

The SCOOP

Charles County's Senior Center News



MAY 2025

www.CharlesCountyMD.gov

Welcome to the Charles County Senior Centers!

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

Meet the Team!

Director of Community Services, Dina Barclay

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: Brittany Arbin

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: Nieda Tice Palmer

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.

Like us on Facebook!! How to scan 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!



Scam Jam

Wednesday, May 14 9 a.m.-1:30 p.m.

Location: Indian Head Pavilion

Prior Registration Required

Fee: \$5 + Lunch Donation

Calling all Older Adults & Caregivers... Don't be a Victim of Scams impacting our community! Together we can Empower, Educate and Protect against Fraud. Register to attend the annual Scam Jam workshops to learn about current trends in scamming and how to protect yourself. **Submit your registration form to your local senior center by Monday, May 5th.** Sign up for lunch at registration. **New Speakers this year, you won't want to miss!**

May Closure

Memorial Day • Monday, May 26th



Bike to Work Day

Thursday, May 15 10 a.m.

Location: Indian Head Pavilion

Prior Registration Required

Fee: FREE + Lunch Donation

Check out pg. 14 for more details.



Annual Jaycees Senior Picnic

Thursday, Jun. 12th 10:30 a.m.

FREE EVENT sponsored by The Greater Waldorf Jaycees and the Department of Community Services! Enjoy music, word games, line dancing, door prizes, and a delicious luncheon provided by the Waldorf Jaycees. Event is held at the Greater Waldorf Jaycees Community Center. VanGo transportation will be available to those with specialized services on file. There are a limited number of tickets available for this FREE event. You may pick up a maximum of 2 tickets. Every ticket holder must meet all eligibility requirements.

To be eligible for a ticket, you must:

- Be 60 years of age, or older (or married to someone 60+)
- Reside in Charles County
- Be a current registered senior with Charles County Senior Centers (registration forms are current as of 10/01/2024)

Tickets will be available at all four senior centers on Tuesday, May 20, 2025, first come, first served when doors open.

May is Older Americans Month



The 2025 theme for Older Americans Month is Flip the Script on Aging. This theme focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions. This year, join us in honoring older adults' contributions, exploring the many opportunities for staying active and engaged as we age, and highlighting the opportunities for purpose, exploration, and connection that come with aging.

Information from:

<https://acl.gov/oam/2025/older-americans-month-2025>

Flip the Script on Aging:

Join us for a Performance

The Prime Timers Theater Group, performing "Shoot out at Sadie's Saloon". Seating is limited, sign up required. Lunch not included. Please let staff know if you would like lunch, for a lunch donation.

Richard R. Clark Senior Center:

Tuesday, May 13, 10:30 a.m. • Fee: FREE

Celebrate Cinco de Mayo:

Join us for Lunch!

Cinco de Mayo – a holiday commemorating the victory in the Battle of Puebla over the French in 1862. Today we honor this holiday by celebrating Mexican heritage and culture.

Join us at one of our four Charles County Senior Centers on Monday, May 5th for a Mexican themed lunch. Not familiar with our meal program? Check out pg. 15 to learn about eligibility requirements and how to order.

Make Fresh Salsa: Mix & Enjoy!

- 3 cups freshly chopped tomatoes
- 1 cup finely diced onion
- ½ cup chopped green bell pepper
- ¼ cup minced fresh cilantro
- 2 tablespoons fresh lime juice
- 4 teaspoons chopped fresh jalapeño pepper (including seeds)
- ½ teaspoon ground cumin
- ½ teaspoon kosher salt, or to taste
- ½ teaspoon ground black pepper



Recipe From:

<https://www.allrecipes.com/recipe/214893/the-best-fresh-tomato-salsa/>



Memorial Day Safety Tips:

Picnic Safety

Summer is a great time to get outside for a picnic. Follow these tips to prevent illness and keep everyone safe:

- Wash your hands, utensils and workstation before preparing the food.
- Separate uncooked meats, poultry, and seafood from ready-to-eat foods like salads, fruits, vegetables, cheeses, and desserts. Use separate plates and utensils to prevent cross-contamination.
- Bring hand sanitizer if your picnic site doesn't have hand-washing facilities.
- If you are going to cook on the grill, bring a food thermometer to be sure grilled foods are cooked enough.

Grilling Safety

Though more than three-quarters of U.S. adults have used a grill — yet grilling sparks more than 10,000 home fires on average each year. To avoid this, consider these grilling safety tips:

- Always supervise a barbecue grill when in use. Don't add charcoal starter fluid when coals have already been ignited.
- Never grill indoors — not in the house, camper, tent or any enclosed area.
- Make sure everyone, including pets, stays away from the grill.
- Keep the grill out in the open, away from the house, deck, tree branches or anything that could catch fire.
- Use the long-handled tools especially made for cooking on the grill to help keep the chef safe.
- Don't leave perishable food out in the sun.

Information from: <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/summer-safety.html?srsltid=AfmBOoqZ0oHTG-krG0l-B2OtStsN2jsEgcSHRgmovfkLzmlrTPVWefMWQ>



Caregivers Corner:

Keys to Caring for Yourself!

It's one thing to gear up for a short-term crisis. But it takes different skills to provide care over a longer period of time. You'll be more successful if you learn to take care of yourself, starting immediately. Some things to remember:

- You cannot be perfect
- You have a right to all of your emotions
- Depression is the most common emotion of long-term caregivers
- Set realistic expectations—for yourself and your loved one
- Learn about the disease and what you can expect
- Learn the skills you need to care for the care receiver and which ones you are or are not able to perform
- Learn to say "no" to things you cannot do
- Learn to accept help from others
- Build resilience
- Identify your button-pushers/stressors
- Identify your coping skills
- Remember the big three for successful coping:
- **Eat right**—good nutrition as opposed to stress-snacking.
- **Exercise**—it may be hard to find time but it's the best cure for depression and increases your endorphins
- **Sleep**—7-8 hours is hard to get, but essential. Admit when you are experiencing burnout and get help

Most importantly, remember that taking care of yourself is as important as taking care of someone else.

