

The SCOOP

Charles County's Senior Center News

HAPPY
LABOR
DAY



SEPTEMBER 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!

Senior Center Closures

All Charles County Senior Centers will be closed on Monday, Sep. 1 for Labor Day.



National Senior Center Month: Senior Center Spirit Week & Talent Show!

Celebrate National Senior Center Month with us as we have Senior Center Spirit Week! Each day has a theme leading up to a talent show hosted by the Richard R. Clark Senior Center. Sign up for the talent show is available at all centers. Participate so your center can win the coveted Talent Show Championship Cup!!

Spirit Week Themes are as follows:

Monday, Sep. 22 – 50's Day

Tuesday, Sep. 23 – Crazy Hair / Hat Day

Wednesday, Sep. 24 – Cowboy / Cowgirl

Thursday, Sep. 25 – Pajama Day

Friday, Sep. 26 – Center Color



• **Richard R. Clark Senior Center:** Black

• **Indian Head Senior Center:** Yellow / Gold

• **Nanjemoy Senior & Community Center:** Green

• **Waldorf Senior & Rec. Center:** Purple

Space is limited. Signup required for talent show participation.

Fitness Card Reminder

Unless a class is noted as FREE, it is mandatory that fitness cards be punched PRIOR to taking each fitness class. If you forgot your fitness card, then you will need to purchase a new card prior to class. Without a card punched prior to class you are not eligible to participate during that session.

Fitness cards can be purchase from center staff:

10 class for \$20 or 40 classes for \$60

Payment via cash, check, or credit card accepted.

We value the quality of our instructors, their experience, and specialties. The purchase and utilization of these cards help support all of our fitness programs throughout each of the centers.

Thank you for your continued support in our fitness programs and the investment in your own vitality!



Maryland Senior Center Olympics: Congratulations to Tyrone Bryant

Congratulations to Tyrone Bryant for his wins in the Maryland Senior Olympics! He won medals in shot put, football, softball, frisbee, hammer throw, and discus throw in the 65–69-year division.



Charles County Fair Registration

It's that time of year! The Charles County Fair will be Thursday, Sep. 11-Sunday, Sep. 14. Interested in entering one of your creations for a chance to win? There is still time to register. If you need assistance, come to one of the following fair registration events:

Richard R. Clark Senior Center

Tuesday, Sep. 2, 10:30 a.m.

Nanjemoy Senior & Community Center

Wednesday, Sep. 3, 10 a.m.



Save the Date: Heritage Day Saturday, Oct. 4th

The annual Nanjemoy Heritage Day will be held Saturday, Oct. 4. Event will include a parade, vendors, food, and so much more!! The event is free, with food and merchandise available for purchase.

Vendors can register through Friday, Sep. 12. Don't forget to pre-order your commemorative event T-shirt for the big day.

For more information, please contact Kimberly Wagner at wagnerk@charlescountymd.gov or by calling 301-246-9612.





Law Day: Nanjemoy Senior & Community Center Open to the Public

Join us for Nanjemoy Law Day brought to you by the University of Maryland Eastern Shore, SoMD Legal Aid Bureau, and the Charles County Department of Community Services.

This outreach event is designed to address the legal concerns of county residents. Open to the public, this free event will feature several presenters that will discuss the following topics:

- **Estate Planning is for Everyone** – understand legal processes & creating a simple will
- **Tangled Titles:** Understanding Heir Property Issues in Maryland – how to preserve & protect your family property
- **Understanding Landlord-Tenant Issues** – What are my rights as a renter/tenant in Maryland?

The event is **FREE** with an optional \$2 lunch available for purchase. Lunch consists of hotdog, chips, and a drink. Prior signup is required for the event and lunch. To sign up, call 301-246-9612.

Saturday, Sep. 6, 10 a.m.-2 p.m. • Fee: FREE

Legal Aid

Legal Aid: Sept. 8th & Oct 6th

By appointment **only** at the Richard Clark Senior Center, contact **301-609-5712** to schedule. For questions contact SHIP: 240-448-2816 OR 301-609-5712.



Caregivers Corner: Can Family Members be Paid to be Caregivers in Maryland?

In Maryland, family members can be paid to provide caregiving services under certain state and federal programs. While eligibility varies, Medicaid-funded waivers and local support initiatives allow caregivers to receive compensation for helping loved ones with disabilities, chronic illnesses, or age-related conditions.

Medicaid Waivers: Paid Family Caregiving

Maryland's Home and Community-Based Services (HCBS) Waivers—such as the Community First Choice (CFC) and Community Pathways waivers—allow self-directed care, which enables individuals to hire family members (excluding spouses or legal guardians in some cases) as paid caregivers. The care recipient must be Medicaid-eligible, and services are coordinated through a case manager and a fiscal intermediary (Maryland Department of Health, 2024).

Maryland Respite Care Program

Through the Maryland Department of Human Services, eligible caregivers can receive respite reimbursements to provide relief from ongoing care demands. This includes occasional financial support for family members who care for individuals with disabilities or cognitive impairments (Maryland DHS, 2024).

Older Americans Act (OAA) Grants

Some Maryland counties, such as Baltimore City and Anne Arundel, provide small caregiver stipends (\$300–\$600) through funding under the OAA. These programs are designed to assist unpaid caregivers aged 18+ caring for adults 60+ or grandparents aged 55+ raising grandchildren (Baltimore City Health Department, 2024).

Maryland Paid Family and Medical Leave (Coming 2026)

Starting in July 2026, Maryland's new Family and Medical Leave Insurance (FAMI) program will allow workers to take paid leave (up to 12 weeks) to care for a seriously ill family member. Although not a caregiving wage, this program ensures job-protected paid time off for working caregivers (Maryland Department of Labor, 2023).

