

The SCOOP

Charles County's Senior Center News



NOVEMBER 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.

WALK TO END ALZHEIMER'S ALZHEIMER'S ASSOCIATION®

Walk to End Alzheimer's

Join our team, CHARLES COUNTY SENIOR CENTERS!!
NEW DATE!!! SATURDAY, NOV. 18, Regency Stadium, White Plains

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

Council News for November Sponsored/Hosted Activities & Events

Clark Senior Center Veterans Day Thanksgiving	Indian Head Senior Center Breakfast for Vets All Clubs Thanksgiving	Nanjemoy Senior & Community Center Thanksgiving Lunch Council Evening Bingo Fundraiser	Waldorf Senior & Rec Center Bingo
---	--	---	--------------------------------------

Pop Up Farmers Markets

Pop Up Farmers Markets are returning to Senior Centers this month! Herbert Farms will be visiting the Senior Centers 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 FINAL chance to spend your remaining vouchers. Mark your calendars!

November

- Nov. 7 at 9:30 a.m. – Indian Head Senior Center
- Nov. 9 at 10 a.m. – Nanjemoy Senior & Community Center
- Nov. 14 at 11 a.m. – Clark Senior Center
- Nov. 16 at 10 a.m. – Waldorf Senior & Rec. Center

Diabetes Awareness Month

November is Diabetes Awareness month. Join Charity, county dietitian, in a conversation around nutrition, diabetes awareness, and the holidays.

- Nov. 1 at 11 a.m.**
Waldorf Senior and Recreation Center
- Nov. 14 at 10 a.m.**
Clark Senior Center
- Nov. 21 at 1 p.m.**
Nanjemoy Senior & Community Center
- Nov. 28 at 10 a.m.**
Indian Head Senior Center



The Charles County Fair: Thank you!

The 99th Charles County Fair Senior Room was a huge success in September! We had more entries than in previous years and our seniors really showed off how talented they are. Thank you to everyone who took the time to enter their projects. They were truly enjoyed by the community. A special thank you goes out to all of our volunteers who hosted the senior room, received entries, prepared the room, helped on judging day, and returned entries. We are very grateful for your time!

Sandy Rhode, Carol Facey, Dianne Kinny, Norma Baretinic, Mary Mason, Debbie Butler-Penny, Carolyn Savoy, Deb Hoefert, Vicki Bassett, Deborah Harding, Joanne Bell, Win Barber, Helen Barber, Debbie Moomey, Margaret Ford, Allen Higgs, Janet Fogle, Darlene Luttrell, Martha Williams, Tayloni Ricks, Mary Freeman, Kaci Hernandez, Ed Luttrell, Jeff Dudley, Sharion Collins, Margo Robinson, and Debi Shanks.

Crochet & Knitting Club

The Crochet and Knitting Club at the Clark Senior Center came together and made these tiny blankets for the children at a NICU in DC. Pictured here are a group of nurses receiving the generous contribution. What an amazing donation made from the members of this group!



Prescription Drugs Affordability Town Hall Forum

**November 1st at 11 a.m. @ Waldorf Senior & Rec Center
90 Post Office Road, Waldorf, MD 20602**

Join us for a community forum with Andrew York, Executive Director of the Prescription Drug Affordability Board, Charles County Commissioner President Collins, and members of the Charles County Delegation on rising drug prices & learn about Maryland's new Prescription Drug Affordability Board. This forum will provide an overview of the program, followed with a discussion on what affordability means and the burden of paying for high-cost prescription drugs.

Holiday Closure

Charles County Senior Centers are closed on the following dates in November.

Friday, November 10 for Veterans Day.
Wednesday, November 22 through Friday, November 24 for Thanksgiving.



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.

We Give Thanks for You

The holiday season brings a time where we reflect on our lives and are able to give thanks for all the blessings that have come to us. At the Charles County Department of Community Services, Division on Aging, we give thanks to every community member that comes to our senior centers. We strive to create a welcoming and inclusive community for our older adults to visit and we thank you for making us a part of your day. Over the past year, we have shared many moments together and made many memories. Here are just a few to enjoy over this Thanksgiving season.



Caregivers Corner

Holiday Visits: Great Time to See if Mom Needs Assistive Aids

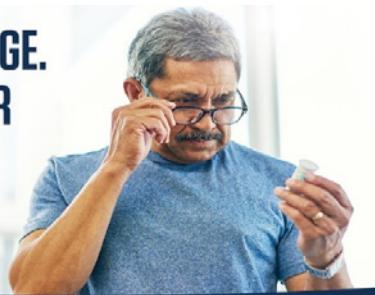
If you don't live near your aging parents, holiday visits are a great time to observe your parents' behaviors and physical capabilities to see if they need more help performing daily activities. With some additional resources, such as appropriate assistive aids, your parents may be able to stay healthy and independent.

