

The SCOOP

Charles County's Senior Center News



INDEPENDENCE DAY
4th JULY



JULY 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!



July Closure

Independence Day
Friday, July 4th

JULY

4

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.

National Ice Cream Day: July 20th

Ice Cream, Custard, Gelato, and Sorbet: What's the Difference?

When it comes to frozen desserts, terms like ice cream, custard, gelato, and sorbet often get tossed around, but do you know the key differences between them? While they may seem similar, each has its own distinct texture, flavor, and preparation method.

Ice Cream

Ice cream is the most familiar frozen treat for many, especially in the U.S. The base is typically made from cream, milk, sugar, and flavorings, and it must contain at least 10% milk fat according to U.S. standards. The mixture is churned during freezing to incorporate air, which gives it a light, creamy texture. Ice cream also has a higher overrun (the amount of air added) than gelato, which makes it softer and fluffier. It's often served at a colder temperature compared to other frozen desserts, which contributes to its denser consistency.

Custard

Custard is quite similar to ice cream but with a key difference: it contains egg yolks. The inclusion of eggs

makes custard richer and smoother, providing a velvety texture. Like ice cream, custard is made from milk, cream, sugar, and flavorings but must have at least 1.4% egg yolk by weight. Custards are often served slightly warmer than ice cream and can be enjoyed in a variety of ways, like in pies, pastries, or simply as a scoop on their own.

Gelato

Gelato is the Italian version of ice cream, but with several distinct differences. First, gelato has a lower fat content than traditional ice cream (usually around 4-8%) and is made with more milk and less cream. It's also churned at a slower speed, resulting in less air and a denser, creamier texture. Gelato is served at a slightly warmer temperature than ice cream, which enhances its flavor and allows the ingredients to shine more intensely. As a result, gelato tends to have a richer, more intense flavor compared to ice cream.

Sorbet

Sorbet is a dairy-free frozen dessert made from fruit puree, water, and sugar. Unlike the creamy textures of ice cream, custard, and gelato, sorbet is light and refreshing, with a focus on the natural flavor of the fruit used. It's an excellent option for those who are lactose intolerant or prefer a fruity, tart dessert. Sorbet is churned during freezing, but there's no milk or cream involved, making it a refreshing and often lower-fat option compared to the others.

How to Make Sorbet Without an Ice Cream Machine

Making sorbet at home is simple and doesn't require an ice cream machine! Here's a quick guide to making a refreshing, dairy-free frozen treat.

Ingredients:

- 2 cups fruit (fresh or frozen)
- 3/4 cup sugar (adjust to taste)
- 1/2 cup water
- 1-2 tbsp lemon juice (optional)

Instructions:

1. **Blend the Fruit:** Combine fruit, sugar, water, and lemon juice in a blender or food processor. Blend until smooth. Adjust sweetness as needed.
2. **Freeze:** Pour the mixture into a shallow, freezer-safe container. Cover and freeze.
3. **Scrape Every 30 Minutes:** Every 30 minutes, use a fork to scrape the sorbet, breaking up ice crystals. Continue for 3-4 hours.
4. **Serve:** Once the sorbet is fully frozen and fluffy, serve it in bowls. Let it sit out briefly if it's too hard to scoop.

No-Churn Ice Cream Base Recipe:

Making ice cream without an ice cream machine is easier than you might think! This no-churn ice cream base is rich, creamy, and incredibly simple to prepare. Here's a basic recipe for the base, which you can customize with your favorite mix-ins and flavors.

Ingredients:

- 2 cups heavy cream (chilled)
- 1 can (14 oz) sweetened condensed milk
- 1 tsp vanilla extract (or any flavoring of your choice)
- Pinch of salt (optional, but helps balance the sweetness)

Instructions:

1. **Chill your tools:** Place your mixing bowl and beaters (or whisk) in the fridge for about 15 minutes before starting. This will help your cream whip up faster and fluffier.
2. **Whip the heavy cream:** In the chilled bowl, pour in the heavy cream. Using a hand mixer or stand mixer, whip the cream on medium-high speed until stiff peaks form. This should take about 3-5 minutes. Be careful not to over-whip, as it can turn into butter!
3. **Combine the sweetened condensed milk and vanilla:** In a separate bowl, mix the sweetened condensed milk with the vanilla extract and a pinch of salt. Stir until well combined.
4. **Fold the cream into the condensed milk mixture:** Gently fold the whipped cream into the sweetened condensed milk mixture. Use a spatula to incorporate the two mixtures slowly, so you don't deflate the whipped cream. Be sure to mix until just combined.
5. **Freeze the base:** Pour the mixture into a loaf pan or a freezer-safe container. Smooth the top with a spatula.
6. **Optional – Add-ins:** This is the step where you can get creative! Before freezing, you can fold in chocolate chips, crushed cookies, swirls of caramel or fudge, fruit purees, or any other mix-ins of your choice. *see next article for combination recipes*
7. **Freeze:** Cover the container tightly with plastic wrap or a lid and place it in the freezer. Let it freeze for at least 6 hours, or until firm. For the best texture, leave it overnight.
8. **Serve and enjoy:** Once it's frozen, scoop and serve! If it's too hard to scoop right away, let it sit out for a few minutes to soften slightly before serving.

No Churn Ice Cream Flavor Ideas:

- **Cheesecake:** Add 8 ounces of softened cream cheese to the 2-ingredient method. Use an electric mixer to beat with the condensed milk and vanilla, before folding into the whipped cream as the recipe instructs.
- **Mint Chip:** 1 teaspoon peppermint extract + 1 cup mini chocolate chips + green food coloring
- **Peanut Butter/ Nutella / Cookie Butter:** 1/2 cup to 1 cup spread
- **Cinnamon Roll:** 3 tablespoons butter, melted + 1/2 teaspoon cinnamon
- **Caramel or Dulce de Leche:** 1/2 – 1 cup caramel drizzled over the almost frozen mixture, stir to break up the ribbon a bit. Add a teaspoon of sea salt and/or a few tablespoons of bourbon for a gourmet touch!
- **Chocolate:** 3/4 cup cocoa powder (sifted) + 4 ounces melted cooled chocolate
- **Rocky Road:** 1 cup chocolate syrup + 1 cup mini marshmallows + 1 cup toasted almonds swirled into ice cream
- **S'mores:** 10 graham crackers, crushed + 1 chocolate bar, chopped + 1/2 cup marshmallow fluff
- **Mocha:** 1/2 cup cocoa powder (sifted) + 2 tablespoons instant espresso powder
- **Cookies & Cream:** 15 Oreo cookies, coarsely chopped (about 1/2 cup)
- **Blueberry Swirl:** 2 cups fresh blueberries + 3 tablespoons sugar + 2 tablespoons lemon juice cooked in a small saucepan over medium-high heat until burst. Chill before swirling into ice cream.

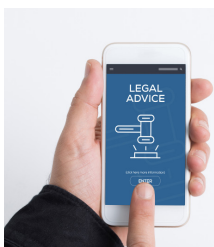
Information from: <https://handletheheat.com/how-to-make-ice-cream-without-a-machine/#wprm-recipe-container-26251>



Legal Aid

Legal Aid: July 14th & Aug 11th

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



Caregivers Corner: Managing Anger

Being able to see and cope with anger is important for everyone. This is useful for caregivers who try to care for their own needs while caring for another. Angry feelings happen when needs are not being met, or when your safety has been threatened. To recognize anger is the first step towards improved self-care.

How do you notice you are angry? Face becomes red? Hands clenched? Voice rises? Heart racing? Having difficulty thinking clearly?

What purpose does it serve to get angry? Angry feelings are a warning sign or red flag that needs are not being met or boundaries are threatened. It stirs energy and prepares us to stand up & take care of ourselves.

How do you express your anger? Quiet. Loud. Tempered.

Breathe

There is one simple, very powerful, and effective way, to let go of anger. That way is to breathe. When you are reacting in anger, breathing constricts and becomes shallow. A few deep breaths could change things, give you that moment to slow down and get perspective.

- Breathe deeply. Take a few deep breaths, deep enough to make your belly stick out.
- A breath can give you that moment to slow down, get perspective, and hold off on a reaction.

Pay attention to yourself. Observe.

- Notice your feelings. Recognize what you need and take responsibility for the warning signs as they occur.
- Self-awareness can help us pause and reflect when we are feeling angry. This may prevent reacting in anger.

Talking Points

- Start by becoming clear. Slow down and listen to yourself. Find calm. Make "I" statements.
- Describe your observations.
- Share your feeling using a one-word, such as "I feel sad, scared, worried, or confused." Next, add the need that that you have. "I feel ___ because I need or want ___." Finally make a request that is clear, specific, and say the action you want the person to take. "I feel ___ because I need ___. Would you be willing to ___?"