Resources:

Maryland Department of Health. (2024). *Home and Community-Based Waivers*. <https://health.maryland.gov>

Maryland Department of Human Services. (2024). *Respite Care Program*. <https://dhs.maryland.gov>

Baltimore City Health Department. (2024). *Family Caregiver Support Program*. <https://health.baltimorecity.gov>

Maryland Department of Labor. (2023). *Family and Medical Leave Insurance (FAMI)*. <https://www.dllr.state.md.us>



Long-Term Care and Dementia Care Navigation

An early diagnosis can improve the quality of care and life, as well as reduce the financial impact of Dementia. Scanning the QR code with a smartphone camera or visiting the website <https://marylandaccesspoint.211md.org/explore-my-options/alzheimers-disease-related-dementia-assessment/>, where you can access the Washington University AD8 Dementia Screening Test. This tool is for individuals, caregivers, and families with concerns about their memory. Once the screen is complete, information and options for communicating with healthcare professionals, based on the outcomes, are provided via email or print.

Ask SHIP

What is an Income Related Monthly Adjustment Amount (IRMAA)?

The Medicare Income-Related Monthly Adjustment Amount (IRMAA) is an amount you may pay in addition to your Part B or Part D premium if your income is above a certain level. The Social Security Administration (SSA) sets four income brackets that determine your (or you and your spouse's) IRMAA. SSA determines if you owe an IRMAA based on the income you reported on your IRS tax return two years prior, meaning two years before the year that you start paying IRMAA.

How can I request a new IRMAA determination?

If Social Security determines that you should pay an IRMAA, they will mail you a notice called an initial determination. This notice should include information on how to request a new initial determination. A new initial determination is a revised decision that Social Security makes regarding your IRMAA. You can request that Social Security revisit its decision if you have experienced a life-changing event that caused an income decrease, or if you think the income information Social Security used to determine your IRMAA was incorrect or outdated.

To request a new initial determination, submit a Medicare IRMAA Life-Changing Event form or schedule an appointment with Social Security. You will need to provide documentation of either your correct income or of the life-changing event that caused your income to decrease.

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



Medicare 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: <https://ccplonline.libnet.info/event/12451841>

CLARK SENIOR CENTER

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

Get your Latest SCOOP online!

Program Highlights

Fair Registration

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

Tuesday, Sep. 2, 10:30 a.m. Fee: FREE

History of the Constitution

Join Debi Scoggins as she presents the history of the Constitution. Please sign up.

Wednesday, Sep. 10, 10:30 a.m. Fee: FREE

Scarecrow Competition

Join staff in the Multipurpose Room as we plan and create a Scarecrow for the Town of La Plata's annual Scarecrow Competition. Please sign up.

Mondays, Sep. 15 & 29, 12 p.m. Fee: FREE

Safety Day

Join Terence McCants, Special Police and Building Security, as he explains the importance of our Code of Conduct, remind us of procedures for an active shooter, and more. All of this is to keep us informed and for our safety. Please sign up.

Thursday, Sep. 18, 10 a.m. Fee: FREE

Talent Show Rehearsal

Friday, Sep. 19, 10 a.m. Fee: FREE

Senior Spirit Week

Celebrate National Senior Center Month with us as we have Senior Center Spirit Week! Each day has a theme leading up to a talent show hosted by the Richard R. Clark Senior Center. Sign up for the talent show is available at all centers. Participate so your center can win the coveted Talent Show Championship Cup!!

Spirit Week Themes are as follows:

Monday, Sep. 22 – 50's Day

Tuesday, Sep. 23 – Crazy Hair / Hat Day

Wednesday, Sep. 24 – Cowboy / Cowgirl

Thursday, Sep. 25 – Pajama Day

Friday, Sep. 26 – Center Color (Black)

Matter of Balance Video & Exercise

Learn about the importance of exercise and simple, effective exercises to help prevent falls and improve balance in daily life.

Monday, Sep. 22, 12 p.m. Fee: FREE

Scrapbooking 101

Join Debbie Scoggins as she shares and teaches you the basic of Scrapbooking. Please bring 4-6 photos (not the originals) to create your own Scrapbook page. Please sign up.

Tuesday, Sep. 23, 10 a.m. Fee: FREE

Cholesterol

Join Charles Regional Medical Center Community Outreach as they present on the topic of cholesterol. Please sign up.

Wednesday, Sep. 24, 11 a.m. Fee: FREE

CarFit

Join Mike from MDOT to experience a personal CarFit to your vehicle; mirrors, seat, steering wheel will be adjusted to you. Please sign up.

Thursday, Sep. 25, 10 a.m. Fee: FREE

Talent Show

Root on your fellow seniors in our 2nd Annual Talent Show. See staff for talent registration. If you want a lunch on 9/26, please see staff or call the Richard R. Clark Senior Center to reserve a lunch by 9/23.

Friday, Sep. 26, 10 a.m.

Fee: FREE for Talent Show; Lunch is suggested donation of \$6

Ongoing Programs

Beginners Jewelry Class

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

Wednesday, Sep. 3 & 17, 10 a.m. Fee: FREE

Book Club

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

Thursday Sep. 4, 12 p.m. & 1 p.m. Fee: FREE

Free Lunchtime Music with Will

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

Wednesday, Sep. 10, 11:30 a.m. Fee: FREE

Widow to Widow Support Group

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

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

Charles County Mobile Library

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

Tuesday, Sep. 16, 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, Sep. 17, 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 with a Program Assistant at the Front Desk.

Wednesday, Sep. 17, 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.

