

The SCOOP

Charles County's Senior Center News



JUNE 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, 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: 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!

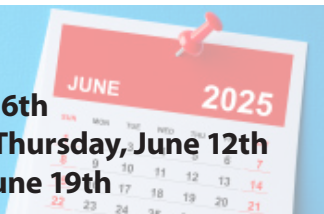
1. Open the camera app on your phone.
2. Point the camera at the QR code.
3. Tap the banner/website that appear on the phone screen.

This will open the SCOOP webpage on your phone!
 The SCOOP is now at your finger tips!



June Closures

Eid al Adha – Friday, June 6th
Jaycees Summer Picnic – Thursday, June 12th
Juneteenth – Thursday, June 19th



June is Audio Book Month

Did you know June is Audio Book Month? Audio books are a great way to explore literature while on the go. They can also enhance your reading experience with full-cast, dramatized audio books including voice actors, thematic music, and more! Having a Charles County Public Library card grants you FREE audiobook access through applications such as Libby, Hoopla, and Librivox. For more information, check out the Charles County Public Library's website at <https://ccplonline.org/>.

Free Summer Entertainment: River Concert Series-St. Mary's College of MD

Looking for a fun, scenic event that supports local artists? How about the River Concert Series.

St. Mary's College of Maryland, along with the Chesapeake Orchestra and its Music Director Jeffrey Silberschlag, are proud to announce dates for the 2025 River Concert Series. A Southern Maryland tradition now in its 27th season, this family-friendly music festival, and winner of two Governor's Awards for Arts, Tourism, and Community Economic Development will be held on the St. Mary's College Townhouse Green. The programs will be on Friday evenings at 7 p.m. starting on June 27 and continuing until July 25.

The concerts and parking are free and open to the public. There are on-site vendors who offer food and beverages for purchase, though you are also welcome to bring your own. Blankets and/or lawn chairs are recommended; but please, leave your pets at home. We love your furry friends, but they are not allowed at the River Concerts. For more information visit <https://www.smcm.edu/river-concert/>.

In Season: Produce in Maryland

In Maryland during June, you can find a variety of fresh produce in season, including strawberries, blueberries, cherries, blackberries, raspberries, peaches, cucumbers, beans, peas, apples, eggplant, plums, sweet corn, sweet potatoes, and asparagus. June is also a good time to plant warm-season vegetables like tomatoes, beans, corn, and cucumbers. <https://msa.maryland.gov/msa/mdmanual/01glance/html/agripro.html>

Exciting Changes Happening in Congregate Lunch Programs!



Congregate Lunches are served in our four senior centers daily, these meals provide quality nutrition and rich socialization with friends. Charles County Department of Community Services has partnered with the Board of Education for decades to provide hot meals in our centers, and we appreciate their years of dedication and service to this program. However, in July we will be partnering with a new local vendor to serve meals throughout the county. This new vendor brings experience, fresh ideas and delicious food options. Our meal cost is \$10.39 per meal and the success of our program relies on your participation and lunch donations. If you haven't had a meal in one of our centers in a while, we encourage you to sign up and give it a try! We appreciate your participation and support; we look forward to working with our new vendor, bringing delicious food to your senior center.



June 15th is World Elder Abuse Awareness Day (WEAAD)

World Elder Abuse Awareness Day (WEAAD) was launched on June 15, 2006 by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations. WEAAD is in support of the United Nations International Plan of Action acknowledging the significance of elder abuse as a public health and human rights issue.

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

Join the Department of Social Services on a walk to raise awareness and prevention on Elder Abuse.

Location: 200 Kent Ave. La Plata, MD 20646

Date: Wednesday, June 11, 2025 • **Time:** 8:30-10:30 a.m.

Call or email gabrielle.ventrone@maryland.gov or 301-392-6712 to RSVP.

Caregivers Corner:

Managing the Challenges of Summer

Summer is a great time of year. Lots of sunshine, long day-light hours, and warm temperatures mean we can enjoy the outdoors and take much-needed vacations.

Effects of Hot Weather

Hot weather affects everyone, but older adults are often more sensitive and vulnerable to heat. Here's why:

- The ability to regulate body temperature naturally declines with age, which means sensitivity to heat and cold increase.
- Thirst also declines with age, so older adults may become dehydrated more quickly in hot weather.

It's also important to note that extreme temperatures can affect the stability of certain medications. For example, excessive heat can cause the coatings on some prescriptions to peel, melt, or crack, which can alter their effectiveness. High humidity is also concerning. When it's very humid, you sweat more. However, the sweat doesn't evaporate as quickly, making it harder for the body to cool itself. You end up feeling hot and sticky and can become dehydrated more easily. High humidity also increases risk for heat-related illnesses, can disrupt sleep, and can cause irritability.

Thankfully, there are many things that can help you and your loved one to minimize or avoid heat-related conditions.

- Drink lots of water, even if not thirsty, and avoid alcohol and caffeinated beverages.
- Stay in air-conditioned spaces.
- Use a fan to circulate the air, which has a cooling effect.
- Wear lightweight, loose-fitting clothing.
- Avoid strenuous activities—especially during peak heat hours (usually mid- or late morning to late afternoon).
- If you must be outside, find shade, wear a wide-brimmed hat, and apply sunscreen.
- Take cool showers or baths.

There's lots to love about summer. The sunshine supports vitamin D production and boosts mood. Gardens are full of beautiful flowers and tasty fruits and vegetables. Beaches and parks provide opportunities to swim, picnic, and play games.