Information from:

Family Caregiver Alliance

National Center on Caregiving

(415) 434-3388 | (800) 445-8106

Website: www.caregiver.org

E-mail: info@caregiver.org

CareNav: <https://fca.cacrc.org/login>

Services by State: <https://www.caregiver.org/connecting-caregivers/services-by-state>

Health Benefits from Mother's Day Tea

Our Mother's Day tea parties are just around the corner. In addition to food, friends, and entertainment, did you know that these events provide you with health benefits?

Tea, particularly green and black varieties, provides a range of health benefits, such as supporting heart health, cognitive function, and offering antioxidant protection. Here's a breakdown of the benefits:

- **Heart Health:** Tea may reduce the risk of heart disease by lowering LDL cholesterol, blood pressure, and inflammation in blood vessels.
- **Brain Health:** Green tea can improve cognitive function and mood, with caffeine and L-theanine enhancing focus and relaxation.
- **Antioxidants:** Tea is rich in antioxidants like polyphenols, which protect against free radical damage and may lower the risk of chronic diseases, including cancer.
- **Other Benefits:**
- **Diabetes Management:** Tea might improve blood sugar control and insulin sensitivity.
- **Weight Management:** Caffeine and catechins in tea could aid in weight loss.
- **Gut Health:** Tea promotes the growth of beneficial gut bacteria.
- **Bone Health:** Tea may strengthen bones and improve bone density.
- **Hydration:** Tea helps with hydration when consumed without added sugar.

Types of Tea & Their Benefits:

- **Green Tea:** Rich in antioxidants, especially EGCG, linked to various health benefits.
- **Black Tea:** Offers similar benefits to green tea, with potential heart health and stroke risk reduction.
- **Herbal Teas:** Provide unique benefits, such as chamomile for sleep or ginger for digestion.

Information from:

<https://www.webmd.com/diet/tea-health-benefits>

Interested in attending Mother's Day Tea events?

Check out our Senior Center programming on pgs. 6-13.

Law Day

Are you interested in having your health care advanced directive or personal financial power of attorney completed? Senior Law Day is a FREE event! Sign up required due to limited time slots. Sign up by calling 240-448-2814.

Waldorf Senior & Rec. Center:

Tuesday, May 1, 9 a.m. • Fee: FREE



Ask SHIP:

What is genetic testing fraud and abuse?

Genetic testing fraud or abuse can occur when Medicare is billed for genetic screenings or tests that are not medically necessary and were not ordered by the beneficiary's treating physician. We often see scammers offering cheek swab tests to obtain a beneficiary's Medicare information, which the scammers can then use for fraudulent billing or medical identity theft.

Here are red flags to look out for related to genetic testing fraud and abuse:

- A company offers you "free" testing without your treating physician's order
- A company uses "telemedicine" to offer you testing over the phone and arrange for an unrelated physician or "teledoc" to order the tests
- Medicare is billed (often thousands of dollars) for a broad range of genetic tests that you do not request or possibly even receive
- Medicare is billed for pharmacogenomic tests (to determine how you metabolize drugs) that are not covered by Medicare or apply to you
- A company requests your Medicare number at a health fair, senior center, assisted living facility, mall, farmers market, or church-sponsored wellness event

To prevent genetic testing fraud and abuse, make sure to work with your trusted health care provider on your preventive health. Do not give out your personal information or accept screening services from a person or company you meet at a public event or over the phone. Always read your Medicare statements, noting words like "gene analysis," "molecular pathology," or "laboratory" that may indicate questionable genetic testing. And finally, if you received a cheek swab or genetic screening/test that was not medically necessary, report your concerns to your local SMP.

Need more information, **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.

Legal Aid

Legal Aid: May 12th & June 9th

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



Medicare 101

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

Tuesday, Jun. 3rd 6 p.m. at La Plata Library
2 Garrett Ave, La Plata, MD 20646

Thursday, Jun. 5th 2 p.m. at Potomac Library
3225 Ruth B Swann Dr, Indian Head, MD 20640

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

Navigating Care: Mental Health & Dementia

Join the Information and Assistance Office as we explore Medicare's Coverage of: Mental Health Issues and Hospice Care with Dementia Resources. We will also have an expert from Hospice of the Chesapeake: Dawn Reveley, Manager of Community Partnerships at Hospice of the Chesapeake. Our facilitator will be Barbara Joy of the I&A office located at the Richard R. Clark Senior Center. Please sign up!

Monday, June 2, 2025, at 11 a.m. • Fee: FREE

CLARK SENIOR CENTER

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

Get your Latest SCOOP online!

Program Highlights

Lunch & Learn: Blue Zone Living

All around the world there are pockets of people living well beyond the average life expectancy. They are living longer, living healthier and they are living happier. Join us as we explore the common threads and healthy habits these people share. Let's learn how to eat for longevity, exercise for wellness and manage our stress for a healthy and relaxed state of living. Blue zone living will be a three-part series that explores better nutrition and recipes, exercise and wellness and stress management. Let's make Charles County the next blue zone!

Monday, May 12, 12:30 p.m. Fee: FREE

Prime Timers Performance

Join us for a one-time performance by our very own Prime Timers Theater Group, performing "Shoot out at Sadie's Saloon". Seating is limited, sign up required. Lunch not included. Please let staff know if you would like lunch, for a lunch donation.

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

CarFit

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

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

History of Memorial Day

Ever wonder why we celebrate Memorial Day? Come join Debi Scoggins for a look at how and why this holiday began.