- **A Rollator.** A walker with four wheels, brakes and a seat may enable your parent to walk further because they can stop and rest whenever they need to, then continue on their walk.
- **"Furniture Walking" Indoors.** Do you notice that your parents use furniture to balance themselves while walking inside now? Possibly, the furniture has been re-arranged slightly so they have something to hold onto when walking throughout the house. A simple cane or walker can add the stability one needs.
- **Changes in Bathing Habits.** This is a sensitive topic to approach with your parents, but if you haven't seen them in a while, it is a discussion that you should have. Statistically, bathrooms are the most accident-prone rooms in the house, so it is imperative that you check out how your parent functions in the bathroom. All bathtubs, showers and toilets should be equipped with easily accessible Grab Bars that can be used to steady oneself, as well as a Bath Seat that can help prevent a fall in the bathtub or shower. A Transfer Bench can make getting in and out of the tub possible. A Hand-Held Shower Nozzle makes bathing while sitting down possible. Raised Toilet Seats and Safety Rails make rising up from the toilet easier and safer.
- **Wearing the Same Clothes.** Do you notice that one of your parents is wearing the same type of clothes, the exact same clothes, or worse yet, isn't getting dressed daily? For numerous reasons — such as decreased hand strength, decreased arm or shoulder rotation, increased tremors or arthritis — dressing can become a daunting challenge. Dressing Aids, such as Zipper Pulls, Sock Aids, Elastic Shoe Laces, Long Handle Shoe Horns — products known as Aids to Daily Living — can help your parent accomplish these everyday tasks.
- **Not Putting Items Away and/or Not Using Typical Products.** After a lifetime of keeping a tidy home, you may see that your parent is leaving items on the kitchen, bathroom or workbench counters that they hadn't in the past. It may be an indication that they have lost hand and arm strength and are unable to put things away. Reachers or Grabbers enable someone to extend reach and accomplish many tasks (like recovering socks that fall between the washer and drier!). Other Aids to Daily Living help with dining and meal preparation, such as special bottle and can openers and large-grip dining utensils.

Article from

<https://caregiver.com/articles/holiday-visits-assistive-aids/>

PLANS CHANGE. SO CAN YOUR NEEDS.



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.

Senior Centers (9am – 12pm):

Nov 7, 2023 - Richard R. Clark Senior Center

Nov 15, 2023 - Nanjemoy Senior & Community Center

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

Nov 29, 2023 - Waldorf West

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



Attention Medicaid Beneficiaries

Important Changes coming... Did you turn 65 during the pandemic and currently have health coverage through Medicaid? If so, you may soon need to take steps to find out if you can continue your coverage. States have resumed Medicaid eligibility reviews for those aged 65+ and Medicare eligible. This means some people with Medicaid could be disenrolled. Make sure your address is up to date. The state of Maryland will mail you a letter to let you know if you need to complete a recertification form or apply for the Qualified Medicare Beneficiary (QMB) program. If you get a form, fill it out and return it to your local Department of Social Services, right away. This may help to avoid a gap in your coverage.

Ask SHIP:

What is Medigap?

Medigaps are health insurance policies offering standardized benefits to work with Original Medicare (not Medicare Advantage). They are sold by private insurance companies. Medigaps pay after Original Medicare for some or all of the costs that Original Medicare does not pay. If you have Original Medicare and a Medigap and you receive a Medicare-covered service, Medicare pays first and the Medigap pays second.

If you wish to purchase a Medigap policy, you need to find out the best time to buy one in your state. In most states, insurance companies must sell you a policy only at certain times and if you meet certain requirements. If you miss your window of opportunity to buy a Medigap, your costs may go up, your options may be limited, or you may not be able to buy a Medigap at all depending on your health status.

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).



Legal Aid

Nov 7th and Dec 5th

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

CLARK SENIOR CENTER

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

Get your Latest *SCOOP* online!

Program Highlights

Healthy Back Workshop

Learn how to manage and decrease your lower back pain. Physical Therapist, Dr. Donna Concepcion will be myth busting, building strength, and finding relief.

Tuesday, Nov. 7, 10:30 a.m. Fee: FREE

Farmers Market at Clark

Shop for fresh produce onsite with Herbert Farms. Senior Farmers Market Nutrition Program vouchers accepted.

Tuesday, Nov. 14, 11 a.m. Fee: Your Purchase

Medicare Open Enrollment Computer Lab

This is a self-enrollment assistance lab to help with your Medicare choices. Appointments are preferred, but walk-ins will be welcomed. Call 301-609-5712 to schedule a time slot.

Wednesday, Nov. 15, 9 a.m. Fee: FREE

How to Dry Herbs

Discover the benefits of drying herbs for your own culinary/medical use. Understand how to follow good food safety practices. Facilitator: Karhy Jenkins, University of MD Charles County Master Gardener.

Wednesday, Nov. 15, 10 a.m. Fee: FREE

Thanksgiving Celebration

Join us for a celebration with your friends, good food, and dancing to the tunes of DJ Rockin' Roger. Sign Up & Pay in the program office by Nov. 8

Thursday, Nov. 16, 10 a.m. Fee: \$3/60 & over, plus a lunch donation, \$6/ 59 & younger.

Getting Started with Venmo

Are you still writing checks? Paying ATM fees to withdraw cash? Try Venmo, a peer-to-peer payment system that allows you to send and receive money. During this hands-on workshop, you will learn how to sign up for Venmo, and link a card or bank account so you can instantly send and receive payments. Class size limited, please sign up early!

Thursday, Nov. 30, 10 a.m. Fee: FREE

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 Nov. 1 & 15, 10 a.m. Fee: FREE

Book Club

Led by Nancy Marquardt, Charles County Public Library. November book is *Caste: The origins of our Discontent* by Isabel Wilkerson.