<https://fallonhealth.org/en/caregivers/Caregiver-Connection/Managing-the-challenges-of-summer>

The 10 Commandments of Blue Crabs

To honor Maryland's prized crustacean, here are the "10 Commandments of Blue Crabs" for 2025:

- When buying crabs, order mediums when you're having guests over. Order larges for you and your better half. Order jumbos when ain't nobody within 500 feet. And smalls are just rude.
- Every picking style is both right and wrong. Legs first? Apron first? Butter knife? Mallet? Vinegar? Save your claws to the end? Just don't wear a bib.
- Once you touch a crab, IT'S YOURS. None of this weighing-each-crab-with-your-hand stuff. Like the guy who guesses your weight at a carnival, use your eyes.
- With pizza, everyone gets the same number of slices. But with crabs, it's like: 3...2...1...EVERYONE EAT AS MANY CRABS AS YOU CAN AND SCREW THOSE SLOW EATERS!!
- You're being monitored. By everyone. Not cleaning your crab completely? You'll get called out. Not eating your claws? You won't be invited back.
- Don't dare ask anyone to pick a crab for you. You pick crabs for yourself. If you're a newbie, we'll teach you ONCE, so pay attention. If you pull off a meaty backfin, show it off! If you cut yourself, keep eating. No tears.
- If you leave the table to wash your hands, you become everyone's personal assistant until you're back. Take orders, clear shells, get hair ties. Grab me another drink!
- Crabs are just an appetizer. Three hours of snacks before you fire up the grill. Have some corn, shrimp, tomatoes, and Utz chips and dip in the meantime.
- The last man/mom standing at the table gets bragging rights. "You guys done already?" she asks. Respect.
- If you're invited to a crab feast, that means you're special. We don't just invite anybody over. It's love. Be sure to say, "Good crabs!" or "Really full!" or "Lots of mustard!"

<https://southernmarylandchronicle.com/2025/03/31/get-ready-blue-crab-season-hits-maryland-april-1/>



Maryland Crab Soup:

Ingredients:

- 1 pound lump crabmeat
- 1 onion, diced
- 2 cloves garlic, minced
- 2 carrots, diced
- 2 stalks celery, diced
- 1 can diced tomatoes
- 4 cups seafood or vegetable broth
- 1 bay leaf
- 1 teaspoon Old Bay seasoning
- 1/4 cup fresh parsley, chopped
- Salt and pepper to taste

Instructions:

1. In a large pot, sauté the onion, garlic, carrots, and celery until tender.
2. Add the diced tomatoes, broth, bay leaf, and Old Bay seasoning to the pot.
3. Bring the soup to a boil, then reduce the heat and simmer for 15-20 minutes.
4. Gently stir in the crabmeat and simmer for an additional 5 minutes.
5. Season with salt and pepper to taste.
6. Remove the bay leaf and garnish with fresh parsley before serving.

<https://thebaynet.com/southern-maryland-summer-recipes-you-have-to-try-according-to-ai/>

Senior Farmer's Market Nutrition Program

Once again, this year we are excited to be able to offer Senior Farmer's market coupons. This program provides free coupons to be used at any approved Farmer's Markets for fresh fruits and vegetables. To be eligible to receive coupons you must be enrolled in one of the following Federal Programs: Qualified Medicare Beneficiary Program (QMB), Special Low-Income Medicare Beneficiary Program (SLMB), Maryland Energy Assistance Program (MEAP), Senior Prescription Drug Assistance Program (SPDAP), EXTRA HELP with Medicare D Prescription Drug Program, Medicaid, SSI, Food Stamps, or the Senior Employment Program. Participation in the program in past years does not automatically qualify you for this year. If you should have any questions, please contact Brittney Bolin at 301-934-0138 or 301-870-3388 ext. 5138. Check with your center for distribution information and dates.

Ask SHIP

How can I get dental, vision, and hearing care covered?

Medicare usually does not cover routine dental, vision, and hearing care. This of course does not mean that this type of care is not important and often needed. You can pay out of pocket for this type of care, and many providers will work with you to create a payment plan to ease financial burden. This isn't always an option, though. Below are other strategies and resources for accessing dental, vision, and hearing care:

Stand-alone plans: You can purchase stand-alone dental, vision, or hearing plans through private insurance companies. Premiums for these plans are usually much less than your Medicare Part B premium, with dental, vision, and hearing plans often ranging from \$5 to \$50 per month.

- **Medicare Advantage Plans:** Private Medicare plans often offer supplemental benefits. Common supplemental benefits are routine dental, vision, and hearing care. Remember to learn a plan's specific coverage rules, though, since these supplemental benefits may come with coverage restrictions or less comprehensive coverage.
- **Reduced-cost or free dental clinics:** These clinics are available in many states. Use resources available at NeedyMeds, healthcare.gov, freeclinics.com, and hhs.gov for more information.
- **Federally Qualified Health Centers (FQHCs):** FQHCs are health care facilities located in medically underserved areas. People with Medicare are eligible to receive services from an FQHC. Some FQHCs may offer dental care.
- **Community Health Centers (CHCs):** CHCs provide free or reduced-cost health services, including dental care. CHCs are funded by the Health Resources & Services Administration (HRSA).
- **Schools and training hospitals:** Schools and facilities that train dentists, optometrists, and audiologists may offer low-cost care. Students work with patients under the supervision of experienced, licensed providers.

