

The SCOOP

Charles County's Senior Center News

BEST
Dad

EVER



JUNE 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: Kimberly Wagner

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 June Sponsored/Hosted Activities & Events

Clark Senior Center Juneteenth Celebration at Waldorf	Indian Head Senior Center All Clubs Juneteenth Bingo	Nanjemoy Senior & Community Center Father's Day BBQ Evening Bingo	Waldorf Senior & Rec Center Bingo Father's Field Day Juneteenth Celebration
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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.**

June is Alzheimer Awareness Month: Diabetes and Cognitive Decline

- There's a strong correlation between Alzheimer's disease and high blood sugar levels. One study found that people with high blood sugar levels – such as those linked with Type 2 diabetes – had a dramatic increase in beta-amyloid protein, one of the hallmark brain proteins of Alzheimer's disease.
- People in the early stages of Type 2 diabetes have signs of brain dysfunction. In fact, one study's participants showed high levels of insulin resistance in the brain and a reduced ability to use glucose to fuel normal brain function.
- Individuals with Type 2 diabetes show accelerated cognitive decline, specifically in executive function and information-processing speed. Another study found that those whose onset of Type 2 diabetes was at a younger age are at higher risk of dementia.
- The early effects of diabetes on the brain were related to levels of a blood protein called hemoglobin A1C (HbA1C). Researchers found that even people who had diabetes for less than 10 years had deficits in memory function typically associated with a brain region called the hippocampus. They found that people with diabetes had smaller hippocampal sizes than people without diabetes. They also discovered that the decreases in hippocampal size were correlated to HbA1C blood levels, suggesting that HbA1C could be used to indicate hippocampal function and/or the onset of memory loss.
- The gene for amyloid precursor protein (or APP, the "parent molecule of beta-amyloid") is known to be involved in some cases of Alzheimer's. This gene also affects the insulin pathway. Disruption of the insulin pathway is a hallmark of diabetes, and research on the APP gene could lead to a therapeutic target for both diseases.

<https://www.alz.org/media/documents/alzheimers-dementia-diabetes-cognitive-decline-ts.pdf>

Juneteenth Closure

All Charles County Senior Centers will be closed on Wednesday, June 19, for Juneteenth.



World Elder Abuse Awareness Day



World Elder Abuse Awareness Day (WEAAD) was launched on June 15, 2006, by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations. The purpose of WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic, and demographic processes affecting elder abuse and neglect.

In a society that values the just treatment of all people, WEAAD reminds us that elder abuse has implications for all of us, and so it's important to find the right solutions to it. WEAAD is a call-to-action for society's individuals, organizations, and communities to educate each other on how to identify, address and prevent abuse so we can all do our part to support everyone as we age.

Join us in empowering older people and our communities this WEAAD!

Signs of Elder Abuse

It is up to everyone to prevent and address elder abuse.

Programs such as Adult Protective Services (APS) and the Long-Term Care Ombudsmen are here to help. For reporting numbers, contact Eldercare Locator at **1-800-677-1116** or visit www.eldercare.acl.gov. In cases of urgent danger, call **911** or the local police or sheriff.

Information from <https://eldermistreatment.usc.edu/weaad-home/about/>.

Physical Signs



Dehydration or unusual weight loss



Missing daily living aids (glasses, walker, or medication)



Unexplained injuries, bruises, cuts, or sores



Torn, stained, or bloody underclothing



Unattended medical needs



Unexplained sexually transmitted diseases

Emotional & Behavioral Signs



Increased fear or anxiety



Isolation from friends or family



Unusual changes in behavior or sleep



Withdrawal from normal activities

Financial Signs



Fraudulent signatures on financial documents



Unusual or sudden changes in spending patterns



Unpaid bills



Legal Aid

Legal Aid: June 4th & July 2nd

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

Foods that Reduce Dementia Risk

Some risks for developing Alzheimer's and dementia are out of our control, but our diet is a prevention method we can control. Our diet is not only tied to our body health, but also directly related to our brain health. Here are some foods that may help reduce your risk:

- **Berries:** Eating strawberries, blueberries and acai fruit appears to counteract some of the declines in cognition that were noticed in research related to poor diet.
- **Coffee/Caffeine:** Both caffeine in general and coffee specifically have been associated with cognitive benefits, including a significantly lower risk of progression from mild cognitive impairment to dementia.
- **Apples:** Apple juice was shown in research to reverse memory loss in mice caused by a deficient diet, as well as protect their brains from the hallmark buildup of beta amyloid protein that is present in Alzheimer's disease.
- **Nuts:** Several studies have connected nut consumption to a lower risk of dementia. While some research demonstrates improved memory and recall in people whose cognitive functioning is normal, other research has shown that nuts may even be able to improve memory in those who already have Alzheimer's disease.
- **Some Types of Cocoa/Chocolate:** In my opinion, this is the tastiest way to reduce the risk of dementia. Multiple studies have associated cocoa and dark chocolate with a lower chance of cognitive decline.
- **Fish:** The omega-3-fatty acids found in certain types of fish have been touted as great for your brain health, and most research conducted on this has agreed.
- **Cinnamon:** Multiple studies have demonstrated that cinnamon, when given to mice, was correlated with an improvement in the ability to clear the buildup of protein in the brain that's connected with Alzheimer's disease, as well as improve memory and other cognitive functioning. Researchers have often, but not always, found that results in mice are similar to those in humans.
- **Curcumin/Turmeric:** Like curry? Curcumin has been demonstrated to be highly correlated with both preventing cognitive decline and treating dementia already present in mice. One challenge for humans is that our bodies often don't easily absorb curcumin.
- **Fruits and Vegetables:** A heart-healthy diet of fruit and vegetables has been connected to a reduced risk of Alzheimer's disease. Load that plate with colorful veggies and fruits to ensure that you're meeting your body's needs for vitamins.