Tuesday, May 20, 10:30 a.m. Fee: FREE

Growing & Capturing the Flavor of Herbs

Learn the basics about growing herbs and tips for capturing the flavor of herbs and herb combinations. This is an interactive workshop that will also teach the participants about the history, safety and health benefits of using herbs in your cooking. Join the Charles County Master Gardeners and Dr. Deon Littles, University of Maryland Extension; Family and Consumer Sciences Agent, for this interactive hands-on workshop. Space is limited. Pre-registration is required.

Thursday, May 22, 10 a.m. Fee: FREE

Meet the Author

Meet Miriam Hillmann, local author, "The Origin of Expressions: Have you ever wondered?"

Tuesday, May 27, 12 p.m. Fee: Book Purchase



Mother's Day Tea

Join us for entertainment from a local Harp musician while you enjoy various choices of tea and cookies. Wear your favorite hat for a chance to win a "Best Hat" prize. Ticket is required. If you would like lunch after the Tea, please let staff know. Lunch is suggested donation of \$6.

Thursday, May 29, 11 a.m. Fee: \$5

Ongoing Programs

Book Club

Led by Nancy Marquardt, Charles County Public Library. Please sign up for the timeslot of your choice.



Beginners Jewelry Class

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

Wednesdays, May 7 & 21, 10 a.m. Fee: FREE

Widow to Widow Support Group

Facilitated by Brenda DuBose, a women's group focusing on grief.

Tuesday, May 13, 1 p.m. Fee: FREE

Mobile Library

Visit the Charles County Mobile Library, located inside our building.

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

Free Lunchtime Music with Will!

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

Wednesday, May 14, 11:30 a.m. Fee: FREE

Health Checks

Come out and see Khena Pearson, Nursing Assistant, and get your blood pressure, weight, and glucose checked. Please sign up.

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

Knit & Crochet Group

Join Doreen & Peggy, along with a group of volunteers, come together to create and collect projects to provide for those in need. If you are new, they can teach you! This is also an open session for you to come to work on your own projects.

Wednesdays, 9 a.m. Fee: FREE

Project Linus

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

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

get motivated

FITNESS

Health & Fitness

Clark Center Fitness Room Orientation

Mandatory before first use of fitness room. Sign up and payment required in the program office. Limited to 6.

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

Senior Health & Fitness Day

Stop in the fitness area for information regarding your health. Classes will be FREE for this day.

Wednesday, May 28, 9 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 Walking Club @ Laurel Springs 9:00 Total Body Conditioning 9:00 Pilates 10:00 Chair Yoga 11:00 Drums Alive 1:00	Billiards 9:30 Quilting Class 9:30 Coloring & Puzzles 9:30 Guitar Workshop 10:00 Cards & Games 10:00 Fitness Stained Glass 12:00 Musicians Club 1:00 Spiritual Enrichment 1:00 Strength Training 9:00 Flex & Stretch 10:00 Zumba 11:30 Line Dance 1:00 Yoga Flow 2:00	Crochet/Knitting 9:00 Billiards 9:30 Sewing Room OPEN 9:30 Coloring & Puzzles 9:30 Mah Jong 10:00 Fitness Lunch 12:00 Powder Puff Billiards 1:00 Gospel Choir 2:00 Basic Fitness Training 9:00 Dance Aerobics 11:00 Yoga Flow 12:00 AFEP 1:00 Core & More 1:30	Billiards 9:30 Sewing Room OPEN 9:30 Coloring & Puzzles 9:30 Musicians Club 10:00 Lunch 12:00 Fitness Strength Training 9:00 Step Plus 10:00 Zumba 11:30 Pilates 12:30	Billiards 9:30 Project Linus 9:30 Coloring & Puzzles 9:30 Open Paint Session 10:00 Guitar Workshop 10:00 Fitness Lunch 12:00 Total Body Conditioning 9:00 Chair One Plus 10:00 AFEP 11:15 Chair Yoga 12:00 Line Dance 2:00

-HELLO-
May

5	6 Hand & Foot Canasta 10:00	7 Beginner's Jewelry 10:00 Fitness Orientation 10:00	1 Book Club 12:00 Book Club 1:00 Liturical Dance 2:00	2 Hand & Foot Canasta 10:00
12 Lunch & Learn: What is a Blue Zone? ... 12:30 Legal Aid 1:00	13 Mobile Library 10:00 Prime Timers 10:30 Widow to Widow 1:00	14 Indian Head Pavilion: Scam Jam 9:30 Beginner Line Dance 10:00 Lunchtime Music with Will 11:30 Council Meeting 1:00	15 Indian Head Pavilion: Bike to Work 10:00 Liturical Dance 2:00	16 CarFit 9:30 Project Linus Meeting 9:30
19 Sisters @ Heart 11:00	20 History of Memorial Day 10:30	21 Beginner's Jewelry 10:00 Fitness Orientation 10:00 Health Check 10:00	22 Herbs 10:00 Groove Dance 11:30 Lunchtime Poetry with Charlotte 12:15	23 Council Bingo 9:30 Project Linus Meeting 9:30
26 Memorial Day  All Centers Closed	27 Tech Group 10:00 Meet the Author 12:00	28 Senior Health & Fitness Day 9:00 Card Making Class 10:00 Caregivers Support Group 2:00	29 Mother's Day Tea 10:30	30 Hand & Foot Canasta 10:00

INDIAN HEAD SENIOR CENTER

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

Get your Latest SCOOP online!

Program Highlights

Step Challenge – all MAY

We're flipping the script on aging with a step challenge. There will be several ways to participate, and a celebration at the end of the month with prizes for winners in several categories!

Starts May 1, 10:30 a.m. Fee: FREE

Gentle Hand Care

Our hands do so much every day. Today, treat your hands to some pampering!

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

Crochet Club

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

Wednesday, May 7, 10 a.m. Fee: FREE

Shibashi w/Randi

Gentle, flowing movements and breathing techniques that help to improve health and balance the body, mind, and spirit.

