

The SCOOP

Charles County's Senior Center News

relax and enjoy
**SUM
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VIBE



AUGUST 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 July Sponsored/Hosted Activities & Events

Clark Senior Center	Indian Head Senior Center	Nanjemoy Senior & Community Center	Waldorf Senior & Rec Center
N/A	Taste of Chesapeake National Ice Cream Sandwich Day, Shibashi	N/A	Bingo Pokeno

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!

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.

National Night Out at Nanjemoy



Come out for free school supplies and resources for the family! The event features food, crafts, games, giveaways, and more!!

If you are with a community organization and would like to have a table at this event, please contact the Nanjemoy Community Center at 301-246-9612.

Tuesday, Aug. 6, 6 p.m. - 8 p.m. • Fee: FREE



Summer Picnic 2024: Seeing summertime in full swing!

Thank you to everyone who came to this year's summer picnic. We want to thank the Jaycee's for their continued support and generosity towards our seniors. This event was a rockin' good time! It featured music by DJ Mean Gene, delicious food, raffle prizes, and more!

Congratulations to the Clark Center for winning the best decorated pot. Thank you again for all of those that completed our senior surveys to help us to continue making improvements with our events and services. We look forward to seeing you at our next big event!



Hot Weather Health Issues & Concerns:

Extreme heat can lead to serious health issues. While anyone can be a victim of heat-related illness, highest risk groups include people under age 5 or over age 65, people with chronic illnesses, people taking certain medications, and those who are exercising or working outdoors.

Take these preventative measures when you are out in the heat:

1. Drink plenty of fluids to prevent dehydration. Don't wait until you're thirsty. Drink 2-4 glasses (16-32 ounces) of water or fruit juice each hour. Avoid alcohol, caffeine, and overly sweetened beverages.
2. Wear loose-fitting, lightweight, and light-colored clothing.
3. Avoid direct sunlight by staying in the shade. Wear sunscreen, a wide-brimmed hat, and sunglasses.
4. NEVER leave children or pets in a car. Even with the windows cracked. Even for just a minute.
5. Check on elderly relatives or neighbors daily. Make sure they have a cool place to be during extreme heat.
6. Stay in air-conditioning when possible
 - a. If your home is not air-conditioned, consider visiting a shopping mall, public library, or your local senior center.
 - b. Electric fans will not prevent heat related illnesses.
 - c. Contact your local health department for cooling center locations.
 - d. Marylanders in need of energy assistance should call 2-1-1, Maryland information and referral service.
7. Avoid salt tablets unless your doctor tells you to take them.
8. Take it easy outdoors. Take short breaks if you feel tired. Schedule physical activity in the morning or evening, when it is cooler.

Source: https://health.maryland.gov/preparedness/Documents/MDH_OPR_HotWeatherHealth.pdf



Senior Farmer's Market Nutrition Program Distributions

Limited quantities available. Proof of income required for eligibility.

Nanjemoy Senior Center: Wednesday, Aug. 14 @ 1 p.m.

Clark Senior Center: Thursday, Aug. 15 @ 9:30 a.m.

Waldorf Senior Center: Tuesday, Aug. 27 @ 9:30 a.m.

Indian Head Senior Center: Wednesday, Aug. 28 @ 9:30 a.m.

Caregivers Corner

How to Take a Vacation When You're a Caregiver

Being a caregiver is often a full-time job. In fact, for many caregivers, the responsibilities associated with looking after a loved one goes far beyond those expected in a traditional 9-5 job, as the hours are often never-ending and they're always "on call." Another overlooked challenge for caregivers is getting time for themselves during the day—let alone a vacation. But everyone needs opportunities to briefly break away from their responsibilities and recharge their batteries. Otherwise, burnout and a reduced quality of care are almost inevitable.

To make things easier for yourself and your loved one, consider these five factors when planning your next vacation:

1. Notify your loved one about the upcoming trip, but don't dwell on it.
2. Find someone you can trust to take your place.
3. Give your loved one all necessary travel information before you leave.
4. Stay in touch with your loved one during your trip.
5. Remember why you're taking the vacation in the first place.

Information from <https://seniorshelpingseniors.com/how-to-take-a-vacation-when-youre-a-caregiver/>.



Charles County Fair Turns 100!

100th Annual Fair – September 12-15, 2024

Let us help you register your artwork online! Online registration is open. Here are the following dates and times that help will be available at centers to enter your projects into the fair.

Nanjemoy Senior Center: Tuesday, 8/20, 10 a.m. - 12 p.m.

Waldorf Senior Center: Wednesday, 8/21, 10 a.m. - 12 p.m.

Indian Head Senior Center: Tuesday, 8/27, 10 a.m. - 12 p.m.

Clark Senior Center: Thursday, 8/29, 10 a.m. - 12 p.m.

All artwork completed since the fair last year can be entered for a chance to win a ribbon and cash prize. Some categories for the fair include:

Crochet, Knitting, Sewing, Quilting, Jewelry, Woodwork Photography, Decorations, Collections, Ceramics Original Artwork (oils, acrylics, watercolor, colored pencils, pastels), Stained glass, And MORE

August 8th: National Happiness Happens Day

First founded in 1999 by the Secret Society of Happy People and renamed from "Admit Your Happy Day," this holiday aims to spread joy and happiness to everyone. Here are some great ways to be part of this national celebration:

- Start the day with a positive mindset and gratitude for the joys in life.
- Share your happiness on social media using the hashtag.
- Engage in random acts of kindness to spread joy to others.
- Surround yourself with positive and like-minded people.
- Organize or participate in happiness-themed events or activities.
- Take a moment to reflect on your happiest memories and what brings you joy.
- Spread smiles and laughter by telling jokes or funny stories.
- Send happy and uplifting messages to friends and family.
- Treat yourself to something that brings you happiness or relaxation.
- Focus on the present moment and savor the little pleasures in life.
- Participate in charitable acts to help bring happiness to others.
- Watch or read inspirational content that uplifts your spirits.
- Create a gratitude list and appreciate the positive aspects of your life.
- Engage in activities that make you feel happy, whether it's dancing, singing, or spending time in nature.
- Encourage others to join in the celebration and share their happy moments too.