<https://www.denverhealthmedicalplan.org/blog/alzheimers-prevention-diet-11-tasty-foods-reduce-dementia-risk>

Caregivers Corner

Here are 15 Habits Happy Caregivers Swear By

Whether you're a caregiver yourself or know someone who is, there are certain habits that can go a long way. So before the burnout of caregivers becomes an epidemic of its own, try these 15 proven practices to fill up your cup—and trust us, you'll want to write these down.

1. Amplify your self-care regime. Self-care begins with healthy sleep hygiene, healthy diet, and regular exercise. Even if you can only manage five-minute increments of exercise, it is important to move your body in ways that you see it would benefit.
2. Talk it out. Frustration, worry, self-doubt, and fear are all normal emotions associated with caregiving.
3. Write through it.
4. Remember what you love. Just because you're helping someone else doesn't mean you have to put your entire life on the back burner.
5. Clear your calendar. Draw a clear boundary between work and vacation.
6. Prioritize (and minimize) to-do's. Instead of trying to get everything done, pick and choose what you're committed to, and let go of the rest.
7. Focus on personal strengths. If you find yourself focusing solely on the needs of others, taking note of your skills and strengths can help you remember your identity as an individual, and not only a caregiver.
8. Identify and reframe stressors. Take note of one thing that caused you difficulty one day. Then, see how it can be positively appraised or reframed in a more positive way.
9. Find support groups.
10. Feel your feelings. Take time for yourself to really feel your feelings, instead of suppressing them.
11. Learn your limits. Don't try to be everything to everybody.
12. Get mindful. Regular mindfulness practice can reduce depression and anxiety while boosting self-efficacy.
13. Practice gratitude. One of the simplest ways to shift your mindset is to think about what's going well in your life.
14. Embrace appreciation. Feeling appreciated is essential to experiencing joy as a caregiver, especially if you're in it for the long haul.
15. Celebrate your role. Cultivating a more positive outlook on caregiving has a strong association with higher life satisfaction—even in the presence of increased burdens.

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/>.

Ask SHIP:

What is the new Postal Service Health Benefits program, and do I need to enroll in Medicare?

The Postal Service Health Benefits (PSHB) program is a new program offering health insurance to eligible:

- Postal Service employees
- Postal Service annuitants (retirees)
- And their eligible family members

The first eligibility letters were sent to eligible members in early 2024. They will receive a second notification letter in May 2024, and a third and final letter in August 2024. PSHB will replace Federal Employee Health Benefits (FEHB) coverage for these eligible groups, starting in 2025.

Some, but not all, eligible members will be required to enroll in Medicare to keep their PSHB. Those who **are** required to enroll in Medicare are:

- Active employees under age 64 (as of 12/31/24) who are participating in FEHB as of 12/31/24.
- Covered family members of annuitants when the primary PSHB enrollee is enrolled in Medicare Part B

Note that those who are enrolled in Medicare Part B as of 1/1/2025 must remain enrolled in order to continue participating in the PSHB program.

Those who are **not** required to enroll in Medicare are:

- Annuitants (retirees) who retired on or before 12/31/24 and who are participating in FEHB as of 12/31/24.
- Covered family members of annuitants who are participating in FEHB as of 12/31/24 (unless the primary PSHB enrollee is enrolled in Medicare Part B, see above list)
- Active employees aged 64 or older (as of 12/31/24) who are participating in FEHB as of 12/31/24.

Some Postal annuitants eligible for PSHB may still wish to enroll in Medicare as they transition from FEHB to PSHB. Even if they are not required to enroll, enrolling in Medicare Part B may reduce a beneficiary's overall costs for health care expenses. Those who have passed their Initial Enrollment Period (IEP) can enroll in Medicare Part B or premium Part A using a Special Enrollment Period that lasts from April 1, 2024, through September 30, 2024. Remember that those who qualify for premium-free Part A can enroll in Part A at any time.

Those transitioning from FEHB to PSHB will use the Open Season to choose a PSHB plan. The Open Season, also sometimes called Open Enrollment, takes place yearly from November 11 through December 9. During this time, annuitants and employees will be able to review available plans and select an option that suits their and their family's needs.

Beginning January 1, 2025, the PSHB program will be the only health benefits program available through the Postal Service to employees, annuitants, and their eligible family members. Unless they meet one of limited exceptions, those required to enroll in Medicare (see the bulleted lists above) must do so or lose their PSHB eligibility. Once this PSHB eligibility is lost, it cannot be reinstated. These members cannot stay on their traditional FEHB coverage.


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.



**sometimes
you just
need a
little
Extra
Help.**

The **Extra Help** program helps people with limited income and resources lower or cut Part D costs. SHIP can help see if you may be eligible and how to apply.

For Local Help Navigating Medicare: 1-877-839-2675 | www.shiphelp.org



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!

CLARK SENIOR CENTER

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

Get your Latest SCOOP online!

Program Highlights

Planting, Growing, and Using Herbs

Join the Charles County Master Gardeners, and staff Renee Nesbitt for tips and tricks on growing and using Herbs. Please Sign Up!

