

# The SCOOP

Charles County's Senior Center News



# Summer



**AUGUST 2025**

[www.CharlesCountyMD.gov](http://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!



## National Night Out at Nanjemoy!

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

### Nanjemoy Senior & Community Center

Tuesday, Aug. 5, 6-8 p.m. • Fee: FREE



## School Supply Donations Welcome:

Each senior center will have a box where school supply donations can be dropped off to help support this event. Supplies will be collected and divided between appropriate grade levels.

## Charles County Comprehensive Plan

Do you want to provide input to shape the future of Charles County? Make sure your voice is heard by participating in one or more of the upcoming Comprehensive Plan discussion sessions. Visit <https://charles-county-md.civilspace.io/en/projects/comprehensive-plan> to learn more.





## National Chocolate Chip Cookie Day Monday, Aug. 4:

### Cookie Origin Story

This may be hard to believe, but this classic cookie favorite was actually the product of an accident!

In 1938, Ruth Graves Wakefield, the baker and owner of the Toll House Inn in Whitman, Massachusetts ran out of baker's chocolate to make her cookies. She decided to use a normal semi-sweet chocolate bar instead.

The baker's chocolate would have just melted into the cookie dough. However, the chunks of semi-sweet chocolate did not mix with the dough but filled the cookies with chunks of chocolate.

This fortunate accident was such a success that Ruth started her own company, Toll House, to sell her cookies. Originally, the cookies were called the Chocolate Crunch Cookies and were the size of a quarter. With time, many versions of this baked treat began being made, with different types of chocolate, so there was something for every taste.

A variety of recipes for chocolate chip cookies also spread around the country, and it became one of the American households' favorite things to bake because no one can resist the smell of freshly baked cookies.

Ruth's cookies were in high demand, leading Nestle to propose a deal: they would provide her with free cookies for life in return for the legal rights to feature her chocolate chip cookie recipe on their packaging. Ruth agreed to the offer.

**Resource:** <https://www.calendarr.com/united-states/national-chocolate-chip-cookie-day/>

## Healthy Chocolate Chip Cookies

**Prep Time:** 10 minutes

**Cook Time:** 9 minutes

**Total Time:** 19 minutes

**Yields:** 10 – 14 cookies

### Ingredients

- 1 cup oat flour
- 1/2 tsp baking soda
- 1/4 tsp salt
- 4 tbsp coconut sugar or brown sugar
- 4 tbsp white sugar or additional coconut sugar
- 1/3 cup chocolate chips or more if desired
- 1/3 cup chopped nuts optional)
- 1 tsp pure vanilla extract
- 2 tbsp vegetable or melted coconut oil
- 3-5 tbsp milk of choice, as needed

### Instructions

- Healthy Chocolate Chip Cookies Recipe: Preheat oven to 380 degrees.
- Combine dry ingredients and mix very well. Add wet, and form into a big ball. Now make little balls from the big one.
- For soft cookies, refrigerate until cold (otherwise, just bake right away).
- Bake 9 minutes.
- Remove from oven when they're still a little undercooked, then it's important to let cool 10 minutes before removing from the tray, as they'll continue to cook while cooling.

**Resource:** <https://chocolatecoveredkatie.com/nutrition-facts-chocolate-chip-cookies/>

### Nutrition Facts

Servings: 14

Amount per serving

**Calories** **81**

% Daily Value\*

<b>Total Fat</b> 2.9g	<b>4%</b>
Saturated Fat 0.9g	<b>5%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 44mg	<b>2%</b>
<b>Total Carbohydrate</b> 13.4g	<b>5%</b>
Dietary Fiber 1.3g	<b>5%</b>
Total Sugars 6.7g	
<b>Protein</b> 1.4g	



## Featured Program: Who Polluted the Potomac

People along the Potomac River appreciate the scenic vistas, but they also depend on the river for food, recreation, transportation and for an abundant supply of drinking water. Unfortunately, the river is not always treated like the invaluable natural resource it is. Fifty years ago, it was not safe to go near the water along some stretches of the Potomac. From a small fresh-water spring in the mountains, to the thundering Great Falls, to the mile-wide river flowing past Washington, DC, to its salty, ten-mile-wide mouth at the Chesapeake Bay, each section of the Potomac River has a special personality and special problems. Because the Potomac River is the second largest tributary of the Chesapeake Bay, pollution in the Potomac takes its toll on the Bay, too. Today the picture is brighter. Working together, citizens and government agencies are cleaning the river. Sections are still polluted but the actions of each individual can make a difference. Join the Charles County Master Gardeners for this event that is designed to help individuals examine their daily habits and to visualize their impacts on the river. Then they can decide what actions to take to improve and protect the Potomac for the future.

This presentation consists of an interactive story modeling how, as populations increase and land use changes, a river can be transformed from a valuable natural resource into a polluted waterway that is still necessary for humans and organisms alike. Graphic examples will demonstrate that we are all part of the problem and that we must be part of the solution as well.

### Indian Head Senior Center

Thursday, Aug. 21, 10:15 a.m. • Fee: FREE



## Caregivers Corner: 5 Tips for Difficult Family Caregiving Conversations

### 1. Talk early and often

- Start conversations **before crises hit**, when decisions are still hypothetical.
- Revisit topics regularly, since health, finances, and preferences evolve over time.