Tuesday, 9 a.m. Fee: FREE

Tech Support

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

Wednesdays, 10 a.m. Fee: FREE

Knitting & Crocheting Family

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

Wednesdays, 9 a.m. Fee: FREE

Project Linus

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

Fridays, 9 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, Sep. 3 & 17, 10 a.m. Fee: \$5

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

Bingocize for Fall Prevention

10-week evidence-based program that combines bingo and fitness. Program starts Tuesday, September 9th and the last day is Thursday November 20th.

Tuesdays & Thursdays, 10 a.m. Fee: Free

TALENT SHOW

Root on your fellow seniors in our 2nd Annual Talent Show. See staff for Talent registration. If you want a lunch on 9/26, please see Staff or call the Richard R. Clark Senior Center to reserve a lunch by 9/23.

Friday, Sep. 26, 10 a.m.

Fee: FREE

Lunch is suggested donation of \$6

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	Quilting Class 9:00 Billiards 9:30 Coloring & Puzzles 9:30 Guitar Workshop 10:00 Cards & Games 10:00 Fitness Lunch 12:00 Stained Glass 12:00 Musicians Club 1:00 Spiritual Enrichment 1:00 Strength Training 9:00 Flex & Stretch 10:00 Zumba 11:30 Line Dance 1:00 Yoga Flow 2:00	Billiards 9:30 Crochet/Knitting 9:30 Coloring & Puzzles 9:30 Sewing Room OPEN 9:30 Cards & Games 10:00 Fitness Mah Jong 10:00 Lunch 12:00 Powder Puff Billiards 1:00 Gospel Choir 2:00 Basic Fitness Training 9:00 Dance Aerobics 11:00 Yoga Flow 12:00 AFEP 1:00 Core & More 1:30	Billiards 9:30 Sewing Room OPEN 9:30 Coloring & Puzzles 9:30 Musicians Club 10:00 Pokeno 11:00 Fitness Lunch 12:00 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 Fitness Clay Sculpting 1:00 Total Body Conditioning 9:00 Chair One Plus 10:00 AFEP 11:15 Chair Yoga 12:00 Line Dance 2:00
1 Charles County Senior Centers Closed for Labor Day 	2 Hand & Foot Canasta 10:00 Fair Registration 10:30	3 Fitness Orientation 10:00 Jewelry Club 10:00 Tech Support 10:00 Tai Chi 10:00	4 Book Club 12:00 Book Club 1:00	5 Hand & Foot Canasta 10:00
8 Legal Aid 1:00	9 Hand & Foot Canasta 10:00 Bingocize for Fall Prevention 10:00 Widow to Widow 1:00 Kohlrobi 1:00	10 Tai Chi 10:00 Tech Support 10:00 History of Constitution 10:30 Lunchtime Music with Will 11:30 Council Meeting 1:00	11 Bingocize for Fall Prevention 10:00	12 Council Bingo 9:30 Enjoy the Charles County Fair!
15 Scarecrow Competition 12:00	16 Mobile Library 10:00 Bingocize for Fall Prevention 10:00	17 Beginner Line Dance 10:00 Card Making Class 10:00 Tech Support 10:00 Jewelry Club 10:00 Fitness Orientation 10:00 Health Check 10:00 Tai Chi 10:00	18 Safety Day 10:00 Bingocize for Fall Prevention 10:00 Liturgical Dance 2:30 No Zumba	19 Project Linus Meeting 9:30 Talent Show Rehearsal 10:00
22 Sisters @ Heart 11:00 Matter of Balance Video & Exercise 12:00 Theme: 50s Day	23 Scrapbooking 101 10:00 Bingocize for Fall Prevention 10:30 Theme: Crazy Hair/Hat Day	24 Tech Support 10:00 Tai Chi 10:00 Cholesterol 11:00 Caregivers Support Group 2:00 Theme: Cowboy/Cowgirl	25 CarFit 10:00 Bingocize for Fall Prevention 10:00 Lunchtime Poetry with Charlotte 12:15 Theme: Pajama Day	26 Talent Show 10:00 Hand & Foot Canasta 10:00 Theme: Center Color (Black)
29 Scarecrow Competition 12:00	30 Bingocize for Fall Prevention 10:00			

INDIAN HEAD SENIOR CENTER

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

Get your Latest *SCOOP* online!

Program Highlights

Self Defense

Join Charles Turpin of First Strike Self Defense. Wear comfortable clothing. Space is limited. Preregistration and prepayment are required.

Wednesday, Sep. 17, 12:30 p.m. Fee: \$5

Senior Spirit Week

Celebrate National Senior Center Month with us as we have Senior Center Spirit Week! Each day has a theme leading up to a talent show hosted by the Richard R. Clark Senior Center. Sign up for the talent show is available at all centers. Participate so your center can win the coveted Talent Show Championship Cup!!

Spirit Week Themes are as follows:

Monday, Sep. 22 – 50's Day

Tuesday, Sep. 23 – Crazy Hair / Hat Day

Wednesday, Sep. 24 – Cowboy / Cowgirl

Thursday, Sep. 25 – Pajama Day

Friday, Sep. 26 – Center Color (Yellow / Gold)

Dancing for Neuroplasticity – 50s theme

Step back in time and fire up your brain! Join certified Brain Fitness Coaches Paty Masson and Judi Lyons for an uplifting workshop set to the unforgettable tunes of the 1950s. This fun-filled experience blends chair-assisted dance and cross-lateral movements that support neuroplasticity, memory, and focus. Our joyful sequences are thoughtfully crafted to stimulate **semantic, episodic, and procedural memory**, engaging both muscle memory and emotional recall. Accessible to all fitness levels while dancing to the classics you love.

Monday, Sep. 22, 12:45 p.m. Fee: Donation

Talent Show @ Clark Senior Center

Root on your fellow seniors in our 2nd annual Talent Show. See staff for talent registration. If you want a lunch on 9/26, please see staff or call the Richard R. Clark Senior Center to reserve a lunch by 9/23.