Tuesday, Jun. 5, 10 a.m. Fee: FREE

"Boost" your excitement about Nutrition

Join Brittney Bolin, Nutritionist to learn how to make fun recipes that taste good using different flavors of Boost & Ensure style drinks. Learn what to look for when choosing a supplement drink and taste some protein rich snacks.

Thursday, Jun. 6, 10 a.m. Fee: FREE

Self Defense Class

This class will include introductions, discussion on expectations, techniques, awareness, and home safety defense. Basic martial art movements, like blocking, striking, and kicking will also be covered. Students should wear comfortable fitness attire, and athletic shoes. Space is limited, please sign up and pay in the program office.

Tuesday, Jun. 12, 1 p.m. Fee: \$5

Hand Made Soap Demonstration

Join Janine & Woody DeLauder from Rootbound Farms for a demonstration on how to make your own soaps. Please Sign Up!

Tuesday, Jun. 25, 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, Jun. 5, 10 a.m. Fee: FREE

Book Club

Led by Nancy Marquardt, Charles County Public Library. Remarkably Bright Creatures by Shelly Van Pelt.



Thursday Jun. 6, 1 p.m. Fee: FREE

Widow to Widow Support Group

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

Monday, Jun. 10, 1 p.m. Fee: FREE

Charles County Mobile Library

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

Tuesday, Jun. 11, 10 a.m.- Noon Fee: FREE

Free Lunchtime Music with Will!

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

Wednesday, Jun. 12, 11:30 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, Jun. 20, 10:30 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, Jun. 20, 11:30 a.m. Fee: FREE

Greeting Card Making Class

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

Wednesday, Jun. 26, 10 a.m. Fee: \$5

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, Jun. 27, 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, Jun. 5 & 26, 10 a.m. Fee: \$5

Groove Dance with Debi

See page 14 for details.

Thursday, Jun. 6, 11:30 a.m. Fee: FREE

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

FATHER'S DAY LUNCH

Calling all Dads! Join us for a delicious lunch while listening to music provided by DJ Frank, Mosquito Cove Digital Magic Entertainment. This is for our Senior Dad's Only! Space is limited. Please sign up in the program office by June 10.

Tuesday, Jun. 18, 11:30 a.m.
Fee: FREE/Dads Only

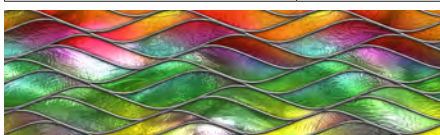
CLARK SENIOR CENTER

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 OPEN9:30 Coloring & Puzzles9:30 2N1 Social Club10:00 Duplicate Bridge10:00 Fitness Total Body Conditioning.....9:00 Walking at Laurel Springs . . .9:00 Pilates10:00 Therapeutic Yoga11:00 Drums Alive1:15	Billiards.....9:30 Quilting Class9:30 Coloring & Puzzles9:30 Guitar10:00 Cards & Games10:00 Stained Glass12:00 Lunch12:00 Spiritual Enrichment1:00 Fitness Strength Training.....9:00 Flex & Stretch.10:00 Jazzercise11:30 Line Dance1:00 Tai Chi2:00	Billiards.....9:30 Sewing Room OPEN9:30 Crochet/Knitting.....9:30 Coloring & Puzzles9:30 Mah Jong10:00 Cards & Games10:00 Pokeno11:00 Lunch12:00 Powder Puff Billiards1:00 Gospel Choir.2:00 Fitness Basic Fitness Training9:00 AFEP1:00	Billiards.....9:30 Sewing Room OPEN9:30 Coloring & Puzzles9:30 Lunch12:00 Reflections1:00 Fitness Strength Training.....9:00 Step Plus.10:00 Jazzercise11:30 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 Line Dance2:00
3 Walking at Laurel Springs . . .9:00	4 Tai Chi2:00	5 Planting, Growing & Using Herbs10:00 Beginners Jewelry.....10:00 Fitness Orientation10:00	6 ‘Boost’ your excitement about Nutrition10:00 Groove Dance w/Debi11:30 Book Club.....1:00 Liturgical Dance2:00 No Jazzercise Video Today.	7 Hand & Foot Canasta10:00
10 Widow to Widow1:00	11 Hand & Foot Canasta10:00 Mobile Library10:00	12 Lunchtime Music with Will . .11:30 Self Defense Class1:00 Council Meeting1:00	13 Centers Closed  Jaycees Summer Picnic	14 Project Linus Meeting10:00
17 Therapeutic Yoga11:00	18 Father’s Day Lunch . . .11:30	19 Centers Closed  Juneteenth	20 Free Karaoke Day10:30 Grocery Distribution11:30 Liturgical Dance2:00	21 Core & More.....9:15
24 Drums Alive1:15	25 Hand Soap Demo10:00	26 Fitness Orientation10:00 Greeting Card Class10:00 Caregivers Support Group . . .2:00	27 Free Easy Listening . . .10:30 Hand Dancing2:00	28 Hand & Foot Canasta10:00



Coming in July: Beginner’s Stained Glass Class

This is a FREE class for beginner’s only. • Tuesday, Jul., 1-3 p.m. • Fee: FREE

INDIAN HEAD SENIOR CENTER

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

Get your Latest SCOOP online!