Thursday, Nov. 2, 1 p.m. Fee: FREE

Widow to Widow Support Group

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

Monday, Nov. 13, 1 p.m. Fee: FREE

Charles County Mobile Library

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

Tuesday, Nov. 14, 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, Nov. 9, 11:30 a.m. Fee: FREE

Free Lunchtime Music with Will!

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

Tuesday, Nov. 28, 11:30 a.m. Fee: FREE

Poetry Group

This group is for those who wish to share their poetry in a group setting and those who would like to write poetry for the first time. Please sign up.

Tuesday, Nov. 28. 1 p.m. Fee: FREE

Greeting Card Making Class

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

Wednesday, Nov. 29, 10 a.m. Fee: \$5/PP

Learn to Quilt

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

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

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

Health & Fitness

Diabetes Prevention Program

Please see page 14 for more details.

Wednesdays, Begins Nov. 1, 10 a.m. Fee: FREE

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, Nov. 1 & 15, 10 a.m. Fee: \$5

Diabetes Nutrition Education with Charity

Learn to make healthy nutritional choices when you have diabetes.

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

Total Body Conditioning

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

Mondays, 9 a.m. Fee: Fitness Card

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

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

Thursdays, 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 therabands.

Wednesdays, 1 p.m. Fee: FREE

Fridays, 11:30 a.m. Fee: FREE

VETERANS DAY CELEBRATION

Let's celebrate our veterans for all they have done and continue to do to keep our country free and safe. There will be vendors onsite to assist with various needs, entertainment, and a delicious lunch. Sign up required by Nov. 1.

Wednesday, Nov. 8, 10:30 a.m.

Fee: Veterans 60 & over FREE, • Non-Vets 60 & over \$5.



CLARK SENIOR CENTER

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

Hours: 9 a.m.–4 p.m., Monday–Friday

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards.....9:30 Sewing Room OPEN.....9:30 Coloring & Puzzles9:30 2N1 Social Club.....10:00 Duplicate Bridge10:00 Pokeno11:00 Primetimers.....2:15 Fitness Total Body Conditioning.....9:00 Walking at Laurel Springs ...9:00 Pilates.....10:00 Yoga Flow.....11:00 Drums Alive.....1:00	Billiards.....9:30 Stained Glass9:30 Quilting Class.....9:30 Coloring & Puzzles9:30 Guitar10:00 Cards & Games10:00 Spiritual Enrichment.....12:00 Fitness Strength Training.....9:00 Flex & Stretch.....10:00 Zumba11:30 Line Dance1:00	Billiards.....9:30 Sewing Room OPEN9:30 Crochet/Knitting.....9:30 Coloring & Puzzles9:30 Mah Jong10:00 Cards & Games10:00 Lunch12:00 Fitness Gospel Choir.....2:00 Basic Fitness Training9:00 Yoga10:30 Chair Yoga11:30 AFEP1:00	Billiards.....9:30 Sewing Room OPEN9:30 Coloring & Puzzles9:30 Lunch12:00 Reflections.....1:00 Fitness Strength Training.....9:00 Step Plus.....10:00 Zumba11:30 Flex & Stretch.....1:00	Billiards.....9:30 Project Linus9:30 Coloring & Puzzles9:30 Open Paint Session10:00 Guitar10:00 Lunch12:00 Fitness Core & More.....9:15 Total Body Conditioning.....10:15 AFEP11:30 Gentle Stretch12:00 Circuit Training.....1:00 Line Dance2:00
		1 Beginners Jewelry.....10:00 Fitness Orientation10:00 Diabetes Program.....10:00	2 Book Club.....1:00	3 Hand & Foot Canasta ...10:00
6 Billiards.....9:30	7 Healthy Back Workshop.....10:30	8 Veterans Day Program ..10:30 Diabetes Program.....10:00 Council Meeting1:00	9 Grocery Distribution11:30	10 Veterans Day Holiday  All Senior Centers Closed
13 Widow to Widow1:00	14 Diabetes Nutrition Education.....10:00 Hand & Foot Canasta10:00 Mobile Library.....10:00 Farmers Market.....11:00	15 Medicare Open Enrollment ...9:00 Drying Herbs Workshop.10:00 Beginners Jewelry.....10:00 Fitness Orientation10:00 Diabetes Program.....10:00 Thanksgiving Meditation.....12:30	16 Thanksgiving Party10:00	17 Project Linus Meeting.....10:00
20 Drums Alive1:00	21 Coloring & Puzzles9:30	22 Thanksgiving Holiday  All Senior Centers Closed	23 Thanksgiving Holiday  All Senior Centers Closed	21 Thanksgiving Holiday  All Senior Centers Closed
27 Walking at Laurel Springs ...9:00	28 Lunchtime Music with Will 11:30 Poetry Group1:00	29 Greeting Card Class.....10:00 Diabetes Program.....10:00 Caregivers Support Group2:00	30 Getting Started with Venmo.....10:00	

INDIAN HEAD SENIOR CENTER

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

Get your Latest *SCOOP* online!

Program Locations for Outside Activities

***Outdoor programs will be canceled due to inclement weather or the feel like temperature is 40 degrees or lower.**

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

Program Highlights

Herbert Farms – Pop-Up Farmer's Market

See page 3 for details

Tuesday, Nov. 7, 9:30 a.m.