Friday, Sep. 26, 10 a.m.

Fee: FREE for Talent Show; Lunch is suggested donation of \$6

Emergency Preparedness

Be ready! Join staff to discuss planning for emergencies.

Tuesday, Sep. 30, 1 p.m. Fee: FREE

Balance Challenge!

We're celebrating Senior Center Month and Autumnal Equinox with a Balance Challenge! Come to Mobility & Balance class at 9:30 on Thursdays in September to participate.

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

Ongoing Programs

Crafting w/Mary

Join Mary monthly for a creative craft.

Tuesday, Sep. 2, 1 p.m. Fee: FREE

Lunchtime Music with Ken

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

Wednesday, Sep. 3, 12 p.m. Fee: FREE

Project Linus/ Sewing 101

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

Mondays, Sep. 8 & 22, 9:30 a.m. Fee: FREE

Pastor Chris & Friends

Tuesday, Sep. 9, 1 p.m. Fee: FREE

Widow to Widow Support Group

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

Wednesday, Sep. 10, 10 a.m. Fee: FREE

Line Dancing

Join Gwen to learn the basics of line dancing. Wednesdays, Sep. 10 & 17, 11 a.m.

Fee: Fitness Card

Bingo

Monday, Sep. 15 & 29, 9:30 a.m. Fee: 5¢ per card

Choir Group

Love to sing, this is the group for you.

Mondays, Sep. 15 & 29, 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, Sep. 16, 10:30 a.m. Fee: FREE

Green Thump Club

Summer garden maintenance continues, including weeding, watering, and harvesting.

Thursday, Sep. 18, 10:30 a.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, Sep. 19, 1 p.m. Fee: FREE

Tea Club

Come and share the health benefits of teas.

Tuesday, Sep. 23, 1 p.m. Fee: FREE

Senior Tech

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

By appointment Fee: \$1

Health & Fitness Programs

Fitness w/Natonyia: Dance Fit/Drums Alive!

Dance your way into weight loss, strong bones, better posture, balance, and de stress!

Each week alternate between Dance Fit and Drums Alive!

Mondays, 10:30 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 Flow

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

Tuesdays, 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, Sep. 24, 11 a.m. Fee: FREE

YOGA THERAPY: FOR BETTER SLEEP

Prioritizing sleep contributes to optimal brain function and memory. Physical movements and mindful awareness practices can help to release tension, manage stress, and prepare the body and mind for sleep. This session by C-IAYT, Nieda, is appropriate for all fitness levels.

Thursday, Sep. 25, 10:30 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 Fitness Dance Fit/Drums ALive! 10:30	Fitness Room 9:00 Billiards 9:00 Cards/Games 9:00 Fitness Mobility Flow 9:30 AFEP 11:15	Fitness Room 9:00 Billiards 9:00 Cards/Games 9:00 Fitness Fitness w/ Veronica 10:00 Fitness Orientation 2:00	Fitness Room 9:00 Billiards 9:00 Card/Games 9:00 Canvas Painting 11:00 Fitness Mobility & Balance 9:30 AFEP 11:15 Fitness w/Lamont 1:00 Fitness w/Lamont 2:00	Cards/Games 9:00 Fitness Room 10:15 Billiards 10:15 Fitness Chair Yoga 9:00 Cardio Fitness 10:15
1 Charles County Senior Centers Closed for Labor Day 	2 Council Meeting 9:30 Crafting w/Mary 1:00	3 Music w/Ken 12:00 Ask Doyle 1:00	4 (Mobility &) Balance Challenge 9:30 Fitness w/LaMont 1&2	5 Chair Yoga / Yoga for Osteoporosis 9:00 Cardio Fitness 10:15
8 Project Linus/Sewing 101 9:30	9 Pastor Chris 1:00	10 Widow & Widower Support 10:00 Line Dancing 11:00	11 (Mobility &) Balance Challenge 9:30	12 Cardio Fitness 10:15 Enjoy the Charles County Fair!
15 Bingo 9:30 Choir Group 1:00	16 Information & Assistance with Julie 10:30	17 Line Dancing 11:00 Self Defense 12:30	18 (Mobility &) Balance Challenge 9:30 Green Thumb Club 10:30 Crafting: Hats 1:00	19 Cardio Fitness 10:15 Walk Through the Bible 1:00
22 Project Linus/Sewing 101 9:30 50s Dance Party 12:45 Theme: 50s Day	23 Tea Club 1:00 Shibashi 3:00 Theme: Crazy Hair/Hat Day	24 Mobile Market 11:00 Book Club 1:00 Theme: Cowboy/Cowgirl	25 (Mobility &) Balance Challenge 9:30 Yoga Therapy for Sleep 10:30 Theme: Pajama Day	26 Talent Show at RRCSC Theme: Center Color (Yellow/Gold) No Chair Yoga
29 Bingo 9:30 Choir Group 1:00	30 Emergency Preparedness 1:00			

NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest SCOOP online!

Program Highlights

Nanjemoy Law Day

Thinking about creating a will? Need information about protecting and preserving family property? Questions about Landlord-Tenant issues? Join us for Nanjemoy Law Day brought to you by the University of MD Eastern Shore, SoMD Legal Aid Bureau and Charles County Department of Community Services. This program will feature informative presentations and resource vendors. Session topics include Estate Planning is for Everyone, Tangled Titles: Understanding Heir Property Issues in Maryland, and Understanding Landlord/Tenant Issues. Lunch consisting of a hotdog, chips, and water will be available for \$2. Saturday, Sep. 6, 10 a.m.-2 p.m. Fee: FREE

Informational Session

Join us for a presentation by the University of Maryland Medical Center. During an emergency or at the end of life, you may face questions about medical treatment. You may assume your loved ones know what you want, but that's not always true. Learn the differences between Advanced Directives, Living Wills, MOLST, Hospice Care, and Palliative Care.