### 2. Observe carefully and do your homework

- Gather specific observations (e.g., ride along to assess driving).
- Research real-world alternatives (home aides, transportation, senior living) before raising concerns.

### 3. Approach with love, concern, and support

- Emphasize you're on the same team striving for their well-being.
- Communicate respectfully—not as a power move. Caregivers support independence, not control.

### 4. Communicate effectively

- **Use conversation starters** (an article, anecdote, show) to ease into the topic.
- **Use "I" statements** ("I'm concerned...") instead of directives.
- **Ask open questions** ("What worries you?"), **listen actively**, and **validate their feelings**.

### 5. Include key people

- Bring in trusted family members, advisers (doctor, lawyer, clergy), or neutral facilitators.
- Be patient—complex decisions may require multiple conversations to reach agreement.

**The Bottom Line:** difficult caregiving conversations don't have to be confrontational. With early planning, clear observations, empathy, and a team approach, these talks can strengthen relationships and lead to informed, compassionate decisions.

**Resource:** <https://www.aarp.org/caregiving/basics/difficult-caregiving-conversations/>

**TOP  
TIPS**





## Ask SHIP

### What should I do with my Medicare statements?

It is very important to understand and read your Medicare statements. If you have Original Medicare, with or without a Medigap, you should receive Medicare Summary Notices (MSNs). You should receive your MSN every four months, or you can see it on your online Medicare.gov account. If you have a Medicare Advantage Plan or Part D (prescription drug) plan, you should receive an Explanation of Benefits (EOB). Your Medicare statements explain what services and items were billed, the Medicare-approved amount for each line item, and the amount that you may owe. Remember that MSNs and EOBs are not bills.

Reading your MSNs and EOBs is an important strategy for detecting potential Medicare fraud, errors, or abuse. Keep the following tips in mind:

- Review you or your loved one's Medicare statements as soon as they arrive.
- Confirm that everything listed on your statement is accurate
- Keep notes of your medical appointments and compare them to your statements to ensure that your MSN or EOB is accurate.
- Contact your health care provider or plan if you have any questions or notice any errors on your MSNs or EOBs. Your health care provider should be able to correct any billing mistakes that they have made.
- Contact the Senior Medicare Patrol (SMP) for a printed My Health Care Tracker (which helps you keep track of your appointments) or to receive assistance on how to read your Medicare statements. There is also a NEW digital My Health Care Tracker, called the SMP Medicare Tracker (a mobile application that includes the ability to report fraud, scam alerts, fraud schemes, and news). To learn more, go to [smpresource.org/app](http://smpresource.org/app) and download from the Apple or Google stores.

If you find any errors on your statements and your provider will not fix them, you should contact your SMP. SMPs help Medicare beneficiaries, their families, and caregivers prevent, detect, and report potential Medicare fraud, errors, and abuse.

Need more information, **contact your SHIP and SMP** at 301-609-5712 (La Plata area residents) or 240-448-2816 (Waldorf area residents) if you have more questions.

## New Energy Assistance Season

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.



## Legal Aid:

### Aug 11th and Sept 8th

The Information and Assistance Office (I&A) partners monthly with Maryland Legal Aid Bureau to provide services for low to moderate-income older adults. Services may include, but are not limited to:

- Advanced Directives
- Benefit Denials
- Consumer Disputes
- Debt Collection/Bankruptcy
- Landlord-Tenant Disputes
- Subsidized Housing

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



## Medicare Training

Are you turning 65 or over 65 and getting ready to retire, receiving Social Security Disability for two years, or caring for a Medicare-eligible loved one? Are you overwhelmed by the tv advertisements and mass amounts of Medicare literature from multiple insurance companies? Your local State Health Insurance Program (SHIP) can help you navigate County Public Library. For questions contact SHIP: 240-448-2816 OR 301-609-5712.

Presentation is virtual and the Sign up is available at

**<https://www.ccplonline.org/>**

**Wednesday, Sept. 10, 6pm**

ABC's of Medicare: A Beginner's Workshop - Charles County Public Library

# CLARK SENIOR CENTER

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

Get your Latest SCOOP online!

## Program Highlights

### Sunset Memorial

Enshrine the name of your family & 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, up to 4 line, 30 characters per line for \$30. To learn more about the Sunset Memorial Plaques, please visit the Richard R. Clark Senior Center and complete a Sunset Memorial Plaque form located in the library.

### Summer Meditation

Join Debi to experience a summer meditation session. Please sign up.

Monday, Aug. 4, 12:15 p.m. Fee: FREE

### Council Bingo

Resumes in September.

### Movie Monday

Watch a summer themed movie. Please sign up.

Monday, Aug. 18 12 p.m. Fee: FREE

### Easy Listening & Karaoke

Join DJ Psyborg from Mosquito Cove Digital Magic Entertainment for some good music and karaoke.

Tuesday, Aug. 19, 10:30 a.m.

Thursday, Aug. 21, 10:30 a.m. Fee: FREE

### Sisters @ Heart

Join Sisters at Heart Breast Cancer Support Group. Meetings are held the 4th month of every month.

