

The SCOOP

Charles County's Senior Center News

happy

Mother's
day



MAY 2024

www.CharlesCountyMD.gov

Welcome to the Charles County Senior Centers!

The Charles County Senior Center Mission is to connect older adults to an inclusive community that fosters healthy aging through programs that support independence, wellbeing, and self-expression.

Meet the Team!

Director of Community Services, Dina Barclay
Deputy Director of Community Services, Laura Gustafson
Chief of Aging, Lisa Furlow
Centers Administrator, Elizabeth Phipps
Senior Center Supervisor, Rachel Gould
Health Promotion and Physical Fitness Coordinator, Deborah Shanks
Aging & Disability Resource Center Manager, Ruth Anderson-Cole
Aging & Disability Resource Center Coordinator, Desiree Hodgson Williams
Nutritionist, Brittney Bolin

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: Tiffany Thompson

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.

Council News for May Sponsored/Hosted Activities & Events

Clark Senior Center Contributions to Mother's Day Tea 5/14	Indian Head Senior Center Tea and Smooth Jazz 5/29 All Clubs	Nanjemoy Senior & Community Center Mother's Day Tea 5/8 Evening Bingo 5/17	Waldorf Senior & Rec Center Mother's Day Brunch 5/8 Weekly Bingo
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Credit Cards Now Accepted

You've asked and we've listened! You can now pay for programs with a credit or debit card at the Senior Center!

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.

Did Your Program Get Promoted

Can't find your weekly scheduled class in the SCOOP? It was there last month, and like magic, it vanished from its normal spot on the calendar? Not to worry! Your favorite weekly program got PROMOTED! That's right, you are now top of the calendar safely notated in the weekly program category. Your program isn't gone, it's made it to weekly rotation! Thanks to you and your dedication this program is now flourishing and is expected every week.



Annual Jaycees Senior Picnic Thursday, Jun. 13 | 10:30 a.m.

FREE! Don't miss out on this year's fun. Enjoy live music, word games, line dancing, door prizes, and a delicious luncheon provided by the Waldorf Jaycees. Please bring canned food items to share with needy families. Admission is free, but tickets are required and are available at all four Senior Centers beginning Tuesday, May 21. Location: **Waldorf Jaycee Community Center. Please note: All Senior Centers are CLOSED on June 13 so all staff and members can attend this event.**

Build Connection - Staying Connected

Making friends and building new relationships does not come easy for everyone. The best place to start is your senior center. You can check out a hobby class, fitness class, or attend a party.

But what if you have come to the senior center for a party or class and haven't felt comfortable starting a conversation? Not to worry! Staff is here to help.

We can break the ice and introduce you to others that share your interests to make it easier to approach already established friend groups. We can also help you get involved with a group or club of interest.

Looking to stay connected? Not only can you attend the center to build connections, but you can also use it to stay connected both in person and virtually. Ask staff about upcoming classes to learn about social media and live streaming communication to stay in touch with friends and family that aren't otherwise accessible. To read the full report on Social Isolation and Loneliness in Older Adults visit:

<https://www.nap.edu/catalog/25663/social-isolation-and-loneliness-in-older-adults-opportunities-for-the>



Stories of Connection – Share Yours!

Do you have a Story of Connection you want to share about your friends and your center? Submit your stories of connection along with a photo to your local center staff to be shared on our Facebook page. You can also submit by email to:

Senior Centers Supervisor, Rachel Gould at gouldr@charlescountymd.gov. Your story can inspire others to start their **Powered by Connection** journey.



Why do relationships matter more for seniors?

There are countless articles on the positive and negative impacts of social relationships for seniors. The truth is that seniors are not typically the first demographic we think of when we talk about things like "loneliness" or "depression." But the statistics about isolation, loneliness, and depression among the senior population are astounding.

- Lack of social relationships is as strong a risk factor for mortality as are smoking, obesity or lack of physical activity.
- **Loneliness has the same impact on mortality as smoking 15 cigarettes a day, making it even more dangerous than obesity.**
- Douglas Nemecek, MD, chief medical officer for behavioral health, Cigna (emphasis added)
- The quality and quantity of individuals' social relationships have been linked not only to mental health but also to both morbidity and mortality.
- Social isolation was associated with about a 50% percent increased risk of dementia.
- Poor social relationships (characterized by social isolation or loneliness) were associated with a 29% increased risk of heart disease and a 32% increased risk of stroke.
- Loneliness among heart failure patients was associated with a nearly 4 times increased risk of death, 68% increased risk of hospitalization, and 57% increased risk of emergency department visits.
- Source: National Academies of Sciences, Engineering, and Medicine. *Social Isolation and Loneliness in Older Adults: Opportunities for the Health Care System*.

To read the full report on Social Isolation and Loneliness in Older Adults visit:

<https://www.nap.edu/catalog/25663/social-isolation-and-loneliness-in-older-adults-opportunities-for-the>

Older Americans Month 2024 Theme: **Powered by Connection**

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM). The 2024 theme is **Powered by Connection**, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being.

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.

<https://acl.gov/news-and-events/announcements/older-americans-month-2024-theme-powered-connection#:~:text=acl.gov%2Foam,our%20health%20and%20well%2Dbeing>

Memorial Day Closure

All Charles County Senior Centers will be closed on Monday, May 27 for Memorial Day.



Charter Board Presentation

The task of the Charter Board members is to draft a Charter that will change the present Code Home Rule form of government to Charter form of government for Charles County. The proposed Charter will go before the voters for ratification at the 2024 General Election. The proposed Charter shall include, but not limited to, the duties, power, rules, procedures, and structure of local government.

The Charter Board will be on site at the Charles County Senior Centers for a Charter Board informational session. This is an opportunity for seniors to learn what's in the draft, provide their feedback and input before it's finalized, and to ask questions.

You are invited to attend one of the following meetings to learn more.

May 2 at 11 a.m. at the Nanjemoy Senior & Community Center

May 2 at 1:30 p.m. at the Indian Head Senior Center

May 13 at 10:30 a.m. at the Waldorf Senior & Rec Center

May 20 at 11 a.m. at the Clark Senior Center



Assistive Technology Presentation

Join SMCIL and the ADRC for a demonstration of various Assistive Technology and learn how these items can increase, maintain, or improve functional abilities for Older Adults and Individuals with Disabilities.