Wednesday, Sep. 10, 10 a.m. Fee: FREE

Senior Spirit Week

Celebrate National Senior Center Month with us as we have Senior Center Spirit Week! Each day has a theme leading up to a talent show hosted by the Richard R. Clark Senior Center. Sign up for the talent show is available at all centers. Participate so your center can win the coveted Talent Show Championship Cup!!

Spirit Week Themes are as follows:

Monday, Sep. 22 – 50's Day

Tuesday, Sep. 23 – Crazy Hair / Hat Day

Wednesday, Sep. 24 – Cowboy / Cowgirl

Thursday, Sep. 25 – Pajama Day

Friday, Sep. 26 – Center Color (Green)

Matter of Balance Video & Exercise

Learn about the importance of exercise and simple, effective exercises to help prevent falls and improve balance in daily life.

Wednesday, Sep. 24, 10 a.m. Fee: FREE

Talent Show @ Clark Senior Center

Root on your fellow seniors in our 2nd annual Talent Show. See staff for talent registration. If you want a lunch on 9/26, please see staff or call the Richard R. Clark Senior Center to reserve a lunch by 9/23.

Friday, Sep. 26, 10 a.m.

Fee: FREE for Talent Show; Lunch is suggested donation of \$6

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, Sep. 8 Fee: FREE

Clip Sign, Sep. 15 Fee: \$3

Casual Crafting, Sep. 22 Fee: FREE

Air Clay Ghosts, Sep. 29 Fee: \$2

I&A Services

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

Thursday, Sep. 18, 9:30 a.m. Fee: FREE

Nickel Bingo

Join us for bingo every week!

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

Health & Fitness Programs

Fitness Beats

Dance your way to health and vitality!

Mondays, Sep. 8 & 29, 12 p.m.

Fee: Fitness Card

Core Fitness

New day and time! Strengthen your core with Jinjer.

Mondays, 9 a.m. Fee: Fitness Card

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

Total Body Conditioning

Get a total body workout at a new day and time!

Thursdays, 9 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, Sep. 9, 10:30 a.m.

Fee: FREE

WIC Services

Friday, Sep. 5 & 19, 9 a.m.-4 p.m. Fee: FREE

Mobile Food Market

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

Wednesday, Sep. 19, 12-2 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

Let's Take a Trip

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

Tuesday, Sep. 23, 1 p.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 Lunch12:00 Dominos.....1:00 Games/Puzzles.....1:00 Fitness Core Fitness9:00 AFEP10:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness Shop the Rack1:00 Flex & Stretch.....10:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness Walking Club.....1:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Shop the Rack8:30 Lunch12:00 Senior Tech Appts.....8:30 Nickel Bingo.....12:45 Dominos.....1:00 Games/Puzzles1:00 Fitness Total Body Conditioning.....9:00 Chair Yoga11:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Shop the Rack8:30 Lunch12:00 Senior Tech Appts.....8:30 Dominos.....1:00 Games/Puzzles1:00 Fitness AFEP10:00 Walking Club.....11:00
1 Charles County Senior Centers Closed for Labor Day 	2 Flex & Stretch.....10:00	3 Fair Registration10:00	4 Total Body Conditioning.....9:00	5 Walking Club11:00 Nanjemoy Law Day Sat. Sep. 6
8 Senior Council Meeting10:00 Fitness Beats12:00 Artistic Aesthetics: <i>Casual Crafting</i>1:00	9 <u>Community Program</u> Mobile Library10:30	10 University Of MD Presentation.....10:00	11 Casual Crafting8:30 Bingo12:45	12 Walking Club11:00 <u>Community Program</u> WIC Services9:00 Enjoy the Charles County Fair!
15 Artistic Aesthetics: <i>Clip Sign</i>1:00	16 Games & Puzzles.....1:00	17 Billiards.....8:30 <u>Community Program</u> Mobile Food Market12:00	18 I & A9:30 Bingo12:45	19 Rehearsal10:00 Dominos1:00
22 Artistic Aesthetics: <i>Casual Crafting</i>1:00 Theme: 50s Day	23 Flex & Stretch.....10:00 Let's Take a Trip1:00 Theme: Crazy Hair/Hat Day	24 Fitness Room.....8:30 Matter of Balance Video & Exercise.....10:00 Theme: Cowboy/Cowgirl	25 Billiards.....8:30 Theme: Pajama Day	26 All Centers Talent Show 10:00 <u>Community Program</u> WIC Services9:00 Theme: Center Color (Green)
29 Fitness Beats12:00 Artistic Aesthetics: <i>Clay Ghosts</i>1:00	30 Dominos.....1:00			

WALDORF SENIOR & RECREATIONAL CENTER

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

Get your Latest SCOOP online!

Program Highlights

Classical Music Month

In honor of Classical Music, we will be showcasing different genres of music throughout the month:

Country Music by Will Yeckley

Wednesday, Sep. 3, 12:30 p.m. Fee: FREE

Gospel by Waldorf Gospel Choir

Wednesday, Sep. 10, 12:30 p.m. Fee: FREE

Jazz with Frederick Fair

Friday, Sep. 19, 1 p.m. Fee: FREE

Rock & Roll by Guitar Club

Wednesday, Sep. 24, 12:30 p.m. Fee: FREE

Maryland Insurance Administration

The Maryland Insurance Administration (MIA) is the state agency that can help you better understand your policies, address your insurance and concerns, and help you compare rates for home and auto insurance.