Information from: <https://www.caregiver.va.gov/support-line/docs/Tempering-the-Tyrant-Handout.pdf#>



Ask SHIP

What are the costs associated with DME?

Renting/Buying: Depending on the type of durable medical equipment (DME) you need, Medicare may require that you either rent or buy it.

- Most equipment is initially rented, including many manual and power wheelchairs.
- Original Medicare covers 80% of the cost of a monthly rental fee for 13 months. You pay a 20% coinsurance.
- After 13 months, ownership is typically given to you automatically.
- In certain situations, you may have to buy your DME. For example, Medicare may require that you purchase an item that is made to fit you.
- Original Medicare covers 80% of the Medicare-approved amount of the cost of the equipment. You pay a 20% coinsurance.
- Medicare allows you a choice as to rent or buy certain items, such as some power wheelchairs, items costing less than \$150, and parenteral/enteral infusion pumps.

Repairs/Maintenance: Your DME may at some point require repairs and/or maintenance from your supplier.

- Repairs by a supplier involve fixing equipment that is worn or damaged.
- Maintenance means checking, cleaning, and servicing your equipment.

If possible, you are expected to do regular maintenance yourself using the owner's manual. However, a supplier should perform maintenance if the task is more complicated and requires a professional. Medicare's coverage of more specialized DME repairs and maintenance depends on whether you or the supplier owns the equipment.

Renting DME: As long as you are paying a monthly rental fee for your equipment, your supplier must perform all needed repairs and maintenance when a professional is required. The supplier cannot charge you for this work.

Owning DME: If you purchased your equipment or otherwise own it, Medicare covers needed repairs and maintenance when a professional is required, and the services are not covered by a warranty.

- Original Medicare covers 80% of the Medicare-approved amount when you use a DME supplier that takes assignment. You pay a 20% coinsurance.

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.

Energy Assistance

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

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



Information & Assistance

Information and Assistance offices are open to provide face-to-face services. Appointments are highly recommended!

Richard R. Clark Senior Center

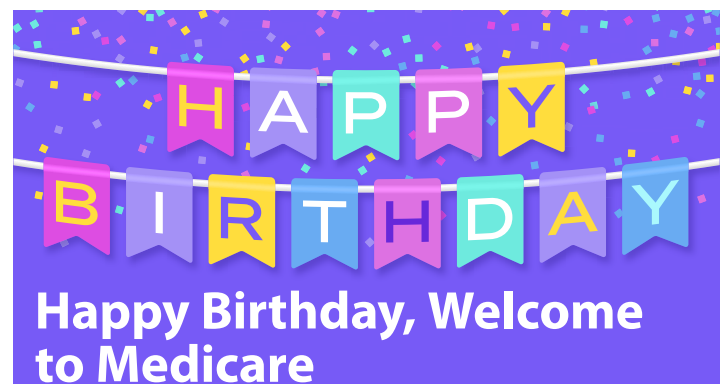
Hazel Conner or Barbara Joy at 301-609-5712

Waldorf Senior & Recreation Center

Joyce Woodard at 240-448-2810 ext 4816

Nanjemoy & Indian Head Senior Centers

Julie Hammonds at 301-934-6737



It is a milestone to celebrate as you turn 65! This means you may be eligible for Medicare Parts A, B, C, D and/or Supplemental Insurance (Medigap). You may also qualify for Medicare Savings Programs to help with Medicare costs. Are you confused with the telephone calls, television ads and excessive mailings? Do not worry, if you need help through this process, or need more accurate information, please contact the State Health Insurance Program (SHIP) office at 301-609-5712 for FREE and unbiased Medicare education and counselling. This is one of many benefits available to you as you turn 65.

CLARK SENIOR CENTER

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

Get your Latest SCOOP online!

Program Highlights

Peanut Butter & Jelly Day

Staff join in the multipurpose room to make your own PBJ. Please sign up.

Monday, Jul. 7, 12 p.m. Fee: Donation

Patriotic Singalong

Tune up those vocal cords and join us for a patriotic singalong with DJ Psyborg, AKA DJ Frank from Mosquito Cove Digital Magic Entertainment. Please sign up.

Tuesday, Jul. 15, 10:30 a.m. Fee: FREE

Pizza & Painting

Summer is here! Paint an 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.

