and habits to form a healthy relationship. Focus is on parents communicating with middle and high school students. Class facilitated by Teen Court with the Charles County Sheriff's Office.

Wednesday, Oct. 18, 6 p.m. Fee: FREE

Farmer's Market

Herbert Farms selling produce to the public.

Farmer's market vouchers accepted.

Thursday, Oct. 19, 1 p.m.

Fee: Prices set by vendor.

New Hope Food Distribution

Shelf-stable pantry items provided.

Thursday, Oct. 26, 11:30 a.m.

Fee: FREE - While supplies last

NANJEMOY SENIOR/COMMUNITY CENTER

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

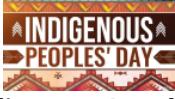
Senior Center Hours: 9 a.m.–3 p.m., Mon–Friday

Luncheon at Noon—Reservation/Registration Required

Reserve lunch by 10 a.m. the preceding day.

Community Center Hours:

8:30 a.m.–4:30 p.m., Mon–Friday

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards.....8:30 Computer Lab.....8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch.....12:00 Dominos.....1:00 Games/Puzzles.....1:00 Fitness Tai Chi.....11:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch12:00 Coloring Group9:00 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness Flex & Stretch.....10:00 Fitness Fifteen.....11:15	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness AFEP11:00 Walking Club1:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch12:00 Dominos.....1:00 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 Coloring Group9:00 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness AFEP11:00 Walking Club1:00
2 Fresh Conversations10:00 Artistic Aesthetics: Scarecrow Wineglass.....1:00	3 Walk with Ease9:00 A Matter of Balance1:00	4 Walk with Ease9:00	5 Walk with Ease9:00 <i>Fall Fest at 9 a.m. on the Indian Head Village Green</i>	6 AFEP.....11:00
9 Senior Centers Closed  Indigenous Peoples Day Holiday	10 Walk with Ease9:00 A Matter of Balance1:00	11 Walk with Ease9:00	12 Walk with Ease9:00 Cooking with Christina .10:00	13 Community Program WIC Services9:00 <i>*Saturday, October 14*</i> TOMORROW Heritage Day 11:30-3:00
16 Artistic Aesthetics: Blinged Skull1:00	17 Walk with Ease9:00 Singing, Reading, & Writing Songs12:00 A Matter of Balance1:00 <u>Community Program</u> Mobile Library10:00	18 Walk with Ease9:00 <u>Community Programs</u> Mobile Food Market10:00 Healthy Relationships.....6:00	19 Walk with Ease9:00 I&A Services.....9:30 <u>Community Program</u> Farmers Market1:00 Connected Devices2:00	20 Walking Club1:00
23 Artistic Aesthetics: Casual Crafting1:00	24 Walk with Ease9:00 A Matter of Balance1:00	25 Walk with Ease9:00	26 Walk with Ease9:00 <u>Community Program</u> New Hope Food Distribution. 11:30	27 Painting & Pizza12:30 <u>Community Program</u> WIC Services9:00 Council Evening Bingo Fundraiser5:00
30 Artistic Aesthetics: Decorate Bling Pumpkin.....1:00	31 Walk with Ease9:00			

WALDORF SENIOR & RECREATIONAL CENTER

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

Get your Latest SCOOP online!

Program Highlights

Stronger Memory

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

Stronger Memory is limited to 15 participants, please pre-register.

Wednesdays, Oct. 4 - 25, 11 a.m. Fee: FREE

Coffee Counter

Do you love coffee as much as we do? Join us for a Caramel Macchiato (served hot or cold). Registration is required by Friday, October 6.

Wednesday, Oct. 11, 10 a.m. Fee: \$3 per drink

Pop-Up Farmer's Market

Sue Herbert from Herbert Farm will sell fresh autumn fruits and vegetables. Farmers Market Coupons will be accepted.

Wednesday, Oct. 11, 10 a.m. - 11:30 a.m.

Fee: Your Purchase

Stronger Memory Reunion

Have you already taken Stronger Memory and want to get together with your classmates to review and put into practice what you've learned? Then join each other for this great chance to reunite!

Friday, Oct. 13, 1:30 p.m. Fee: FREE

Book Club

A Book Club is starting at our center! The first book will be the classic Frankenstein as a fun way to celebrate the month of October.