You are invited to attend any of the following presentations:

May 2 at 10:30 a.m. at the Indian Head Senior Center

May 7 at 11 a.m. at the Nanjemoy Senior & Community Center

May 15 at 1 p.m. at the Waldorf Senior & Rec Center

May 30 at 10 a.m. at the Clark Senior Center

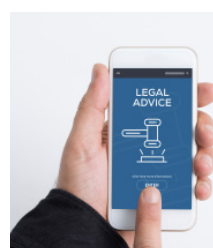
Caregivers Corner

7 Summer Self-Care Tips for Caregivers on the GO.

Caregivers should attend to their physical and mental well-being while caring for a loved one. The magnitude of your service directly correlates to the amount of time you spend to recharge and renew yourself. The summer schedule tends to be looser, and more extended warmer days make it easier to prioritize self-care.

1. Schedule some alone time. Summer weather may encourage you to overextend yourself. Setting aside at least fifteen minutes to do what you love and lose yourself before returning to reality is best.
2. Wear summer fit clothes. select outfits that keep you cool in the warm summer weather. Go for a baggy, light-colored outfit made of breathable fabrics that will make you comfortable as you perform your caregiving role.
3. Have your support system. Do not feel alone. Join us for our monthly Caregiver Support Group the last Wednesday of every month at the Clark Senior Center.
4. Exercise. Exercising makes you sleep better, can reduce depression, and increase alertness. Try also adding outdoor exercise for a change.
5. Eat healthy and hydrate. Take advantage of a variety of fresh produce during summer. Eat food rich in nutrients, such as fresh fruits and vegetables, and do not forget to drink at least eight glasses of water daily to hydrate.
6. Get enough sleep. Build an everyday regime such as meditating or a workout routine to have a restful sleep at night. Six to eight hours of sleep is recommended to keep you energetic during the day.
7. Read books.

It is easy to forget about your well-being and wellness while caring for others. Taking these steps helps prevent caregiver burnout and enables you to enjoy summer like everybody else. Information from <https://www.seniorhelpers.com/>.



Legal Aid

May 7th and June 4th

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

Special Thanks to: AARP Tax-Aide Volunteers!!

The Department of Community Services Aging and Senior Programs Division wishes to extend a heartfelt THANK YOU to the volunteers of the AARP Foundation Tax-Aide program who dedicated their time and talent this tax season to assist senior citizens and low-income adults with completing and filing their 2023 income tax returns. The program volunteers attended intensive training, studied, and passed exams, and facilitated preparation and filings at the Richard R. Clark Senior Center to ensure that timely and accurate tax preparation was available to our residents.

In addition, we want to acknowledge the I&A staff, for their work behind the scenes, in addition to their normal duties. Lastly, to senior center staff for accommodating the needs of this program to continue to service the community.



New to Medicare? Caring for a loved one with Medicare? Or need a refresher? This class will help give a better understanding of the Medicare maze.

Tuesday, June 4th 6:00 pm at La Plata Library

Thursday, June 6th 2:00 pm at Potomac Branch

Let us know you're coming by calling 301-934-0118. Walk-ins welcome!

Maryland Access Point: Connecting Seniors to Resources

Working with senior citizens, young disabled persons, caregivers, professionals, and families who have long-term care needs, the MAP staff can connect these entities with private and public resources for long-term care. The MAP also provides Options Counseling to aid consumers with developing a personalized action plan, combined with referrals and resources received to make an informed decision about meeting their long-term care needs or that of another person.

If you have questions about services and resources available to Charles County Aging and Young Disabled, please contact Maryland Access Point (MAP) at 855-843-9725 or email mdaccesspoint@charlescountymd.gov

Ask SHIP:

How does Medicare cover outpatient mental health care services?

Medicare Part B covers outpatient behavioral health care, including the following services:

- Individual and group therapy
- Substance use disorder treatment
- Tests to make sure you are getting the right care
- Occupational therapy
- Activity therapies such as art, dance, or music therapy
- Training and education (such as training on how to inject a needed medication or education about your condition)
- Family counseling to help with your treatment
- Laboratory tests
- Prescription drugs that you cannot self-administer, such as injections that a doctor must give you
- An annual depression screening that you receive in a primary care setting. You should speak to your doctor or primary care provider for more information. Depression screening is considered a preventive service, and Medicare covers depression screenings at 100% of the Medicare-approved amount.

Contact your State Health Insurance Assistance Program (SHIP) at 301-609-5712 (La Plata area residents) or 240-448-2816 (Waldorf area residents) if you have more questions.

Do you know what isn't new this year? Your Medicare card.

BEWARE OF CHIP PLASTIC METAL MEDICARE CARD SCAMS

To report suspected fraud, contact your local **SMP** Senior Medicare Patrol.

For questions about your coverage or cost assistance programs, contact your local **SHIP** State Health Insurance Assistance Program.

CLARK SENIOR CENTER

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

Get your Latest SCOOP online!

Program Highlights

Simply Succulents with Charles County Master Gardeners

Learn everything you need to know to become a successful succulent gardener. Join Carol Teets and the Charles County Master Gardeners in designing and planting a decorative container featuring a mix of succulents. Sign up required!

Wednesday, May 8, 10 a.m. Fee: FREE

Let's talk about Bird Feeders

Join Karolina and learn about bird feeders, and which one you need to attract a specific bird.

Thursday, May 9, 10 a.m. Fee: FREE

Women in Science

This presentation will include historical dolls, a short video clip, and a biographical booklet about a few of our women in history.

Tuesday, May 21, 10 a.m. Fee: FREE

Take Control of Your Brain Health

Jackie McCall, representative of Cognivue Thrive will provide a free presentation on how you can take the first step in early detection of brain health issues by taking the Cognivue Thrive Screening. Screenings will not be performed during this presentation.

Wednesday, May 22, 10:30 a.m. Fee: FREE

Car Fit Drive-thru

This is a drive-thru event where individuals who sign up can have their vehicle checked to make sure it's set up properly for safe driving. Space is limited, please sign up for a time slot. You must be on time for your appointment, or you will be skipped.

Wednesday, May 29, 9:30 a.m. to 2 p.m.