Monday, Jul. 21, 12 p.m. Fee: \$10

Meet the Animal

Join Program Assistant, Emma, as she presents facts about Hermit Crabs. You will have the opportunity to meet this animal as well.

Wednesday, Jul. 23, 10:30 a.m. Fee: FREE

Bugs & Pest

Is this bug a Pest?

Come learn about the different groups of insects and how to distinguish beneficial bugs from plant pests and how to manage pests in your garden. Join the Charles County Master Gardeners and Dr. Julia Rycyna, University of Maryland Extension, Home Horticulture Agent, for this workshop. Participants are encouraged to bring their own photos or questions about plant pests for Q&A. Space is limited. Pre-registration is required.

Thursday, Jul. 24, 10 a.m. Fee: FREE

Stay Connected to Charles County Govt

Come meet with the community engagement team from Charles County Government so that you can learn how to stay connected with your local government! During this program, staff will assist users to:

Access news and information; sign up for emergency alerts; learn about projects & give feedback; find out a variety of ways to stay informed & engaged at home, in person, or virtually.

Users are encouraged to bring their own personal devices (smart phones, tablets, and laptops) so that staff can provide assistance in navigating resources. A limited number of loaner devices will be available for the program.

Tuesday, Jul. 29, 10 a.m. Fee: FREE

Ongoing Programs

Beginners Jewelry Class

Classes are cancelled for July & August. Classes will resume in September.

Book Club

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

Thursday Jul. 3, 12 p.m. & 1 p.m. Fee: FREE

Widow to Widow Support Group

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

Tuesday, Jul. 8, 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, Jul. 9, 11:30 a.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, Jul. 11 & 25, 9 a.m.

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

Charles County Mobile Library

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

Tuesday, Jul. 15, 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, Jul. 16, 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, Jul. 23, 10 a.m. Fee: \$5/PP

Lunchtime Poetry with Charlotte

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

Thursday, Jul. 31, 12:15 a.m. Fee: FREE

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

Tech Group

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

Wednesdays, 10 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, Jul. 2 & 16, 10 a.m. Fee: \$5

Beginner Line Dance

Join Carrie as she teaches beginner line dances.

Wednesday, Jul. 23 10 a.m. Fee: Fitness Card



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 Crochet/Knitting.....9:00 Coloring & Puzzles.....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 Pokeno.....11:00 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
	1 Hand & Foot Canasta.....10:00	2 Fitness Orientation.....10:00 Tech Group.....10:00	3 Book Club.....12:00 Book Club.....1:00	4 4th of July  Senior Center Closed
7 Peanut Butter & Jelly Day.....12:00	8 Hand & Foot Canasta.....10:00 Widow to Widow.....1:00	9 Lunchtime Music with Will.....11:30 Tech Group.....10:00 Joint Council Meeting	10 Red, White & Blue Social.....11:00	11 Council Bingo.....9:00 Clay Sculpting.....1:00
14 Legal Aid.....1:00	15 Patriotic Singalong.....10:30 Mobile Library.....10:00	16 Fitness Orientation.....10:00 Health Check.....10:00 Tech Group.....10:00	17 Pokeno.....11:00	18 Project Linus Meeting.....9:30 Clay Sculpting.....1:00
21 Pizza & Painting.....12:00	22 Easy Listening.....10:30	23 Beginner Line Dance.....10:00 Card Making Class.....10:00 Meet the Animal.....10:30 No Tech Group	24 Bugs & Pest.....10:00	25 Council Bingo.....9:00 Hand & Foot Canasta...10:00 Clay Sculpting.....1:00
28 Sisters @ Heart.....11:00	29 Stay Connected to Charles County Government...10:00	30 Tech Group.....10:00 Caregivers Support Group.....2:00	31 Lunchtime Poetry with Charlotte.....12:15	

INDIAN HEAD SENIOR CENTER

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

Get your Latest SCOOP online!

Program Highlights

Learn with Loretta

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

Friday, Jul. 11, 11:15 a.m. Fee: FREE

Office Hours with Dr. Cook

Q&A with Dr. Richard Cook.