Tuesday, May 20, 3 p.m. Fee: Donation

Brain Fitness for ALL

This class by certified Brain Fitness Coach, Paty Masson, combines movement and mindful practices.

Friday, May 23, 10:30 a.m. Fee: Donation

Blue Zone Living - Part 1 of 3

All around the world there are pockets of people living well beyond the average life expectancy. They are living longer, living healthier and they are living happier. Join us as we explore the common threads and healthy habits these people share. Let's learn how to eat for longevity, exercise for wellness and manage our stress for a healthy and relaxed state of living. Blue zone living will be a three-part series that explores better nutrition and recipes, exercise and wellness and stress management. Let's make Charles County the next blue zone!

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

Ongoing Programs

Bingo

Mondays, May 5 & 19, & Tuesday, May 13

Fee: 5¢ per card

Choir Group

Love to sing, this is the group for you.

Monday, May 5 & 19, 1 p.m. Fee: FREE

Crafting w/Mary

Join Mary monthly for a creative craft.

Tuesday, May 6, 1 p.m. Fee: FREE

Lunchtime Music with Ken

Join us at lunchtime to listen to the acoustic guitar tunes by Ken Schofield.

Wednesday, May 7, 12 p.m. Fee: FREE

Project Linus/ Sewing 101

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

Monday, May 12, 9:30 a.m. Fee: FREE

Pastor Chris & Friends

All are welcome! Sing and pray – feed your spirit!

Tuesday, May 13, 1 p.m. Fee: FREE

Green Thumb Club

Learn about gardening and tend the garden beds at the center.

Thursday, May 15, 10:30 a.m. Fee: FREE

Senior Tech

Sign up with a description of your needs and the device you will be using.

Friday, May 16, 10:30 a.m. Fee: \$1

Information & Assistance w/Julie

Come out to hear current Medicare topics and local resources for Seniors in Charles County. Meet privately with Aging & Disability Resource Specialist, Julie Hammonds for additional assistance, by making an appointment by calling 301 934-6737.

Tuesday, May 20, 10:30 a.m. Fee: FREE

Tea Club

Will resume in June.

Health & Fitness Programs

Yoga Therapy for Hands and Feet

This session by C-IAYT, Nieda, is appropriate for all fitness levels. Please wear or bring socks.

Friday, May 2, 10:15 a.m. Fee: FREE

Yoga Therapy: Getting UP & DOWN

This session by C-IAYT, Nieda, is appropriate for all fitness levels. Please wear or bring socks.

Thursday, May 29, 10:30 a.m. Fee: FREE

Walk with Ease

This 6-week, structured, evidence-based program is designed by the Arthritis Foundation to help you improve mobility, strength, and balance, and reduce pain. There will be an education component, and walking goals will be set.

Mondays, 9:30 a.m.

Tuesday & Thursday, 12:30 p.m. Fee: FREE

Fitness w/Natonyia: Dance Fit/Drums Alive!

Dance your way into weight loss, strong bones, better posture, balance, and de stress! Each week alternate between Dance Fit and Drums Alive!

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

Mobility Flow

Flow with Sonja in this gentle, yoga-based fitness class!

Tuesdays, 9:30 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 w/Veronica

Exercise to promote strength with some laughter.

Wednesdays, 10 a.m. Fee: Fitness Card

Fitness Orientation

Required before using fitness equipment.

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

Mobility & Balance w/Nieda

Join Nieda as she incorporates functional movement for every-body.

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

Fitness w/Lamont

Cardio, circuit, and strength training. 2 sessions to choose from!

Thursdays, 1 p.m. & 2 p.m. Fee: Fitness Card

Chair Yoga

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

Fridays, 9 a.m. Fee: Fitness Card

Community

Mobile Market

Free giveaways of produce and pantry essentials.

Wednesday, May 28 Fee: FREE

Brain Fitness for all

Dive into engaging movements, mindful practices, and coordination drills that promise to not only build neural connections but also to elevate your cardiovascular health, balance, and overall strength.

Friday, May 23, 10:30 a.m. • Fee: Donation



INDIAN HEAD SENIOR CENTER

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

Hours: 9 a.m.–3 p.m., Mon./Wed./Fri
9 a.m. to 4 p.m., Tues. & Thurs.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness Room 9:00 Billiards 9:00 Cards/Games 9:00 Fitness Dance Fit/Drums ALive! 10:30	Fitness Room 9:00 Billiards 9:00 Cards/Games 9:00 Fitness Mobility Flow 9:30 AFEP 11:15	Fitness Room 9:00 Billiards 9:00 Cards/Games 9:00 Fitness Fitness w/ Veronica 10:00 Fitness Orientation 2:00	Fitness Room 9:00 Billiards 9:00 Card/Games 9:00 Canvas Painting 11:00 Fitness Mobility & Balance 9:30 AFEP 11:15 Fitness w/Lamont 1:00 Kettle Bell 2:15	Card/Games 9:00 Fitness Room 10:15 Billiards 10:15 Fitness Chair Yoga 9:00
5 Walk with Ease 9:30 Bingo 9:30 Choir Group 1:00	6 Council Meeting 9:30 Walk with Ease 12:30 Crafting w/Mary 1:00	7 Crochet Club 10:00 Line Dancing 11:00 Lunchtime music w/Ken 12:00	1 Steps Challenge starts today! Intro at 10:30. Walk with Ease 12:30 Gentle Hand Care 1:00	2 Yoga Therapy 10:15 Hands and Feet How to Hatch Your Own Chickens 11:00
12 Project Linus/Sewing 101 9:30 Walk with Ease 9:30	13 Bingo 9:30 Walk with Ease 12:30 Pastor Chris 1:00	14 Indian Head Pavilion: Scam Jam 9:30 No Fitness Classes	15 Indian Head Pavilion: Bike to Work 10:00 Green Thumb 10:30 Fitness classes at the Village Green Pavilion	16 Senior Tech 10:30
19 Walk with Ease 9:30 Bingo 9:30 Choir Group 1:00	20 Information & Assistance with Julie 10:30 Walk with Ease 12:30 Shibashi 3:00	21 Spring Tea 11:00 No Clubs, Classes, or Congregate Lunch.	22 Walk with Ease 12:30	23 Paty Masson 10:30 Brain Healthy Snacks 11:45
26 Memorial Day  All Centers Closed	27 BLUE ZONE 1 of 3 1:00	28 Community Yard Sale 9:30 Mobile Market 11:00 Book Club 1:00	29 Yoga Therapy 10:30 Getting up/Getting down	30 Smoothies 11:00 Steps challenge winners announced!