Friday, Oct. 20, 1 p.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 foundation and contouring routine. Must bring your own make-up supplies.

Monday, Oct. 23, 11 a.m. Fee: FREE

Breakfast Club

Come join us for a hot breakfast! Menu items include: 2 4-inch pancakes, 2 slices of bacon or sausage, 4oz of banana slices, 1 scrambled egg, juice. Additional meat, eggs, or pancakes are 50 cents per item. Registration is required by Friday, October 20.

Wednesday, Oct. 25, 9:30 a.m. Fee: \$4

Ceramics

Come and paint Halloween themed ceramics. Projects are priced based on size. Please sign up.

Monday, Oct. 30, 10 a.m. Fee: Your Project

Monster Mash Party

Dress up for Halloween and dance the day away! We will be having a spooky lunch (sign-up by 10am the day prior), Rockin Rogers DJ, and a costume contest! Prizes will be given for the best costumes in the categories of Spookiest, Most Creative, and Funniest! If interested in lunch, you must sign-up separately on the daily lunch sign-up sheet. Pre-Registration required.

Tuesday, Oct. 31, 10:30 a.m. Fee: \$5

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, 1 p.m. Fee: FREE

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, Oct. 3 & Oct. 10, 10 a.m. Fee: FREE

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, Oct. 10 & Oct. 31, 9 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, Oct. 11, 10 a.m. Fee: \$3/pp

Widow & Widower Support Group

Facilitated by Brenda Dubose.

Monday, Oct. 16 & Oct. 30, 9:30 a.m. Fee: FREE

Bible Study

Facilitated by Minister Yvonnde' Wilson. All are welcome!

Tuesday, Oct. 17, 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

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

Tuesdays, 10 a.m. Fee: FREE

Tech Time

Do you have questions about your phone or laptop? Make an appointment so we can help you with your tech needs!

Tuesdays, Appointments start at 10:30 a.m.

Fee: FREE

Crochet Club

Join Vicki Eichhorn and learn about basic crocheting 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.**

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

Fitness Orientation

Required before use of the fitness room.

Must register in advance. Fee: \$5

Wednesday, Oct. 4 & Oct. 18, 1 p.m.

Tuesday, Oct. 10 & Oct. 24, 10:30 a.m.

Tai Chi for Health

This slow, gentle non-impact exercise builds strength, balance, flexibility, and coordination and is good for your heart, breathing and immune function.

Tuesdays and Thursdays, Beginning Oct. 17, 1 p.m. Fee: FREE

Total Body Conditioning

This class uses a combination of chair exercises, bands, weights, 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

Tai Chi For Health

This evidenced based class is great for balance and mobility. With slow controlled movements and centering the body and mind, you will develop core strength and overall body awareness as you move through the forms. Classes begin October 17.