Source: <https://drlogy.com/day/happiness-happens-day>



Ask SHIP:

How should I decide whether to enroll in Medicare with FEHB?

Federal Employee Health Benefits (FEHB) plans continue paying primary for retirees who do not enroll in Medicare Part B. FEHB is only secondary if you enroll in Part B.

When you become Medicare-eligible, you can:

- Decide to keep FEHB and enroll in Medicare Parts A and B.
- Disenroll from your FEHB coverage and enroll in Medicare Parts A and B.
- Turn down Medicare Part B, enroll in Medicare Part A, and keep FEHB.

Whether to enroll in Part B or use FEHB as primary coverage is a personal decision, based on your individual circumstances. You should look at the costs and benefits of each insurance plan and make the choice that's best for you. Questions to consider include:

- Which forms of insurance do your providers take?
- What kind of services do you use regularly?
- Which coverage offers the flexibility you need?

If you stay enrolled in FEHB and do not enroll in Part B:

- Your FEHB plan will continue providing the same coverage it did when you were actively employed
- Note that some individuals choose to enroll in Part A because it is premium-free but turn down Part B because of the additional monthly premium
- Those who want to enroll in Part B in the future may face penalties and have to wait to enroll during the General Enrollment Period (GEP)

Note: If you keep FEHB, you must continue paying full FEHB premiums, regardless of whether you take Medicare.

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.

Energy Assistance

The Office of Home Energy (OHEP) helps eligible Maryland residents pay their utility bills, minimize the strain when the cold weather sets in, and make energy costs more affordable by providing grants under the Maryland Energy Assistance Program (MEAP) and the Electric Universal Service Program (EUSP).

****Applicants must re-apply every year after July 1 for their benefits to continue. **** Seniors age 60+ can obtain information, receive application assistance, or schedule an appointment to apply by contacting our I & A offices 240-448-2816 or 301-609-5712.



Medicare Training

Are you turning 65 or over 65 and getting ready to retire, receiving Social Security Disability for two years, or caring for a Medicare-eligible loved one? Are you overwhelmed by the TV advertisements and mass amounts of Medicare literature from multiple insurance companies? Your local State Health Insurance Program (SHIP) can help you navigate the Medicare maze. Attend the next Medicare ABC's virtual presentation held through the Charles County Public Library. For questions contact SHIP: 240-448-2816 OR 301-609-5712. The presentation is virtual and the Sign up is available at <https://www.ccplonline.org/>

Wednesday, Sept. 12, 6pm

ABCD's of Medicare - Charles County Public Library (libnet.info)

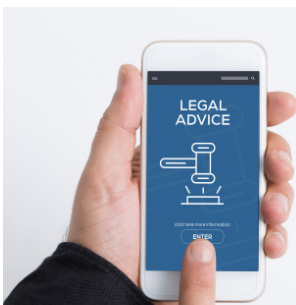


Legal Aid

Legal Aid: Aug 5th and Sept 9th

By appointment only at the Richard Clark Senior Center, contact

301-609-5712 to schedule.



CLARK SENIOR CENTER

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

Get your Latest SCOOP online!

Program Highlights

Intergenerational Magic Show and Hot Dog Day

Enjoy a free magic show and a hot dog lunch! This program is for all ages, so bring your kids, or grandkids! The show is FREE, with a generous donation for lunch. Sign up in the program office.

Thursday, Aug. 1, 10:30 a.m. Fee: FREE

Citizen Engagement Opportunities in the Town of La Plata

This is a presentation about the opportunities available for Citizens to become engaged within the town of La Plata.

Tuesday, Aug. 6, 10 a.m. Fee: FREE

K-9 Demonstration

Join us for a live K-9 demonstration to show obedience, search work, and bite work. Participants should be prepared for dogs to bark. Participants may not pet the dogs.

Wednesday, Aug. 7, 10:30 a.m. Fee: FREE

Picture Frame Decorating

Join staff to decorate your very own picture frame. All supplies will be provided. Class size is limited, please sign up early.

Tuesday, Aug. 13, 10 a.m. Fee: FREE

Preserving Our Resources: Recycling & Controlling Litter

Charles County Environmental Resources Litter Control Manager, Michelle Smith, will talk about why recycling & litter control are crucial for preserving our resources and making a cleaner & better tomorrow for everyone.

Wednesday, Aug. 14, 10 a.m. Fee: FREE

Treasure the Chesapeake

Be entertained by the Steve Potter Blues Band and enjoy a delicious crab cake luncheon with sides. Sign up and pay in the program office.

Tuesday, Aug. 20, 10:30 a.m. Fee: \$5/60 and over, plus a donation for lunch, \$8/59 and younger.

Wills, Estates & Probate

Loraine Hennessy, Register of Wills will explain in detail what you need to know about Wills, Estates, and Probate.

Thursday, Aug. 22, 10:30 a.m. Fee: FREE

Sisters @ Heart

Sweet inspiration book event.