Monday, Aug. 25, 11 a.m. Fee: FREE

### Fossils

Join Stephen Godfrey, Curator of Paleontology of Calvert Marine Museum as he shares some of the amazing fossils that have been found along Calvert Cliffs, Chesapeake Bay.

Tuesday, Aug. 26, 10:30 a.m. Fee: FREE

### Maryland Insurance Administration (MIA)

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

Wednesday, Aug. 27, 10 a.m. Fee: FREE

## Ongoing Programs

### Beginners Jewelry Class

Jewelry Class will resume in September.

### Book Club

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

Thursday Aug. 7, 12 p.m. & 1 p.m. Fee: FREE

### Widow to Widow Support Group

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

Tuesday, Aug. 12, 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, Aug. 13, 11:30 a.m. Fee: FREE

### Charles County Mobile Library

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

Tuesday, Aug. 19, 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, Aug. 20, 10 a.m. Fee: FREE

### Greeting Card Making Class

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

Wednesday, Aug. 27, 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

### Tech Group

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

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 a.m. Fee: FREE

### Clay Sculpting

Join Tom Howell as he teaches you the art of clay sculpting. You will also have the opportunity to learn about other forms of Art such as 3-D printing and silicone mold making.

Fridays, 1 p.m. Fee: FREE

 get motivated 

# FITNESS

## Health & Fitness

### Clark Center Fitness Room Orientation

Mandatory before first use of fitness room.

Sign up and payment required in the program office. Limited to 6.

Wednesday, Aug. 6 & 20, 10 a.m. Fee: \$5

### Tai Chi for Health

This sun style form of Tai Chi is an evidence-based class which focuses on muscle control, balance, and flexibility. 6-week session begins Aug. 6th-Sept. 24th.

Wednesdays, 10 a.m. Fee: FREE

### Cardio Fitness

Cardiovascular health is important as it strengthens the heart muscle along with the body. This class will be good for the heart, balance, and coordination.

Thursdays, 1:30 p.m. Fee: Fitness Card

### Save the Date: Bingocize

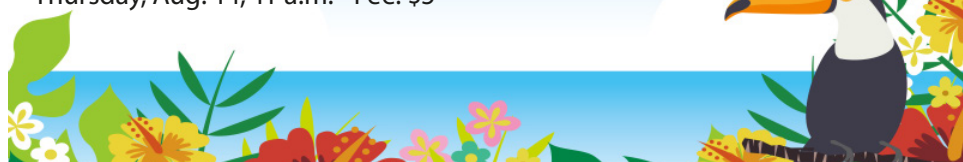
Bingocize is a fun interactive evidence-based exercise program and allows you to play bingo and exercise at the same time! Patrons are encouraged to attend all sessions. Starting Tuesday, September 9.

Tuesdays and Thursday at 10:30 a.m. Fee: Free

## SUMMER LUAU

Celebrate the summer with a Luau! Enjoy music, party games and don't forget to wear something festive. Ticket required. Lunch not included.

Thursday, Aug. 14, 11 a.m. • Fee: \$5



# 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 <b>Fitness</b> Total Body Conditioning.....9:00 Walking Club @ Laurel Springs.....9:00 Pilates.....10:00 Chair Yoga.....11:00 Drums Alive.....1:00	Quilting Class.....9:00 Billiards.....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 <b>Fitness</b> Strength Training.....9:00 Flex & Stretch.....10:00 Zumba.....11:30 Line Dance.....1:00 Yoga Flow.....2:00	Crochet/Knitting.....9:00 Billiards.....9:30 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 <b>Fitness</b> 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 <b>Fitness</b> Strength Training.....9:00 Step Plus.....10:00 Zumba.....11:30 Pilates.....12:30 Cardio Fitness.....1:30	Project Linus.....9:00 Billiards.....9:30 Coloring & Puzzles.....9:30 Guitar.....10:00 Lunch.....12:00 <b>Fitness</b> Total Body Conditioning.....9:00 Chair One Plus.....10:00 AFEP.....11:15 Chair Yoga.....12:00 Line Dance.....2:00
				<b>1</b> Hand & Foot Canasta.....10:00 Clay Sculpting.....1:00
<b>4</b> Summer Meditation.....12:15	<b>5</b> Hand & Foot Canasta.....10:00	<b>6</b> Fitness Orientation.....10:00 Tech Group.....10:00 Tai Chi.....10:00	<b>7</b> Energy Assistance.....10:30 Book Club.....12:00 Book Club.....1:00	<b>8</b> Clay Sculpting.....1:00
<b>11</b> Legal Aid.....1:00	<b>12</b> Hand & Foot Canasta.....10:00 Hawaiian Line Dance Party.....1:00 Widow to Widow.....1:00	<b>13</b> Tech Group.....10:00 Beginner Line Dance.....10:00 Lunchtime Music with Will.....11:30 Council Meeting.....1:00 No Tai Chi	<b>14</b> Luau.....11:00	<b>15</b> Project Linus Meeting.....9:00 Clay Sculpting.....1:00
<b>18</b> Movie Monday.....12:00	<b>19</b> Mobile Library.....10:00 Easy Listening.....10:30	<b>20</b> Breast Cancer Bracelet.....10:00 Fitness Orientation.....10:00 Health Checks.....10:00 Tai Chi.....10:00 Tech Group.....10:00	<b>21</b> Karaoke.....10:30	<b>22</b> Hand & Foot Canasta.....10:00 Clay Sculpting.....1:00
<b>25</b> Sisters @ Heart.....11:00	<b>26</b> Fossils.....10:30	<b>27</b> Maryland Insurance Administration (MIA).....10:00 Tech Group.....10:00 Card Making Class.....10:00 Caregivers Support Group.....2:00 No Tai Chi	<b>28</b> Cricut 101.....10:00	<b>29</b> Hand & Foot Canasta.....10:00 Clay Sculpting.....1:00