Friday, Jul. 18, 10:30 a.m. Fee: FREE

Blue Zone Living - Part 3 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, Jul 29, 10:30 a.m. Fee: FREE

Stay Connect to Charles County Gov't

Come meet with the community engagement team from Charles County Government so that you can learn how to stay connected with your local government! During this program, staff will assist users to: access news and information; sign up for emergency alerts; learn about projects & give feedback; find out a variety of way to stay informed & engaged at home, in person or virtually. Users are encouraged to bring their own personal device (smart phones, tablets, and laptops) so that staff can provide assistance in navigating resources. A limited number of loaner devices will be available for the program.

Thursday, Jul. 31, 10 a.m. Fee: FREE

Ongoing Programs

Crafting w/Mary

Join Mary monthly for a creative craft.

Tuesday, Jul. 1, 1 p.m. Fee: FREE

Lunchtime Music with Ken

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

Wednesday, Jul. 2, 12 p.m. Fee: FREE

Line Dancing

Join Gwen to learn the basics of line dancing.

Wednesdays, Jul. 2, 16, 23 & 30, 11 a.m.

Fee: Fitness Card

Bingo

Monday, Jul. 7 & 21, 9:30 a.m. Fee: 5¢ per card

Pastor Chris & Friends

Tuesday, Jul. 8, 1 p.m. Fee: FREE

Widow to Widow Support Group

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

Wednesday, Jul. 9, 10 a.m. Fee: FREE

Senior Tech

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

Fridays, Jul. 11 & 25, by appointment Fee: \$1

Project Linus/ Sewing 101

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

Mondays, Jul. 14 & 28, 9:30 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, Jul. 15, 10:30 a.m. Fee: FREE

Green Thumb Club

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

Thursday, Jul. 17, 10:30 a.m. Fee: FREE

Choir Group

Love to sing, this is the group for you.

Monday, Jul. 21, 1 p.m. Fee: FREE

Tea Club

Come and share the health benefits of teas.

Tuesday, Jul. 22, 1 p.m. Fee: FREE

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!

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 everybody. This class has a special strength focus in July.

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

Fitness w/Lamont

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

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

Chair Yoga

This gentle form of yoga is encouraged for those who have mobility challenges. This class has a special strength focus in July.

Fridays, 9 a.m. Fee: Fitness Card

Community

Mobile Market

Free giveaways of produce and pantry essentials.

Wednesday, Jul. 23, 11 a.m. Fee: FREE





INDIAN HEAD SENIOR CENTER

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

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness Room9:00 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 Orientation 2:00	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
	1 Council Meeting9:30 Crafting w/Mary1:00	2 Line Dancing11:00 Lunchtime music w/Ken .. 12	3 Mobility / Balance / Strength.....9:30	4 4th of July  Senior Center Closed
7 Bingo9:30	8 Pastor Chris1:00	9 Widow & Widower Support.....10:00	10 Fitness w/Lamont..... 1 & 2	11 Chair Yoga for Strength9:00 Senior Tech10:15 Learn w/Loretta10:30
14 Project Linus/Sewing 101 ...9:30	15 Information & Assistance with Julie10:30	16 Line Dancing11:00	17 Mobility / Balance / Strength.....9:30 Green Thumb Club10:30	18 Chair Yoga for Strength9:00 Dr. Cook10:30
21 Bingo9:30 Choir Group1:00	22 Tea Club1:00	23 Line Dancing11:00 Mobile Market.....11:00 Book Club.....1:00	24 Fitness w/Lamont..... 1 & 2	25 Chair Yoga for Strength9:00 Senior Tech.....10:15 Watercolor w/Olga10:30
28 Project Linus/Sewing 101 ...9:30	29 BLUE ZONE 3 of 310:30	30 Line Dancing11:00	31 Mobility/Balance/ Strength..... 9:30-10:00 Today Only Stay Connected10:00	

NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest SCOOP online!

Program Highlights

Luau

Join us for a vibrant luau featuring traditional island music, snacks, lunch, and more. Sponsored by the Nanjemoy Senior Center Council.

Tuesday, Jul. 15, 10:30 a.m. Fee: FREE

Stay Connected to Charles County Government

Come meet with the community engagement team from Charles County Government so that you can learn how to stay connected with your local government! During this hour-long program, staff will assist users to: Access news and information, sign up for emergency alerts, learn about projects and give feedback, and find out a variety of ways to stay informed and engaged at home; in-person; and virtually.