Monday, Aug. 26, 11 a.m. Fee: FREE

Mattawoman Creek Art Center

A presentation to provide information about MCAC, a volunteer run, non-profit art gallery in Marbury, Md.

Tuesday, Aug. 27, 10:30 a.m. Fee: FREE

Insurance 101 for Seniors

A presentation to advise seniors of their insurance choices.

Wednesday, Aug. 28, 10:30 a.m. Fee: FREE

Ongoing Programs

Book Club

Led by Nancy Marquardt, Charles County Public Library. Long Petal of the Sea, by Isabel Allende.

Thursday Aug. 1, 1 p.m. Fee: FREE

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, Aug. 7 & 21, 10 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, Aug. 8, 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, Aug. 8, 11:30 a.m. Fee: FREE

Widow to Widow Support Group

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

Monday, Aug. 12, 1 p.m. Fee: FREE

Charles County Mobile Library

Visit the Charles County Mobile Library, located in our parking lot.

Tuesday, Aug. 13, 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, Aug. 14, 11:30 a.m. 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, Aug. 15, 10:30 a.m. Fee: FREE

FREE Blood Pressure Checks

Come out and see Khenae Pearson, Nursing Assistant, and get your blood pressure checked.

Wednesday, Aug. 21, 10 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, Aug. 28, 10 a.m. Fee: \$5/pp

Learn to Quilt

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

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

Knit & Crochet Group

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

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

Project Linus

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

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

Health & Fitness

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, Aug. 7 & 21, 10 a.m. Fee: \$5

Qi gong Workshop and Tea Ceremony

See Page 14 for details

Wednesday, Aug. 14, 2 p.m. Fee: \$10/pp

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.

Wednesdays, 10 a.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

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.....1:15 African Dance Cancelled for August.	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 Tai Chi.....10:00 Dance Aerobics.....11:00 AFEP.....1:00 Core & More.....1:45	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 Dance Aerobics.....11:00 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 Total Body Conditioning.....9:00 Chair One Plus.....10:00 AFEP.....11:30 Chair Yoga.....12:00 Line Dance.....2:00
			1 Magic Show & Hot Dog Day.....10:30 Book Club.....1:00	2 Hand & Foot Canasta.....10:00
5 Pilates.....10:00	6 Citizen Engagement Opportunities in the Town of LaPlata.....10:00 Soul Train Line Dance.....1:00	7 Beginners Jewelry.....10:00 Fitness Orientation.....10:00 K-9 Demonstration.....10:30	8 Free Karaoke Day.....10:30 Grocery Distribution.....11:30	9 Core & More.....9:15
12 Widow to Widow.....1:00	13 Picture Frame Decorating.....10:00 Hand & Foot Canasta.....10:00 Mobile Library.....10:00 Fabulous 50's Line Dance.....1:00	14 Preserving Our Resources.....10:00 Lunchtime Music with Will.....11:30 Council Meeting.....1:00 Qi gong Workshop.....2:00	15 Senior Farmer's Market Nutrition Program Distribution.....9:30 Free Easy Listening.....10:30	16 Project Linus Meeting.....9:30
19 Therapeutic Yoga.....11:00	20 Treasure the Chesapeake.....10:30 Caliente Rhythms Line Dance.....1:00	21 Basic Fitness Training.....9:00 Beginners Jewelry.....10:00 Blood Pressure Check.....10:00 Fitness Orientation.....10:00	22 Wills, Estates & Probate 10:30	23 Hand & Foot Canasta.....10:00
26 Sisters @ Heart Meeting.....11:00 Drums Alive.....1:00	27 Mattawoman Creek Art Center Presentation.....10:30 Hawaiian Luau Line Dance.....1:00	28 Greeting Card Making Class.....10:00 Insurance 101.....10:30 Caregivers Support Group.....2:00	29 Fair Registration.....10:00	30 Hand & Foot Canasta.....10:00

Coming in September, The Book Club will have two time slots at 1 p.m. & 2:15 p.m. on the first Thursday each month!

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

National Ice Cream Sandwich Day

Enjoy this make-it-yourself summer treat. Cookies, ice cream and more will be provided. Sponsored by the Indian Head Senior Center Council.

Friday, Aug. 2, 12:30 p.m. Fee: Donation

Building Better Caregivers Workshop

This six-week workshop is designed for individuals caring for family members who are unable to care for themselves. The workshop offers support and tools that will build the caregivers confidence in managing the health of their loved ones while maintaining a fulfilling life.

Fridays, Aug. 2-30, 12:30 p.m. Fee: FREE

National Pickleball Day

Did you know pickleball is 57 years old? Weather permitting, we will get the opportunity to play this popular game outside.

Thursday, Aug. 8, 9:30 a.m. Fee: FREE

Maryland Insurance Administration (MIA)

Did you know the MIA is a State Agency designed to help you understand all your insurance policies? The MIA can help with auto, home, life and health insurance. Speak to a representative today.

Wednesday, Aug. 14, 11 a.m. Fee: FREE

Olympic Games

In the spirit of the games, let's challenge each other for the medal.

Friday, Aug. 23, 11 a.m. Fee: FREE

Ongoing Programs

Bingo

Mondays, Aug. 5 & 19, 9:30 a.m. Fee: 5¢ per card

Singing Group

Love to sing, this is the group for you.

Mondays, Aug. 5 & 19, 1 p.m. Fee: FREE

Senior Tech

Please sign up with a brief description of your needs and what personal electronic device (PED) you need help with.

Tuesday, Aug. 6, 1 p.m.