# INDIAN HEAD SENIOR CENTER

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

Get your Latest SCOOP online!

## Program Highlights

### Maryland Insurance Administration (MIA)

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

Wednesday, Aug. 13, 11 a.m. Fee: FREE

### Who Polluted the Potomac?

This presentation consists of an interactive story modeling how, as populations increase and land use changes, a river can be transformed from a valuable natural resource into a polluted waterway that is still necessary for humans and organisms alike. Graphic examples will demonstrate that we are all part of the problem and that we must be part of the solution as well.

Thursday, Aug. 21, 10:15 a.m. Fee: FREE

## Ongoing Programs



### Bingo

Monday, Aug. 4 & 18, 9:30 a.m.

Fee: 5¢ per card

### Choir Group

Love to sing, this is the group for you.

Mondays, Aug. 4 & 18, 1 p.m. Fee: FREE

### Crafting w/Mary

Join Mary monthly for a creative craft.

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

### Widow to Widow Support Group

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

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

### Line Dancing

Join Gwen to learn the basics of line dancing. (Other dates listed on the calendar will be with staff.)

Wednesdays, Aug. 6, 11 a.m.

Fee: Fitness Card

### Senior Tech

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

Fridays, Aug. 8 & 22, by appointment Fee: \$1

### Project Linus/ Sewing 101

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

Mondays, Aug. 11 & 25, 9:30 a.m. Fee: FREE

### Pastor Chris & Friends

Tuesday, Aug. 12, 1 p.m.

Fee: FREE

### Walk Through the Bible

This monthly Bible study program focuses on gaining a deeper understanding of the Word of God. Look for this program on the 3rd Friday of each month.

Friday, Aug. 15, 1 p.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, Aug. 19, 10:30 a.m.

Fee: FREE

### Green Thumb Club

Please join us for a special presentation on our Potomac River.

Thursday, Aug. 21, 10:15 a.m.

Fee: FREE

### Tea Club

Come and share the health benefits of teas.

Tuesday, Aug. 26, 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!

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

get motivated

# FITNESS

### AFEP (Arthritis Foundation Exercise Program)

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

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

### Fitness w/Veronica

Exercise to promote strength with some laughter.

Wednesdays, 10 a.m.

Fee: Fitness Card

### Fitness Orientation

Required before using fitness equipment.

Wednesday, 2 p.m.

Fee: \$5

### Mobility & Balance w/Nieda

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

Thursdays, 9:30 a.m.

Fee: Fitness Card

### Fitness w/Lamont

Cardio, circuit, and strength training. 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.

Fridays, 9 a.m.

Fee: Fitness Card

## Community

### Mobile Market

Free giveaways of produce and pantry essentials.

Wednesday, Aug. 27, 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 Room .....9:00 Billiards.....9:00 Cards/Games.....9:00 <b>Fitness</b> Dance Fit/Drums ALive! ..... 10:30	Fitness Room .....9:00 Billiards.....9:00 Cards/Games.....9:00 <b>Fitness</b> Mobility Flow.....9:30 AFEP ..... 11:15	Fitness Room .....9:00 Billiards.....9:00 Cards/Games.....9:00 <b>Fitness</b> Fitness w/ Veronica.....10:00 Fitness Orientation .....2:00	Fitness Room .....9:00 Billiards.....9:00 Card/Games.....9:00 Canvas Painting.....11:00 <b>Fitness</b> Mobility & Balance .....9:30 AFEP ..... 11:15 Fitness w/Lamont.....1:00 Fitness w/Lamont.....2:00	Cards/Games.....9:00 Fitness Room.....10:15 Billiards.....10:15 <b>Fitness</b> Chair Yoga .....9:00 Cardio Fitness .....10:15
				<b>1</b> Cardio Fitness .....10:15
<b>4</b> Bingo .....9:30 Choir Group .....1:00	<b>5</b> Council Meeting .....9:30 <b>Crafting w/Mary .....1:00</b>	<b>6</b> Widow & Widower Support .10:00 <b>Line Dancing .....11:00</b> Ask Doyle .....1:00	<b>7</b> Fitness Surprise .....9:30 Fitness w/Lamont.....1:00	<b>8</b> Cardio Fitness .....10:15 <b>Senior Tech .....10:15</b>
<b>11</b> Project Linus/Sewing 101 ....9:30 Fitness Surprise .....10:30	<b>12</b> Pastor Chris .....1:00	<b>13</b> MD Ins. Administration ....11:00	<b>14</b> Fitness w/Lamont.....1:00	<b>15</b> Fitness Surprise .....9:30 Cardio Fitness .....10:15 Learn w/Loretta.....10:30 Walk Through the Bible .....1:00 <b>No Chair Yoga</b>
<b>18</b> Bingo .....9:30 <b>Fitness Surprise.....10:30</b> Choir Group .....1:00	<b>19</b> <b>Information &amp; Assistance with Julie.....10:30</b> Shibashi .....3:00	<b>20</b> Fitness w/Veronica .....10:00	<b>21</b> Mobility & Balance .....9:30 <b>Who Polluted the Potomac.....10:15</b>	<b>22</b> Cardio Fitness .....10:15 <b>Senior Tech .....10:15</b>
<b>25</b> Project Linus/Sewing 101 ....9:30	<b>26</b> Fair Registration .....12:00 Tea Club .....1:00	<b>27</b> Mobile Market.....11:00 Book Club.....1:00	<b>28</b> Fitness w/Lamont.....1:00	<b>29</b> Cardio Fitness .....10:15