Fee: FREE

Ongoing Programs

Beginners Jewelry Class

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

Wednesday, May 1 & 15, 10 a.m. Fee: FREE

Acrylic Art Class

Join Brent Bovell to create a beautiful piece of artwork using acrylic paints. All supplies will be provided. Please sign up and pay in the program office.

Wednesday, May 1, 8 & 22, 10 a.m. to Noon.

Fee: \$5 per person per class.

Book Club

Led by Nancy Marquardt, Charles County Public Library. Tom Lake by Ann Patchett.

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

Free Lunchtime Music with Will!

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

Wednesday, May 8, 11:30 a.m. Fee: FREE

Grocery Bag Distribution

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

Thursday, May 9, 11:30 a.m. Fee: FREE

Widow to Widow Support Group

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

Monday, May 13, 11 a.m. Fee: FREE

Free Karaoke Day

Tune up those vocal cords and join us for some karaoke fun with DJ Psyborg from Mosquito Cove Digital Magic Entertainment.

Thursday, May 16, 10:30 a.m. Fee: FREE

Charles County Mobile Library

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

Tuesday, May 21, 10 a.m.- Noon Fee: FREE

Easy Listening with Frank

Bring a snack and join us for some relaxing easy listening music provided by DJ Psyborg from Mosquito Cove Digital Magic Entertainment.

Thursday, May 23, 10:30 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

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

Bike to Work Day

Event will be held at the Village Green in Indian Head. See page 14 for details and registration information.

Friday, May 17, 10 a.m. Fee: FREE

Health Fair

See page 14 for details.

Friday, May 24, 10 a.m. Fee: Lunch Donation

Therapeutic Yoga

This class is a chair/mat class aimed at improving strength, posture, balance, and freedom of movement. Breathing practices will also be included.

Mondays, 11 a.m. Fee: Fitness Card

Tai Chi

This easy to follow, slow moving form of exercise is excellent for balance, and strengthening the entire body. All fitness levels are welcome in this moving meditation class.

Tuesdays, 2 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

Mother's Day Tea

Join us for entertainment by Bruce Thomas while you enjoy various choices of tea, and snacks. Wear your favorite hat for a chance to win a "Best Hat" prize! Please sign up in the program office by May 1st. This event is for our senior Mom's Only!

Tuesday, May 14, 11 a.m.
Fee: FREE/Mom's Only




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 Fitness Total Body Conditioning.....9:00 Walking at Laurel Springs.....9:00 Pilates.....10:00 Therapeutic Yoga.....11:00 Drums Alive.....1:00	Billiards.....9:30 Quilting Class.....9:30 Coloring & Puzzles.....9:30 Guitar.....10:00 Cards & Games.....10:00 Stained Glass.....12:00 Lunch.....12:00 Spiritual Enrichment.....1:00 Fitness Strength Training.....9:00 Flex & Stretch.....10:00 Zumba.....11:30 Line Dance.....1:00 Tai Chi.....2:00	Billiards.....9:30 Sewing Room OPEN.....9:30 Crochet/Knitting.....9:30 Coloring & Puzzles.....9:30 Mah Jong.....10:00 Cards & Games.....10:00 Pokeno.....11:00 Lunch.....12:00 Powder Puff Billiards.....1:00 Gospel Choir.....2:00 Fitness Basic Fitness Training.....9:00 Yoga.....10:30 Chair Yoga.....11:30 AFEP.....1:00 Cornhole.....2:00	Billiards.....9:30 Sewing Room OPEN.....9:30 Coloring & Puzzles.....9:30 Lunch.....12:00 Reflections.....1:00 Fitness Strength Training.....9:00 Step Plus.....10:00 Zumba.....11:30 Flex & Stretch.....1:00	Billiards.....9:30 Project Linus.....9:30 Coloring & Puzzles.....9:30 Open Paint Session.....10:00 Guitar.....10:00 Lunch.....12:00 Fitness Core & More.....9:15 Total Body Conditioning.....10:15 AFEP.....11:30 Line Dance.....2:00
		1 Acrylic Art Class.....10:00 Beginners Jewelry.....10:00 Fitness Orientation.....10:00	2 Book Club.....1:00	3 Hand & Foot Canasta.....10:00
6 Therapeutic Yoga.....11:00	7 Hand & Foot Canasta.....10:00 Mobile Library.....10:00	8 Acrylic Art Class.....10:00 Simply Succulents.....10:00 Lunchtime Music with Will.....11:30 Council Meeting.....1:00	9 Let's Talk About Bird Feeders.....10:00 Grocery Distribution.....11:30 Hand Dance.....2:00	10 Total Body Conditioning.....10:15
13 Widow to Widow.....11:00	14 Mother's Day Tea.....11:00	15 Beginners Jewelry.....10:00 Fitness Orientation.....10:00	16 Free Karaoke Day.....10:30 Liturgical Dance.....2:00	17 Project Linus Meeting.....9:30 Bike to Work at Indian Head.....10:00
20 Charter Board Presentation.....11:00	21 Women In Science.....10:00 Mobile Library.....10:00	22 Acrylic Art Class.....10:00 Take Control of your Brain Health.....10:30	23 Free Easy Listening.....10:30 Hand Dance.....2:00	24 Health Fair.....10:00 Hand & Foot Canasta.....10:00 NO SCHEDULED FITNESS ACTIVITIES TODAY DUE TO HEALTH FAIR
27 CLOSED for Memorial Day 	28 Mobile Library.....10:00	29 Car Fit Drive Thru.....9:30 Caregivers Support Group.....2:00	30 Assistive Technology.....10:00 Liturgical Dance.....2:00	31 Hand & Foot Canasta.....10:00

INDIAN HEAD SENIOR CENTER

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

Get your Latest SCOOP online!

Location for Outside Activities

Outdoor programs will be canceled due to inclement weather.

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

Program Highlights

Close Caption Presentation

Lunch and learn with Rupali Tetrack about close caption devices that may work for you.

Monday, May 6, 11:30 a.m. Fee FREE

Diabetes Self-Management Workshop

This six-week workshop is recommended for people who are pre-diabetic or have type 2 Diabetes. Space is limited, call 301 609-6622 to register.