**Spring Tea Tickets are sold out. All participants must have a ticket for the event and the catered lunch.
All other programs are cancelled for the day.**

NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest SCOOP online!

Program Highlights

Fitness Beats

Join fitness instructor Natonya for FUN, rhythmic exercise. This class will have you energized as you move to the beat of your own drum. All fitness levels welcome!

Mondays, May 5 & 19, 12 p.m.

Fee: Fitness Pass

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.

Thursday, May 8, 9 a.m. Fee: FREE

Birds of Prey

Come out and see some beautiful birds and learn where to find them, what they eat and much more! We will have some raptors on site to meet.

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

Senior Council Evening Bingo Fundraiser

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

Friday, May 16, 5-7 p.m. Fee: 5¢ per card

Food prices are determined by the council.

Let's Take a Trip

This month let's learn about the United Arab Emirates including historical, geographical, and other interesting facts. We will also sample some Emirati cuisine. Prior signup is required.

Tuesday, May 20, 1 p.m. Fee: FREE

Assistive Technology

Android 101: The Basics – Join Taylona as you learn the basics of using an Android phone. This easy-to-follow lesson will help participants gain confidence with using their phones for everyday tasks.

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

Pelvic Floor 101-Women ONLY

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

Wednesday, May 28, 10 a.m. Fee: \$2

Friday Films

Join us to watch Wicked-A story of two witches: Elphaba, whose skin is green, and Glinda, who is blonde and beautiful. They dislike each other at first but soon form an unlikely bond. The musical follows them from their girlhood friendship and explains why Elphaba became the wicked witch and Glinda became the Good Witch. Snacks provided.

Friday, May 30 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.,
Mother's Day Centerpiece, May 5 Fee: \$3
Casual Crafting, May 12 Fee: FREE
Rope Trays, May 19 Fee: \$5

I&A Services

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

Thursday, May 15, 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

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!!

Mobile Library

Borrow books, movies, tech every three weeks.

Tuesdays, May 6 & 27, 10:30 a.m. Fee: FREE

Pizza & Painting

Paint a pre-sketched 8x10' canvas with a patriotic themed design and enjoy 2 slices of pizza (cheese or pepperoni), fruit and a bottle of water. All supplies provided. Space is limited. Prior registration with payment is required.

Friday, May 9, 12:30 p.m. Fee: \$8

WIC Services

Fridays, May 9 & 23, 9 a.m.-4 p.m. Fee: FREE

Mobile Food Market

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

Wednesday, May 21, 12 p.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

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

Mother's Day Tea

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

Wednesday, May 7, 11 a.m. • Fee: \$15



NANJEMOY SENIOR/COMMUNITY CENTER

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

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

Luncheon at Noon—Reservation/Registration Required

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

Community Center Hours:

8:30 a.m.–4:30 p.m., Mon–Friday

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards.....8:30 Computer Lab.....8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles.....1:00 Fitness AFEP10:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness Flex & Stretch.....10:00 Core Fitness11:15	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness Walking Club.....1:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch12:00 Nickel Bingo.....12:45 Dominos.....1:00 Games/Puzzles1:00 Fitness Total Body Conditioning.....11:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Shop the Rack8:30 Lunch12:00 Senior Tech Appts.....8:30 Dominos.....1:00 Games/Puzzles1:00 Fitness AFEP10:00 Walking Club.....1:00
			1 Computer Lab8:30	2 Walking Club.....11:00
5 Senior Council Meeting10:00 Fitness Beats12:00 Artistic Aesthetics: <i>Mother's Day Centerpiece</i>1:00	6 Core Fitness10:00 <u>Community Program</u> Mobile Library10:30	7 Mother's Day Tea.....11:00	8 K-9 Demo.....9:00 Bingo12:45	9 <u>Community Program</u> WIC Services9:00 <u>Mobile Recreation Program</u> Pizza & Painting12:30
12 Artistic Aesthetics: <i>Casual Crafting</i>1:00	13 Games/Puzzles1:00	14 Indian Head Pavilion: Scam Jam9:30	15 I&A Services.....9:30 Indian Head Pavilion: Bike to Work10:00 <u>Community Program</u> Birds of Prey.....10:00	16 Senior Council Evening Bingo Fundraiser5:00
19 Fitness Beats12:00 Artistic Aesthetics: <i>Rope Trays</i>1:00	20 Core Fitness11:15 Let's Take a Trip1:00	21 Casual Crafting8:30 <u>Community Program</u> Mobile Food Market12:00	22 Billiards.....8:30 Assistive Technology.....11:00	23 <u>Community Program</u> WIC Services9:00
26 Memorial Day  All Centers Closed	27 Flex & Stretch.....10:00 <u>Community Program</u> Mobile Library10:30	28 Walking Club1:00 <u>Community Program</u> Pelvic Floor 10110:00	29 Total Body Conditioning.....11:00	30 Friday Films11:00

WALDORF SENIOR & RECREATIONAL CENTER

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

Get your Latest *SCOOP* online!

Program Highlights

Mother's Day Luncheon

This event is hosted by the Waldorf Senior Center Council. Join the celebration! Entertainment, food, and more! Tickets are sold by the Waldorf Senior Center Council. See flyer for ticket sale dates.