Fee: Your Purchases.

Heart Healthy Meals

Heart disease is the No. 1 cause of death worldwide, the good news is that approx. 80% of all heart disease is preventable. Join UM Charles Regional Medical Center clinical dietitian Progya Aakash, MS, MSc, RD, LD about one of the risk factors that you can control – healthy eating.

Tuesday, Nov. 7, 10:30 a.m. Fee: FREE

Financial Wellness

Understanding the relationship between financial and physical well-being can help improve both areas of your life. Join Deon Littles, Financial Wellness Educator with University of MD Extension, for information you can use.

Tuesday, Nov. 14, 10:30 a.m. Fee: FREE

Ongoing Programs

Senior Tech

Friday, Nov. 3, 11 a.m. Fee: \$5

Bingo

Monday, Nov. 6 & 20, 9:30 a.m.

Fee: nickel/card

Gospel Group

Love to sing. Join our Mary for some fun.

Monday, Nov. 6 & 20, 1 p.m. Fee: FREE

Widow & Widower Support Group

Facilitated by Brenda Dubose.

Wednesday, Nov. 15 & 29, 10 a.m. Fee: FREE

Diabetes Prevention Program (DPP)

Facilitators, Palon Moon and Spencer Barry. Sponsored by CCHD and CRMC.

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

Project Linus/Sewing 101

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

Mondays, Nov. 13 & 27, 9:30 a.m. Fee: FREE

Poetry Club

Facilitated by Poet Dorothy Simms.

Tuesday, Nov. 14, 2:30 p.m. Fee: FREE

Green Thumb Club

Friday, Nov. 17, 10:30 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, Nov. 28, 9:30 a.m. Fee: FREE

Herbal Tea Club

Sponsored by the IHSCC.

Tuesday, Nov. 28, 1 p.m. Fee: FREE

Book Club: Outfoxed by David Rosenfelt

Wednesday, Nov. 29, 1 p.m. Fee: FREE

FITNESS

Health & Fitness Programs

Eat Well/Move Well

Join Brittany for healthy eating and moving tips.

Tuesday, Nov. 7, 1:30 p.m. Fee: FREE

Nutrition Education

See Page 3 for details.

Tuesday, Nov. 28, 10 a.m. Fee: FREE

Shibashi

Tuesday, Nov. 28, 3 p.m. Fee: Donation

Fitness Orientation

Required to use fitness equipment. Sign up with Staff.

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

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/Shae'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

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 Nieda.

Fridays, 9 a.m. Fee: Fitness Card

Community Programs

Veterans Day w/The Town of Indian Head

Held at the Village Green Pavilion and hosted by local military and veteran organizations.

Email ALAUnit233md@gmail.com for more information.

Thursday, Nov. 9, 11 a.m. Fee: FREE

Mobile Market

Wednesday, Nov. 29, 11 a.m. Fee: FREE



BREAKFAST FOR VETS

Sign up before Wednesday, Nov. 8.
Hosted by the Indian Head Senior Center Council.

Monday, Nov. 13, 9 a.m.
Fee: Generous Donation

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
	1 Council Meeting9:30 Fitness Orientation2:00 No Tai Chi	2 Trivia w/Tayloni10:30	3 Senior Tech.....11:00	
6 Bingo9:30 Gospel Group.....1:00	7 Herbert Farms9:30 Heart Healthy10:30 Eat Well/Move Well1:30	8 Fitness Orientation2:00	9 Diabetes Prevention Program .9:30 Veterans Day Celebration w/ the Town of Indian Head (Pavilion) ..11:00	10 Veterans Day Holiday  All Senior Centers Closed
13 Breakfast for Vets9:00 Project Linus/Sewing 101 ...9:30	14 Financial Wellness10:30 Pastor Chris & Friends.....1:00 Poetry Club2:30	15 Widow & Widower Support .10:00 Thanksgiving & Meditation11:30 Grocery Distribution11:30 Fitness Orientation2:00	16 Thanksgiving with RRCSC Gospel Singers & Friends10:45 No Fitness Classes	17 Green Thumb Club10:30
20 Bingo9:30 Gospel Group.....1:00	21 Gratitude Affirmations10:45 Minute-to-Win-it2:00	22 Thanksgiving Holiday  All Senior Centers Closed	23 Thanksgiving Holiday  All Senior Centers Closed	24 Thanksgiving Holiday  All Senior Centers Closed
27 Project Linus/Sewing 101 ...9:30	28 Information & Assistance with Julie9:30 Nutrition Education10:00 Herbal Tea Club1:00 Shibashi3:00	29 Widow & Widower Support .10:00 Mobile Market11:00 Book Club: Outfoxed.....1:00 Fitness Orientation2:00	30 Deck the Halls9:30	

Thanksgiving with the Richard R. Clark Gospel Singers and Friends



Our Thanksgiving is blessed when the Richard R. Clark Senior Center Gospel Singers share their passion. This year they will be joined by some local friends. We are so thankful for the singing to start the holiday season. Lift your voices in thanksgiving and praise as we sing familiar songs along with the Gospel Singers. Expect a 50/50 and an after-lunch trivia. Lunch is not included with this event, see Staff if you desire a lunch. Sponsored by the Indian Head Senior Center Council.

Thursday, Nov. 16, 10:45 a.m. • Fee: FREE

NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest *SCOOP* online!