# NANJEMOY SENIOR/COMMUNITY CENTER

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

*Get your Latest SCOOP online!*

## Program Highlights

### National Night Out

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

Tuesday, Aug. 5, 6-8 p.m. Fee: FREE

### Let's Take a Trip – Greece

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

Tuesday, Aug. 19, 1 p.m. Fee: FREE

### Maryland Insurance Administration

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

Wednesday, August 20, 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, 1:00 p.m.

Casual Crafting, Aug. 4 Fee: FREE

Ribbon Organizer, Aug. 11 Fee: \$5

Casual Crafting, Aug. 18 Fee: FREE

Fair Project Prep, Aug. 25 Fee: FREE

### I&A Services

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.

### Nickel Bingo

Join us for bingo every week!

Thursdays, 12:45 p.m. Fee: 5¢ per card.

## Health & Fitness Programs

### Arthritis Foundation Exercise Program (AFEP)

Evidence-based exercise program. Gentle stretching with cardio and strength training exercises. Designed to get a full body workout with consideration given to those with mobility impairments. Video may be used as needed.

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

### Flex & Stretch

Body movement, balance, stretching and mobility.

Tuesdays, 10 a.m. Fee: FREE

### Chair Yoga

Chair Yoga is a gentle form of yoga that is practiced while sitting on a chair or using a chair for support. It is designed to improve flexibility, balance, strength, and relaxation without the need to get down on the floor. Chair yoga is ideal for older adults, individuals with limited mobility, or anyone looking for an accessible yoga experience.

Thursdays, 11 a.m. Fee: Fitness Card

## 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.

Tuesday, Aug. 19, 10:30 a.m. Fee: FREE

### WIC Services

Friday, Aug. 1, 15, & 29, 9 a.m.-4 p.m. Fee: FREE

### Mobile Food Market

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

Wednesday, Aug. 20, 12 p.m. Fee: FREE

\*While supplies last\*

### 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, Aug. 22, 12:30 p.m. Fee: \$8

### 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

## Recreation Program

**Prior Registration Required through the Department of Recreation at <https://www.charlescountyparks.com/recreation/summer-camps>**

### ArtsCamp

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

Week of Aug. 4-8, 9 a.m.-4 p.m.

Fee: \$75 (County Resident),

\$85 (Non-Resident)

## FRIDAY FILMS

### Heads of State

The UK Prime Minister (Idris Elba) and US President (John Cena) have a public rivalry that risks their countries' alliance. But when they become targets of a powerful enemy, they're forced to rely on each other as they go on a wild, multinational run. Allied with Noel, a brilliant MI6 agent (Priyanka Chopra Jonas), they must find a way to thwart a conspiracy that threatens the free world..