Wednesday, May 7, 10:30 a.m.

Fee: \$25 paid to Waldorf Senior Center Council

Diabetes Prevention Program

If you are an adult who is overweight, has prediabetes, or a history of gestational diabetes, join our year-long National Diabetes Prevention Program.

Fridays, Starting May 9, 10:30 a.m. Fee: FREE

Your Story

Join our five-part Life Journeys Writing & Mentoring Workshop! Share, write, and discuss the stories or poetry you've written or always wanted to write. Learn tips and tools for creating YOUR projects and there will be opportunities to put your literary legacies in print. We will explore short stories, novels, memoirs, poetry, film, literary classics and the benefits of journaling such as improved blood pressure and reducing stress. Enjoy insights and giveaways from professionals. Requirement: A fun creative mind and heart!

Mondays, May 12-Jun. 6, 10 a.m. Fee: FREE

Clear Captions - Free Home Phones with Free Lines

Join Rupali from Clear Captions for a great Lunch and Learn. Rupali will be teaching you about the free services Clear Captions provides and how to get a free phone service! Lunch will be provided, so you must pre-register by March 18.

Monday, May 12, 11 a.m. Fee: FREE

Impasto Painting

Join Olga Herrera for this fun art class! Impasto is a painting technique where paint is applied thickly to a surface, creating a textured, 3D effect.

Wednesday, May 21, 10 a.m. Fee: \$10

Line Dance Party

Join us for a fun filled Line Dancy party, sponsored by our very own and amazing Senior Center Council! Tickets are sold by the Waldorf Senior Center Council on Tuesday, May 13 and Thursday, May 15 from 10:30 a.m.-12 p.m. *Lunch is not included with this program. If you would like lunch after the party, you must sign-up separately on our lunch lists. Lunch is a suggested donation fee of \$6.*

Wednesday, May 21, 10:30 a.m.

Fee: \$5 paid to Waldorf Senior Center Council

Living a Blue Lifestyle Pt. 2

Blue zone living will be a three-part series that explores better nutrition and recipes, exercise and wellness and stress management. Let's make Charles County the next blue zone!

Tuesday, May 27, 10 a.m. Fee: FREE

K9 Demonstration

Charles County Sheriff's Office will be here with their K9 to demonstrate the work they perform.

Wednesday, May 28, 10:30 a.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, May 6 & 13, 10 a.m. Fee: FREE

Widow & Widower Support Group

Facilitated by Brenda Dubose.

Monday, May 12, 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. Please pre-register.

Wednesday, May 14, 10 a.m. Fee: \$3

Jazz Appreciation

Join fellow jazz enthusiasts in our multi-purpose room to listen to some amazing Jazz. This will take place every third Friday of the month.

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

Bible Study

Facilitated by Minister Yvonnde' Wilson. All are welcome!

Tuesday, May 20, 11 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. We will meet every third Tuesday of the month.

Tuesday, May 20, 12:30 p.m. Fee: FREE

Book Club

This month's book is "Iron Lake," by William Kent Krueger. Please come prepared with your thoughts on this book and join in the discussions.

Thursday, May 22, 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, 11 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

Gospel Choir

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, 10 a.m.

Fee: FREE

Paper Crafting

Fellow paper crafter, Julia Benge, will be onsite to offer ideas to get you started in paper crafting. All paper crafting supplies will be provided, but feel free to bring your own.

Fridays, 1 p.m. Fee: FREE

Health & Fitness

Fitness Room Orientation

Mandatory before first use of fitness room. Registration required.

Mondays, May 5 & 19, 11:30 a.m.

Wednesdays, May 14 & 28, 10:30 a.m. Fee: \$5

Drums Alive

In drum fitness, we use stability balls on top of buckets with drumsticks to create rhythms and movement patterns for the brain and body. Having to focus on music and drumming you don't even realize your exercising!

Thursdays, 10:30 a.m.

Fee: Fitness Card

Yoga Flow

Yoga Flow can be done either standing, sitting, or on the floor. All are welcome.