Thursday, Sep. 4, 10 a.m.-1 p.m. Fee: FREE

Conversational Sign Language

Are you interested in learning some tips and tricks on how to converse using sign language? Then this fun and interactive class is for you!

Mondays, Sep. 8-29, 10 a.m. Fee: \$10

Senior Spirit Week

Celebrate National Senior Center Month with us as we have Senior Center Spirit Week! Each day has a theme leading up to a talent show hosted by the Richard R. Clark Senior Center. Sign up for the talent show is available at all centers. Participate so your center can win the coveted Talent Show Championship Cup!!

Spirit Week Themes are as follows:

Monday, Sep. 22 – 50's Day

Tuesday, Sep. 23 – Crazy Hair / Hat Day

Wednesday, Sep. 24 – Cowboy / Cowgirl

Thursday, Sep. 25 – Pajama Day

Friday, Sep. 26 – Center Color (Purple)

Advanced Directives

We invite you to join us for an informative session where we will discuss the differences between Advanced Directives, Living Wills, MOLST (Medical Orders for Life-Sustaining Treatment), Hospice Care, and Palliative Care.

Tuesday, Sep. 23, 10:30 a.m. Fee: FREE

Matter of Balance Video & Exercise

Learn about the importance of exercise and simple, effective exercises to help prevent falls and improve balance in daily life.

Thursday, Sep. 25, 11 a.m. Fee: FREE

Talent Show @ Clark Senior Center

Root on your fellow seniors in our 2nd annual Talent Show. See staff for talent registration. If you want a lunch on 9/26, please see staff or call the Richard R. Clark Senior Center to reserve a lunch by 9/23.

Friday, Sep. 26, 10 a.m. Fee: FREE

for Talent Show; Lunch is suggested donation of \$6

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, Sep. 2 & 9, 10 a.m. Fee: FREE

Widow & Widower Support Group

Facilitated by Brenda Dubose.

Monday, Sep. 8, 9:30 a.m. Fee: FREE

Jewelry Club

You will make beautiful pieces of jewelry in this class. All supplies will be provided.

Sign up and payment required at front desk. Please pre-register.

Wednesday, Sep. 10, 10 a.m. Fee: \$3

Bible Study

Facilitated by Minister Yvonnde' Wilson. All are welcome!

Tuesday, Sep. 16, 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, Sep. 16, 12:30 p.m. Fee: FREE

Jazz Appreciation

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

Friday, Sep. 19, 1 p.m. Fee: FREE

Book Club

This month's book is "Boundary Waters" by William Kent Krueger. Please come prepared with your thoughts on this book and join in the discussions. Next month's book will be "Dracula" by Bram Stoker.

Thursday, Sep. 25, 1 p.m. Fee: FREE

Better Breather's Club

Helping you cope with lung conditions while offering compassionate support. 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.

Takes place the last Thursday of each month.

Tuesday, Sep. 30, 1 p.m. Fee: FREE

Basic Sewing

Join instructor, Melon Spriggs, and learn basic sewing techniques. Please bring your own sewing supplies (fabrics, thread, etc.)

Mondays & Wednesdays, 1 p.m. Fee: FREE

Guitar Club

Bring your guitar/instrument to the center and play some tunes while learning new skills from peers.

Mondays, 11 a.m. & Thursdays, 1 p.m.

Fee: FREE

Leather Crafting

Please bring your own materials, including a piece of leather suitable for your project and some general leather crafting tools. Any materials needed moving forward will be discussed during your first class.

Tuesdays, 12 p.m.

Fee: FREE

Gospel Choir

Sing or listen, all are welcome.

Thursdays, 9:30 a.m.

Fee: FREE

BINGO

How it Works: Players must purchase sheets the day of and can only be used on date of purchase. There are 25 games to play, winnings are determined by number of purchased players. Bingo card sales run from 9:30 a.m. to 10:15 a.m. **Bingo cards will not be sold after 10:15 a.m.** Bills used to purchase bingo cards must be \$10 or less. Bingo play begins at 10:30 a.m. on Thursdays unless otherwise noted in the SCOOP.

Thursdays, 10:30 a.m. Fee: Your Purchase

Crochet Club

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

Fridays, 10 a.m. Fee: FREE

Paper Crafting

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

Fridays, 1 p.m. Fee: FREE

Health & Fitness

Skills & Drills

Join Nate Schultz to improve your pickleball skills as he runs you through different skills and drills. Pre-registration is required, opens Monday before. Participants can only sign up a max of 2 people at a time (yourself and a friend). See or call front desk to register.

Thursdays, Sep. 4 & 11, 11 a.m. Fee: FREE

Fitness Room Orientation

Mandatory before first use of fitness room.

Registration required.

Wednesdays, Sep. 10 & 24, 10:30 a.m.

Monday, Sep. 15 & 29, 11:30 a.m. Fee: \$5

Cardio Fitness

New class at WSRC!

Wednesday, Sep. 10, 2 p.m. Fee: Fitness Card

Community

Grandparent & Me

Charles County Recreation is excited to bring this series of multigenerational programs, break down the technology barrier and get back to basics! Join them as they bridge the generational gap through a wide array of fun crafts and activities to challenge your mind & body. Youth and adult participation required. For more information contact the center directly at 240-448-2810, select Opt. 2.

Friday, Sep. 12, 10:30 a.m.

Thursday, Sep. 25, 2:30 p.m.