Friday, Aug. 16, 1 p.m. Fee: \$1

Green Thumb Club

Friday, Aug. 9 & 30, 10:30 a.m. Fee: FREE

Project Linus/ Sewing 101

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

Mondays, Aug. 12 & 26, 9:30 a.m. Fee: FREE

Information & Assistance w/Julie

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

Tuesday, Aug. 13, 9:30 a.m. Fee: FREE

Widow & Widower Support Group

Peer support group facilitated by Brenda Dubose.

Wednesday, Aug. 14, 10 a.m. Fee: FREE

Tea Club

Join this group to learn about different herbal teas and health benefits of some teas. Don't forget your notebook.

Tuesday, Aug. 27, 1 p.m. Fee: FREE

Health & Fitness Programs

Yoga Therapy

Fridays, Aug. 2 & 16, 10:30 a.m. Fee: FREE

Eat Well/Move Well

Breakfast is the most important meal of the day. Learn more while prepping breakfast on the go.

Wednesday, Aug. 7, 9:30 a.m. Fee: FREE

Tai Chi for Arthritis II

Outside for students practicing 41 movements while incorporating tai chi principles.

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

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 as she incorporates functional movement for every-body.

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

AFEP (Arthritis Foundation Exercise Program)

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

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

Fitness Class w/Veronica

Exercise to promote strength with some laughter.

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

Fitness Orientation

Required before using fitness equipment.

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

Fitness Surprise

Games, drums, walks, it's a surprise!

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

Fitness w/Lamont

Cardio, circuit, and strength training.

Thursdays, 1 p.m. Fee: Fitness Card

Kettle Bell

Geared for all levels of fitness to stay strong and agile.

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

Chair Yoga

This gentle form of yoga is encouraged for those who have mobility challenges.

Fridays, 9 a.m. Fee: Fitness Card

Shibashi w/Randi

This practice of 18 movements combines Tai Chi and Qigong. Sponsored by the Indian Head Senior Center Council.

Tuesday, Aug. 27, 3 p.m. Fee: Donation

Community Programs

Mobile Market

Shop the truck, from toiletries to frozen meats for your entire family. Sponsored by Maryland Food Bank.

Wednesday, Aug. 28, 11 a.m. Fee: FREE

FAIR REGISTRATION

Need help registering your Fair entry? Bring your item(s) that you completed this year so you can be part of the 100th Charles County Fair.

Tuesday, Aug. 27, 10 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness Room9:00 Billiards9:00 Cards/Games9:00 Fitness Tai Chi for Arthritis II9:00 Beginner's Tai Chi1:00 Dance Fit Cancelled for August.	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 Surprise10:15 Beginner's Tai Chi1:00 Fitness Orientation2:00	Fitness Room9:00 Billiards9:00 Card/Games9:00 Canvas Painting11:00 Fitness Fitness Surprise9:30 AFEP11:15 Fitness w/Lamont1:00	Card/Games9:00 Fitness Room10:15 Billiards10:15 Fitness Chair Yoga9:00
			1 Kettle Bell Training 2:15	2 Yoga Therapy10:30 Building Better Caregivers ...12:30 National Ice Cream Sandwich Day12:30
5 Bingo9:30 Line Dancing10:30 Singing Group1:00	6 Council Meeting9:30 Senior Tech.1:00	7 Eat Well/ Move Well9:30	8 National Pickleball Day . .9:30 Kettle Bell Training2:15 Happiness Happens Day	9 Green Thumb Club10:30 Building Better Caregivers ...12:30
12 Project Linus/Sewing 101 ...9:30 Line Dancing10:30	13 Information & Assistance with Julie9:30 Pastor Chris1:00	14 Widow & Widower Support .10:00 Maryland Insurance Administration11:00 Fitness Orientation – Review2:00	15 Grocery Distribution11:30 Kettle Bell Training2:15	16 Yoga Therapy10:30 Building Better Caregivers ...12:30 Senior Tech.1:00
19 Bingo9:30 Line Dancing10:30 Singing Group1:00 Outdoor Tai Chi Cancelled	20 Taste of the Chesapeake Family Feud11:00 No AFEP Today	21 Watermelon Wednesday12:30 No Tai Chi Today	22 Kettle Bell Training2:15	23 Olympic Games11:00 Building Better Caregivers ...12:30
26 Project Linus/Sewing 101 ...9:30 Line Dancing10:30	27 Fair Registration10:00 Tea Club1:00 Shibashi3:00	28 Yard Sale9:30 Senior Farmer's Market Nutrition Program Distribution9:30 Mobile Market11:00	29 Kettle Bell Training2:15	30 Green Thumb Club10:30 Building Better Caregivers ...12:30

Taste of the Chesapeake Family Feud (Maryland Edition)

We all enjoy the foods Maryland is known for, but how well do you know well do you know about the history, politics, rivers, Charles County and the Capital Annapolis. Expect a lot of laughs, brought to you by the Indian Head Senior Center Council. Tuesday, Aug. 20, 11 a.m. • Fee: FREE

NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest SCOOP online!

Program Highlights

National Night Out

Come join us for National Night Out. The event features school supply giveaways, free food, informational vendors, demos, and more!

Tuesday, Aug. 6, 6 p.m.-8 p.m. Fee: FREE

UME Master Gardeners

Come and learn how to prepare your garden for fall along with adding pollinators to feed the bees.

Wednesday, Aug. 14, 10:00 a.m. Fee: FREE

Lunch with Brittney

Come have lunch with our Nutrition Specialist Brittney to learn how our meals are put together for our seniors and share feedback. Prior sign up is required.

Wednesday, Aug. 14, 11:30 a.m.