Fridays, 1:30 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness Room 9:00 Racquetball 9:00 Guitar Club 11:00 Pinochle 11:00 Lunch 12:00 Basic Sewing 1:00 Table Tennis 2:30 Fitness Chair Dance Aerobics 9:30 Stability Ball Fitness 10:30 Chair One Plus 11:30 Kettlebell Fitness 12:30 Enhanced Fitness 1:00	Fitness Room 9:00 Racquetball 9:00 Cards & Games 10:30 Pokeno 10:30 Tech Time 10:30 Leather Crafting 12:00 Lunch 12:00 Fitness Basketball 1:00 Chair Dance Aerobics 9:30 Total Body Conditioning 9:30 Gentle Stretching 10:30 Line Dancing 11:30 Walking Club 12:30	Fitness Room 9:00 Racquetball 9:00 Basketball 10:00 Bridge Club 10:00 Lunch 12:00 Basic Sewing 1:00 Fitness Chair Dance Aerobics 9:30 AFEP 10:30 Basic Fitness Training 11:30 Enhanced Fitness 1:00	Fitness Room 9:00 Racquetball 9:00 Gospel Choir 9:30 Watercolors 10:30 Pinochle 11:00 Lunch 12:00 Fitness Mah Jong 1:00 Basketball 1:00 Guitar Club 1:00 Table Tennis 2:30 Fitness Total Body Conditioning 9:30 Drums Alive 10:30 Line Dancing 11:30	Fitness Room 9:00 Racquetball 9:00 Crochet Club 10:00 Lunch 12:00 Paper Crafting 1:00 Fitness Chair Dance Aerobics 9:30 Gentle Stretching 10:30 AFEP 11:30 Core and More 12:30 Yoga Flow 1:30
			1	2
			Law Day 9:00 Bingo 10:30 Skills & Drills (4) 11:00 Walk w/ Ease 12:30	Living Well 9:30
5	6	7	8	9
Fitness Orientation 11:30	Belly Dancing (3) 9:45 Prayer Group 10:00 Intro to Pickleball (5) 11:00 Walk w/ Ease 12:30 NO TAI JI QUAN	Mother's Day Luncheon 10:30	ACA Meeting 9:30 Bingo 10:30 Skills & Drills (5) 11:00 Walk w/ Ease 12:30 NO TAI JI QUAN	Diabetes Prevention ... 10:30 Salsa/Belly Dance Demo 12:30 NO CORE & MORE
12	13	14	15	16
Widow & Widower Support Group 9:30 Your Story(1) 10:00 Clear Captions 11:00	Belly Dancing (4) 9:45 Prayer Group 10:00 Intro to Pickleball (6) 11:00 Poetry Club 12:30 Walk w/ Ease 12:30 NO TAI JI QUAN	Indian Head Pavilion: Scam Jam 9:30 Jewelry Club 10:00 Fitness Orientation 10:30	Indian Head Pavilion: Bike to Work 10:00 Bingo 10:30 Skills & Drills (6) 11:00 NO TAI JI QUAN	Diabetes Prevention ... 10:30 Jazz Appreciation 1:00
19	20	21	22	23
WSC Council Meeting 9:30 Your Story(2) 10:00 Fitness Orientation 11:30	Mobile Library 9:00 Bible Study 11:00 Intro to Pickleball (7) 11:00 Poetry Club 12:30 Walk w/ Ease 12:30 NO TAI JI QUAN	Impasto Painting 10:00 Line Dance Party 10:30	Bingo 10:30 Skills & Drills (7) 11:00 Book Club 1:00 Walk w/ Ease 12:30 NO TAI JI QUAN	Diabetes Prevention ... 10:30
26 Memorial Day  All Centers Closed	27	28	29	30
	Living a Blue Zone Lifestyle Pt.2 10:00 Intro to Pickleball (8) 11:00 Tai Ji Quan 1:00	K9 Demo 10:30 Fitness Orientation 10:30	Bingo 10:30 Skills & Drills (8) 11:00	Diabetes Prevention ... 10:30 Guitar Performance 12:30

Senior Health & Fitness Day:

Wednesday, May 28

Celebrate health with information and ways you can make fitness a regular part of your daily routine. All classes will be FREE, and we encourage you to stop in, talk with staff on ways you can encompass healthy ways into your lifestyle.



Walking & Bike Groups

Exercise and fresh air are great ways to not only lift one's spirits but be with friends and move your body! We would love to see in our outdoor adventures.

Walking Club: Laurel Springs Park (meet in first parking lot) Mondays, 9 a.m. - No leader on May 26, Fee: FREE

Biking w/Nate: Indian Head Rail Trail (White Plains) Friday, May 2, 1 p.m., Fee: FREE



Kayaking with Debi

Enjoy the beautiful weather and paddle with us!

Gilbert Run Regional Park is the perfect place to learn. Calm waters and beautiful scenery make for a great experience. Registration required; kayaks provided. Call Debi Shanks at 301-609-5711 to register.

Beginner: Wednesday, May 21 10 a.m.

Self-Led: Wednesday May 21 11 a.m.

Fee: \$5 for 1 hour.



Belly Dance is Coming to Waldorf!

Belly Dancing w/ Tsipporah

Tsipporah will be making her debut with a FREE demo class. She will be teaching belly dancing basics for fitness and fun!

Waldorf Senior & Rec. Center:

Demo on Friday, May 9, 12:30 p.m.

Regular weekly classes begin in June



Diabetes Prevention Program

The Diabetes Prevention Program (DPP) is an evidence-based year-long lifestyle change program. It is designed to help participants at risk for type 2 diabetes adopt sustainable, healthy lifestyle choices and achieve weight loss. This offers a proven program to help you reverse prediabetes and uses key components of the DPP, such as lifestyle changes like physical activity and weight loss, to prevent or delay the start of type 2 diabetes.

In this lifestyle change program you will:

- Lose 4-7% of your weight and feel confident
- Receive ongoing support for a year
- Have fun while getting more physically active
- Learn to eat healthier without giving up the foods you love.

Please call 301-609-6885 to register.

Waldorf Senior & Rec. Center:

Classes meet weekly beginning Friday, May 9, 10:30 a.m.

Fee: FREE

Bike to Work Day

Bike to Work Day will be at the Town of Indian Head Pavilion starting at 10 a.m. with mini class sessions, vendors, giveaways, and culminating with a bike ride on the Indian Head Rail Trail at 1 p.m. or an instructor led group walk. This event encourages people to bike instead of drive, so we are taking it to the trail!

Register online at <https://www.biketoworkmetrodc.org/register> for the Indian Head pit stop (MD Charles Co Indian Head at Village Green Pavilion) to get a free t-shirt while supplies last.

To reserve your T-shirt or for assistance in registering, contact Nate Schultz. 240-448-2817 SchultzN@charlescountymd.gov

If you would like lunch, for Bike to Work Day, sign up at your local Charles County Senior Center to get placed on lunch list.

Indian Head Pavilion:

Thursday, May 15, 10 a.m.

Fee: FREE + Lunch Donation if ordered

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, May 22, 11:30 a.m. Fee: Fitness Pass

Special thanks to all our volunteers who assist us with classes, pickleball, taxes, art and our performers. You keep our centers interesting & FUN with your many talents. WE appreciate you GREATLY!