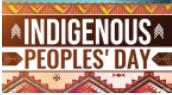
Tuesdays & Thursdays, 1 p.m. Fee: FREE

WALDORF SENIOR & RECREATIONAL CENTER

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

Hours: 9 a.m.–4 p.m., Monday–Friday

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness Room 9:00 Racquetball 9:00 Cards & Games 10:30 Pinochle 11:00 Lunch 12:00 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 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 Yoga Flow 10:30 Line Dancing 11:30 Walking Club 12:30	Fitness Room 9:00 Racquetball 9:00 Cards & Games 10:30 Lunch 12:00 Fitness Core & More 10:30 AFEP 11:30 Circuit Training 2:30
2	3	4	5	6
Coffee & Convo 9:30 Diabetes Prevention 9:30 Guitar Club 10:00 Basic Sewing 1:00 Cornhole 1:00	Prayer Group 10:00 Leather Crafting 10:00 Tech Time 10:30 Basketball 11:00 Beginner Pickleball 2:30	Basketball 10:00 Stronger Memory 11:00 Basic Sewing 1:00 Fitness Orientation 1:00	Bingo 10:30 Basketball 11:00 Grocery Distribution 11:30 Personal Care Supplies 11:30 Guitar Club 1:00 Beginner Pickleball 2:30 Fall Fest at 9 a.m. on the Indian Head Village Green	Crochet Club 11:00 Cornhole 1:00
9	10	11	12	13
Senior Centers Closed  Indigenous Peoples Day Holiday	Mobile Library 9:00 Prayer Group 10:00 Leather Crafting 10:00 Tech Time 10:30 Fitness Orientation 10:30 Basketball 11:00 Beginner Pickleball 2:30	Coffee Counter 10:00 Pop-Up Farmer's Market 10:00 Basketball 10:00 Jewelry Club 10:00 Stronger Memory 11:00 Basic Sewing 1:00	ACA Meeting 9:30 Breast Cancer Awareness Bingo 10:30 Basketball 11:00 Guitar Club 1:00 Intro to Pickleball 2:30 Exercise for a Cause	Diabetes Prevention ... 10:00 Crochet Club 11:00 Cornhole 1:00 Stronger Memory Reunion 1:30
16	17	18	19	20
Widow & Widower Support Group 9:30 WSC Council Meeting 9:30 Guitar Club 10:00 Basic Sewing 1:00 Cornhole 1:00	Leather Crafting 10:00 Tech Time 10:30 Basketball 11:00 Bible Study 11:00 Tai Chi for Health 1:00 Beginner Pickleball 2:30	Basketball 10:00 Stronger Memory 11:00 Basic Sewing 1:00 Fitness Orientation 1:00	Bingo 10:30 Basketball 11:00 Guitar Club 1:00 Tai Chi for Health 1:00 Beginner Pickleball 2:30	Crochet Club 11:00 Cornhole 1:00 Book Club 1:00
23	24	25	26	27
Guitar Club 10:00 Makeup Tips 11:00 Basic Sewing 1:00 Cornhole 1:00	Leather Crafting 10:00 Tech Time 10:30 Fitness Orientation 10:30 Basketball 11:00 Tai Chi for Health 1:00 Beginner Pickleball 2:30	Breakfast Club 9:30 Basketball 10:00 Stronger Memory 11:00 Basic Sewing 1:00	Bingo 10:30 Basketball 11:00 Guitar Club 1:00 Tai Chi for Health 1:00 Intro to Pickleball 2:30	Crochet Club 11:00 Cornhole 1:00
30	31			
Widow & Widower Support Group 9:30 Ceramics 10:00 Guitar Club 10:00 Basic Sewing 1:00 Cornhole 1:00	Mobile Library 9:00 Leather Crafting 10:00 Monster Mash Party 10:30 Tech Time 10:30 Basketball 11:00 Tai Chi for Health 1:00 Beginner Pickleball 2:30			



Walk Maryland

October 4th is Walk Maryland Day!

Calling all walkers! Meet up at Port Tobacco Park as we celebrate our state exercise! Meet at the entrance of the park for warm up and group walk.

October 4 • 11:30 a.m.



Flex & Stretch w/ Brenda

Being limber allows you to have better range of motion and makes moving through day-to-day life easier. All fitness levels can use chair or mat.

Richard R Clark Senior Center

Tuesdays at 10 a.m. & Thursdays at 1 p.m.

Fee: Fitness Card



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, October 12 & 26 • 2 p.m. • Fee: FREE



Workout For a Cause

Come, wear your pink, exercise, and be a part of a great cause. We will be supporting Sisters at Heart, Breast Cancer Support Group.

This support group founded by Roberta Killinger raises awareness and the importance of getting regular mammograms. They provide information and support for anyone going through breast cancer. All classes will be a donation to Sisters at Heart.

All Classes – All Day - Thursday, October 12

Clark Senior Center & Waldorf Senior & Rec Center

*They will have t-shirts, socks, and other items to purchase. 301-934-5423 for more information.

Tai Chi For Health

This evidenced based class is great for balance and mobility. With slow controlled movements and centering the body and mind, you will develop core strength and overall body awareness as you move through the forms.

Check your center for class times and days.

Fee: FREE

Thank you for your continued dedication to improving your health and fitness.

Debi & Nate

Qi Gong Flow for Breath Optimization Workshop

This workshop will be focused on relaxation and easy meditation techniques to create more elasticity in our brain. Gentle body movements of Qi gong to release stagnant Qi (vital force), increase circulation through the energy channels, and gentle self-massage on the head to stimulate neurovascular points for optimization of brain functions.