Fee: Lunch Donation

Fair Registration

Get assistance entering your items for the 100th Charles County Fair with Elizabeth Phipps our Centers Administrator.

Tuesday, Aug. 20, 10 a.m. to 12 p.m. Fee: FREE

Shelf Stable Chef

Learn how to use your box of shelf stable supplies for a quick and tasty snack.

Prior sign up is required.

Wednesday, Aug. 28, 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.,

Casual Crafting, Aug. 5 Fee: FREE

Coastal Scones, Aug. 12 Fee: \$5

Casual Crafting, Aug. 19 Fee: FREE

Side Table, Aug. 26 Fee: \$5

I&A Services

Meet privately with Aging & Disability Resource Specialist, Julie Hammonds. See Staff or call 301-934-6737 for an appointment.

Thursday, Aug. 22, 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 & Fridays, 10 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, 10 a.m. Fee: Fitness Pass

Total Body Conditioning

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

Thursdays, 11 a.m. Fee: FREE

Community Programs

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

WIC Services

Fridays, Aug. 2 & 16, 9 a.m.-4 p.m. Fee: FREE

Southern Maryland Food Bank

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 front parking lot. The center will not be indoor accessible after hours.

Monday, Aug. 5, 5 p.m. Fee: FREE

Mobile Library

Borrow books, movies, tech every three weeks.

Tuesday, Aug. 6 & 27,
10:30 a.m. Fee: FREE

National Night Out

Come join us for National Night Out. The event features school supply giveaways, free food, informational vendors, demos, and more!

Tuesday, Aug. 6, 6 p.m. - 8 p.m. Fee: FREE

Community Day

Come visit us for Community Day to connect with the Department of Social Services and shop with the Mobile Food Market.

Wednesday, Aug. 21, 10:00 a.m.

New Hope Food Distribution

Shelf-stable pantry items provided.

Thursday, Aug. 29, 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. Fee: FREE

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

Prior registration required through the Department of Recreation at: https://charlescountymd.myrec.com/info/activities/program_details.aspx?ProgramID=30897.

ArtsCamp

The Nanjemoy Community Center is partnering with Recreation and the Charles County Arts Alliance to bring you ArtsCamp. Immerse your child in a week of music, arts, drama, dance, and literature all while having fun! Each day of camp will bring new and exciting avenues to explore with guest speakers and hands-on activities geared towards the ARTS! Ideal for ages 10-14.

Week of Aug. 5 - Aug. 9, 9 a.m. - 4 p.m.

Fee: \$75 (County Resident),

\$85 (Non-Resident)

This opportunity is sponsored in part by the Charles County Arts Alliance.

Nuthin Basic Design Camp

There is nothing better than creating your own looks and apparel that represents your unique style. Come learn how to make custom pieces of apparel and tumblers using sublimation techniques and various vinyl selections. Each day participants will learn new techniques to equip them with the knowledge and skills to understand different materials and equipment, create one-of-a-kind designs, and trouble shoot common programs.

Week of Aug. 12-16, 9 a.m.-12 p.m.

Ages: 11-17

Fees: County Resident \$125,

Non-County Resident \$135

***Workshop requires participants to have a laptop, tablet, or smart phone to utilize applications. All other materials are provided.**



NANJEMOY SENIOR/COMMUNITY CENTER

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

Senior Center Hours: 9 a.m.–3 p.m., Mon–Friday
Luncheon at Noon–Reservation/Registration Required

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

Community Center Hours:
8:30 a.m.–4:30 p.m., Mon–Friday

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards.....8:30 Computer Lab.....8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch.....12:00 Dominos.....1:00 Games/Puzzles.....1:00 Fitness AFEP.....10:00	Billiards.....8:30 Causal Crafting.....8:30 Computer Lab.....8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch.....12:00 Dominos.....1:00 Games/Puzzles.....1:00 Shop the Rack.....1:00 Narcotics Anonymous.....3:00 Fitness Flex & Stretch.....10:00 Core Fitness.....11:15	Billiards.....8:30 Causal Crafting.....8:30 Computer Lab.....8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch.....12:00 Dominos.....1:00 Games/Puzzles.....1:00 Fitness Walking Club.....11:00	Billiards.....8:30 Causal Crafting.....8:30 Computer Lab.....8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch.....12:00 Nickel Bingo.....12:45 Dominos.....1:00 Games/Puzzles.....1:00 Fitness Tai Chi.....10:00 Total Body Conditioning.....11:00	Billiards.....8:30 Causal Crafting.....8:30 Computer Lab.....8:30 Fitness Room.....8:30 Shop the Rack.....8:30 Senior Tech Appts.....8:30 Lunch.....12:00 Dominos.....1:00 Games/Puzzles.....1:00 Fitness AFEP.....10:00 Walking Club.....1:00
			1 Tai Chi.....10:00	2 <u>Community Program</u> WIC Services.....9:00
5 Senior Council Meeting.....10:00 Artistic Aesthetics: <i>Casual Crafting</i>1:00 <u>Community Program</u> Hot Meals5:00 <u>Recreation Program</u> ArtsCamp9:00	6 <u>Community Program</u> Mobile Library.....10:30 National Night Out.....6:00 <u>Recreation Program</u> ArtsCamp9:00	7 <u>Recreation Program</u> ArtsCamp9:00	8 <u>Recreation Program</u> ArtsCamp9:00 No Nickel Bingo	9 <u>Recreation Program</u> ArtsCamp9:00
12 Artistic Aesthetics: <i>Coastal Scones</i>1:00 <u>Recreation Program</u> Nuthin Basic Design Camp9:00	13 <u>Recreation Program</u> Nuthin Basic Design Camp9:00	14 Master Gardeners.....10:00 Lunch with Brittney.....11:30 Senior Farmer's Market Nutrition Program Distribution1:00 <u>Recreation Program</u> Nuthin Basic Design Camp9:00	15 <u>Recreation Program</u> Nuthin Basic Design Camp9:00	16 <u>Community Program</u> WIC Services.....9:00
19 Artistic Aesthetics: <i>Casual Crafting</i>1:00	20 Fair Registration.....10:00	21 <u>Community Programs</u> Dept. of Social Services 10:00 Maryland Food Bank.....12:00	22 I & A Services.....9:30	23 Walking Club.....1:00
26 Artistic Aesthetics: <i>Side Tables</i>1:00	27 <u>Community Program</u> Mobile Library.....10:30	28 Shelf Stable Chef.....11:00	29 <u>Community Program</u> New Hope Food Distribution.....11:30	30 Billiards.....8:30