**Friday, August 29, 11 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 Lab.....8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch.....12:00 Dominos.....1:00 Games/Puzzles.....1:00 <b>Fitness</b> AFEP.....10:00	Billiards.....8:30 Causal Crafting.....8:30 Computer Lab.....8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch.....12:00 Dominos.....1:00 Games/Puzzles.....1:00 Shop the Rack.....1:00 <b>Fitness</b> Flex & Stretch.....10:00	Billiards.....8:30 Causal Crafting.....8:30 Computer Lab.....8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch.....12:00 Dominos.....1:00 Games/Puzzles.....1:00 <b>Fitness</b> Walking Club.....1:00	Billiards.....8:30 Causal Crafting.....8:30 Computer Lab.....8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch.....12:00 Nickel Bingo.....12:45 Dominos.....1:00 Games/Puzzles.....1:00 <b>Fitness</b> Chair Yoga.....11:00	Billiards.....8:30 Causal Crafting.....8:30 Computer Lab.....8:30 Fitness Room.....8:30 Shop the Rack.....8:30 Senior Tech Appts.....8:30 Lunch.....12:00 Dominos.....1:00 Games/Puzzles.....1:00 <b>Fitness</b> AFEP.....10:00 Walking Club.....11:00
				<b>1</b> Walking Club.....11:00 <u>Community Program</u> WIC Services.....9:00
<b>4</b> Fitness Beats.....12:00 Artistic Aesthetics: <i>Casual Crafting</i> .....1:00 <u>Recreation Program</u> <b>ArtsCamp</b> .....9:00	<b>5</b> Pickleball.....10:00 <u>Community Program</u> National Night Out.....6:00 <u>Recreation Program</u> <b>ArtsCamp</b> .....9:00	<b>6</b> Games/Puzzles.....1:00 <u>Recreation Program</u> <b>ArtsCamp</b> .....9:00	<b>7</b> Casual Crafting.....8:30 <u>Recreation Program</u> <b>ArtsCamp</b> .....9:00	<b>8</b> Walking Club.....11:00 <u>Recreation Program</u> <b>ArtsCamp</b> .....9:00
<b>11</b> Artistic Aesthetics: <i>Ribbon Organizer</i> .....1:00	<b>12</b> Games & Puzzles.....1:00	<b>13</b> Billiards.....8:30	<b>14</b> I & A.....9:30 Bingo.....12:45	<b>15</b> Dominos.....1:00 <u>Community Program</u> WIC Services.....9:00
<b>18</b> Artistic Aesthetics: <i>Casual Crafting</i> .....1:00	<b>19</b> Flex & Stretch.....10:00 <b>Let's Take a Trip</b> .....1:00 <u>Community Program</u> Mobile Library.....10:30	<b>20</b> Fitness Room.....8:30 <u>Community Program</u> <b>MD Insurance Agency</b> ...10:00 Mobile Food Market.....12:00	<b>21</b> Billiards.....8:30 I & A.....9:30	<b>22</b> AFEP.....10:00 Pizza & Painting.....12:30
<b>25</b> Fitness Beats.....12:00 Artistic Aesthetics: <i>Fair Project Prep</i> .....1:00	<b>26</b> Dominos.....1:00	<b>27</b> Senior Tech Appts.....8:30	<b>28</b> Bingo.....12:45	<b>29</b> Friday Films.....11:00 Games & Puzzles.....1:00 <u>Community Program</u> WIC Services.....9:00



## Program Highlights

### Cool Weather Crops & Fall Flowers

This is the time of year to choose what to plant and grow during our cooler fall weather – crops that tolerate slight frosts and grow best and produce the best quality. Fall flowers can add warmth, vibrancy, and nostalgia to gardens and homes. Join Charles County Master Gardeners at this event to learn more.

Pre-Registration is required.

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

### Snackin' & Craftin'

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

Please register by Wednesday, Aug. 6.

Friday, Aug. 8, 11 a.m. Fee: \$3 per person

### Games w/Right at Home

Join Right at Home while they conduct a wellness talk that covers some great health information followed by a fun and engaging game of Bingo!

Monday, Aug. 11, 10:30 a.m. Fee: FREE

### Food Safety Classes: Stop Food Poisoning in Its Tracks!

Join us at the senior center for a free, informative class on food safety, presented by Dr. Deon Littles from the University of Maryland Extension. Learn how to safely handle, store, and prepare food to prevent foodborne illness. This class is especially important for older adults, who may be more vulnerable to food poisoning. Let's work together to keep your kitchen safe and your meals healthy!

Tuesday, Aug. 12, 10:30 a.m. Fee: FREE

### Introduction to Teen Court

Meet Sarah Vaughan, Teen Court Coordinator, and discover the impactful and inspiring work being done to support youth in our community. Curious about volunteering with Teen Court? Stick around until the end to find out how you can get involved and help make a difference.

Tuesday, Aug. 19, 10:30 a.m. Fee: FREE

### Better Breathers Club

Struggling with COPD, pulmonary fibrosis, or asthma? Interested in tips to help you breathe better? Or are you simply tired of being tired? If you said yes to any of these questions, our Better Breathers Club is for you. With monthly meetings that offer a fun and stimulating combination of guest speakers, problem-solving discussions, and social activities, this adult support group can help you breathe a little easier. Led by trained facilitators, these in-person meetings will give you the tools you need to stay active, healthy, and living your best life. For more information, please contact 301-609-4391.

Tuesday, Aug. 26, 1 p.m. Fee: FREE

### Fair Registration

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

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

## Ongoing Programs

### Jewelry Club

This month, we will be making bracelets for the Annual Breast Cancer Awareness Walk held in October. Supplies will be provided. All are welcome to attend.

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

### Poetry Club

\*Returning in September\*

### Prayer Group

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

Tuesday, Aug. 5 & 12, 10 a.m. Fee: FREE

### Widow & Widower Support Group

Facilitated by Brenda Dubose.

Monday, Aug. 11 & 25, 9:30 a.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, Aug. 15, 1 p.m. Fee: FREE

### Bible Study

Facilitated by Minister Yvonne' Wilson. All are welcome!

Tuesday, Aug. 19, 11 a.m. Fee: FREE

### Book Club

This month's book is "The Secret Garden" by Frances Hodgson Burnett. Please come prepared with your thoughts on this book and join in the discussions.