Program Locations for Outside Activities

**Outdoor programs will be canceled due to inclement weather or the feel like temperature is 90 degrees or higher.*

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

Program Highlights

Vital Document Workshop w/Loraine Hennesy

Join Register of Wills, Loraine Hennesy, to learn how to update your vital records when changes happen in your life.

Thursday, Jun. 6, 10 a.m. Fee: FREE

Medication Adherence & Safety

Join Spencer Barry, member of the pharmacy team from Charles Regional Medical Center, as he shares the importance of adhering to taking medication as prescribes.

Wednesday, Jun. 12, 10:30 a.m. Fee: FREE

Ask the Nutritionist

Make a one-on-one appointment with Brittney Bolin, Nutritionist for dietary needs.

Thursday, Jun. 20, 10:30 a.m. Fee: FREE

Pelvic Floor Exercises – Women ONLY

Join Dr. Donna for exercises that will strengthen the pelvic muscles to help with bladder control.

Thursday, Jun. 27, 9:30 a.m. Fee: Donation

Self-Defense Class

Join Charles Turpin of First Strike Self Defense, for an hour class. Wear comfortable clothing. Space is limited, sign up and pp with staff.

Friday, Jun. 28, 11 a.m. Fee: \$5

Ongoing Programs

Bingo

Mondays, Jun. 3 & 17, 9:30 a.m.

Fee: 5¢ per card

Choir Group

Love to sing, this is the group for you.

Mondays, Jun. 3 & 17, 1 p.m. Fee: FREE

Senior Tech

Friday, Jun. 7, 1 p.m. Fee: \$1

Project Linus/Sewing 101

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

Monday, Jun. 10 & 24, 9:30 a.m. Fee: FREE

Widow & Widower Support Group

Facilitated by Brenda Dubose.

Wednesdays, Jun. 12, 10 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.

Friday, Jun. 14, 9:30 a.m. Fee: FREE

Book Club – “Dark Sky” by CJ Box

Wyoming game warden Joe Pickett is tasked by the Governor to take a Tech CEO on a hunting trip, but who is being hunted?

Wednesday, Jun. 26, 1 p.m. Fee: FREE

Health & Fitness Programs

Tai Chi for Arthritis II

Outside class practicing the 41 movements.

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

Dance Fit w/Shah Meca

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

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

Beginner's Tai Chi

Tai Chi for Arthritis using Sun style Tai Chi, focusing on 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

AfEP (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

get motivated

FITNESS

Fitness Class

Exercises to promote strength.

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

Fitness Orientation

Required to before using fitness equipment. Sign up with Staff.

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 w/Lamont

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

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

Chair Yoga

Enjoy your practice with Nieda.

Fridays, 9 a.m. Fee: Fitness Card

Therapeutic Yoga

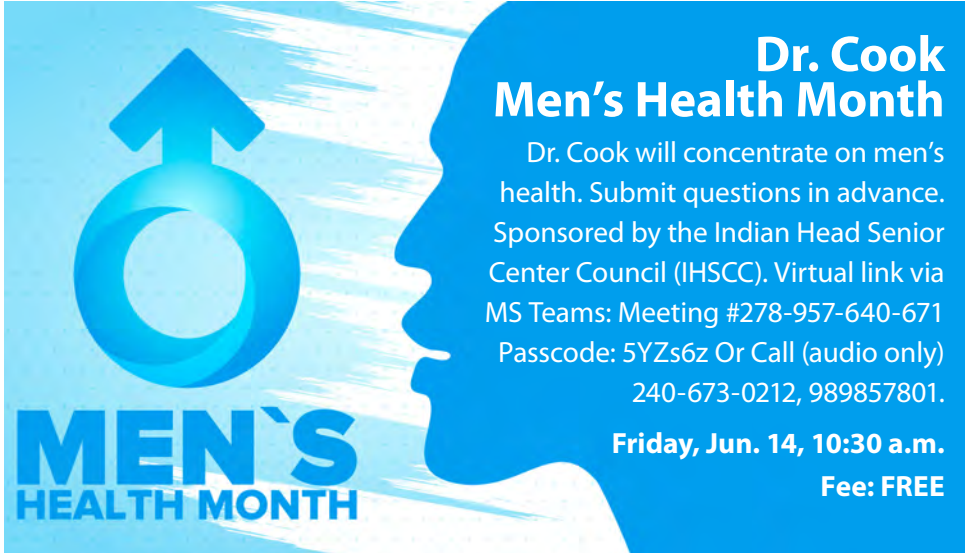
See page 14.

Friday, Jun. 7 & 21, 10:30 a.m. Fee: FREE

Community Programs

Mobile Market

Wednesday, Jun. 26, 11 a.m. Fee: FREE



Dr. Cook
Men's Health Month

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

Friday, Jun. 14, 10:30 a.m.
Fee: FREE

INDIAN HEAD SENIOR CENTER

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



Hours: 9 a.m.–3 p.m., 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.