Tuesday, Jul. 22, 11 a.m. Fee: FREE

Let's Take a Trip

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

Tuesday, Jul. 22, 1 p.m. Fee: FREE

Self-care for body, mind and spirit

Learn small changes you can make to energize your body, be in the best mindset and ignite your spirit. Taking care of ourselves is an obligation we owe back to us in order to be our BEST selves. Meditation at the end of class. Facilitator: Debi Shanks. Prior signup is required.

Thursday, Jul. 24, 10 a.m. Fee: FREE

Friday Films

Join us for "Mamma Mia!" a jukebox musical and movie based on ABBA's popular songs, telling the story of a young woman, Sophie, who, on the eve of her wedding, searches for her father, unaware that her mother, Donna, had several potential suitors. Sophie invites all three men to her wedding, leading to a series of hilarious and heartwarming events.

Friday, Jul. 25, 11 a.m. Fee: FREE

Master Gardeners

Orchids are a diverse and widespread group of flowering plants with blooms that are often colorful and fragrant. The scientific name for the orchid is Orchidaceae. This flower is among one of the largest families of flowering plants. It is estimated that there are 17,000 to 35,000 different species. Orchids are among the most highly coveted of ornamental plants. The delicate, exotic, and graceful orchid represents love, luxury, beauty, and strength. Join us to learn about orchid care and more!

Tuesday, Jul. 29, 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.

Indoor Smores, Jul. 7 Fee: \$2

Casual Crafting, Jul. 14 Fee: FREE

Butterfly Frame, Jul. 21 Fee: \$5

Casual Crafting, Jul. 28 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 calling 301-934-6737 to make an appointment.

Thursday, Jul. 17, 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)

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 calling 301-934-6737 to make an appointment.

Mondays & Fridays, 10 a.m. Fee: FREE

Flex & Stretch

Body movement, balance, stretching and mobility.

Tuesdays, 10 a.m. Fee: FREE

Core Fitness

Classes canceled for July.

Total Body Conditioning

Classes canceled for July.

Community Programs

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

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, Jul. 11, 12:30 p.m. Fee: \$8

Mobile Library

Borrow books, movies, and tech every three weeks.

Tuesday, Jul. 8, 10:30 a.m. Fee: FREE

WIC Services

Friday, Jul. 11 & 25, 9 a.m.-4 p.m. Fee: FREE

Mobile Food Market

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

Wednesday, Jul. 16, 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

Puzzle Mania

Love puzzles? Bring a friend and join us for Puzzle Mania. Music and snacks provided. Prior sign up required.

Wednesday, Jul. 30, 10 a.m.

Fee: FREE

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	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	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
	1 Flex and Stretch.....10:00	2 Billiards.....8:30	3 Computer Lab8:30	4 <div> <div>4th of July</div>  <div>Senior Center Closed</div> </div>
7 Senior Council Meeting10:00 Fitness Beats12:00 Artistic Aesthetics: <i>Indoor Smores</i>1:00	8 Mobile Library10:00	9 Casual Crafting8:30	10 Nickel Bingo.....12:45	11 Walking Club11:00 <u>Community Program</u> WIC Services9:00 Pizza & Painting12:30
14 Artistic Aesthetics: <i>Casual Crafting</i>1:00	15 Luau10:30	16 <u>Community Program</u> Mobile Food Market12:00	17 Information & Assistance w/Julie9:30 Bingo12:45	18 Dominos.....1:00
21 Artistic Aesthetics: <i>Butterfly Frame</i>1:00	22 Stay Connected11:00 Let's Take a Trip1:00	23 Casual Crafting8:30	24 Self Care10:30	25 AFEP10:00 Friday Films10:00 <u>Community Program</u> WIC Services9:00
28 Fitness Beats12:00 Artistic Aesthetics: <i>Casual Crafting</i>1:00	29 Master Gardeners.....10:00	30 Puzzle Mania.....10:00	31 Bingo12:45	

WALDORF SENIOR & RECREATIONAL CENTER

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

Get your Latest SCOOP online!

Program Highlights

Community Yard Sale

Whether you want to sell some of your belongings or shop for treasure, join us for our Annual Community Yard Sale at the Waldorf Senior & Recreational Center. All are welcome! Shoppers can walk in, no sign-up necessary. All sellers must pre-register and pay for a spot (1 table per seller).

Saturday, Jul. 12, 10 a.m.- 1 p.m.