Tuesdays, May 7-28, 9:30 a.m. Fee: FREE

Smooth Jazz

Enjoy sounds from Merlon Devine.

Thursday, May 9, 11:30 a.m. Fee: FREE

CarFit

Aging does not necessarily mean unsafe drivers. CarFit is a hands-on educational program taught by professionals from the Maryland Department of Transportation (MDOT) and Physical or Occupational Therapist from Charles Regional Medical Center (CRMC). This is an outside event for seniors with vehicles. Sponsored by the MDOT and CRMC. Sign up with Staff.

Wednesday, May 22, 9:30 a.m. Fee: FREE

Candle Making

Join Jennifer Bullard of Small Great Things for a candle making workshop. Supplies provided, space is limited, sign up before May 24.

Friday, May 31, 11 a.m. Fee: Donation

Ongoing Programs

Senior Tech

Friday, May 3, 1 p.m. Fee: \$1

Bingo

Mondays, May 6 & 20, 9:30 a.m.

Fee: 5¢ per card

Choir Group

Love to sing, this is the group for you.

Mondays, May 6 & 20, 1 p.m. Fee: FREE

Green Thumb Club

Finish planting our summer garden.

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

Project Linus/Sewing 101

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

Monday, May 13, 9:30 a.m. Fee: FREE

Widow & Widower Support Group

Peer support group facilitated by Brenda Dubose.

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

Book Club:

Finding Dorothy by Elizabeth Letts

Told through the eyes of the wife of Frank Baum, author of the Wizard of Oz.

Wednesday, May 22, 1 p.m. Fee: FREE

Health & Fitness Programs

Tai Chi for Arthritis II

Outside for students practicing 41 movements.

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

Dance Fit w/Shaw'Meca

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

Mondays, 10:30 a.m. Fee: Fitness Card

Tai Chi for Arthritis Beginner's Class

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

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

Mobility & Balance w/Nieda

Join Nieda incorporates functional movement for every-body!

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

APEP (Arthritis Foundation Exercise Program)

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

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

Fitness Class

Exercises to promote strength.

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

Fitness Orientation

Required before using fitness equipment.

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

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 Training

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

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

Chair Yoga

Fridays, 9 a.m. Fee: Fitness Card

Diabetes Prevention Program (DPP)

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

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

Shibashi

Join Randi McWilliams for a class of Tai Chi and Qigong. Sponsored by IHSCC.

Tuesday, May 21, 3 p.m. Fee: Donation

You Matter - Affirmations

Thursday, May 23, 10:45 a.m. Fee: FREE

Health Fair

See page 14 for details.

Friday, May 24, 10 a.m. Fee: Lunch Donation

Community Programs

Bike to Work Day

Event will be held at the Village Green in Indian Head. See page 14 for details and registration information.

Friday, May 17, 10 a.m. Fee: FREE

Mobile Market

Shop the truck. Sponsored by Maryland Food Bank.

Wednesday, May 22, 11 a.m. Fee: FREE

Seated Massage

Enjoy a 10-minute massage with massage therapist, Tia Bush, to reduce muscle strain and de-stress tension and anxiety. Space is limited, please. See staff to sign up and pay before Friday, May 24.

**Friday, May 31, 10:30 a.m.
Fee: \$15 per person**



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 Room9:00 Billiards.....9:00 Cards/Games.....9:00 Fitness Tai Chi for Arthritis II.....9:00 Dance Fit.....10:30 Tai Chi for Arthritis1:00	Fitness Room9:00 Billiards.....9:00 Cards/Games.....9:00 Fitness Mobility & Balance9:15 AFEP.....11:15	Fitness Room9:00 Billiards.....9:00 Cards/Games.....9:00 Fitness Tai Chi for Arthritis II.....9:00 Fitness Class.....10:15 Tai Chi for Arthritis1:00 Fitness Orientation2:00	Fitness Room9:00 Billiards.....9:00 Card/Games.....9:00 Canvas Painting.....11:00 Fitness Fitness Surprise.....9:30 AFEP.....11:15 Fitness w/Lamont.....1:00 Kettle Bell Training2:15	Cards/Games.....9:00 Fitness Room.....10:15 Billiards.....10:15 Fitness Chair Yoga9:00
		1 Council Meeting9:30	2 Assistive Technology ...10:30 Charter Board Presentation1:30 No AFEP No Afternoon Fitness	3 Therapeutic Yoga10:30 Paper Dolls.....11:00 Senior Tech.....1:00
6 Bingo9:30 Close Caption Presentation11:30 Choir Group1:00	7 Diabetes Self-Management Workshop.....9:30 Line Dancing1:00	8 Paper Dolls.....10:00 Pickleball w/Nate10:15	9 Diabetes Prevention Program9:30 AFEP.....10:45 Smooth Jazz.....11:30	10 Green Thumb Club10:30
13 Project Linus/Sewing 1019:30	14 Diabetes Self-Management Workshop.....9:30 Pastor Chris & Friends.....1:00	15 Widow & Widower Support .10:00 Meditation w/Debi11:15	16 Grocery Distribution11:30 Kettle Bell Training2:15	17 Bike To Work (Pavilion)10:00
20 Bingo9:30 Choir Group1:00	21 Diabetes Self-Management Workshop.....9:30 Eat Well/Move Well1:30 Shibashi3:00	22 CarFit9:30 Yard Sale.....10:00 Mobile Market.....11:00 Book Club.....1:00	23 You Matter/Affirmations10:45	24 *Health Fair @ Richard R. Clark Senior Center 10 a.m. to 2 p.m.*
27 CLOSED for Memorial Day 	28 Diabetes Self-Management Workshop.....9:30 Tea Club1:30	29 Tea and Smooth Jazz with Merlon Devine11:00	30 Older Americans Month Trivia10:45	31 Seated Massage10:30 Candle Making11:00

Tea and Smooth Jazz – Honoring Older Americans Month

The 2024 theme is Powered by Connection. Join your peers for a meaningful social engagement with tea and music. The formal tea will be provided by Tea & Me. The music will be provided by Merlon Devine. Merlon's signature sound through his saxophone will leave you refreshed, connected and well fed. Tickets are limited, purchase your ticket from a member of the Indian Head Senior Center Council. Sponsored in part by the Indian Head Senior Center.