Juneteenth Program – One Women Show – Shamika Renee’

Shamika Berry aka Shamika Renee’ completed a weekend performance at the Port Tobacco Players in LaPlata in April. Shamika is an award-winning makeup artist, award nominated actress, and costumer who has the ability to transform into historical figures that will capture you. Shamika has worked locally at the National Colonial Farm in Accokeek, the Indian Head Senior Center during the pandemic and the Waldorf Senior Center. Join us as she brings history to life. Expect a 50/50. Space is limited please sign up and pp with Staff. Brought to you in part by the Indian Head Senior Center Council. **Tuesday, Jun. 25, 10:45 a.m. • Fee: \$5**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness Room9:00 Billiards9:00 Cards/Games9:00 Fitness Tai Chi for Arthritis II9:00 Dance Fit10:30 Tai Chi for Arthritis1:00	Fitness Room9:00 Billiards9:00 Cards/Games9:00 Fitness Mobility & Balance9:15 AFEP11:15	Fitness Room9:00 Billiards9:00 Cards/Games9:00 Fitness Tai Chi for Arthritis II9:00 Fitness Class10:15 Beginner's Tai Chi1:00 Fitness Orientation2:00	Fitness Room9:00 Billiards9:00 Card/Games9:00 Canvas Painting.11:00 Fitness Fitness Surprise9:30 AFEP11:15 Fitness w/Lamont1:00 Kettle Bell Training2:15	Card/Games9:00 Fitness Room10:15 Billiards10:15 Fitness Chair Yoga9:00
3 Bingo9:30 Choir Group1:00	4 Diabetes Self-Management Workshop9:30	5 Council Meeting9:30	6 Vital Documents Workshop10:00 Canvas Painting12:00	7 Therapeutic Yoga10:30 Senior Tech1:00
10 Project Linus/Sewing 1019:30	11 Diabetes Self-Management Workshop9:30 Pastor Chris & Friends1:00 Eat Well/Move Well2:00	12 Widow & Widower Support10:00 Medication Adherence and Safety10:30	13 Centers Closed  Jaycees Summer Picnic	14 Information & Assistance with Julie9:30 Dr. Cook10:30
17 Bingo9:30 Choir Group1:00	18 Matt Macis10:45 No AFEP	19 Centers Closed  Juneteenth	20 Ask the Nutritionist10:30 Grocery Distribution11:30	21 Therapeutic Yoga10:30
24 Project Linus/Sewing 1019:30	25 One Woman Show Shamika Renee’10:45 No AFEP	26 Yard Sale9:30 Mobile Market11:00 Book Club1:00	27 Pelvic Floor Training w/Dr. Donna9:30	28 Self-Defense Class11:00

Matt Macis – One Man Show

Matt is back by popular demand. Matt Macis is a song and dance performer. Join him as he takes you on a magical music ride throughout the ages. Limited space, please sign up and pp with staff o reserve your spot.

Tuesday, Jun. 18, 10:45 a.m. • Fee: \$5



NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest SCOOP online!



Program Highlights

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, June 21, 5-7 p.m. Fee: 5¢per card
Food prices are determined by the council.

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.,

Mountain Key Holder, June 3 Fee: \$4
Juneteenth Centerpieces, June 10 Fee: \$4
Casual Crafting, June 17, Fee: \$5
Patriotic Tin Can Windsock, June 24, 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, June 27, 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, 11:00 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.

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

get motivated

FITNESS

Community Programs

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

Mobile Library

Borrow books, movies, tech every three weeks.

Tuesdays, June 4 & 25, 10:30 a.m. Fee: FREE

WIC Services

Fridays, June 7 & 21, 9 a.m.-4 p.m. Fee: FREE

New Hope Food Distribution

Shelf-stable pantry items provided.

Thursday, June 27, 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>

LEGO Land Creations

(Summer Adventure Week)

Ages 6-12

Monday-Thursday, June 24-27, 9 a.m.-12 p.m.

Fee: \$85 for all four days

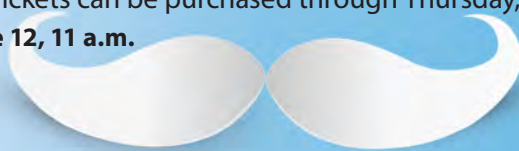


Father's Day BBQ

Join us for a Father's Day BBQ! Event features freshly prepared food, DJ Swag Money, money raffle, and more. This event is hosted by the Nanjemoy Senior Center Council. Tickets can be purchased through Thursday, June 6.

Wednesday, June 12, 11 a.m.

Fee: \$15



**HAPPY
FATHER'S
DAY**

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 Dominos1:00 Games/Puzzles1:00 Fitness AFEP10:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room8:30 Senior Tech Appts8:30 Lunch12:00 Dominos1:00 Games/Puzzles1:00 Shop the Rack1:00 Narcotics Anonymous.....3:00 Fitness Flex & Stretch.....10:00 Core Fitness11:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room8:30 Senior Tech Appts8:30 Lunch12:00 Dominos1:00 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 Bingo12:45 Dominos1:00 Games/Puzzles1:00 Fitness Tai Chi10:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room8:30 Shop the Rack8:30 Senior Tech Appts8:30 Lunch12:00 Dominos1:00 Games/Puzzles1:00 Fitness Total Body Conditioning11:00 Walking Club1:00
3 Senior Council Meeting10:00 Artistic Aesthetics: <i>Mountain Key Holder</i>1:00	4 <u>Community Program</u> Mobile Library10:30	5 AFEP11:00	6 Tai Chi10:00	7 <u>Community Program</u> WIC Services9:00
10 Artistic Aesthetics: <i>Juneteenth Centerpieces</i>1:00	11 Flex & Stretch.....10:00 <u>Community Program</u> Mobile Food Market12:00	12 Father's Day BBQ11:00	13 Centers Closed  Jaycees Summer Picnic	14 Senior Tech Appts8:30
17 Artistic Aesthetics: <i>Causal Crafting</i>1:00	18 Core Fitness11:15	19 Centers Closed  Juneteenth	20 Produce Distribution9:30	21 <u>Community Program</u> WIC Services9:00 Senior Council Bingo Fundraiser5:00 Sat. 4/22 <u>Recreation Vehicle Program</u> Family Scavenger Hunt . 11:00
24 Artistic Aesthetics: <i>Patriotic Tin Can Windsock</i> ..1:00 <u>Recreation Program</u> LEGO Land Creations9:00	25 <u>Community Program</u> Mobile Library10:30 <u>Recreation Program</u> LEGO Land Creations9:00	26 <u>Community Programs</u> Dept. of Social Services .10:00 <u>Recreation Program</u> LEGO Land Creations9:00	27 I&A Services.....9:30 New Hope Grocery Distribution11:30 <u>Recreation Program</u> LEGO Land Creations9:00 Nickel Bingo Canceled	28 Walking Club11:00