Save the Date: Senior Centers Spirit Week and Talent Show

Calling all senior center members! It is time to show your senior center pride and bust out your best talent for our first ever Spirit Week and Talent Show! Spirit Week will be the week of Sept. 23-27 and will come to a grand end with a Talent Show on Sept. 27 at the Nanjemoy Community Center. More details to come in the Sept. SCOOP.

WALDORF SENIOR & RECREATIONAL CENTER

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

Get your Latest SCOOP online!

Program Highlights

Fitness Apps

Learn how fitness apps can help you track and conquer your goals! Brought to you by Senior Planet.

Monday, Aug. 5, 1 p.m. Fee: FREE

Google Maps

Learn how Google Maps can help you get from point A to B with confidence! Brought to you by Senior Planet.

Wednesday, Aug. 7, 1 p.m. Fee: FREE

Introduction to Social Media

Social media is everywhere these days. We'll introduce you to the most popular platforms! Brought to you by Senior Planet.

Friday, Aug. 9, 1 p.m. Fee: FREE

Orchid Care

Join Master Gardeners to learn all about Orchids and how to properly care for them.

Monday, Aug. 12, 10 a.m. Fee: FREE

Prescription Drugs

This presentation will assist you in learning if you can decrease or eliminate your monthly prescription drug premium or reduce your prescription drug costs.

Tuesday, Aug. 13, 10:30 a.m. Fee: FREE

AARP Smart Driver Course

The AARP Smart Driver course is a refresher specifically designed for drivers aged 50 and older. This course is especially for you if you have recently purchased a new vehicle. Facilitator Rosalyn Hobson. Payment is to be made to Rosalyn Hobson at the start of program.

Friday, Aug. 16, 9:30 a.m. Fee: Non-Members \$25, Members \$20 ((cash or check only)

Mixed Media

Learn how to create a three-dimensional painting with Olga Herrera.

Monday, Aug. 19, 10 a.m. Fee: \$10

Treasure of the Chesapeake

Join us for entertainment by DJ Rockin' Rogers before and during lunch!

Don't forget to sign up for our yummy specialty lunch, which includes crab cakes, served at Noon!

Must sign up for lunch by 10 a.m. the day before. Tuesday, Aug. 20, 11 a.m.

Fee: Suggested Donation of \$3 for lunch

Fair Registrations

Need help registering for the Charles County Fair? We will have staff on site to assist you with your registrations and to answer your questions.

Wednesday, Aug. 21, 10 a.m. Fee: FREE

Senior Farmer's Market Nutrition Program Distribution

Distribution of vouchers will be on a first come, first served basis. Shopping with the farmer will be open to only voucher recipients from 9:30-10:30a.m. and open to the rest of our members starting at 10:30a.m. For more information, see page 3.

Fee: Voucher/Your Purchase(s)

Tuesday, Aug. 27, 9:30 a.m. Fee: FREE

Pool Tournament

Would you like to show off your billiards skills while competing for bragging rights as best billiards player at the center? Then join us for this fun tournament! See the front desk for details and to sign-up.

Wednesday, Aug. 28, 1 p.m. Fee: FREE

Online Shopping

Can't find it in the store? Learn about online shopping! Brought to you by Senior Planet.

Friday, Aug. 30, 1 p.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.

Friday, Aug. 2, 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 meeting every first and second Tuesday of the month.

Tuesday, Aug. 6 & 13, 10 a.m. Fee: FREE

Widow & Widower Support Group

Facilitated by Brenda Dubose.

Monday, Aug. 12 & 26, 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, Aug. 14, 10 a.m. Fee: \$3/pp

Book Club

This month's book is 'A Tree in Brooklyn' by Betty Smith. Please come prepared with your thoughts on this book and join in the discussions.

Thursday, Aug. 15, 1 p.m. Fee: FREE

Bible Study

Facilitated by Minister Yvonne' Wilson. All are welcome!

Tuesday, Aug. 20, 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

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, 12 p.m.

Fee: FREE

Crafter's Corner

Join fellow crafters while creating your own special pieces of art. Fellow paper crafter, Julia Benge, 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

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

Crochet Club

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

Fridays, 11 a.m. Fee: FREE

Health & Fitness

Fitness Room Orientation

Mandatory before first use of fitness room. Registration required.

Wednesdays, Aug. 14 & 28, 10:30 a.m.