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.

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!



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

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

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

Maryland Access Point: Connecting Seniors to Resources

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

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



Legal Aid

Legal Aid: June 9th & July 14th

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

Memorial Plaques

Enshrine the name of your family and friends on a Sunset Memorial Plaque located in the library at the Richard R. Clark Senior Center. Plaques are available for purchase in two sizes, 3-1/2 x 1 inches, up to 3 lines, 30 characters per line for \$25 and 3-1/2 x 2 inches, up to 4 lines, 30 characters per line for \$30. To learn more about the Sunset Memorial Plaques, please visit the Clark Senior Center and complete a Sunset Memorial Plaque form located in the library.

Candle Making

Join Jennifer Bullard from Small Great Things to make a candle using repurposed vessels.

Monday, Jun. 2, 10:30 a.m. Fee: Donation

Hospice & Dementia

Join the Information & Assistance Office as we explore Medicare's coverage of: Mental Health Issues and Hospice Care with Dementia resources. We will have an expert from Hospice of Chesapeake: Dawn Reveley, Manager of Community Partnerships. Please sign up.

Monday, Jun. 2, 12 p.m. Fee: Free

Clark Craft

Help Richard R. Clark Senior Center win bragging rights for 2025 Waldorf Jaycee Picnic craft competition, decorating a birdhouse. Please sign up.

Thursday, Jun. 5, 1 p.m. Fee: FREE

History: Founding Father's

Join Debi Scoggins as she presents a history presentation about the Founding Father's. Please sign up.

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

Friday Film

Enjoy a movie. Movie TBD. Please sign up.

Friday, Jun. 13, 10 a.m. Fee: FREE

Tech Group

Meet with staff as you navigate through your latest technology trouble. Please sign up.

Tuesday, Jun. 17, 10 a.m. Fee: FREE

Magic Show

Sponsored by Sisters at Heart, all seniors are welcome.

Monday, Jun. 23, 11:15 a.m. Fee: FREE

Men's Health with Dr. Smith

Join Dr. Smith, Chief Medical Officer at UM Charles Regional Medical Center, for a thoughtful discussion on men's health, including preventative care and chronic disease management.

Tuesday, Jun. 24, 10:30 a.m. Fee: FREE

Lunchtime Poetry with Charlotte

Join Charlotte Ayers, published author, as she shares poetry during lunch.

Thursday, Jun. 26, 12:15 p.m. Fee: FREE

Senior Council Bingo

Richard R. Clark Senior Center Council Bingo, hosted in the multipurpose room. Doors open at 9 a.m. Last call to purchase bingo card (s) is at 9:30 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.

Friday, Jun. 27, 9 a.m.

Fee: \$4= 3 face cards; \$8= 6 face cards

The Importance of Hydration

Join staff as we discuss the importance of staying hydrated and sample flavored waters.

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

Ongoing Programs

Beginners Jewelry Class

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

Wednesday, Jun. 4 & 18, 10 a.m. Fee: FREE

Book Club

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

Thursday Jun. 5, 12 p.m. & 1 p.m. Fee: FREE

Widow to Widow Support Group

Women's group focusing on grief. Facilitated by Brenda Dubose.

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

Free Lunchtime Music with Will

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

Wednesday, Jun. 11, 11:30 a.m. Fee: FREE

Charles County Mobile Library

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

Tuesday, Jun. 17, 10 a.m. Fee: FREE

Health Checks

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

Wednesday, Jun. 18, 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, Jun. 25, 10 a.m. Fee: \$5/PP

Learn to Quilt

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

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

Knitting & Crocheting Family

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 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

Health & Fitness

Clark Center Fitness Room Orientation

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

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

Father's Day Breakfast

Calling all dads to join us for breakfast. Be sure to stick around for the Men's Health discussion with Dr. Smith.

Tuesday, Jun. 24, 9:45 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 Club @ Laurel Springs.....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 Lunch.....12:00 Stained Glass.....12:00 Musicians Club.....1:00 Spiritual Enrichment.....1:00 Fitness Strength Training.....9:00 Flex & Stretch.....10:00 Zumba.....11:30 Line Dance.....1:00 Yoga Flow.....2:00	Billiards.....9:30 Coloring & Puzzles.....9:30 Crochet/Knitting.....9:30 Sewing Room OPEN.....9:30 Cards & Games.....10:00 Mah Jong.....10:00 Lunch.....12:00 Powder Puff Billiards.....1:00 Gospel Choir.....2:00 Fitness 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.....10:00 Lunch.....12:00 Fitness Total Body Conditioning.....9:00 Chair One Plus.....10:00 AFEP.....11:15 Chair Yoga.....12:00 Line Dance.....2:00
2 Candle Making.....10:30 Hospice & Dementia.....12:00	3 Hand & Foot Canasta.....10:00	4 Fitness Orientation.....10:00 Jewelry Club.....10:00	5 Book Club.....12:00 Book Club.....1:00 Clark Craft.....1:00 Liturgical Dance.....2:00	6 All Senior Centers Closed  in honor of Eid al Adha
9 Bingocize.....10:00 Legal Aid.....1:00	10 Hand & Foot Canasta.....10:00 History: Founding Father's.....10:30 Widow to Widow.....1:00	11 Bingocize.....10:00 Lunchtime Music with Will ..11:30 Council Meeting.....1:00	12 All Senior Centers Closed  Waldorf Jaycee's Summer Picnic	13 Friday Film.....10:00
16 Bingocize.....10:00	17 Mobile Library.....10:00 Tech Group.....10:00	18 Bingocize.....10:00 Jewelry Club.....10:00 Fitness Orientation.....10:00 Health Check.....10:00	19 All Senior Centers Closed  in honor of Juneteenth	20 Project Linus Meeting.....9:30
23 Magic Show.....11:15	24 Father's Day Breakfast...9:45 Dr. Smith.....10:30	25 Card Making Class.....10:00 Caregivers Support Group.....2:00	26 Lunchtime Poetry with Charlotte.....12:15	27 Council Bingo.....9:00 Hand & Foot Canasta.....10:00
30 Importance of Hydration12:00				

INDIAN HEAD SENIOR CENTER

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

Get your Latest SCOOP online!