Program Highlights

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.

Monday – Wednesday, Nov. 1 – 29, 9 a.m.

Fee: FREE

Gluten Free

The holiday season is upon us, and many are beginning to plan gatherings and craft menus that will accommodate a myriad of dietary restrictions. November is Gluten Free awareness month. Join Charity, our dietitian nutritionist, for a discussion around the gluten free eating lifestyle and ways to remember your gluten free friends in your holiday menu planning this year.

Wednesday, Nov. 15, 1 p.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, Nov. 17, 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.

Farmhouse Wreath, Nov. 6, Fee: \$4

Casual Crafting, Nov. 13 & 27,

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

Thanksgiving Centerpiece, Nov. 20, Fee: \$4

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 "Fat can be Heart Healthy." You will also receive a newsletter with recipes and activities related to the monthly topic.

Monday, Nov. 13, 10 – 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, Nov. 16, 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, Nov. 17, 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

Core Fitness

Core work, muscle work, and flexibility.

Tuesdays, 11:15 a.m.

Fee: Fitness Pass

Arthritis Foundation Exercise Program (AFEP)

Wednesdays & Fridays, 11 a.m.

Fee: FREE

Total Body Conditioning

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

Thursdays, 11 a.m.

Fee: FREE

Community Programs

Age restrictions for drop-in use of Community Rooms are 13-17 with adult. 18+ independent use. Like us on Facebook!!

Billiard/Game Room

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

Computer Lab

Print, copy, fax services available.

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

Fee: 10¢ per side.

Fitness Room

Open to those who have already completed the Fitness Room Orientation.

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

Fee: FREE

Narcotics Anonymous

Tuesdays, 3 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

Embracing Compassion – Field Trip

Long before computers, video games, or even books, people told stories. Stories are the world's oldest and most effective tool for teaching and communicating since they

enter our heart by engaging our imagination.

In her assemblies, Noa Baum invites students to listen deeply, imagine, connect, and empathize. At this critical time when we need to not only embrace diversity but also to understand it, Noa gives students the opportunity to see the world from multiple perspectives and to consider their role in making the world kinder and more just.

Students walk away challenged to pass Noa's stories on and to tell their own. This opportunity is fully funded by the Charles County Arts Alliance. Prior registration required through the Nanjemoy Community Center

Wednesday, Nov. 8, 12 p.m. - 12:45 p.m.

Fee: FREE

WIC Services

Fridays, Nov. 3 & 17, 9 a.m. - 4 p.m. Fee: FREE

Mobile Library

Borrow books, movies, tech every three weeks.

Tuesday, Nov. 7 & 28, 10 a.m. Fee: FREE

Vaccine Clinic

Charles County Health Department facilitating COVID and flu vaccines. Walk-ins welcome or register for an appointment on the Health Department's website.

Wednesday, Nov. 15, 9:30 a.m. Fee: FREE

Department of Social Services

Walk-in services.

Wednesday, Nov. 15, 10 a.m. Fee: FREE

Mobile Food Market

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

Wednesday, Nov. 15, 10 a.m.

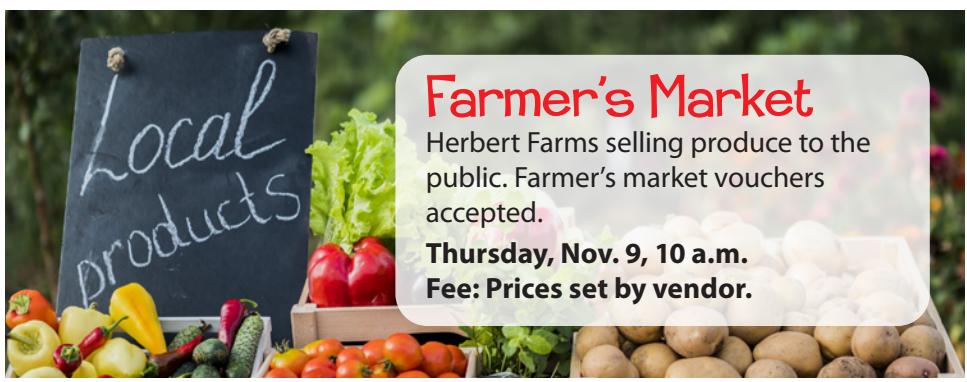
Fee: FREE - While supplies last

New Hope Food Distribution

Shelf-stable pantry items provided.

Thursday, Nov. 16, 11:30 a.m.

Fee: FREE - While supplies last



Farmer's Market

Herbert Farms selling produce to the public. Farmer's market vouchers accepted.

Thursday, Nov. 9, 10 a.m.

Fee: Prices set by vendor.