At the end, a tea ceremony to share the energy experience among participants. Register in program office *Space is limited*

Monday, October 23 at the Clark Senior Center • 11:00 a.m.

Instructor: Patsy Masson

Fee: \$10 includes all materials

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 with Nate or Debi & Fridays walk with the group on your own.

Biking w/ Nate

Friday October 13 & October 27

NEW TIME FOR FALL @ 1 P.M.

Indian Head Rail Trail (White Plains)



Fitness Card News...

We appreciate your support in taking part in classes!

Please note a new fitness card is available for purchase.

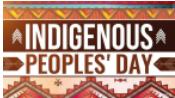
\$20 for 10 classes or \$60 for 40 classes

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
2 Teriyaki Chicken Fluffy Rice Stir-Fry Vegetables Whole Wheat Dinner Roll Mandarin Oranges Apple Juice	3 Roast Beef Deli Sandwich on Whole Wheat, Lettuce, Tomatoes, Old Bay Coleslaw Grape Juice Apple Slices	4 Chicken Parmesan Noodles Roasted Brussels Sprouts Dinner Roll Diced Mango Fruit Punch Juice	5 Blackened Catfish Roasted Sweet Potatoes Collard Greens Cornbread Pineapple Chunks Pineapple Juice	6 Chicken & Noodles Stewed Tomatoes Herb Roasted Potatoes Orange Sections Grape Juice
9 Indigenous Peoples Day Holiday  Senior Centers Closed No meal service	10 Chophouse Burger w/ Lettuce & Tomato on Whole Wheat Bun Orange Glazed Carrots Party Harty Beans Apricots Pineapple Juice COLD: Ham and Swiss on Whole Wheat, Coleslaw, Apricots, Pineapple Juice	11 Curry Chicken Brown Rice Carrots and Green Beans Naan Flatbread Tangy Cherry Salad Pineapple Juice	12 Beef and Rice Roasted Broccoli Carrot Raisin Salad Cornbread Fresh Apple Slices Fruit Punch Juice	13 Jerk Catfish w/Mango Salsa Roasted Baby Carrots Mashed Potatoes Dinner Roll Citrus Salad Grape Juice
16 Honey Lime Chicken Roasted Redskin Potatoes Roasted Zucchini Whole Wheat Bread Apricots Orange Juice	17 Chicken Salad Sandwich on Brioche Bun Carrot Raisin Salad 3 Bean Salad Diced Mangos Apple Juice	18 Asian Tuna Burger w/ Lettuce and Tomato Whole Wheat Bun Roasted Sweet Potatoes Green Beans Mandarin Oranges Orange Juice	19 Balsamic Chicken White Rice California Blend Vegetables Biscuit Fruit Cocktail Fruit Punch Juice	20 Pork Chop Au Gratin Potatoes Collard Greens Cornbread Pineapple Chucks Pineapple Juice
23 Lemon Garlic Baked Cod Roasted Tomatoes Mashed Potatoes Dinner roll Raisins Fruit Punch Juice	24 Chicken Mushroom & Brown Rice Malibu Blend Vegetables Whole Wheat Dinner Roll Cantaloupe Grape Juice COLD: Chicken Salad Sandwich on Croissant, Pasta Salad, Roasted Tomato, Salad, Mandarin Cantaloupe, Grape Juice	25 Salmon w/ Lemon Dill Sauce White Rice Broccoli Wheat Dinner Roll Grapes Pineapple Juice	26 BIRTHDAY CELEBRATION	27 Chicken Marsala Parsley Potatoes Roasted Carrots Whole Wheat Bread Apricots Orange Juice
30 Ginger Lime Chicken Mashed Sweet Potato Broccoli Dinner Roll Mandarin Oranges Apple Juice	31 Mummy Sheets (Meat Lasagna) Swamp Trees (Steamed Broccoli) Skeleton Kneecaps (Dinner Roll) Mummy Eyes (Grapes) Goblin Juice (Pineapple Juice) Midnight Cake (Dbl. Chocolate Cake)			

Charles County Luncheon Program

Available at Noon • Days Vary By Center

Open to any Charles County resident, age 60 or older, for a donation. The suggested meal donation is \$3, actual cost is \$5.75 per person. All donations are used to provide meals for Charles County seniors. Guests (anyone age 59 or younger, or a non-county resident) may order lunch, but must pay the full price of \$5.75. Lunch reservations must be made by 10 a.m. the preceding day. We appreciate your assistance in keeping costs down. Party & special event meal prices may vary.