Program Highlights

Photos

Join local photographer, Mark Corazon, to have your photo taken. You will receive your print in a cardstock frame suitable for adding your own message in your own handwriting. Save for posterity or gift to a loved one. Appointment required.

Wednesday, Jun. 4, 12:30 p.m. Fee: \$2

Learn with Loretta

Come and learn something new with Loretta! She will introduce games, crafts, and other surprises.

Wednesday, Jun. 11, 11:15 a.m. Fee: FREE

Pure Play

Pure Play Every Day is coming back – this time with games to play!

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

Dancing for Neuroplasticity

Join certified Brain Fitness Coaches Judi Lyons and Paty Masson for a new experience: Dancing for Neuroplasticity, a fun way to boost your cognitive function.

Wednesday, Jun. 18, 12:45 p.m. Fee: Donation

Painting with Rachel

Paint a summer-themed surprise with Rachel. Preregistration and prepayment required so we will be prepared with materials for everyone.

Friday, Jun. 20, 10 a.m. Fee: \$5

Blue Zone Living - Part 2 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, Jun. 24, 10:30 a.m. Fee: FREE

Advanced Directives, Hospice, and Palliative Care

Join Mary Levy, University of Maryland Medical System Community Outreach Manager, and Annabelle Cubero-Montinola, RN, as they share information on the important topics of Advanced Directives, Hospice, and Palliative Care.

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

Ongoing Programs

Bingo

Mondays, Jun. 2, 16, & 30, 9:30 a.m.

Fee: 5¢ per card

Choir Group

Love to sing, this is the group for you.

Mondays, Jun. 2, 16, & 30, 1 p.m. Fee: FREE

Crafting w/Mary

Join Mary monthly for a creative craft.

Tuesday, Jun. 3, 1 p.m. Fee: FREE

Crochet Club

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

Wednesdays, Jun. 4 & 18, 10 a.m. Fee: FREE

Project Linus/ Sewing 101

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

Mondays, Jun. 9 & 23, 9:30 a.m. Fee: FREE

Pastor Chris & Friends

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

Widow to Widow Support Group

Focuses on facing grief after the loss of a partner. Facilitated Brenda DuBose.

Wednesday, Jun. 11, 10 a.m. Fee: FREE

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, Jun. 17, 10:30 a.m. Fee: FREE

Tea Club

Come and share the health benefits of teas.

Tuesday, Jun. 24, 1 p.m. Fee: FREE

Green Thumb Club

Ongoing maintenance, including planting and watering, is happening. Regular meetings will return in July.

Senior Tech

By appointment in June.

Health & Fitness Programs

Fitness w/Natonya: 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!

Mondays, 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 movements for everybody.

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

Fitness w/Lamont

Cardio, circuit, and strength training.

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

Chair Yoga

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

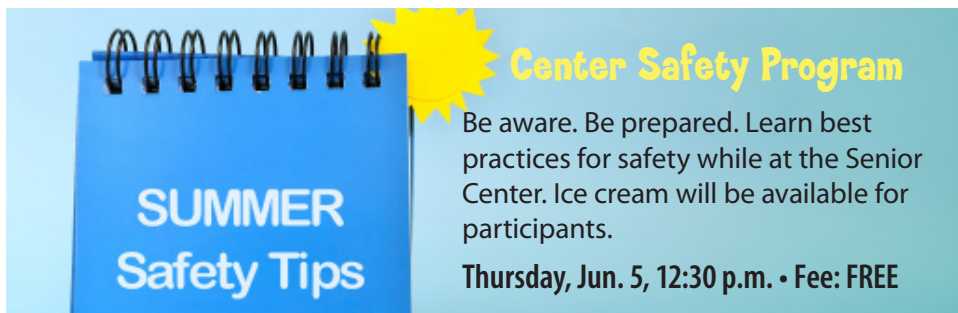
Fridays, 9 a.m. Fee: Fitness Card

Community

Mobile Market

Free giveaways of produce and pantry essentials.

Wednesday, Jun. 25, 11 a.m. Fee: FREE



SUMMER Safety Tips

Center Safety Program

Be aware. Be prepared. Learn best practices for safety while at the Senior Center. Ice cream will be available for participants.