Thursday, Aug. 21, 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

\*Returning in September\*

### 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 Bengel, 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, Aug. 4 & 18, 11:30 a.m. Fee: \$5

Wednesdays, Aug. 13 & 27, 10:30 a.m. Fee: \$5

### Skills & Drills

Join Nate Schultz to improve your pickleball skills as he runs you through different skills and drills. Pre-registration is required. See front desk to register.

Thursdays, Aug. 14 & 21, 11 a.m. Fee: FREE

# WALDORF SENIOR & RECREATIONAL CENTER

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness Room .....9:00 Racquetball .....9:00 Guitar Club .....11:00 Pinochle .....11:00 Lunch .....12:00 Basic Sewing .....1:00 Table Tennis .....2:30 <b>Fitness</b> Chair Dance Aerobics .....9:30 Gentle Stretching .....10:30 Chair One Plus .....11:30 Kettlebell Fitness .....12:30 Enhanced Fitness .....1:30	Fitness Room .....9:00 Racquetball .....9:00 Cards & Games .....10:30 Pokeno .....10:30 Tech Time .....10:30 Leather Crafting .....12:00 Lunch .....12:00 Walking Club .....12:30 Basketball .....1:00 <b>Fitness</b> Total Body Conditioning .....9:30 Belly Dancing .....10:30 Line Dancing .....11:30 Tai Ji Quan .....1:00	Fitness Room .....9:00 Racquetball .....9:00 Basketball .....10:00 Bridge Club .....10:00 Lunch .....12:00 Basic Sewing .....1:00 <b>Fitness</b> Chair Dance Aerobics .....9:30 AFEP .....10:30 Basic Fitness Training .....11:30 Enhanced Fitness .....1:00	Fitness Room .....9:00 Racquetball .....9:00 Gospel Choir .....9:30 Watercolors .....10:30 Pinochle .....11:00 Lunch .....12:00 Walking Club .....12:30 Mah Jong .....1:00 Basketball .....1:00 Guitar Club .....1:00 Table Tennis .....2:30 <b>Fitness</b> Total Body Conditioning .....9:30 Drums Alive .....10:30 Line Dancing .....11:30 Tai Ji Quan .....1:00	Fitness Room .....9:00 Racquetball .....9:00 Crochet Club .....10:00 Lunch .....12:00 Paper Crafting .....1:00 <b>Fitness</b> Chair Dance Aerobics .....9:30 Gentle Stretching .....10:30 AFEP .....11:30 Core and More .....12:30 Yoga Flow .....1:30
				<b>1</b> Diabetes Prevention .....10:30
<b>4</b> Fitness Orientation .....11:30	<b>5</b> <b>Cool Weather Crops &amp; Fall Flowers .....10:00</b> Prayer Group .....10:00	<b>6</b> Basketball .....10:00	<b>7</b> Bingo .....10:30	<b>8</b> <b>Snackin' &amp; Craftin' .....11:00</b>
<b>11</b> Widow & Widower Support Group .....9:30 Games w/Right at Home .....10:30	<b>12</b> Prayer Group .....10:00 Food Safety .....10:30 Intro to Pickleball (1) .....11:00	<b>13</b> Bracelet Making w/Jewelry Club .....10:00 Fitness Orientation .....10:30	<b>14</b> Bingo .....10:30 Skills & Drills .....11:00	<b>15</b> Diabetes Prevention .....10:30 Jazz Appreciation .....1:00
<b>18</b> WSC Council Meeting .....9:30 Fitness Orientation .....11:30	<b>19</b> Intro to Teen Court .....10:30 Bible Study .....11:00 Intro to Pickleball (2) .....11:00	<b>20</b> Basketball .....10:00	<b>21</b> Bingo .....10:30 Skills & Drills .....11:00 <b>Book Club .....1:00</b>	<b>22</b> Diabetes Prevention .....10:30
<b>25</b> Widow & Widower Support Group .....9:30	<b>26</b> <b>Better Breathers .....1:00</b>	<b>27</b> <b>Fair Registration .....10:30</b> Fitness Orientation .....10:30	<b>28</b> Bingo .....10:30	<b>29</b> Diabetes Prevention .....10:30

## Welcome to the team:

**Tissiporah & Helen**

Exciting to have these two new instructors at our centers! They bring a wealth of experience and good energy to their classes! You can catch them at the following locations:

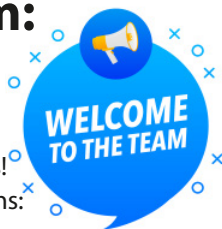
**Belly Dance/Salsa:**

Waldorf Senior & Rec. Center – Tuesdays, 10:30 a.m.

**Cardio Fitness:**

Richard R. Clark Senior Center – Thursdays, 1:30 p.m.

Indian Head Senior Center – Fridays, 10:15 a.m.



## Biking

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

Fridays, Aug. 8 & 22, 9:30 a.m. • Fee: FREE



## Intro to Kayaking & Group Kayaking

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

Beginner: Wednesday, Aug. 20, 10 a.m.

Self-Led: Wednesday, Aug. 20, 11 a.m.

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

Call Debi Shanks 301-609-5711 to register.