Program Highlights

African Dance

Began on May 30th.

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

Fee: \$10

Why Nutrition Matters as We Age

Join County Nutritionist, Britney Bolin, to learn all about Nutrition and how it can help you age well.

Monday, Jun. 3, 10:30 a.m. Fee: FREE

Internet of Things

Have you been hearing a lot about "smart" device? We'll explain how it's all connected! Brought to you by Senior Planet.

Tuesday, Jun. 4, 1 p.m. Fee: FREE

Responding to Dementia-Related Behaviors

Behavior is a powerful form of communication and is one of the primary ways people living with dementia communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common triggers, and learn strategies to help manage some of the most common behavior challenges of Alzheimer's disease.

Wednesday, Jun. 5, 10 a.m. Fee: FREE

Family Feud

Join us for the fun game of Family Feud! Before we begin, we will speak briefly about what home care services mean. Brought to us by In Home Care with Right at Home!

Monday, Jun. 10, 10:30 a.m. Fee: FREE

MyChart

Learn about this efficient digital portal that stores your health in one place! Brought to you by Senior Planet.

Tuesday, Jun. 11, 1 p.m. Fee: FREE

Paper Mache Sculpting

Instructed by Olga Herrera.

Monday, Jun. 17, 10 a.m. Fee: \$10

Mental Health

Let's talk about Mental/Behavioral Health resources. Medicare provides coverage & free screenings. Join the I&A staff for a discussion on a healthier you.

Tuesday, Jun. 18, 10 a.m. Fee: FREE

Smart Phones at a Glance

How smart are they? We'll tell you all about smart phones. Brought to us by Senior Planet.

Tuesday, Jun. 18, 1 p.m. Fee: FREE

Tips for Being Savvy Online

Sharing the news? Learn to read and check sources before sharing! Brought to us by Senior Planet.

Tuesday, Jun. 25, 1 p.m. Fee: FREE

Romantic Scammer: Friend or Foe?

Come join Dr. Jacqueline Pressey to learn how to recognize the red flags in someone to help protect yourself from being scammed. In the dating world. Refreshments will be provided to those participants that sign up in advance.

Wednesday, Jun. 26, 11 a.m. Fee: FREE

Telemedicine

We can't teleport, but we can telemedicine! Learn how you can virtually visit your doctor. A virtual doctor appointment? We'll explain! Brought to us by Senior Planet.

Friday, Jun. 28, 1 p.m. Fee: FREE

Ongoing Programs

Prayer Group

We are praying at the Center! All are invited to join our new Prayer Group. We will be meeting every first and second Tuesday of the month.

Tuesday, Jun. 4 & 11, 10 a.m. Fee: FREE

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, Jun. 7, 11 a.m. Fee: FREE

Widow & Widower Support Group

Facilitated by Brenda Dubose.

Monday, Jun. 10 & 24, 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, Jun. 12, 10 a.m. Fee: \$3/pp

Bible Study

Facilitated by Minister Yvonne' Wilson. All are welcome!

Tuesday, Jun. 18, 11 a.m. Fee: FREE

Book Club

This month's book is 1984 by George Orwell. Please come prepared with your thoughts on this book and join in the discussions.

Thursday, Jun. 20, 1 p.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

Bring your guitar/instrument 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

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

Join fellow crafters while creating your own special pieces of art.

Fellow paper crafter, Julia Bengel, will be on site to offer ideas to get you started in paper crafting. All paper crafting supplies will be provided.

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

Gospel Chior

Sing or listen, all are welcome.

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

Crochet Club

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

Fridays, 11 a.m. Fee: FREE

BINGO

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

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

Health & Fitness

Fitness Room Orientation

Mandatory before first use of fitness room. Registration required.

Tuesday, Jun. 4 & 18, 10:30 a.m. Fee: \$5

Wednesday, Jun. 12 & 26, 1 p.m.

Beginner & Intro to Pickleball

Update: Moving forward there will be a 24-person max. Sign-in begins at 2:15p.m.

Tuesdays & Thursdays, 2:30p.m. Fee: FREE

Arthritis Foundation Exercise Program (AFEP)

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

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

Chair One Plus

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

Wednesdays, 2 p.m. & Fridays, 12:30 p.m. Fee: Fitness Card

WALDORF SENIOR & RECREATIONAL CENTER



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

Hours: 9 a.m.–4 p.m., Monday–Friday
Luncheon at Noon–Reservation/Registration Required
Reserve lunch by 10 a.m. the preceding day.