Thursday, Jun. 5, 12:30 p.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 Billiards.....9:00 Cards/Games.....9:00 Fitness Dance Fit/Drums ALive! 10:30	Fitness Room9:00 Billiards.....9:00 Cards/Games.....9:00 Fitness Mobility Flow.....9:30 AFEP 11:15	Fitness Room9:00 Billiards.....9:00 Cards/Games.....9:00 Fitness Fitness w/ Veronica.....10:00 Fitness Orientation2:00	Fitness Room9:00 Billiards.....9:00 Card/Games.....9:00 Canvas Painting.....11:00 Fitness Mobility & Balance9:30 AFEP 11:15 Fitness w/Lamont.....1:00 Fitness w/Lamont.....2:00	Card/Games.....9:00 Fitness Room.....10:15 Billiards.....10:15 Fitness Chair Yoga9:00
2 Bingo9:30 Choir Group1:00	3 Council Meeting9:30 Crafting w/Mary1:00 Working on PICNIC craft for competition	4 Crochet Club.....10:00 Line Dancing11:00 Photos.....12:30.	5 Center Safety.....1:00	6 All Senior Centers Closed  in honor of Eid al Adha
9 Project Linus/Sewing 1019:30	10 Lunchtime music w/ Will12:00 Pastor Chris1:00	11 Widow & Widower Support.....10:00 Learn w/Loretta 11:15 Pure Play.....1:00	12 All Senior Centers Closed  Waldorf Jaycee's Summer Picnic	13 Juneteenth celebration at Waldorf Center
16 Bingo9:30 Choir Group1:00	17 Information & Assistance with Julie10:30	18 Crochet Club.....10:00 Line Dancing11:00 Dancing/Brain Fun12:45	19 All Senior Centers Closed  in honor of Juneteenth	20 Painting w/Rachel.....10:00 Summer Smoothies12:30
23 Project Linus/Sewing 1019:30	24 BLUE ZONE 2 of 310:30 Tea Club1:00	25 Line Dancing11:00 Mobile Market.....11:00 Book Club.....1:00	26 Adv Directive1:00	27 Billiards.....1:00
30 Bingo9:30 Choir Group1:00				

NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest SCOOP online!

Program Highlights

National Cheese Day

Celebrate Cheese! Staff will share a presentation on the history of cheese and a sample of a variety of cheeses will be available.

Wednesday, Jun. 4, 11 a.m. Fee: FREE

Boots on the Floor

Grab your cowboy hat and boots! DJ Swagg will be at the center to teach the "Boots on the Floor" Dance.

Wednesday, Jun. 18, 10 a.m. Fee: \$4

Let's Take a Trip

This month let's learn about Australia including historical, geographical, and other interesting facts. We will also sample some Australian cuisine. Prior signup is required.

Tuesday, Jun. 24, 1 p.m. Fee: FREE

Lunch with Brittney

Join our nutritionist, Brittney for lunch to learn about updates to our lunch program, nutrition information, and more. Prior sign up for lunch is required.

Thursday, Jun. 26, 11 a.m. Fee: Donation

Friday Films

Join us for Daddy Daycare. After losing his job, a stay-at-home dad jumps at the chance to start a day care center, inviting new kids and all kinds of shenanigans into his home.

Friday, Jun. 27, 10 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 p.m.,

Father's Day Centerpiece, Jun. 2 Fee: \$5

Casual Crafting, Jun. 9 Fee: FREE

Organizer, Jun. 16 Fee: \$5

Casual Crafting, Jun. 23 Fee: FREE

Patriotic Wreath, Jun. 30 Fee: \$3

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, Jun. 26, 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

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, Jun. 9 & 16, 10 a.m. Fee: Fitness Pass

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

Pickleball

Bring your paddles and play with friends!

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, Jun. 17, 10:30 a.m. Fee: FREE

WIC Services

Friday, Jun. 20, 9 a.m.-4 p.m. Fee: FREE

Pizza & Painting

Paint a pre-sketched 8x10' canvas with a summer 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, Jun. 20, 12:30 p.m. Fee: \$8

Mobile Food Market

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

Wednesday, Jun. 18, 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

Narcotics Anonymous

Tuesdays, 3-4 p.m.

Shop the Rack - Community Closet

New and gently use clothing items for free.

Tuesdays, 1-4:30 p.m. &

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

Recreation Program

Grandparent and Me Clay Creations

Join us for a fun and creative workshop designed for grandparents and grandchildren to bond while exploring the world of air-dry clay! In this hands-on program, participants will learn the basics of clay modeling, beginning with the traditional technique of making a pinch pot. From there, each participant will have the opportunity to craft their own unique creation, whether it's a sculpture, figure, or imaginative structure. Prior signup is required. Recommended for ages 5-10 years.

Tuesday, Jun. 24, 3-4 p.m. Fee: FREE

Fathers' Day BBQ

Join us for a Father's Day BBQ! Event features freshly prepared food, entertainment and money raffle. This event is hosted by the Nanjemoy Senior Center Council. Tickets can be purchased through June 4.