Fee: \$10

WALDORF SENIOR & RECREATIONAL CENTER

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

Hours: 9 a.m.–4 p.m., Monday–Friday

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness Room 9:00 Racquetball 9:00 Guitar Club 11:00 Pinochle 11:00 Lunch 12:00 Basic Sewing 1:00 Table Tennis 2:30 Fitness Chair Dance Aerobics 9:30 Stability Ball Fitness 10:30 Chair One Plus 11:30 Kettlebell Fitness 12:30 Enhanced Fitness 1:30	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 Fitness Walking Club 12:30 Basketball 1:00 Fitness Total Body Conditioning 9:30 Line Dancing 11:30 Tai Chi for Health 1:00	Fitness Room 9:00 Racquetball 9:00 Basketball 10:00 Bridge Club 10:00 Lunch 12:00 Basic Sewing 1:00 Fitness Chair Dance Aerobics 9:30 AFEP 10:30 Basic Fitness Training 11:30 Enhanced Fitness 1:00	Fitness Room 9:00 Racquetball 9:00 Gospel Choir 9:30 Watercolors 10:30 Pinochle 11:00 Lunch 12:00 Fitness Walking Club 12:30 Mah Jong 1:00 Basketball 1:00 Guitar Club 1:00 Table Tennis 2:30 Fitness Total Body Conditioning 9:30 Drums Alive 10:30 Line Dancing 11:30 Tai Chi for Health 1:00	Fitness Room 9:00 Racquetball 9:00 Crochet Club 10:00 Lunch 12:00 Paper Crafting 1:00 Fitness Chair Dance Aerobics 9:30 Gentle Stretching 10:30 AFEP 11:30 Core and More 12:30 Yoga Flow 1:30
1 Charles County Senior Centers Closed for Labor Day 	2 Prayer Group 10:00 Intro to Pickleball (3) 11:00	3 Country Music 12:30	4 Maryland Insurance Administration 10:00 Bingo 10:30 Skills & Drills 11:00	5 Diabetes Prevention 10:30
8 Widow & Widower Support Group 9:30 Conversational Sign Language 10:00	9 Prayer Group 10:00 Intro to Pickleball (4) 11:00	10 Jewelry Club 10:00 Fitness Orientation 10:30 Gospel 12:30 Cardio Fitness 2:00	11 Bingo 10:30 Skills & Drills 11:00	12 Grandparent & Me 10:30 Enjoy the Charles County Fair!
15 WSC Council Meeting 9:30 Conversational Sign Language 10:00 Fitness Orientation 11:30	16 Bible Study 11:00 Intro to Pickleball (5) 11:00 Poetry Club 12:30	17 Basketball 10:00	18 Bingo 10:30	19 Diabetes Prevention 10:30 Jazz Appreciation 1:00
22 Conversational Sign Language 10:00 Theme: 50s Day	23 Advanced Directives 10:30 Intro to Pickleball (6) 11:00 Theme: Crazy Hair/Hat Day	24 Fitness Orientation 10:30 Rock & Roll 12:30 Theme: Cowboy/Cowgirl	25 Bingo 10:30 Matter of Balance Video & Exercise 11:00 Book Club 1:00 Grandparent & Me 2:30 Theme: Pajama Day	26 Talent Show at the Clark Senior Center! Theme: Center Color (Purple)
29 Conversational Sign Language 10:00 Fitness Orientation 11:30	30 Intro to Pickleball (7) 11:00 Better Breathers 1:00			



Falls Prevention Week

The Week of September 22-26: Focus on Fall Prevention

Talk to your healthcare provider about having a falls prevention plan, current medications, health conditions, and falls history. Physical activity improves your balance, flexibility, and strength. Wearing shoes that fit well and are anti-slip and lightweight. Keep your home and floors clear of clutter, boxes, cords, and loose area rugs. Install and use assistive devices like handrails and grab bars. Join us in our centers for some fall prevention information and classes.

Matter of Balance Video and Exercises

Richard R. Clark Senior Center: Monday, Sep. 22, 12 p.m.

Nanjemoy Senior & Community Center:

Wednesday, Sep. 24, 10 a.m.

Waldorf Senior & Rec. Center: Thursday, Sep. 25, 11 a.m.

Shibashi for Fall Prevention

Indian Head Senior Center: Tuesday, Sep. 23 9 a.m. (see pg. 8)

It's Yoga Month!

To be agile means to move. Being able to reach, bend, get off the floor touch your feet are all functional movements that we need for life and longevity. Your challenge this month is for you to take one yoga class a week then let us know how you feel!!! Who knows, you may get hooked!

Bingocize for Fall Prevention

Fitness-health. Education-nutrition.

Bingocize isn't just another health program, it is a vibrant fusion of fitness and health education that incorporates the beloved game of bingo! It isn't just health education and exercise, it is about creating memorable experiences infused with music, movement and social connections. This 10-week class meets twice a week. Join us in this evidence-based program for fun, movement and prizes! Registration required.

Richard R. Clark Senior Center:

Tuesdays & Thursdays, 10 a.m. • Fee: FREE

Walk to End Alzheimer's

On Sept 27th, join us as we take our flowers and walk/raise money to fight against Alzheimer's.

Location: LaPlata Town Hall

Registration at 8:30 a.m. | Ceremony at 9:30 a.m. | Walk at 10 a.m.
Register at: www.endalz.org

Team: Charles County Senior Centers • **Captain:** Debi Shanks

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

Debi & Nate

Dancing for Neuroplasticity

Best of the 50's

This workshop will focus on memory, mental focus and a whole lot of FUN! Join Brain certified fitness coaches Judi Lyons & Paty Masson as they get you thinking AND moving!

Indian Head Senior Center:

Monday, Sep. 22, 12:45 p.m. • Fee: Donation

Beginner Line Dance

Join Carrie as she takes you through the basic moves to line dances! This class helps with balance, coordination and rhythm.

Richard R. Clark Senior Center:

Wednesday, Sep. 17, 10 a.m. • Fee: FREE

Liturgical Dance

This Christian dance group movement using flags for expression of adoration and thanks to celebrate life, love & God.