Wednesday, May 29, 10:45 a.m. • Fee: \$7 for 1 ticket or \$10 for 2 tickets.



NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest SCOOP online!

Program Highlights

Assistive Technology

Join SMCIL and the ADRC for a demonstration of various Assistive Technology and learn how these items can increase, maintain, or improve functional abilities for Older Adults and Individuals with Disabilities.

Tuesday, May 7, 11 a.m. Fee: FREE

Area Council on Aging Meeting (ACA)

Opportunity to ask questions to members of the Area Council on Aging.

Thursday, May 9, 10:15 a.m. Fee: FREE

Senior Council Bingo Fundraiser

Evening nickel bingo with the Nanjemoy Senior Center Council. Food sales at the event to benefit the senior council on behalf of the Nanjemoy Senior and Community Center.

Friday, May 17, 5-7 p.m. Fee: 5¢ per card
Food prices are determined by the council.

Financial Wellness

Financial Wellness Educator Deon Littles from the University of Maryland Extension will discuss family budgets and how to invest in our current economic climate.

Wednesday, May 22, 11 a.m. Fee: FREE

Ongoing Programs

Artistic Aesthetics

Weekly project to express your creativity. Fee due at registration. Prior signup is required. Limited space available.

Mondays, 1:00 p.m.,

Dish Tower Organizer, May 6 Fee: \$7

Casual Crafting, May 13, Fee: \$5

Beehive Craft, May 20, Fee: \$8

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, May 16, 9:30 a.m. Fee: FREE

Nickel Bingo

Join us for bingo every week!

Thursdays, 12:45 p.m. Fee: 5¢ per card

Health & Fitness Programs

Arthritis Foundation Exercise Program (AFEP)

Evidence-based exercise program. Gentle stretching with cardio and strength training exercises. Designed to get a full body workout with consideration given to those with mobility impairments. Video may be used as needed.

Mondays & Wednesdays, 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

Tai Chi

Yang Style Tai Chi 24 form. This style uses upright movements and covers 20 different postures.

Thursdays, 11:00 a.m. Fee: Fitness Pass

Total Body Conditioning

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

Thursdays, 11:00 a.m. Fee: FREE

Bike to Work Day

Event will be held at the Village Green in Indian Head. See page 14 for details and registration information.

Friday, May 17, 10 a.m. Fee: FREE

Health Fair

See page 14 for details.

Friday, May 24, 10 a.m. Fee: Lunch Donation

Community Programs

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

WIC Services

Fridays, May 10 & 24, 9 a.m.-4 p.m. Fee: FREE

Mobile Library

Borrow books, movies, tech every three weeks.

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

Mobile Food Market

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

Wednesday, May 15, 12 p.m. Fee: FREE

While supplies last

Hot Meals

The Southern Maryland Food Bank will be giving away free hot meals, first come, first served with a family limit of 7 meals. Meals will be served out of a food truck in the Nanjemoy Community Center parking lot.

Wednesday, May 22, 5 p.m. Fee: FREE

New Hope Food Distribution

Shelf-stable pantry items provided.

Thursday, May 23, 11:30 a.m. Fee: FREE

While supplies last

Billiard/Game Room

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

Computer Lab

Print, copy, fax services available.

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

Fee: 10¢ per side.

Fitness Room

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

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

Narcotics Anonymous

Tuesdays, 3-4 p.m.

Shop the Rack - Community Closet

New and gently use clothing items for free.

Tuesdays, 1-4:30 p.m. & Fridays, 8:30 a.m.-4:30 p.m. Fee: FREE

Recreation Programs

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

Cooking 101 Teens & Tweens

Ages 11-16

Wednesday, May 1, 1-3 p.m. Fee: \$40

Jumbo Family Games

Provided through Rec Xpress.

Friday, May 10, 6-8 p.m. Fee: FREE

Art Adventure

Ages 2-6 first session and ages 7-12 second session.

Thursday, May 16, 2-2:45 p.m. & 3-3:45 p.m. Fee: \$12

Mother's Day Tea

Celebrate Mother's Day at our Mother's Day Tea. Join us for freshly prepared food, live entertainment, money raffle, and more. This event is hosted by the Nanjemoy Senior Center Council. Tickets can be purchased through Thursday, May 2.

Wednesday, May 8, 11 a.m. • Fee: \$12



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 Lab8:30 Fitness Room8:30 Senior Tech Appts8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness AFEP10:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room8:30 Senior Tech Appts8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Shop the Rack1:00 Narcotics Anonymous.....3:00 Fitness Flex & Stretch.....10:00 Core Fitness11:15	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room8:30 Senior Tech Appts8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness AFEP10:00 Walking Club11:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room8:30 Senior Tech Appts8:30 Lunch12:00 Nickel Bingo.....12:45 Dominos.....1:00 Games/Puzzles1:00 Fitness Tai Chi10:00 Total Body Conditioning.....11:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room8:30 Shop the Rack8:30 Senior Tech Appts8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness Walking Club1:00
		1 <u>Recreation Program</u> Cooking 101 Teens & Tweens1:00	2 Charter Board Presentation11:00	3 Walking Club1:00
6 Senior Council Meeting10:00 Artistic Aesthetics: Dish Tower Organizer1:00	7 Assistive Technology ...11:00	8 Mother's Day Tea.....11:00	9 Area Council on Aging Meeting10:15	10 <u>Community Program</u> WIC Services9:00 <u>Mobile Recreation Program</u> Jumbo Family Games...6:00
13 Artistic Aesthetics: Casual Crafting1:00	14 <u>Community Program</u> Mobile Library10:30	15 <u>Community Program</u> Mobile Food Market12:00	16 I&A Services.....9:30 <u>Recreation Program</u> Art Adventure2:00 Art Adventure3:00	17 Bike to Work at Indian Head10:00 Senior Council Bingo Fundraiser5:00
20 Artistic Aesthetics: Beehive Craft.....1:00	21 Core Fitness11:15	22 Financial Wellness11:00 Hot Meals.....5:00	23 New Hope Grocery Distribution11:30	24 <u>Community Program</u> WIC Services9:00 *Health Fair @ Richard R. Clark Senior Center 10 a.m. to 2 p.m.*
27 CLOSED for Memorial Day 	28 Flex & Stretch.....10:00	29 AFEP11:00	30 Total Body Conditioning.....11:00	31 Senior Tech Appts8:30

WALDORF SENIOR & RECREATIONAL CENTER

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

Get your Latest SCOOP online!