Wednesday, Jun. 11, 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 Lab8:30 Fitness Room8:30 Senior Tech Appts.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness AFEP10:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room8:30 Senior Tech Appts.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Shop the Rack1:00 Narcotics Anonymous.....3:00 Fitness Flex & Stretch.....10:00 Pickleball10:00 Core Fitness11:15	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room8:30 Senior Tech Appts.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness Walking Club1:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room8:30 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 Room8:30 Shop the Rack8:30 Senior Tech Appts.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness AFEP10:00 Walking Club11:00
2 Artistic Aesthetics: <i>Father's Day Centerpieces</i>1:00	3 Flex and Stretch.....10:00	4 Billiards.....8:30 National Cheese Day ...11:00	5 Computer Lab8:30	6 All Senior Centers Closed  in honor of Eid al Adha
9 Senior Council Meeting10:00 Fitness Beats12:00 Artistic Aesthetics: <i>Casual Crafting</i>1:00	10 Core Fitness10:00	11 Father's Day Luncheon.....11:00	12 All Senior Centers Closed  Waldorf Jaycee's Summer Picnic	13 Walking Club11:00
16 Fitness Beats12:00 Artistic Aesthetics: <i>Organizer</i>1:00	17 Games/Puzzles1:00 <u>Community Program</u> Mobile Library.....10:30	18 Boots on the Floor.....10:00 <u>Community Program</u> Mobile Food Market12:00	19 All Senior Centers Closed  in honor of Juneteenth	20 <u>Community Program</u> WIC Services9:00 Pizza & Painting12:30
23 Artistic Aesthetics: <i>Casual Crafting</i>1:00	24 Let's Take A Trip.....1:00. <u>Recreation Program</u> Grandparent and Me Clay Creations3:00. No Core Fitness.	25 Casual Crafting8:30	26 Billiards.....8:30 I & A9:30 Lunch with Brittney11:00	27 AFEP10:00 Friday Films10:00
30 Artistic Aesthetics: <i>Patriotic Wealth</i>1:00				

WALDORF SENIOR & RECREATIONAL CENTER

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

Get your Latest SCOOP online!

Program Highlights

Men's Health: What You Need to Know

Join Dr. Stephen Smith, Chief Medical Officer at UM Charles Regional Medical Center, for a thoughtful discussion on men's health, including preventive care and chronic disease management. Learn how small steps can make a big difference in your long-term well-being.

Monday, Jun. 2, 10:30 a.m. Fee: FREE

Men's Fitness with Nate

In honor of Men's Health Month, Nate will be teaching you how staying physically fit can drastically improve your health.

Wednesday, Jun. 4, 10:30 a.m. Fee: FREE

Pain Management Workshop

Newbridge Spine and Pain will be here with ProFlex Physical Therapy to offer a free pain management workshop to our members. During the workshop you will be provided with individualized exercise demonstrations and more!

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

Preserving the Past: Family History Research & Archiving Your Artifacts

Join Gabrielle Hutchins, Founder & CEO of Ital Preservation and learn how to dive into your cultural heritage and preserve your family history.

Wednesday, Jun. 11, 2 p.m. Fee: FREE

Juneteenth Celebration

Join us as we celebrate Juneteenth! Enjoy a variety of entertainment, performers, speakers, and vendors. Sponsored in part by CCAA funds. Sponsored in part by the Waldorf Senior Center Council.

Pre-registration required!

Please Note: In order to receive a lunch, you will need to make note during the sign-up process for the event. The lunch fee is not included in the event price. Lunch is a separate \$6 suggested donation.

Friday, Jun. 13, 9:30 a.m.-1:30 p.m. Fee: \$10

Living a Blue Lifestyle Pt. 3

This is the last part of the Blue Zone Living series, which explores better nutrition and recipes, exercise and wellness and stress management. Let's make Charles County the next blue zone!

Tuesday, Jun. 17, 10 a.m. Fee: FREE

Father's Day Party

In honor of all fathers, we will be hosting a fun indoor field day at the center! All are welcome!

Before the field day fun begins, we will get to enjoy a comedy sketch by Ronald Harris! Following will be further entertainment

provided by DJ Rockin' Rogers. Morning refreshments will be provided and there will be chances to win door prizes. Sponsored in part by Waldorf Senior Center Council.

Wednesday, Jun. 18, 10 a.m. Fee: \$5

Cannabis Awareness & Brain Health

In partnership with the Charles County Heath Department, Upward Thrive Academy has launched a Cannabis Awareness and Prevention Campaign aimed at educating our members about the potential risks of cannabis use.

Monday, Jun. 23, 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, Jun. 3 & 10, 10 a.m. Fee: FREE

Widow & Widower Support Group

Facilitated by Brenda Dubose.

Monday, Jun. 9 & 30, 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, Jun. 11, 10 a.m. Fee: \$3

Bible Study

Facilitated by Minister Yvonne' Wilson. All are welcome!

Tuesday, Jun. 17, 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, Jun. 17, 12:30 p.m. Fee: FREE

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, Jun. 20, 1 p.m. Fee: FREE

Book Club

This month's book is "A Tale of Two Cities" by Charles Dickens. Please come prepared with your thoughts on this book and join in the discussions.

Thursday, Jun. 26, 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.