Thursdays, Aug. 8 & 22, 10:30 a.m. Fee: \$5

Level 1 Pickleball

Are you new to pickleball and looking to learn about the necessary skills of this fun sport and gain an understanding of the rules? Then Level 1 Pickleball is for you! There will be an instructor onsite to provide guidance on the fundamentals of pickleball. For those that are still dipping their toes into the pickleball pond, please join us during this timeslot to practice basic pickleball skills in this non-competitive environment.

Tuesdays, 11 a.m. & 2:30 p.m.

Thursdays, 2:30 p.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. and

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.

Mondays, 11:30 a.m. Fee: Fitness Card

Community

Snackin' and Craftin'

Calling all grandparents! Bring your grandchildren to the senior center to have light refreshments while painting a wood craft, all while enjoying some quality time with each other!

Pre-Registration is required.


Please register by Wednesday, Aug. 21.

Friday, Aug. 23, 12 p.m. Fee: \$3 per person

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 Pinochle11:00 Lunch12:00 Basic Sewing1:00 Cornhole1:00 Table Tennis2:30 Fitness Chair Dance Aerobics9:30 Stability Ball Fitness10:30 Chair One Plus11:30 Kettlebell Fitness12:30 Enhance Fitness1:30	Fitness Room9:00 Racquetball9:00 Cards & Games10:30 Pokeno10:30 Tech Time10:30 Level 1 Pickleball11:00 Leather Crafting12:00 Lunch12:00 Basketball12:30 Crafter's Corner1:00 Level 1 Pickleball2:30 Fitness Total Body Conditioning9:30 Gentle Stretching10:30 Line Dancing11:30 Tai Chi for Health1:00	Fitness Room9:00 Racquetball9:00 Basketball10:00 Bridge Club10:00 Lunch12:00 Basic Sewing1:00 Table Tennis2:30 Fitness Chair Dance Aerobics9:30 AFEP10:30 Basic Fitness Training11:30 Enhance Fitness1:00	Fitness Room9:00 Racquetball9:00 Gospel Choir9:30 Watercolors10:30 Basketball11:00 Lunch12:00 Walking Club12:30 Guitar Club1:00 Level 1 Pickleball2:30 Fitness Total Body Conditioning9:30 Line Dancing11:30 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 AFEP11:30 Core & More12:30
			1 Bingo10:30 Grocery Distribution...11:30	2 Chair Dance Aerobics9:30 Gentle Stretching10:30 Poetry Club11:00
5 Fitness Apps.....1:00	6 Prayer Group10:00	7 Google Maps1:00	8 Bingo10:30 Fitness Orientation10:30	9 Chair Dance Aerobics9:30 Gentle Stretching10:30 Introduction to Social Media1:00
12 Widow & Widower Support Group9:30 Orchid Care10:00	13 Prayer Group10:00 Prescription Drugs10:30	14 Jewelry Club10:00 Fitness Orientation10:30	15 Bingo10:30 Book Club.....1:00	16 AARP Smart Driver Course9:30
19 Mixed Media10:00	20 Mobile Library9:00 Treasure of the Chesapeake11:00 Bible Study11:00	21 Fair Registrations10:00	22 Bingo10:30 Fitness Orientation10:30	23 Snackin' & Craftin'12:00
26 Widow & Widower Support Group9:30	27 Senior Farmer's Market Nutrition Program Distribution9:30	28 Fitness Orientation10:30 Pool Tournament1:00	29 Bingo10:30	30 Online Shopping1:00

ATTENTION SENIORS!

Unless a class is noted as FREE. It is mandatory that cards be punched PRIOR to you taking class. If you have forgotten your card, you will either need to purchase a new card or not be allowed to take part in class. We value our instructors experience and specialties that bring such top tier classes to our centers.

The purchase and usage of these cards help support all our fitness programs at all of our senior centers.



Pickleball!

Level 1 Pickleball

Are you new to pickleball and looking to learn about the necessary skills of this fun sport and an understanding of the game's rules? Then Level 1 Pickleball is for you! There will be an instructor on site to provide instruction on the fundamentals of pickleball! For those that are still dipping their toes in the pickleball pond, please join us during this timeslot to practice basic pickleball skills in this non-competitive environment.

Waldorf Senior & Rec. Center
Check SCOOP for days/times



Qi Gong Workshop and Tea Ceremony

Learn ways to improve vitality, bone density - joint problems and balance.

Qi gong is an ancient Chinese method of integrating body, mind, breath, and spirit to improve vitality and wellness while moving your Qi (vital force) through your body.

This 90-minute workshop will be focused on slow stretches to warm tendons, ligaments, and muscles to stimulate bone density and improve balance. Breathing techniques to reinvigorate mind and body and relaxation techniques to improve awareness and relaxation. At the end, a tea ceremony to share the energy experience among participants. Can do sitting or standing.

Richard R Clark Senior Center:

Wednesday, Aug. 14 2-3:30 p.m. • Fee: \$10

Biking with Nate

Friday August 9 & 23 @ 9:30 a.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**



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. Kayaks are provided.

Beginner: Thursday, Aug. 7 10 a.m.

Self-led: Thursday, Aug. 7 11 a.m. • Fee: \$5 for 1 hour

Call Debi Shanks 301-609-5711 to register for either time.

Summer Theme Line Dance Party

Making summer sizzle with some fun dancing!

Dress UP, let's laugh and DANCE!

Richard R. Clark Senior Center:

Tuesdays, 1 p.m. • Fee: Fitness Card

August 6 Soul Train

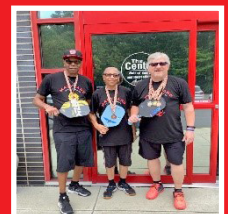
August 13 Fabulous 50's

August 20 All County

August 27 Summer Breeze & Latin Vibes



Congratulations Charles County Olympians!