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	2
5	6	7	8	9
Fruit Blend Juices Taco Seasoned Turkey Spanish Rice Stewed Tomatoes Corn Bread Apricots	Vegetarian Meal Apple Juice Baked Penne w Ricotta & Mozzarella Roasted Vegetables Breadstick Mandarin Oranges	Orange Juice Crispy Chicken Sandwich w/ Cheese on Whole Wheat Bun Mac n Cheese Chuckwagon Veggies Chocolate Chip Cookie Peaches	Fruit Blend Juice Meat Loaf & Gravy Mashed Potatoes Broccoli Dinner Roll Jell-O Fruit Salad	Grape Juice Blackened Salmon Wild Rice Whole Wheat Dinner Roll Roasted Veggie Blend Fruit blend
12	13	14	15	16
Vegetarian Meal Orange Juice Hearty Tomato Soup Corn Bread Side Salad w dressing Pears	Apple Juice Kielbasa w/ Peppers & Onions Hoagie Roll Potato Salad Baked Beans Diced Peaches	Fruit Blend Juice 1/4 Herbed Baked Chicken Buttermilk Chive Mashed Potatoes Seasoned Brussel Sprouts Cornbread, Pears	Grape Juice Chicken & Mushrooms w/ Gravy Buttered Egg Noodles Biscuit Sweet Peas, Apricots	Pineapple Juice Open Faced Turkey Sandwich w/Gravy Whole Wheat Bread California Blend Vegetables Citrus Salad
19	20	21	22	23
Vegetarian Meal Apple Juice Veggie Sub – Lettuce, Tomato, Onion, Green Peppers, Cucumber & Cheese on Hoagie Roll Chickpea Greek Salad Chips, Pears	Pineapple Juice Pork Chop Sauerkraut AuGratin Potatoes Cornbread Pineapple Chunks	Orange Juice Chophouse Burger Sandwich on Whole Wheat Bun w/Cheese Orange Glazed Carrots Party Hearty Beans Fruit Cocktail	Fruit Blend Juice Baked Tilapia Buttered Tri Color Pasta Chuckwagon Vegetables Dinner Roll Deluxe Fruit Salad	Grape Juice Chicken Salad on Lettuce Bed Cucumber Onion Vinaigrette Broccoli Salad Whole Wheat Bread Pears
26	27	28	29	30
Memorial Day  All Centers Closed	Apple Juice Taco Salad: Turkey, Lettuce, Tomato, Cheese & Sour Cream Mexican Rice 3 Bean Salad Tortilla Chips Apple Slices	Vegetarian Meal Fruit Blend Juice Eggplant Parmesan Herbed Pasta Broccoli Whole Wheat Dinner Roll Apricots	Birthday Celebration Grape Juice Salisbury Steak w/Gravy Mashed Sweet Potatoes Squash, Whole Wheat Bread Raisins Birthday Cake	Pineapple Juice BBQ Pork Sandwich on Whole Wheat Bun Seasoned Corn Carrot Raisin Salad Tropical Fruit Salad
Charles County Luncheon Program <i>Available at Noon • Days Vary By Center</i>				
Open to any Charles County resident, age 60 or older, for a donation. The suggested meal donation is \$6, actual cost is \$10.75 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 \$10.75. 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 Nanjemoy Senior CenterMonday–Friday				
Indian Head Senior Center.....Monday–Friday Waldorf Senior CenterMonday–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.

Senior Council Events & Fundraisers

Hope 2025 is off to a healthy and happy start. Time to begin making your travel plans for 2025 and 2026!

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. For more information call 301-645-1770.

June 9-13, 2025: 38th Annual Mystery Trip.

Richard R. Clark Senior Council

Friday Bingo

Richard R. Clark Senior Center Council Bingo, hosted in the multipurpose room. Doors open at 9:30 a.m. Last call to purchase bingo card (s) is at 10 a.m. One winner per game. No bills over \$10.

Interested in lunch? Call the Senior Center before 10 a.m. the day prior to bingo to reserve your lunch.

Fridays, May 9 & 23, 9:30 a.m. • Fee: \$4= 3 face cards; \$8= 6 face cards paid to RRCSC Council

Indian Head Senior Council

Community Yard Sale

Offered monthly on Mobile Market days. Seller is responsible for supplying table and seating as needed as well as set up and cleanup of their merchandise. Space rental is payable in cash only to the Indian Head Senior Council before the start of sales.

Wednesday, May 28, 9 a.m., Sale from 9:30 a.m.-1 p.m.

Fee: \$10 cash payable to IHSC Council

Nanjemoy Senior Council

Mother's Day Tea

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

Wednesday, May 7, 11 a.m. • Fee: \$15

Senior Council Evening Bingo Fundraiser

Evening nickel bingo with the Nanjemoy Senior Center Council.

Food sales at the event to benefit the senior council on behalf of the Nanjemoy Senior and Community Center.

Friday, May 16, 5-7 p.m. • Fee: 5¢ per card • Food prices are determined by the NSCC Council.

Waldorf Senior Council

Mother's Day Luncheon

This event is hosted by the Waldorf Senior Center Council. Join the celebration! Entertainment, food, and more! Tickets are sold by the Waldorf Senior Center Council.

Wednesday, May 7, 10:30 a.m. • Fee: \$25 paid to WSRC Council

Line Dance Party

Join us for a fun filled Line Dancy party, sponsored by our very own and amazing Senior Center Council! Tickets are sold by the Waldorf Senior Center Council on Tuesday, May 13 and Thursday, May 15 from 10:30 a.m.-12 p.m.

Lunch is not included with this program. If you would like lunch after the party, you must sign-up separately on our lunch lists. Lunch is a suggested donation fee of \$6.

Wednesday, May 21, 10:30 a.m. • Fee: \$5 paid to WSRC Council



Council News for May

Sponsored/Hosted Activities & Events

Clark Senior Center
Sunset Memorial,
Bingo

Indian Head Senior Center
All Clubs, Shabashi,
Community Yard Sale

Nanjemoy Senior & Community Center
Mother's Day Tea
Evening Bingo

Waldorf Senior & Rec Center
Bingo, Pokeno, Mother's
Day Luncheon,
Line Dance Party