Fee for shoppers: Your Purchase(s)

Fee for sellers: Seniors 60+, \$10 for 1 table; Adults 59 or less, \$20 for 1 table

The Furtastic Trick Dogs

Meet the adorable dogs you've possibly seen in movies and commercials! In this fun 15-minute show, these talented pups perform tricks and routines as they practice working around people. Come enjoy the charm of these four-legged stars up close!

Wednesday, Jul. 16, 11:30 a.m. Fee: FREE

Stay Connected to Charles County

Come meet with the community engagement team from Charles County Government so that you can learn how to stay connected with your local government! During this hour-long program, staff will assist users to: Access news and information, sign up for emergency alerts, learn about projects and give feedback, and find out a variety of ways to stay informed and engaged at home, in-person, and virtually!

We encourage you to bring your own personal devices (smart phones, tablets, and laptops) so that staff can help with navigating resources.

Wednesday, Jul. 30, 10 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, Jul. 1 & 8, 10 a.m. Fee: FREE

Widow & Widower Support Group

Facilitated by Brenda Dubose.

Monday, Jul. 14 & 28, 9:30 a.m. Fee: FREE

Bible Study

Facilitated by Minister Yvonne' Wilson. All are welcome!

Tuesday, Jul. 15, 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, Jul. 15, 12:30 p.m. Fee: FREE

Book Club

This month's book is the *The Cruellest Month* by Louise Penny. Please come prepared with your thoughts on this book and join in the discussion. The book for August will be *The Secret Garden* by Frances Hodgson Burnett.

Thursday, Jul. 17, 1 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, Jul. 18, 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

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 Bengé, 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.

Monday, Jul. 21, 11:30 a.m. Fee: \$5

Wednesdays, Jul. 9 & 23, 10:30 a.m. Fee: \$5

Skills and Drills

Once you have finished Intro to Pickleball, then you are ready for Skills and Drills! Join Nate as he guides you through different drills that will help improve your pickleball skills.

Space is limited and pre-registration is required for each day. The sign-up sheet will be released every Monday for the following Thursday.

Thursdays, Jul. 10-31, 11 a.m. Fee: FREE

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

Ice Cream Social

Did you know that July is National Ice Cream Month? Celebrate with us as we take a nostalgic trip back to your childhood with a selection of classic treats—just like the ones you used to find on the ice cream truck! Friday, Jul. 18, 12:30 p.m. • Fee: \$2



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 Gentle Stretching10:30 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 Belly Dancing10:30 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
	1 Mobile Library9:00 Prayer Group10:00 Intro to Pickleball (3)11:00	2 Chair Dance Aerobics9:30	3 Bingo10:30 NO TAI JI QUAN	4 4th of July  Senior Center Closed
7 Kettlebell Fitness12:30	8 Prayer Group10:00 Intro to Pickleball (4)11:00	9 Fitness Orientation10:30	10 Bingo10:30 Skills and Drills11:00	11 Diabetes Prevention10:30
14 Widow & Widower Support Group9:30	15 Bible Study11:00 Intro to Pickleball(5)11:00 Poetry Club12:30	16 Furtastic Trick Dogs11:30	17 Bingo10:30 Skills and Drills11:00 Book Club1:00	18 Diabetes Prevention10:30 Ice Cream Social12:30 Jazz Appreciation1:00
21 WSC Council Meeting9:30 Fitness Orientation11:30	22 Mobile Library9:00 Intro to Pickleball (6)11:00	23 Fitness Orientation10:30	24 Bingo10:30 Skills and Drills11:00	25 Diabetes Prevention10:30
28 Widow & Widower Support Group9:30	29 Intro to Pickleball (7)11:00	30 Stay Connected to Charles County10:00	31 Bingo10:30 Skills and Drills11:00	

Thank YOU: Judy Dement

The staff, and seniors at the Clark Center would like to give special recognition & thank you for jumping in to assist our beloved fitness instructor Jan when she became unresponsive in an exercise class. Your quick action helped save her life and without your quick action and the staff's quick response, it could've been a different outcome. We are grateful to you and plan on holding more citizens CPR classes for seniors.



Attention: Hot weather protocol for outside fitness

For your safety, participating in our outdoor activities, we adhere to the following heat index guidelines.

We will cancel any outdoor fitness if "Feels like temp is 90 degrees or higher."