Father's Field Day

In honor of all fathers, we will be hosting a fun indoor field day at the center! All are welcome! Entertainment will be provided by DJ Rockin' Rogers. Morning refreshments will be provided and there will be chances to win door prizes. Sponsored in part by Waldorf Senior Center Council.

Wednesday, Jun. 12, 10:30 a.m. • Fee: \$5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness Room9:00 Racquetball9:00 Guitar Club10:00 Pinochle11:00 Lunch12:00 Basic Sewing1:00 Cornhole1:00 Table Tennis2:30 Fitness Chair Dance Aerobics9:30 Kettlebell Fitness12:30 Enhance 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 Walking Club12:30 Tai Chi for Health1:00 Beginner Pickleball2:30	Fitness Room9:00 Racquetball9:00 Basketball10:00 Bridge Club10:00 Lunch12:00 Basic Sewing1:00 Fitness Chair Dance Aerobics9:30 AFEP10:30 Basic Fitness Training11:30 Enhance Fitness1:00 Chair One Plus2:00 Table Tennis3:00	Fitness Room9:00 Racquetball9:00 Gospel Choir9:30 Watercolors10:30 Basketball11:00 Lunch12:00 Guitar Club1:00 Fitness Total Body Conditioning9:30 Line Dancing11:30 Walking Club12:30 Tai Chi for Health1:00	Fitness Room9:00 Racquetball9:00 Chess Club10:30 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
3 Why Nutrition Matters as We Age10:30	4 Prayer Group10:00 Fitness Orientation10:30 Internet of Things1:00	5 Responding to Dementia10:00	6 Bingo10:30 African Dance10:30 Grocery Distribution . . .11:30 Intro to Pickleball2:30	7 Poetry Club11:00
10 Widow & Widower Support Group9:30 Family Feud10:30 NO ENHANCE FITNESS	11 Prayer Group10:00 MyChart1:00 NO TAI CHI HEALTH NO BEGINNER PICKLEBALL	12 Jewelry Club10:00 Father's Field Day10:30 Fitness Orientation1:00 NO ENHANCE FITNESS	13 Centers Closed  Jaycees Summer Picnic	14 Juneteenth Celebration . .9:30 NO AFEP
17 WSC Council Meeting9:30 Paper Mache10:00 Stability Ball Fitness10:45	18 Mobile Library9:00 Mental Health10:00 Fitness Orientation10:30 Bible Study11:00 Smart Phones at a Glance 1:00	19 Centers Closed  Juneteenth	20 Bingo10:30 African Dance10:30 Book Club1:00 NO TAI CHI FOR HEALTH NO INTRO TO PICKLEBALL	21 Chair One Plus12:30
24 Widow & Widower Support Group9:30 Stability Ball Fitness10:45	25 Tips for Being News Savvy Online1:00	26 Romantic Scammer11:00 Fitness Orientation1:00	27 Bingo10:30 African Dance10:30 Beginner Pickleball2:30	28 Telemedicine1:00

Juneteenth Celebration

Join us as we celebrate Juneteenth! Enjoy a variety of entertainment, performers, speakers, and vendors. Sponsored in part by CCAA funds. Sponsored in part by the Waldorf Senior Center Council and the Clark Senior Center Council. **Pre-registration required; participation is limited.** Please Note: Lunch for this day will be provided by Mission BBQ. To receive lunch, you need to sign up on the lunch list no later than 10 a.m. on Friday, Jun. 7. • **Friday, Jun. 14, 9:30a.m.–1:30p.m. • Fee: \$10**

Stay Hydrated

A 1.5% loss of body water can result in dehydration, and sometimes water itself isn't enough to battle it. Electrolytes are key to staying healthy and hydrated.

Electrolytes are minerals contained in your blood and other bodily fluids that affect the amount of water your body retains. Common electrolytes are calcium, magnesium, potassium, and sodium. Keeping drinks such as Gatorade or Powerade can replenish those important minerals. Adding watermelon, lemon or cucumbers to water can also boost hydration. Key is to make sure you get plenty of water especially on the warmer days!

Health Fair THANK YOU!

To all the seniors and vendors, thank you for making the day such a success!

We had over 125 seniors stop in for information, lunch and taking part in demonstrations. Seeking ways to live healthier and more active lives, our vendors were there to answer health related questions and provide important information regarding all aspects of health. Thank you for supporting our fair by coming!

Walking Group

Weather permitting, we will be back to group walks at Laurel Spring Park (Meet in large parking lot on right upon entering park) Walk is canceled for inclement weather or if "feels like temp" is 90 degrees or higher.

Mondays, 9 a.m. (Instructor led)

Fridays, 9 a.m. (on your own with group) • Fee: FREE



Hand Dancing

No partner needed to learn the basics in this fun social class.

Richard R Clark Senior Center

Thursday, June 27, 2 p.m. • Fee: FREE

Biking

Weather permitting, meet at Indian Head Rail Trail (parking area) in White Plains. Biking is canceled for inclement weather or if "feels like temp" is 90 degrees or higher.

Friday, June 28th 9:30 a.m. • Fee: FREE



Groove Dance w/Debi

Join us for this easy-to-follow energetic dance "experience" to uplift, explore movement through dance and make your heart happy!

Thursday, June 6, 11:30 a.m.

Fee: FREE



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: Wednesday, June 12, 10 a.m.

Self-led: Wednesday, June 12, 11 a.m.

Registration required; kayaks provided.