Program Highlights

Managing Money: A Caregiver's Guide to Finances.

If you or someone you know is facing Alzheimer's disease, dementia, or another chronic illness, it's never too early to put financial plans in place. Join us to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning. Brought to you by the Alzheimer's Association.

Wednesday, May 1, 10 a.m. Fee: FREE

Stronger Memory

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

Tuesdays, May 7-28, 11 a.m. Fee: FREE

Mother's Day Brunch

This event is hosted by the Waldorf Senior Center Council. Join the celebration! Entertainment, food, and more! Ticket sales took place on Thursday April 4 and April 11. For interest in tickets, please see Senior Center Council on Thursday mornings.

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

Fee: \$15 paid to Waldorf Senior Center Council

Assistive Technology

Join SMCIL and the ADRC for a demonstration of various Assistive Technology and learn how these items can increase, maintain, or improve functional abilities for Older Adults and Individuals with Disabilities.

Wednesday, May 15, 1p.m. Fee: FREE

Birds of Prey

Come out and see some beautiful birds up close! Learn all about them, where to find them, what they eat, and much more! We will have 4 different raptors on site for you to see and learn about.

Wednesday, May 29, 10 a.m. Fee: \$2

African Dance

Due to popular demand, we have brought African Dance back for another session! NAAADT will be hosting a 4-week dance workshop focusing on African and African American-based movement styles.

Thursdays, May 30, Jun. 6, 20, & 27, 10:30a.m. Fee: \$10

Protecting Personal Information Online

This presentation will cover the ins and outs of how to protect your personal information online. We cover tips for staying safe in cyberspace, like safe browsing, how to recognize online scams, and when it's OK – or not – to share your personal information online. Brought to you by Senior Planet.

Friday, May 31, 1p.m. Fee: FREE

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. Don't have poetry to read? That's ok! Come to listen to their powerful words.

Friday, May 5, 11 a.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, May 7 & 14, 10 a.m. Fee: FREE

Widow & Widower Support Group

Facilitated by Brenda Dubose.

Monday, May 13, 9:30 a.m. Fee: FREE

Jewelry Club

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

Wednesday, May 15, 10 a.m. Fee: \$3/pp

Book Club

This month's book is "The Last Devil to Die," by Richard Osman. Please come prepared with your thoughts on this book and join in the discussions.

Thursday, May 16, 1 p.m. Fee: FREE

Bible Study

Facilitated by Minister Yvonne' Wilson. All are welcome!

Tuesday, May 21, 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

Leather crafting is a fun and exciting hobby. You can create custom handmade keychains, purses, credit card wallets and more. If this grabs your interest, then this class is for you! Please bring your own materials, including a piece of leather suitable for your project and some general leather crafting tools. Any materials needed moving forward will be discussed during your first class.

Tuesdays, 10 a.m. Fee: FREE

Crafter's Corner

Come join fellow paper crafters and create your own special pieces of art. This is a self-run time slot for paper crafters alike. Please bring your own crafting supplies.

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

Crochet Club

Join Vicki Eichhorn and learn about basic crochet techniques while working on projects. Fridays, 11 a.m. Fee: FREE

BINGO How it Works:

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

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

Health & Fitness

Fitness Room Orientation

Mandatory before first use of fitness room. Registration required.

Wednesdays, May 8 & 22, 1 p.m. &

Tuesdays, May 14 & 28, 10:30 a.m.

Fee: \$5

Chair Dance Aerobics

Now offered three times a week! This class is great for all fitness levels and includes cardio and dancing while seated.

Mondays, Wednesdays, & Fridays, 9:30 a.m.

Fee: Fitness Card

Arthritis Foundation Exercise Program (AFEP)

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

Wednesdays, 10:30 a.m. &

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

Chair One Plus

This dance-based workout comes unique with extra exercises that ant level can do.

Wednesdays, 2 p.m.

Fridays, 12:30 p.m. Fee: Fitness Card

Bike to Work Day

Event will be held at the Village Green in Indian Head. See page 14 for details and registration information.

Friday, May 17, 10 a.m. Fee: FREE

Health Fair

See page 14 for details.

Friday, May 24, 10 a.m. Fee: Lunch Donation

Community

Reggie Rice's The Magic of Laughter

Are you in need of a laugh and want to be in awe? Then grab your family and come on down to this amazing magic show! Reggie Rice is a three-time winner of Comedy Magician of the Year for Washington DC! He will have super magic and super fun for everyone! All ages welcome!

Tuesday, May 14, 10:30 a.m.

Fee: \$5 for 13yrs-59yrs, \$2 for 60yrs and up/12yrs and under.