Wednesdays, Jun. 11 & 25, 10:30 a.m. OR Monday, Jun. 30, 11:30 a.m. Fee: \$5

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 Room9:00 Racquetball9:00 Guitar Club11:00 Pinochle11:00 Lunch12:00 Basic Sewing1:00 Table Tennis2:30 Fitness Chair Dance Aerobics9:30 Stability Ball Fitness10:30 Chair One Plus11:30 Kettlebell Fitness12:30 Enhanced Fitness1:30	Fitness Room9:00 Racquetball9:00 Cards & Games10:30 Pokeno10:30 Tech Time10:30 Leather Crafting12:00 Lunch12:00 Walking Club12:30 Basketball1:00 Fitness Total Body Conditioning9:30 Gentle Stretching10:30 Line Dancing11:30 Tai Ji Quan1:00	Fitness Room9:00 Racquetball9:00 Basketball10:00 Bridge Club10:00 Lunch12:00 Basic Sewing1:00 Fitness Chair Dance Aerobics9:30 AFEP10:30 Basic Fitness Training11:30 Enhanced Fitness1:00	Fitness Room9:00 Racquetball9:00 Gospel Choir9:30 Watercolors10:30 Pinochle11:00 Lunch12:00 Walking Club12:30 Mah Jong1:00 Basketball1:00 Guitar Club1:00 Table Tennis2:30 Fitness Total Body Conditioning9:30 Drums Alive10:30 Line Dancing11:30 Tai Ji Quan1:00	Fitness Room9:00 Racquetball9:00 Crochet Club10:00 Lunch12:00 Paper Crafting1:00 Fitness Chair Dance Aerobics9:30 Gentle Stretching10:30 AFEP11:30 Core and More12:30 Yoga Flow1:30
2 Your Story(3)10:00 Men's Health10:30	3 Prayer Group10:00	4 Men's Fitness10:30 NO AFEP	5 Bingo10:30 No Tai Ji Quan	6 All Senior Centers Closed  in honor of Eid al Adha
9 Widow & Widower Support Group9:30 Your Story(4)10:00	10 Mobile Library9:00 Prayer Group10:00 Pain Management Workshop1:00	11 Jewelry Club10:00 Fitness Orientation10:30 Preserving the Past2:00 No AFEP & Enhance Fitness	12 All Senior Centers Closed  Waldorf Jaycee's Summer Picnic	13 Juneteenth Celebration . .9:30
16 WSC Council Meeting9:30 Your Story(5)10:00	17 Blue Zone Pt. 310:00 Bible Study11:00 Intro to Pickleball(1)11:00 Poetry Club12:30	18 Father's Day Party.10:00	19 All Senior Centers Closed  in honor of Juneteenth	20 Diabetes Prevention ...10:30 Jazz Appreciation1:00
23 Cannabis Awareness10:30	24 Intro to Pickleball (2)11:00	25 Fitness Orientation10:30	26 Bingo10:30 Book Club1:00	27 Diabetes Prevention ...10:30 Guitar Club Performance12:00
30 Widow & Widower Support Group9:30 Fitness Orientation11:30				

Evidenced Based Exercise Programs

We offer specific classes at no charge to encourage older adults to take control of their health and stay active. Attendance and class evaluations are collected and numbers for these classes get reported back to the state. If these programs have helped you, write us and let us know!

The Arthritis Foundation Exercise Program is developed by the Arthritis Foundation. Trained AFEF instructors cover a variety of range-of-motion and endurance-building activities, relaxation techniques, and health education topics. Classes can be done seated or standing.

Bingocize combines the game of bingo, exercise, and/or health education. Leaders select between three separate 10-week workshops that focus on exercise-only, exercise and falls prevention, or exercise and nutrition.

Enhanced fitness offers a welcoming and relaxed atmosphere group exercise class focusing on dynamic cardiovascular exercise, strength training, balance, and flexibility in a relaxed setting.

Tai Chi for Arthritis uses Sun style Tai Chi, focusing on muscle control, stability, balance, and flexibility while **Moving for Better Balance® (TJQMBB)** is designed for older adults at risk of falling and people with balance disorders. TJQMBB focuses on using Tai Ji Quan forms to propagate health by addressing common functional impairment / deficits.

Walking Group

Weather permitting, we will walk at Laurel Spring Park (Meet in large parking lot on right upon entering the park)

Mondays, 9 a.m. (Instructor led)

Fridays, 9 a.m. (on your own with group)



Biking

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

Fridays, Jun. 6 & 20, 9:30 a.m. • Fee: FREE

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



Men's Health Talk & Strength Fitness Training:

Calling out all the MEN! Want to learn how to navigate your health and maintain strength? There is nothing better than a personal trainer to guide you through your workout and offer tips for better health.

Indian Head Senior Center:

Fitness with Lamont

Thursdays, 1 p.m. & 2 p.m.

Fee: Fitness card

Waldorf Senior & Rec. Center:

Men's Fitness w/Nate

Wednesday, Jun. 4, 10:30 a.m.

Fee: FREE

Intro to Kayaking & Group Kayaking

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

Beginner Instructor Led: Wednesday, Jun. 11, 10 a.m.

Self-led: Wednesday, Jun. 11, 11 a.m.

Registration Required; Kayaks Provided • Fee: \$5 for 1 hour.

Call Debi Shanks 301-609-5711 to register.

Aquatic Fitness

Water workouts are one of the best ways older adults can exercise with minimal impact on joints. Shallow water exercises paired with a good cardiovascular segment is challenging and fun. Stay cool in the pool! Classes begin June 23-July 31. Space is limited, reserve your spot at the senior center.

Registration will be available once June SCOOP is released.