Fee: \$5 for 1 hour

Call Debi Shanks 301-609-5711 to register.



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. All classes are 45 minutes.

Stay cool in the pool! Classes begin June 17th-August 1.

***NO CLASSES June 19th or July 4th**

Registration will be available once June SCOOP is out.

Lackey HS

Mon/Wed 9 a.m. Fee: \$45

Tue/Th 9 a.m. Fee: \$45

Donald M Wade Aquatic Center (St Charles HS)

Mon/Wed 8:30 a.m. Fee: \$45

LaPlata HS

Mon/Wed 10:30 a.m. Fee: \$45

Tues/Th 10:30 a.m. Fee: \$45



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
3 Apple Juice Teriyaki Glazed Salmon Brown Rice Oriental Veggie Blend Whole Wheat Dinner Roll Peaches	4 Brunch for Lunch Cranberry Juice Chicken & Waffles w/ Maple Syrup Carrot Raisin Salad Mandarin Oranges Cold: Ham and Swiss on Potato Roll, Potato Chips, Carrot Raisin Salad, Mandarin Oranges	5 Fruit Blend Juice Chophouse Burger Sandwich w/ Cheese (Whole Wheat Bun) Bronco Beans Creamy Cucumber Salad Fruit Cocktail	6 Grape Juice Philly Cheese Steak Sandwich w/ Onions & Peppers on Hoagie Roll Whipped Potatoes Glazed Carrots Fresh Fruit RESTAURANT DAY AT CLARK! Grille 13	7 Pineapple Juice Chef Salad Veggie Pasta Blend Bread Stick Apple Slices
10 Fruit Blend Juice Pork Chop Garlic Butter Tri Color Pasta 3 Bean Salad Cornbread Baked Apples	11 Grape Juice Open Faced Turkey Sandwich w/ Gravy (Whole Wheat Bread) Seasoned Lima Beans Citrus Salad Cold: Italian Sub, Cole Slaw, Pasta Salad, Citrus Salad	12 Brunch for Lunch Apple Juice Quiche, Turkey Sausage Links Hashbrowns Roasted Tomatoes Banana RESTAURANT DAY AT WALDORF CENTER! Grille 13	13 Centers Closed  Jaycees Summer Picnic	14 Cranberry Juice Grilled BBQ Chicken Mac & Cheese Green Beans Biscuit Fruit Salad
17 Fruit Blend Juice Taco Seasoned Ground Beef Spanish Rice Fiesta Blend Veggies Cornbread Pineapple Chunks RESTAURANT DAY AT INDIAN HEAD CENTER! Grille 13	18 Cranberry Juice Liver and Onions Mashed Potatoes Sweet Peas, Biscuit Seedless Grapes Cold: Roast Beef and Cheddar Cheese on Croissant Roll, Potato Chips, Carrot Raisin Salad, Seedless Grapes	19 Centers Closed  Juneteenth	20 Grape Juice Hot Dog (2) w/ Bun Baked Beans Coleslaw Mixed Berry Blend APPLE PIE	21 Brunch for Lunch Orange Juice Pancakes w/ Syrup Turkey Sausage Patty Roasted Tomatoes Banana
24 Orange Juice Grilled Chicken Caesar Salad Veggie Pasta Blend Bread Stick Apple Slices	25 Pineapple Juice BBQ Pork on Whole Wheat Bun Coleslaw, Potato Salad Fresh Melon Cold: Turkey & Cheese on Potato Roll, Coleslaw & Potato Salad, Fresh Melon	26 Brunch for Lunch Grape Juice Western Omelet Turkey Sausage Links Company Potatoes Sauteed Spinach Tropical Fruit Salad RESTAURANT DAY AT NANJEMOY CENTER! Grille 13	27 Apple Juice Oven Fried Chicken Mac & Cheese Seasoned Collard Greens Cornbread Apricots Birthday Cake	28 Fruit Blend Juice Lemon Pepper Tilapia Rice Pilaf Honey Glazed Carrots Dinner Roll Sliced Peaches
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				For those days where potatoes, corn, beans, and/or peas are used for the starch component of the meal, an additional starch such as bread, crackers, or muffins will be available for those participating in the CACFP program.
Available at Noon • Days Vary By Center Nanjemoy Senior Center Monday–Friday Waldorf Senior Center Monday–Friday				

The SCOOP

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



www.CharlesCountyMD.gov



Department of Community Services

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

About Charles County Government

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

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

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

Publication Changes & Cancellations

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

Senior Center Inclement Weather Policy

When Charles County Public Schools are closed due to inclement weather, Charles County's Senior Centers will also be closed. Senior Centers do not necessarily open late or close early as with Charles County Public Schools. Please tune your radio to 1560AM or 98.3FM for closing announcements. Community Services will also provide closing information as soon as possible through the Inclement Weather Hotline 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**

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.

July 3 – 13, 2025: Norwegian Prima – 10 Nt Northern European Cruise; Iceland, Norway and Belgium.

Begin this amazing sailing from the Land of Fire and Ice in Reykjavik, Iceland, sail on to the Fjords of Norway making 3 port calls, then continue to Amsterdam, Brussels and end in Southampton, England. Ocean view from \$2,429 pp and Balcony from \$3,087 pp with the Free at Sea Amenities. Air, transfers and trip protection are additional. Add an extension stay in London for a truly inclusive tour of the North Atlantic. Rates and promotions are subject to change: group space is not being held.