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 Room9:00 Racquetball9:00 Guitar Club10:00 Cards & Games10:30 Pinochle11:00 Lunch12:00 Basic Sewing1:00 Cornhole1:00 Table Tennis2:30 Fitness Chair Dance Aerobics9:30 Chair Yoga10:30 Yoga11:30 Kettlebell Fitness12:30 Enhanced Fitness1:30	Fitness Room9:00 Racquetball9:00 Leather Crafting10:00 Tech Time10:30 Cards & Games10:30 Pokeno10:30 Basketball11:00 Lunch12:00 Crafter's Corner1:00 Fitness Total Body Conditioning9:30 Gentle Stretching10:30 Line Dancing11:30 Tai Chi for Health1:00 Beginner Pickleball2:30	Fitness Room9:00 Racquetball9:00 Basketball10:00 Bridge Club10:00 Cards & Games10:30 Lunch12:00 Basic Sewing1:00 Fitness Chair Dance Aerobics9:30 AFEP10:30 Basic Fitness Training11:30 Enhanced Fitness1:00 Chair One Plus2:00 Table Tennis3:00	Fitness Room9:00 Racquetball9:00 Gospel Choir9:30 Cards & Games10:30 Watercolors10:30 Basketball11:00 Pinochle11:00 Lunch12:00 Guitar Club1:00 Fitness Total Body Conditioning9:30 Line Dancing11:30 Tai Chi for Health1:00	Fitness Room9:00 Racquetball9:00 Cards & Games10:30 Crochet Club11:00 Lunch12:00 Crafter's Corner1:00 Cornhole1:00 Fitness Chair Dance Aerobics9:30 Core & More10:30 AFEP11:30 Chair One Plus12:30
		1 Managing Money: A Caregiver's Guide to Finances.10:00	2 Bingo10:30 Grocery Distribution.11:30 Intro to Pickleball2:30	3 Poetry Club11:00
6 Basic Sewing1:00	7 Mobile Library.9:00 Prayer Group10:00 Stronger Memory11:00	8 Mother's Day Brunch10:30 Fitness Orientation1:00	9 Bingo10:30 Beginner Pickleball2:30	10 Crafter's Corner1:00
13 Widow & Widower Support Group.9:30 Charter Board Presentation10:30	14 Prayer Group10:00 Magic Show10:30 Fitness Orientation10:30 Stronger Memory11:00	15 Jewelry Club10:00 Assistive Technology1:00	16 Bingo10:30 Book Club1:00 Intro to Pickleball2:30	17 Diabetes Prevention10:00 Bike to Work at Indian Head10:00
20 WSC Council Meeting ...9:30	21 Bible Study11:00 Stronger Memory11:00	22 Fitness Orientation1:00 No Basketball Today – Gymnasium Closed	23 Bingo10:30 Beginner Pickleball2:30	24 *Health Fair @ Richard R. Clark Senior Center 10 a.m. to 2 p.m.*
27 CLOSED for Memorial Day 	28 Mobile Library.9:00 Fitness Orientation10:30 Stronger Memory11:00	29 Birds of Prey10:00	30 African Dance10:30 Intro to Pickleball2:30	31 Protecting Personal Information Online1:00

Join us for our 6th Annual Senior Health & Wellness Fair!

This is the best spot to explore ways in making your lives healthier. Visit vendor tables, participate in demos and explore options to optimize spiritual, physical, mental and financial health.

Watch informative mini lectures, sit in on a music therapy session, get your blood pressure checked, visit, and speak with vendors or take part in fitness demonstrations.

Give-a-ways, lunch, door prizes and so much fun! Stop by to pick up information or stay the whole time.

Ricard R Clark Senior Center Friday May 24th, 10 a.m. - 2 p.m.

Want lunch? Sign up at any senior center to make your lunch reservation must be in by Friday, May 10th.

***Lunches will be boxed lunch with a donation.**

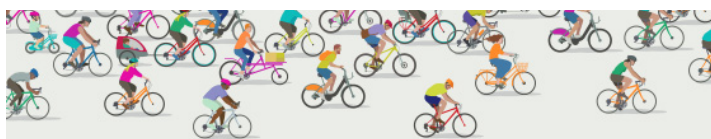


Outdoor Walk Club

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

Meet up at Laurel Springs Park 9:00 a.m. Meet in large parking area to right upon entering park.

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



Bike to Work Day

On May 17th, we celebrate Bike to work day!

Bike to Workday will be at the Indian Head Village Green starting at 10 a.m. with mini class sessions, vendors, giveaways, lunch, and culminating with a bike ride on the Indian Head Rail Trail at 1 p.m.

Register online at www.biketoworkmetrodc.org for the Indian Head pit stop (MD Charles Co Indian Head at Village Green Pavilion) to get a free t-shirt.

For more information, contact Nate Schultz for assistance in registering. 240-448-2817 SchultzN@charlescountymd.com

If you are interested in lunch, sign-up required at your local senior center by May 3rd to have the option for a boxed lunch with a donation.

Intro to Kayaking & Group Kayaking

Gilbert Run Regional Park is the perfect place to learn. Calm waters and beautiful scenery make for a great experience.

Beginner: Thursday, May 16 10 a.m.

Self-led: Thursday, May 17 11 a.m.

Registration required; kayaks provided.

Fee: \$5 for 1 hour

Call Debi Shanks 301-609-5711 to register

Biking Days

Friday May 3 & 31st @1 P.M.

Indian Head Rail Trail (White Plains)

Grab your water and meet Nate at the beginning of the trail for an hour round trip ride.

Fee: FREE

IF YOU NEVER
GO
YOU'LL NEVER
KNOW
"Life is better on a bike"



Summer Aqua Aerobics

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

Stay cool in the pool! Classes coming.... June 17th-August 23rd. *NO CLASSES June 19th or July 4th

Registration will be available once June SCOOP is out.

Lackey HS	Mon/Wed	8:30 a.m.	Fee: \$50
	Tues/Th	8:30 a.m.	Fee: \$50
St Charles HS	Mon/Wed	8:30 a.m.	Fee: \$50
	Tues/Th	8:30 a.m.	Fee: \$50
LaPlata HS	Mon/Wed	10:30 a.m.	Fee: \$55
	Tues/Thurs	10:30 a.m.	Fee: \$55