Randy Kreyey: Gold Singles (Pickleball)

Betty Rouse & Randy Kreyey: Bronze Co-Ed Double (Pickleball)

Tyrone Bryant & Randy Kreyey: Silver, Doubles (Pickleball)

Welcome Teresa Ward!

Teresa brings energy and a wealth of knowledge as a Jazzercise/dance aerobics instructor. Happy to have her as a part of our team!

Richard R Clark Senior Center:

Dance Aerobics Wednesdays, 11 a.m. & Thursdays, 11:30 a.m.

Fee: Fitness Card

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 Grape Juice Hot Dogs w/ Bun Baked Beans Coleslaw Mixed Berry Blend	2 Cranberry Juice Grilled BBQ Chicken Mac & Cheese Green Beans Biscuit Fruit Salad
5 Fruit Blend Juice Taco Seasoned Ground Beef Spanish Rice Fiesta Blend Veggies Cornbread Pineapple Chunks	6 Cranberry Juice Liver & Onions Mashed Potatoes Sweet Peas, Biscuit Seedless Grapes Cold: Roast Beef & Cheddar Cheese on Croissant Roll, Potato Chips, Carrot Raisin Salad, Seedless Grapes	7 Pineapple Juice Vegetable Lasagna Broccoli Pineapple Bean Salad Breadstick Fruited Jello	8 Fruit Blend Juice Spaghetti w/ Meatballs & Mozzarella Side Salad Dinner Roll Fresh Fruit Mix	9 Brunch For Lunch Orange Juice Pancakes w/ Syrup Turkey Sausage Patty Roasted Tomatoes Banana
12 Orange Juice Grilled Chicken Ceasar Salad Veggie Pasta Blend Bread Stick Apple Slices	13 Pineapple Juice BBQ Pork Sandwich (Whole Wheat Bun) Coleslaw, Potato Salad Fresh Melon Cold: Turkey & Cheese on Potato Roll, Coleslaw & Potato Salad, Fresh Melon	14 Brunch for Lunch Grape Juice Western Omelet Turkey Sausage Links Company Potatoes Sauteed Spinach Tropical Fruit Salad	15 Apple Juice Oven Fried Chicken Mac & Cheese Seasoned Collard Greens Cornbread Apricots	16 Fruit Blend Juice Lemon Pepper Tilapia Rice Pilaf Honey Glazed Carrots Dinner Roll Sliced Peaches
19 Fruit Blend Juice Sloppy Joe Sandwich (Whole Wheat Bun) Coleslaw Pickled Beets Pears	20 Apple Juice Crab Cake Oven Fried Chicken Old Bay Roasted Potatoes Coleslaw Waldorf Fruit Salad Carrot Cake	21 Grape Juice Orange Chicken Fluffy Rice Oriental Veggie Blend Fruit Cocktail	22 Cranberry Juice Roasted Pork Loin w/ Gravy Penne Alfredo Pasta California Blend Veggies Baked Apples	23 Pineapple Juice Taco Salad (Lettuce, Tomato, Shredded Cheese & Seasoned Ground Turkey Meat) Black Bean Salsa Fire Roasted Corn Fresh Fruit
26 Apple Juice Crispy Chicken Sandwich w/ Cheese (Whole Wheat Bun) Mac & Cheese Chuckwagon Veggies Chocolate Chip Cookie Peaches	27 Grape Juice Meatloaf w/ Gravy Mashed Potatoes Scalloped Tomatoes Dinner Roll, Fruited Jell-O Cold: Seafood Salad on Brioche Bun, Potato Chips, Pasta Salad	28 Brunch For Lunch Cranberry Juice Cheese Omelet Biscuit w/ Country Gravy Sliced Tomatoes Fresh Fruit	29 BIRTHDAY CELEBRATION Orange Juice Grape Juice Lemon Pepper Chicken Roasted Sweet Potatoes Fire Roasted Veggies Biscuit, Pineapple Birthday Cake	30 Ground Turkey Spanish Rice Green Beans Cowboy Caviar Cornbread 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				Available at Noon • Days Vary By Center Nanjemoy Senior Center Monday–Friday Waldorf Senior Center Monday–Friday For those days where potatoes, corn, beans, and/or peas are used for the starch component of the meal, an additional starch such as bread, crackers, or muffins will be available for those participating in the CACFP program.

The SCOOP

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



www.CharlesCountyMD.gov



Department of Community Services

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

About Charles County Government

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

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

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

Publication Changes & Cancellations

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

Senior Center Inclement Weather Policy

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

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.

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.

October 12, 2024 - 49th Annual Apple Butter Festival, Berkeley Springs, WV:

Join us as we travel to the best Fall Festival featuring over 200 vendors, live entertainment and contests, the Apple Butter Festival is a place to make memories. Enjoy the smell of apple butter cooking in the street...Music coming from the park...Explore the stunning art and craft booths... Sample beer from the Beer Garden...Help judge the best mustache contest...Join the hog calling fun...or just take in the beauty of the Fall colors.

December 5, 2024 - Christmas Tea and Tour at the Hillwood Estate and DC Christmas Lights:

Welcome to the home of Marjorie Merriweather Post, where every guest is greeted with an experience inspired by the life of its founder and her passion for excellence, gracious hospitality, art, history and gardens. We will be treated to a delicious Christmas Tea and private tour of the mansion, showcasing her amazing French and Russian collections. As we leave Hillwood, we will tour our Nation's Capitol Christmas Tree and Light Display. I can't think of a better way to spend a day around the holidays.

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

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.