Richard R. Clark Senior Center:

Thursday, Sep. 18, 2:30 p.m. • Fee: FREE



Biking

Fridays, Sep. 5 & 19 @ 9:30 a.m.



Indian Head Rail Trail (White Plains) Grab your water and meet Nate at the beginning of the trail for an hour round trip ride. • Fee: FREE

Intro to Kayaking & Group Kayaking

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

Beginner: Wednesday, Sep. 10, 10 a.m.

Self-Led: Wednesday, Sep. 10, 11 a.m.

Fee: \$5 for 1 hour

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

Water Aerobics

Classes begin Sep. 8-Oct. 30. *No class Oct. 13th*

Lackey:

Tuesdays/Thursdays, 3 p.m. Fee: \$45

Donald M Wade Aquatic Center (St Charles HS):

Mondays/Wednesdays, 3 p.m. Fee: \$45

OR Tuesdays/Thursdays, 3 p.m. Fee: \$45

Participants can only sign up for one session.

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 Charles County Senior Centers Closed for Labor Day 	2 Apple Juice Turkey Sausage Egg & Cheese w/ English Muffin Home Fries Green Beans Fresh Grapes	3 Fruit Punch Turkey Chili Rice Corn Peaches	4 Orange Juice Swedish Meatballs Egg Noodles Green Beans Broccoli Orange Slices	5 Vegetarian Meal Grape Juice Egg Salad w/ Bun Tomato Soup Cole Slaw Apple Crisp			
8 Cranberry Juice Oven Fried Chicken Mashed Potatoes Dinner Roll Broccoli Pineapple Tidbits	9 Vegetarian Meal Orange Juice Vegetarian Spanish Rice & Beans w/ Salsa Fiesta Corn Fresh Grapes	10 Fruit Punch Baked Lemon Flounder Rice Pilaf Green Beans California Blend Veggies	11 Apple Juice Liver & Onions Home Fries Dinner Roll Spinach Orange Slices	12 Grape Juice Ham & Cheese on bun Tomatoes & Cucumbers Peach Cobbler			
15 Cranberry Juice Cheeseburger on Bun Home Fries Fiesta Corn Fruit Cocktail	16 Vegetarian Meal Orange Juice Mushroom Tetrazzini w/ Spaghetti Noodles Spinach Italian Mixed Veggies Fresh Grapes	17 Fruit Punch Grilled Kielbasa on Hot Dog Roll Onions and Peppers Green Beans Peaches	18 Apple Juice Open Faced Turkey w/ Gravy with Sliced Bread Mashed Potatoes Carrots Orange Slices	19 Grape Juice Tuna Salad Sandwich Broccoli & Cheddar Soup Fresh Coleslaw Apple Crisp			
22 Cranberry Juice Chicken Stir Fry Rice Stir Fry Veggies Broccoli Pineapple Tidbits	23 Vegetarian Meal Baked Rotini Italian Blend Veggies Green Beans Fresh Grapes	24 Birthday Celebration Fruit Punch Beef Meatloaf & Gravy Mashed Potatoes Dinner Roll Peas Pears	25 Apple Juice Chicken Tenders Pancakes and Syrup Home Fries Onions & Peppers Orange Slices	26 Grape Juice Chicken Salad on Bun Tomatoes & Cucumbers Cherry Cobbler			
29 Cranberry Juice Chicken Parm Pasta California Blend Veggies Spinach Fruit Cocktail	30 Orange Juice Turkey Shepards Pie Mashed Potatoes Dinner Roll Mixed Veggies Fresh Grapes						
<p>Charles County Luncheon Program <i>Available at Noon • Days Vary By Center</i></p> <p>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.</p> <p>Clark Senior Center.....Tuesday–Friday Indian Head Senior Center.....Monday–Friday</p> <p>Nanjemoy Senior CenterMonday–Friday Waldorf Senior CenterMonday–Friday</p>							
<p>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.</p>							

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.

Dinner Theatre Bus Trip: White Christmas

Riverside Center for the Performing Arts

Join us as we celebrate the season and enjoy a live performance of the Christmas classic: **White Christmas**. Veterans Bob Wallace and Phil Davis have a successful song-and-dance act after World War II. With romance in mind, the two follow a duo of beautiful singing sisters en route to their Christmas show at a Vermont lodge, which just happens to be owned by Bob and Phil's former army commander. With a dazzling score featuring well-known standards including "Blue Skies," "I Love a Piano," "How Deep Is the Ocean" and the perennial title song, **White Christmas** is an uplifting, wholesome musical that will delight audiences of all ages!

Trip fee includes transportation in a coach bus, lunch service, live entertainment, snacks, and gratuity. Wear your favorite Christmas sweater!! Signup available at all Charles County Senior Centers.

Wednesday, Dec. 3, 2025

Departure from the Richard R. Clark Senior Center at 10 a.m.

Estimated return time approximately 5 p.m. • Fee: \$135

Travel Leaders/Action Travel Tours – 3290 Old Washington Rd - Waldorf

Call for detailed itineraries and pricing 301-645-1770

October 18 2025: Luckett's Fall Market.

December 6, 2025: Christmas in Hunt Country, Middleburg, VA Festival.

December 16-18, 2025: 2 Night NYC Christmas Spectacular.

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 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, Sep. 12, 9:30 a.m. • Fee: \$4= 3 face cards; \$8= 6 face cards paid to RRCSC Council

Memorial Plaques

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

Indian Head Senior Council

Community Yard Sale

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

Wednesday, Sep. 24, 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 September Sponsored/Hosted Activities & Events

Clark Senior Center
Sunset Memorial,
Bingo

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

**Nanjemoy Senior &
Community Center**
Law Day Lunch Service

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