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

Debi & Nate

SENIOR CENTER MENU

1% or skim Milk is offered with all meals
All Juice is 100% Juice

Lunch Cancellation Policy

If you have a lunch reservation and cannot dine at the Center, please call the Senior Center PRIOR to the reservation day to cancel your meal. If the meal is not cancelled, the County must still pay for the meal.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Apple Juice Chophouse Burger Sandwich Orange Glazed Carrots Bronco Beans Fruit Cocktail	2 Orange Juice BBQ Pork Sandwich Seasoned Corn Carrot Raisin Salad Tropical Fruit Salad	3 Cranberry Juice Arroz Con Pollo Rancho Fiesta Blend Veggies Peaches
6 Orange Juice Beef Tamale Pie Malibu Blend Vegetables Cucumber Onion Vinaigrette Pears	7 Apple Juice Sloppy Joe Sandwich Green Beans, Pickled Beets Pineapple COLD: Roast Beef and Cheese on Whole Wheat, Broccoli Salad, Pineapple and Fruit Punch Juice	8 Grape Juice Chicken Alfredo Noodles Broccoli Rise and Shine Cobbler	9 Pineapple Juice Vegetable Lasagna Broccoli Pineapple Bean Salad Dinner Roll Banana	10 Cranberry Juice Hot Dogs with Bun Baked Beans Coleslaw Peaches
13 Grape Juice Chicken Masala Fluffy Rice Oregon Style Blend Veggies Whole Wheat Bread (2) Sliced Apples	14 Pineapple Juice Liver and Onions Mashed Potatoes Garlic Green Beans Spinach Salad Cornbread Fruited Jell-O COLD: Ham and Swiss on Whole Wheat, Coleslaw, Diced Mangoes, Apple Juice	15 Orange Juice Sweet and Sour Pork Chop Seasoned Corn Bow Tie Pasta Salad Dinner Roll Fruit Blend	16 Apple Juice Honey Lemon Chicken Garlic Parsley Potatoes Asian Blend Vegetables Onion Roll Honeydew	17 Brunch for Lunch Orange Juice Egg Omelet Turkey Sausage Grilled Tomatoes Hashbrown Potatoes Muffin Banana
20 Fruit Blend Juice Chicken Cacciatore Cheesy Mashed Potatoes Fiesta Bean Salad Whole Wheat Bread (2) Applesauce	21 Grape Juice Spaghetti with Meatballs and Mozzarella Seasoned Corn, Breadstick Peaches COLD: Chicken Salad on Croissant, Coleslaw, Pasta salad, Fruit Cocktail, Fruit Punch Juice	22 Cranberry Juice Pork Tenderloin with Gravy Rice Pilaf Green Bean Almondine Onion Roll Fruit Salad	23 Soup of the Day Fruit Blend Juice Grilled Chicken Salad on Bed of Greens Cranberries, Walnuts, Apple Slices, Blue Cheese Crumbles Amish Macaroni Salad Biscuit Fresh Oranges	24 Brunch for Lunch Apple Juice Quiche Hash Browns Turkey Sausage Stewed Tomatoes Muffin Orange Slices
27 Memorial Day Holiday  No Meal Service	28 Grape Juice Cranberry Orange Chicken Fluffy Rice, Squash Dinner Roll, Peaches COLD: Tuna Salad on Croissant, Pasta Salad, Broccoli Salad, Peaches, Pineapple Juice	29 Pineapple Juice Beef Brisket Honey Mustard Potato Salad Fiesta Bean Blend Dinner Roll Apple Slices	30 BIRTHDAY CELEBRATION Apple Juice Oven Fried Chicken Company Potatoes Sweet Peas Cornbread Apricots Birthday Cake	31 Orange Juice Open Faced Turkey Sandwich with Gravy (Whole Wheat Bread) California Blend Vegetables Citrus Salad
Charles County Luncheon Program Open to any Charles County resident, age 60 or older, for a donation. The suggested meal donation is \$3, actual cost is \$5.75 per person. All donations are used to provide meals for Charles County seniors. Guests (anyone age 59 or younger, or a non-county resident) may order lunch, but must pay the full price of \$5.75. Lunch reservations must be made by 10 a.m. the preceding day. We appreciate your assistance in keeping costs down. Party & special event meal prices may vary. Clark Senior Center.....Tuesday–Friday Indian Head Senior Center.....Monday–Friday				
Nanjemoy Senior Center Monday–Friday Waldorf Senior Center Monday–Friday				
Available at Noon • Days Vary By Center 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.

Travel Bucket List!

Trips sponsored by Action Travel Tours 301-645-1770

Summer is on the horizon in Southern Maryland....So it must be time to enjoy our amazing blue crabs, our local beaches and turn our thoughts to Fall and Winter travel. Call or email the office for pricing and detailed itineraries.

If a trip is cancelled by Action Travel or the vendor, a refund or future credit will always be issued. Trip cancellations are usually 60-45 days prior to travel based on the number of people signed up. The below listed trips were all scheduled with availability at the time this list was sent for publication. All tours are on a first come basis. Please call to verify trip dates, prices and stated details.

** 2N1 SPONSORED TRIPS

June 10-14, 2024: The 37th Annual Mystery Trip. Call to see if any spots remain. Your ticket to destinations and experiences unknown may be just around the corner. For our 36th annual trip in 2023, we spent 5 amazing days exploring southeast Maine. Did I mention eating wonderful lobster? Join the fun and experience the "Original Mystery Trip" everyone talks about for yourself.

September 19, 2024: Learn of the Legend of Harriet Tubman. Spend a glorious late summer day on the Eastern Shore of Maryland at the Harriet Tubman Museum with a luncheon cruise on the Suicide Bridge Riverboat and explore the life and legend of the Conductor of the Underground Railroad. No visit to the Cambridge would be complete without a stop at Emily's amazing produce market.

December 11-13, 2024 (Tentative): 2 Night NYC Christmas Spectacular. This has become a holiday tradition for Action Travel. We spend two nights in the heart of the action at the Hotel Edison on the edge of Time Square and a couple of blocks from Rockefeller Center. You will have time to take in the city sights, shop till you drop and book tickets for two Broadway shows if you would like. To secure Rockette tickets, reservations must be in by August 15th.

CRUISE CORNER

****September 21 – October 1, 2024: Splendor of the Seine River Cruise.** Your journey begins in Paris and includes a two-night hotel stay and touring. Embark the Scenic Gem for a butlered seven-night cruise along the Seine River from Paris to Honfleur/Normandy Beaches and back to Paris. Call to check availability for this date or another possible option.

March 21 – 29, 2025: RCCL Vision of the Seas – 8Nt SE Coast and Bahamas from Baltimore. Escapes the unpredictable weather of March and sail the South East Coast to the Bahamas from your own backyard of the Port of Baltimore. Make port calls in Charleston, Orlando, Grand Bahama Island and Nassau. Ocean View Guar, from \$835pp and Balcony Guar from \$1,445 pp. Rates and promotions are subject to change: group space is not being held.

May 10 – 17, 2025: Norwegian Pride of America – 7 Night Hawaiian Islands. Experience 3 Hawaiian Islands and only unpack once. Enjoy Oahu, Maui and Kauai as you sail the Pacific. Ocean View (obst) from \$2,414 pp and Balcony from \$3,122 pp with Free at Sea Amenities. Air, transfers and trip protection are additional. Add an extension in Oahu and make sure to see Pearl Harbor and the Polynesian Cultural Center. Rates and promotions are subject to change: group space is not being held.