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, Jul. 11 & 25, 9:30 a.m. • Fee: FREE

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



Intro to Kayaking & Group Kayaking

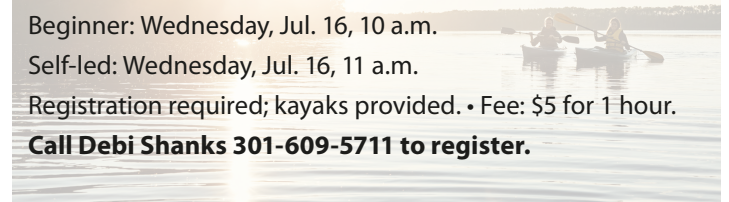
Gilbert Run Regional Park is the perfect place to learn. Calm waters and beautiful scenery make for a great experience.

Beginner: Wednesday, Jul. 16, 10 a.m.

Self-led: Wednesday, Jul. 16, 11 a.m.

Registration required; kayaks provided. • Fee: \$5 for 1 hour.

Call Debi Shanks 301-609-5711 to register.



Stay Hydrated...Stay Cool

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

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



Self-Care Day in Nanjemoy

Sometimes self-care means eating healthier or getting out in nature for a change of scenery. Join us as we spend the day taking care of our minds, bodies and souls! Meditation at the end of class. Facilitator: Debi Shanks. Prior signup is required.

Nanjemoy Senior Center
Thursday, Jul. 24, 10 a.m. Fee: FREE



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 Baked Ziti w/ Ground Turkey Italian Blend Vegetables Green Beans Roll Fresh Grapes Orange Juice	2 Tukey Meatloaf w/ Gravy Mashed Potatoes Peas Whole Wheat Roll Pears Pineapple Juice	3 Philly Chicken Cheesesteak Peppers & Onions Coleslaw Hoagie Roll Fresh Oranges Apple Juice	4 4th of July  Senior Center Closed
7 Chicken Parm w/ Spaghetti & Marinara Spinach California Blend Vegetables Peaches Cranberry Juice	8 Turkey Shepherd's Pie Mashed Potatoes Mixed Vegetables 2 Rolls Fresh Grapes Orange Juice	9 Chicken Stir Fry Stir Fry Vegetables Carrots Rice Pears Pineapple Juice	10 Turkey Sausage, Egg & Cheese Home Fries Green Beans Whole Wheat English Muffin Fresh Oranges Apple Juice	11 Chicken Patty Sandwich Baked Beans Coleslaw Whole Wheat Bun Apple Crisp Grape Juice
14 Spaghetti w/ Meatballs & Marinara Spinach Italian Blend Vegetables Peaches Cranberry Juice	15 BBQ Chicken Corn Green Beans Rice Fresh Grapes Orange Juice	16 Tuna Noodle Casserole Broccoli Peas Roll Pears Pineapple Juice	17 Turkey Taco Meat Salsa Refried Beans 2 Whole Wheat Tortillas Fresh Oranges Apple Juice	18 Chicken Alfredo w/ Whole Wheat Rotini Carrots Fresh Garden Salad Cherry Cobbler Grape Juice
21 Italian Marinated Chicken Breast Peas Vegetable Medley Rice Peaches Cranberry Juice	22 Chicken Casar Salad Cucumbers & Tomatoes Whole Wheat Garlic Toast Fresh Oranges Orange Juice	23 Turkey Chili w/ Vegetables Corn Rice Pears Pineapple Juice	24 Ravioli in Rosa Sauce Carrots Broccoli Garlic Toast Fruit Cocktail Apple Juice	25 Egg Salad Cold Bean & Corn Salad Whole Wheat Bun Apple Crisp Grape Juice
28 Oven Baked Chicken Broccoli Carrots Rice Peaches Cranberry Juice	29 Turkey Taco Meat Salsa Refried Beans 2 Whole Wheat Tortillas Fresh Grapes Orange Juice	30 Baked Flounder Green Beans California Blend Vegetables Rice Pilaf Pears Pineapple Juice	31 Turkey Sloppy Joes Spinach Home Fries Whole Wheat Bun Fresh Oranges Apple Juice	
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 \$10.39 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, Jul. 11 & 25, 9 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, Jul. 23, 9 a.m., Sale from 9:30 a.m.-1 p.m. • Fee: \$10 cash payable to IHSC Council

Waldorf Senior Council

BINGO

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

Council News for July Sponsored/Hosted Activities & Events

Clark Senior Center
Sunset Memorial,
Bingo

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

**Nanjemoy Senior &
Community Center**
Luau

**Waldorf Senior
& Rec Center**
Bingo,
Pokeno