Lackey HS

Mon/Wed • 9 a.m. • Fee: \$45

Tue/Th • 9 a.m. • Fee: \$45

Donald M Wade Aquatic Center (St Charles HS)

Tue/Th • 8 a.m. • Fee: \$45

LaPlata HS

Mon/Wed • 10:30 a.m. • Fee: \$45

Tue/Th • 10:30 a.m. • Fee: \$45

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
2 Apple Juice Shrimp & Chicken Gumbo Brown Rice Green Beans Biscuit Pears	3 Fruit Blend Juice Turkey on Sub roll w/ Lettuce, Tomato, Cheese Creamy Cucumber Salad Carrot sticks w/ Dip Grapes	4 Grape Juice Chicken & Mushrooms w/ Gravy Buttered Egg Noodles Biscuit Sweet Peas Apricots	5 Pineapple Juice Sloppy Joe Sandwich (Whole Wheat Bun) Green Beans Pickled Beets Fruit Salad	6 Centers  Closed
9 Fruit Blend Juices Old Bay Tilapia Roasted Red Potatoes Broccoli Biscuit Apple Slices	10 Apple Juice Philly Cheese Steak Sandwich w/ Onions & Peppers on Hoagie Roll Whipped Potatoes Glazed Carrots Fresh Fruit	11 Vegetarian Meal Grape Juice Cheese Enchilada Seasoned Black Beans Cilantro Lime Corn Mexican Rice Apple slices	12 Centers Closed  Jaycees Summer Picnic	13 Orange Juice Oven Fried Chicken Mac & Cheese Green Beans Dinner Roll Watermelon Waldorf SC- Cake
16 Apple Juice Cobb Salad Veggie Pasta Blend Bread Stick Applesauce	17 Orange Juice Pork Chop Garlic Butter Tri Color Pasta 3 Bean Salad Cornbread Baked Apples	18 Fruit Blend Juice Chophouse Burger Sandwich w/ cheese (Whole Wheat Bun) Baked Beans Garlic Bacon Green Beans Fruit Cocktail	19 Centers  Closed	20 Pineapple Juice Salmon Cakes w/ Dill Sauce Seasoned Rice Broccoli Pears
23 Vegetarian Meal Apple Juice Black Bean Burger W/ Cheese, Lettuce, Tomato, Onion Candied Sweet Potatoes Creamy Cucumber Salad Fruit Cocktail	24 Pineapple Juice Grilled BBQ Chicken Candied Yams Green Beans Biscuit Fruit Salad	25 Orange Juice Tuna Salad on Potato Roll Veggie Pasta Salad Celery and Carrot Sticks w/ Ranch Diced Peaches	26 Fruit Blend Juice Ham Slice Au Gratin Potatoes Cabbage & Carrots Green Seedless Grapes Dinner Roll Assorted Cake	27 Grape Juice Honey Lemon Chicken Parsley Potatoes Asian Blend Vegetables Biscuit Mandarin Oranges
30 Grape Juice Hot Dog (2) w/ Bun Baked Beans Coleslaw Mixed Berry Blend APPLE PIE				
Charles County Luncheon Program 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 Indian Head Senior Center.....Monday-Friday				Available at Noon • Days Vary By Center Nanjemoy Senior CenterMonday-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.

Action Travel

Time to begin making your travel plans for fall 2025!

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.

- October 3-11, 2025: Globus- 9-day Western Rails and Canyons with Rocky Mountaineer.
- October 18 2025: Lucketts Fall Market.

Cruise Corner

- October 9-18, 2025: RCCL Vision of the Seas – 9 Nt Canada and New England Fall Foliage Cruise.
- November 1-8, 2025: Norwegian Cruise Pride of America- 7-day Hawaii: Inter-island Cruise.

Senior Council Programs & Fundraisers

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.

Friday, Jun. 27, 9:30 a.m. • Fee: \$4= 3 face cards; \$8= 6 face cards paid to RRCSC Council

Memorial Plaques

Enshrine the name of your family and friends on a Sunset Memorial Plaque located in the library at the Richard R. Clark Senior Center. Plaques are available for purchase in two sizes, 3-1/2 x 1 inches, up to 3 lines, 30 characters per line for \$25 and 3-1/2 x 2 inches, up to 4 lines, 30 characters per line for \$30. To learn more about the Sunset Memorial Plaques, please visit the Clark Senior Center and complete a Sunset Memorial Plaque form located in the library.

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, Jun. 25, 9 a.m., Sale from 9:30 a.m.-1 p.m. • Fee: \$10 cash payable to IHSC Council

Nanjemoy Senior Council

Fathers' Day BBQ

Join us for a Father's Day BBQ! Event features freshly prepared food, entertainment and money raffle. This event is hosted by the Nanjemoy Senior Center Council. Tickets can be purchased through June 4.

Wednesday, Jun. 11, 11 a.m. • Fee: \$15

Waldorf Senior Council

Juneteenth Celebration

Join us as we celebrate Juneteenth! Enjoy a variety of entertainment, performers, speakers, and vendors. Sponsored in part by CCAA funds. Sponsored in part by the Waldorf Senior Center Council.

Pre-registration required! Please Note: In order to receive a lunch, you will need to make note during the sign-up process for the event. The lunch fee is not included in the event price. Lunch is a separate \$6 suggested donation.

Friday, Jun. 13, 9:30 a.m.-1:30 p.m. • Fee: \$10

Father's Day Party

In honor of all fathers, we will be hosting a fun indoor field day at the center! All are welcome! Before the field day fun begins, we will get to enjoy a comedy sketch by Ronald Harris! Following will be further entertainment provided by DJ Rockin' Rogers. Morning refreshments will be provided and there will be chances to win door prizes. Sponsored in part by Waldorf Senior Center Council.

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

Council News for June Sponsored/Hosted Activities & Events

Clark Senior Center
Sunset Memorial,
Bingo

**Indian Head
Senior Center**
All Clubs, Shibashi,
Community Yard Sale

**Nanjemoy Senior &
Community Center**
Father's Day BBQ

**Waldorf Senior
& Rec Center**
Bingo, Pokeno,
Father's Day Party,
Juneteenth