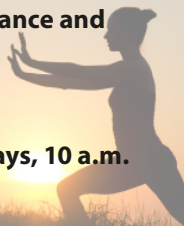


## Tai Chi for Health:

This Sun Style form of tai chi is an evidenced based class which focuses on muscle control, balance and flexibility. Class will run for a 6-week session beginning Aug. 6th through Sep. 24th.

Richard R. Clark Senior Center – Wednesdays, 10 a.m.

Fee: FREE \*NO CLASS 8/13 & 8/27\*



## Beginner Line Dancing:

Box steps, vines, shuffles and mambo you can learn the basics as Carrie takes you through all the terminology, counting and breaks down the dances. Come learn a dance or two.

Richard R. Clark Senior Center – Wednesday, Aug. 13, 10 a.m.

Fee: FREE

## Hawaiian Line Dance Party

Bring out the leis and tropical shirts for some summer fun! Learn some basic hula dances along with line dances done to beautiful Hawaiian music as we gear up for the Clark Center Luau!

Richard R. Clark Senior Center

Tuesday, Aug. 12 • 1 p.m. • Fee: FREE



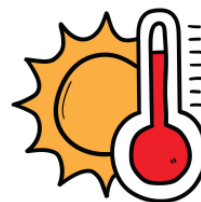
Thank you for your continued dedication to improving your health and fitness.

*Debi & Nate*

## 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 the "feels like temp" is 90 degrees or higher.



## Classes are subject to change and cancellation

Please note, we try to make sure adequate notice is given when classes /instructors change or cancel. Check your center calendar to make sure you have the most current and up to date changes. 😊

## 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)





# 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
				<b>1</b> Grape Juice Turkey & Cheese on Bun Steamed Carrots Garden Salad
<b>4</b> Cranberry Juice Cheeseburger on Bun Baked Beans Fiesta Corn Fruit Cocktail	<b>5</b> <b>Vegetarian Meal</b> Apple Juice Mushroom Tetrazzini Spaghetti Noodles Spinach Italian Veggie Blend Grapes	<b>6</b> Pineapple Juice Chicken & Waffles Carrots Peas Peaches	<b>7</b> Orange Juice Baked Turkey w/ Gravy Mashed Potatoes Dinner Roll Green Beans Orange Slices	<b>8</b> Grape Juice Tuna Salad on Bun Broccoli & Cheddar Soup Garden Salad Apple Crisp
<b>11</b> Cranberry Juice Orange Chicken Rice Stir-fry Veggie Blend Broccoli Pineapple	<b>12</b> <b>Vegetarian Meal</b> Orange Juice Cheesy Baked Ziti Dinner Roll Italian Blend Veggies Green Beans Grapes	<b>13</b> <b>Birthday Celebration!</b> Pineapple Juice Meatloaf w/ Gravy Mashed Potatoes Dinner Roll Pease Pears	<b>14</b> Apple Juice Philly Chicken Cheesesteak Hoagie Roll Peppers & Onions Cole Slaw Fresh Oranges	<b>15</b> Grape Juice Chicken Salad on Roll Chicken Veggie Soup Cold Bean & Corn Salad
<b>18</b> Cranberry Juice Chicken Parmesan Spaghetti Noodles Spinach California Blend Veggies Peaches	<b>19</b> Orange Juice Turkey Shepards Pie Dinner Roll Mixed Veggie Blend Grapes	<b>20</b> <b>Vegetarian Meal</b> Pineapple Juice Veggie Stir Fry Rice Carrots Pears	<b>21</b> Apple Juice Turkey Sausage, Egg & Cheese on English Muffin Home Fries Green Beans Orange Slices	<b>22</b> Grape Juice Roast Beef & Cheese on Bun Baked Beans Veggie Beef Soup Apple Crisp
<b>25</b> Cranberry Juice Spaghetti & Meatballs Spinach Italian Veggie Blend Peaches	<b>26</b> Orange Juice BBQ Chicken Rice Green Beans Corn Grapes	<b>27</b> Pineapple Juice Tuna Noodle Casserole Broccoli Peas Pears	<b>28</b> Apple Juice Ground Turkey Tacos w/ 2 Tortillas Salsa Refried Beans Fresh Oranges	<b>29</b> <b>Vegetarian Meal</b> Grape Juice Broccoli Alfredo Pasta Carrots Garden Salad Cherry Cobbler
<b>Charles County Luncheon Program</b> Open to any Charles County resident, age 60 or older, for a donation. The suggested meal donation is \$6.00 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 \$10.39. Lunch reservations must be made by 10 a.m. TWO days prior. We appreciate your assistance in keeping costs down. Party & special event meal prices may vary. <b>Clark Senior Center.....Tuesday–Friday</b> <b>Indian Head Senior Center.....Monday–Friday</b>				<b>Available at Noon • Days Vary By Center</b> <b>Nanjemoy Senior Center .....Monday–Friday</b> <b>Waldorf Senior Center .....Monday–Friday</b> 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](http://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

#### 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, Aug. 27, 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 August Sponsored/Hosted Activities & Events

**Clark Senior Center**  
Sunset Memorial,  
Bingo

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

**Nanjemoy Senior &  
Community Center**  
Summer Break

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