NANJEMOY SENIOR/COMMUNITY CENTER

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

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

Luncheon at Noon—Reservation/Registration Required

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

Community Center Hours:

8:30 a.m.–4:30 p.m., Mon–Friday

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards.....8:30 Computer Lab.....8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles.....1:00 Fitness Tai Chi.....11:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch12:00 Coloring Group9:00 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness Flex & Stretch.....10:00 Fitness Fifteen.....11:05	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness AFEP11:00 Walking Club1:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch12:00 Nickel Bingo.....12:45 Dominos.....1:00 Games/Puzzles1:00 Fitness Total Body Conditioning.....11:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Shop the Rack8:30 Lunch12:00 Senior Tech Appts.....8:30 Lunch12:00 Coloring Group9:00 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness AFEP11:00 Walking Club1:00
		1 Walk with Ease9:00	2 Nickle Bingo.....12:30	3 Community Program WIC Services9:00
6 Walk with Ease9:00 Senior Council Meeting10:00 Artistic Aesthetics: <i>Farmhouse Wreath</i>1:00	7 Walk with Ease9:00 Open Enrollment Computer Lab9:00 <u>Community Program</u> Mobile Library.....10:00	8 Walk with Ease9:00	9 Community Program Farmer's Market.....10:00 New Hope Food Distribution .11:30	10 Veterans Day Holiday  All Senior Centers Closed
13 Walk with Ease9:00 Fresh Conversations10:00 Artistic Aesthetics: <i>Casual Crafting</i>1:00	14 Walk with Ease9:00 Council Thanksgiving Luncheon12:00	15 Walk with Ease9:00 Gluten Free.....1:00 <u>Community Day Programs</u> Vaccine Clinic.....9:30 Mobile Food Market....10:00 Dept. of Social Services .10:00	16 I&A Services9:30 <u>Community Program</u> New Hope Food Distribution11:30	17 Community Program WIC Services9:00 Painting & Pizza12:30 Council Evening Bingo Fundraiser5:00
20 Walk with Ease9:00 Artistic Aesthetics: <i>Thanksgiving Centerpiece</i>1:00	21 Walk with Ease9:00 Nutrition Education1:00	22  All Senior Centers Closed	23  All Senior Centers Closed	24  All Senior Centers Closed
27 Walk with Ease9:00 Artistic Aesthetics: <i>Casual Crafting</i>1:00	28 Walk with Ease9:00 <u>Community Program</u> Mobile Library.....10:00	29 Walk with Ease9:00 Walking Club1:00	30	

WALDORF SENIOR & RECREATIONAL CENTER

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

Get your Latest *SCOOP* online!

Program Highlights

Diabetes Awareness Around the Holidays

November is Diabetes Awareness month. Join Charity, county dietitian, in a conversation around nutrition, diabetes awareness, and the holidays.

Wednesday, Nov. 1, 11 a.m. Fee: FREE

Coffee House: Hot Chocolate, Mocha's & Poetry

Nothing is better than having a cup of hot chocolate with all the fixings on a chilly day or a specially made Mocha Coffee. The best part is you get to enjoy some beautiful poetry presented by local poets! Pre-registration required for Mocha Coffee.

Friday, Nov. 3, 11 a.m.

Fee: Hot Chocolate: Donation; Mocha: \$3

Ceramics Painting

We are stocked with a variety of ceramics! Come paint what you desire.

Mondays, Nov. 13 & 20, 10 a.m.

Fee: varies per project.

Learn About Heart Smart Meals

Heart disease is the No. 1 cause of death worldwide, but the good news is that approximately 80% of all heart disease is preventable. Join UM Charles Regional Medical Center clinical dietitian Progya Aakash, MS, MSc, RD, LD about one of the risk factors that you can control – healthy eating.

Tuesday, Nov. 14, 10:30a.m. Fee: FREE

Drawing Class

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

Wednesday, Nov. 15, 10 a.m. Fee: \$5

Pop Up Farmers Market

Herberts Farm will be on site with locally grown, fresh produce! Stop in and shop local for ingredients for all your favorite Thanksgiving dishes. Senior Farmers Market Nutrition Coupons accepted.

Thursday, Nov. 16, 10 a.m. Fee: Your Purchase

Breakfast Club & Holiday Decorating

Come join us for a hot breakfast & help us decorate the center for the holidays! *Menu items include: 1 scoop of French toast casserole, 6 slices smoked turkey sausage, 4oz apple pie filling, and 1 scrambled egg. Additional meat or eggs are 50 cents per item.* Registration is required by Tuesday, November 21.

Wednesday, Nov. 29, 9:30 a.m. Fee: \$4

Ongoing Programs

Poetry Club

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

Friday, Nov. 3, 11 a.m. Fee: FREE

Coffee & Convo

Curious about the Waldorf Senior Center? Join us for a cup of coffee, conversation, center tour, and overview of programs.

Monday, Nov. 6, 9:30 a.m. Fee: FREE

Prayer Group

We are praying at the Center! All are invited to join our new Prayer Group.

Tuesday, Nov. 7 & 14, 10 a.m. Fee: FREE

Jewelry Club

You will make beautiful pieces of jewelry in this class. All supplies will be provided. Sign up and payment required at front desk.

Wednesday, Nov. 8, 10 a.m. Fee: \$3/pp

Widow & Widower Support Group

Facilitated by Brenda Dubose.

Monday, Nov. 13 & 27, 9:30 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, Nov. 21, 9 a.m. Fee: FREE

Bible Study

Facilitated by Minister Yvonnde' Wilson. All are welcome!

Tuesday, Nov. 21, 11 a.m. Fee: FREE

Cornhole

Come join us for a game of cornhole.

Monday & Friday, 1p.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? 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. Please bring your own leather. Crafting tools provided. Limited to 6 participants, pre-registration required.