Clark Senior Center.....Tuesday–Friday
Indian Head Senior Center.....Monday–Friday

Nanjemoy Senior Center Monday–Friday
Waldorf Senior Center Monday–Friday

For those days where potatoes, corn, beans, and/or peas are used for the starch component of the meal, an additional starch such as bread, crackers, or muffins will be available for those participating in the CACFP program.

The SCOOP

The information contained in this monthly publication has been brought to you as a public service by the Charles County Department of Community Services. For more information about news for Charles County senior citizens, please contact the Richard R. Clark Senior Center at 301-934-5423.



www.CharlesCountyMD.gov



Department of Community Services

8190 Port Tobacco Road, Port Tobacco, MD
301-934-9305 - MD Relay: 711 (Relay TDD: 1-800-735-2258)

About Charles County Government

The mission of Charles County Government is to provide our citizens the highest quality service possible in a timely, efficient and courteous manner. To achieve this goal, our government must be operated in an open and accessible atmosphere, be based on comprehensive long- and short-term planning and have an appropriate managerial organization tempered by fiscal responsibility. We support and encourage efforts to grow a diverse workplace. Charles County is a place where all people thrive and businesses grow and prosper; where the preservation of our heritage and environment is paramount; where government services to its citizens are provided at the highest level of excellence; and where the quality of life is the best in the nation.

It is the policy of Charles County to provide equal employment opportunity to all persons regardless of race, color, sex, age, national origin, religious or political affiliation or opinion, disability, marital status, sexual orientation, genetic information, gender identity or expression, or any other status protected by law.

AMERICANS WITH DISABILITIES – The Department of Community Services welcomes the participation of individuals with disabilities. As with all County Government, we comply fully with the Americans With Disabilities Act in making reasonable accommodations to encourage involvement. If you require special assistance and would like to participate in our programs, please contact the Department of Community Services.

Publication Changes & Cancellations

Programs and activities have been confirmed at the time this publication goes to press. However, changes or cancellations can occur. For information, check with the Senior Center that has scheduled the program.

Senior Center Inclement Weather Policy

When Charles County Public Schools are closed due to inclement weather, Charles County's Senior Centers will also be closed. Senior Centers do not necessarily open late or close early as with Charles County Public Schools. Please tune your radio to 1560AM or 98.3FM for closing announcements. Community Services will also provide closing information as soon as possible through the Inclement Weather Hotline and Charles County Senior Center Facebook Page. Call 301-934-9305 or 301-870-3388 and immediately press extension 5197 for delays and cancellation listings.

Make some memories...Let's travel!

Trips sponsored by Action Travel Tours 301-645-1770

** 2N1 Sponsored Trips

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

December 13-15, 2023: Rockettes' Christmas Spectacular in New York City. Join us for 2 nights in NYC when it's decorated in all its' holiday glamor. We will stay in the heart of Times Square at The Edison Hotel, with center mez seats for the fabulous Rockettes at Radio City. This leaves plenty of time for sightseeing, shopping, dining, theater and so much 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 Start 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.

April 10 – 17, 2024: The American Splendor Paddle Wheeler from Memphis to New Orleans.

Embark on a unique riverboat adventure along the Lower Mississippi River between New Orleans, Louisiana and Memphis, Tennessee. Savor a week aboard an intimate and relaxing modern riverboat with 180 guests or fewer. Your journey will be filled with historical tales, culinary delights, vibrant music, and new friends. Other dates and river itineraries available.

****May 19-24, 2024: Sedona's Red Rocks and the Grand Canyon.** This 6-day, 8 meal trip features two historic rail journeys among some of the most beautiful landscapes. Experience the breathtaking beauty of the southwest, take a ride on two of Arizona's scenic railways, take in the awe-inspiring Grand Canyon, visit old mining towns, and explore Montezuma Castle National Monument.