Tuesdays, 10 a.m. Fee: FREE

Crochet Club

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

Fridays, 11 a.m. Fee: FREE

BINGO

How it Works:

Players must purchase sheets the day of and can only be used on date of purchase. There are 25 games to play, winnings are determined by number of purchased players. Bingo card sales run from 9:30 a.m. to 10:15 a.m. **Bingo cards will not be sold after 10:15 a.m.**

Bills used to purchase bingo cards must be \$10 or less. Bingo play begins at 10:30 a.m. on Thursdays unless otherwise noted on the SCOOP.

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

Health & Fitness

Tai Chi Health

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

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

Fitness Orientation

Required before use of the fitness center. Must register in advance. Fee: \$5

Wednesday, Nov. 1, Nov. 15 & Nov. 29, 1 p.m.

Tuesday, Nov. 7, 10:30 a.m.

VETERAN'S DAY CELEBRATION

Join us as we thank our Veterans for the sacrifices they have made and continue to make for our nation! Entertainment will be provided by the One-Man Band, Jimi Simon.

If interested in lunch, you must sign-up separately on the daily lunch sign-up sheet. Pre-Registration required.

Tuesday, Nov. 7, 10:30 a.m.
Fee: \$5 for Non-Veterans; Free for Veterans.



WALDORF SENIOR & RECREATIONAL CENTER

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

Hours: 9 a.m.–4 p.m., Monday–Friday

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness Room 9:00 Racquetball 9:00 Cards & Games 10:30 Pinochle 11:00 Lunch 12:00 Fitness Chair Dance Aerobics 9:30 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 Table Tennis 2:30 Fitness Total Body Conditioning 9:30 Gentle Stretching 10:30 Line Dancing 11:30 Walking Club 12:30 Tai Chi Health 1:00	Fitness Room 9:00 Racquetball 9:00 Bridge Club 10:00 Cards & Games 10:30 Lunch 12:00 Fitness AFEP 10:30 Basic Fitness Training 11:30 Enhanced Fitness 1:00 Dance Aerobics 2:00	Fitness Room 9:00 Racquetball 9:00 Cards & Games 10:30 Watercolors 10:30 Pinochle 11:00 Lunch 12:00 Fitness Total Body Conditioning 9:30 Yoga Flow 10:30 Line Dancing 11:30 Walking Club 12:30 Tai Chi Health 1:00	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
		1	2	3
6	7	8 Thanksgiving & Meditation 10:00 Veteran's Day Party 10:30 Prayer Group 10:00 Leather Crafting 10:00 Tech Time 10:30 Fitness Orientation 10:30 Basketball 11:00	9 ACA Meeting 9:30 Bingo 10:30 Basketball 11:00 Guitar Club 1:00 No Tai Chi Health Today	10 Veterans Day Holiday  All Senior Centers Closed
13	14	15 Kettlebell Fitness 9:30 Basketball 10:00 Drawing 10:00 Prayer Group 10:00 Leather Crafting 10:00 Tech Time 10:30 Heart Smart Meals 10:30 Basic Sewing 1:00 Basketball 11:00	16 Pop Up Farmers Market 10:00 Bingo 10:30 Basketball 11:00 Thanksgiving Lunch 12:00 Guitar Club 1:00	17 Diabetes Prevention 10:00 Crochet Club 11:00 Cornhole 1:00 Book Club 1:00
20	21	22 Thanksgiving Holiday  All Senior Centers Closed Mobile Library 9:00 Leather Crafting 10:00 Tech Time 10:30 Basketball 11:00 Bible Study 11:00 No Tai Chi Health Today	23 Thanksgiving Holiday  All Senior Centers Closed	24 Thanksgiving Holiday  All Senior Centers Closed
27	28	29 Breakfast Club & Holiday Decorating 9:30 Kettlebell Fitness 9:30 Basketball 10:00 Basic Sewing 1:00 Fitness Orientation 1:00	30	

Diabetes Education & Prevention

This series of classes will give you all the tools you need to manage, prevent, and educate diabetes.

Health is a journey! Learning about how to handle your diabetes and prevention is crucial in obtaining optimal health. This class meets once a week over the course of the year to educate, prevent and inspire you to make choices to benefit your health for years to come. Registration required; class size limited! Reserve your spot now by calling 301-934-5423!

This class is for: Adults who are overweight, have pre-diabetes, borderline diabetes or family history of diabetes.

Classes begin November 1 on Wednesdays, 10 a.m. – 11 a.m.
Location: Richard R. Clark Senior Center



Tai Chi for Health: Arthritis & Fall Prevention

Congratulations to Cynthia Simmons, Nate Schultz, Rachel Gould, and Brittany Arbin for completing this certification!

They will be bringing this new session of classes to the Indian Head Senior Center, Nanjemoy Senior Center, and the Waldorf Senior & Rec Center. A safe and easy-to-learn evidenced based program proven to relieve pain and improve health and balance. See the centers for days and times.

Fee: FREE



Thanksgiving & Meditation

Your health and thankfulness go hand in hand.

Gratitude and a thankful mindset can transform any situation. It can alter your vibe moving you from negative energy to positive. Giving thanks can make you happier.

Join us for meditation Wednesday and move into this mindset!

Richard R Clark Senior Center: Wednesday, 11/ 15 at 12:30 p.m.

Indian Head Senior Center: Wednesday, 11/ 15 at 11:30 a.m.

Nanjemoy Senior Center: Wednesday, 11/29 at 10:30 a.m.

Waldorf Senior & Rec Center: Wednesday, 11/8 at 10 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



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

Debi & Nate

Biking w/ Nate

Friday, November 3 & Friday, November 17 • 1 p.m.
Indian Head Rail Trail (White Plains)

IF YOU NEVER GO YOU'LL NEVER KNOW
"LIFE IS BETTER ON A BIKE"



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
		<p>1</p> <p>Lemon Pepper Tilapia Lemon Parsley Rice Green Beans w/ Roasted Tomatoes Dinner Roll Peaches Fruit Punch Juice</p>	<p>2</p> <p>Ground Turkey Meat Sauce Whole Wheat Spaghetti & Mozzarella Cali. Blend Vegetables Dinner Roll Raisins Grape Juice</p>	<p>3</p> <p>Baked Tuna Cuban Black Beans White Rice Tomato Salad Whole Wheat Roll Applesauce Pineapple Juice</p>
6 Tuna Noodle Casserole Stewed Tomatoes Corn Bread Apricots Apple Juice	7 Chophouse Burger w/ Lettuce & Tomato Whole Wheat Bun Roasted Carrots Diced Mangos Fruit Punch Juice	8 Shredded Beef w/ Gravy Rice Green Beans Cornbread Fruit Salad Pineapple Juice	9 Sweet and Sour Pork Brown Rice Roasted Tomatoes Whole Wheat Dinner Roll Raisins Fruit Punch Juice	<p>10</p> <p>Veterans Day Observed</p>  <p>No Lunch Served</p>
13 Egg Salad Sandwich on Whole Wheat (2) Cucumber & Onion Salad Roasted Tomato Salad 3 Bean Salad Mandarin Oranges Apple Juice	14 Blackened Catfish Roasted Sweet Potatoes, Collard Greens Cornbread Apricots Pineapple Juice COLD: Ham and Swiss on Whole Wheat, Coleslaw, Apricots, Pineapple Juice	15 Sloppy Joe on Whole Wheat Bun 5 Blend Veggies Roasted Potatoes Raisins	16 Sliced Turkey + Gravy Sweet Potato Casserole Seasoned Green Beans Whole Wheat Dinner Roll Cranberry Salad Apple Juice Pumpkin Pie + Whipped Cream	<p>17</p> <p>Chipotle Chicken Roasted Bean and Corn Salad Roasted Beets Whole Wheat Roll Diced Mangos Fruit Punch Juice</p>
20 Tuna Salad Sandwich on Whole Wheat Bun Cranberry Salad Pasta Salad Mandarin Oranges Apple Juice	21 Salmon w/ Lemon Dill Sauce Party Harty Beans Zucchini Blend Biscuit Apple Slices Pineapple Juice	22  Thanksgiving No meal Service. Senior Centers Closed	23  Thanksgiving No meal Service. Senior Centers Closed	<p>24</p> <p>Thanksgiving</p>  <p>No meal Service. Senior Centers Closed</p>
27 Teriyaki Chicken Fluffy Rice Stir-fry Vegetables Whole Wheat Dinner Roll Mandarin Oranges Apple Juice	28 Chicken & Noodles Stewed Tomatoes Herb Roasted Potatoes 3 Bean Salad Orange Sections Grape Juice COLD: Chicken Salad Sandwich on Whole Wheat, Pasta Salad, Roasted Tomato, Salad, Orange Sections Grape Juice	29 Chicken Parmesan Noodles Roasted Brussel Sprouts Dinner Roll Diced Mango Fruit Punch Juice	30 BIRTHDAY CELEBRATION Blackened Catfish Roasted Sweet Potatoes Collard Greens Cornbread Pineapple Chunks Pineapple Juice Birthday Cake	
<p>Charles County Luncheon Program</p> <p>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.</p> <p>Clark Senior Center.....Tuesday–Friday Indian Head Senior Center.....Monday–Friday</p>				<p>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.</p>
<p>Available at Noon • Days Vary By Center</p> <p>Nanjemoy Senior Center Monday–Friday Waldorf Senior Center Monday–Friday</p>				

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.

Live your Life by a Compass not by a Clock!

Trips sponsored by Action Travel Tours 301-645-1770

**** 2N1 Sponsored Trips**

Day Trip

**** March 26, 2024: Daniel at the Sight & Sound Theater.** Take the day to travel by bus to see Daniel at the Sight & Sound Theater in Ronks, PA. Enjoy a live musical performance and lunch at Miller's Smorgasbord. Departing from the Clark Senior Center and Mattawoman Beantown Park & Ride. Cost: \$181 For more information or reservation text or call either Jeanette (202) 297-9114 or Helen (301) 643-4669

Overnight Trips

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 are 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. Discovery the Great Barrier Reef – by snorkeling, hiking, relaxing or learning.

****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.

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.

**May 19-24, 2024: Sedona's Red

Rocks and the Grand Canyon. This 6-day 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.

May 23-24, 2024 (Date tentative): Spring has Sprung in Historic and Beautiful Buck's County, PA. Plan to experience the scenic countryside, history, the arts, downtown charm, and miles of vineyards that New Hope Pa has to offer. Enjoy the beautiful Paxton Hall Farm & Gardens, Parry Mansion, antique stop or two, and at play at the famous New Hope Playhouse.

