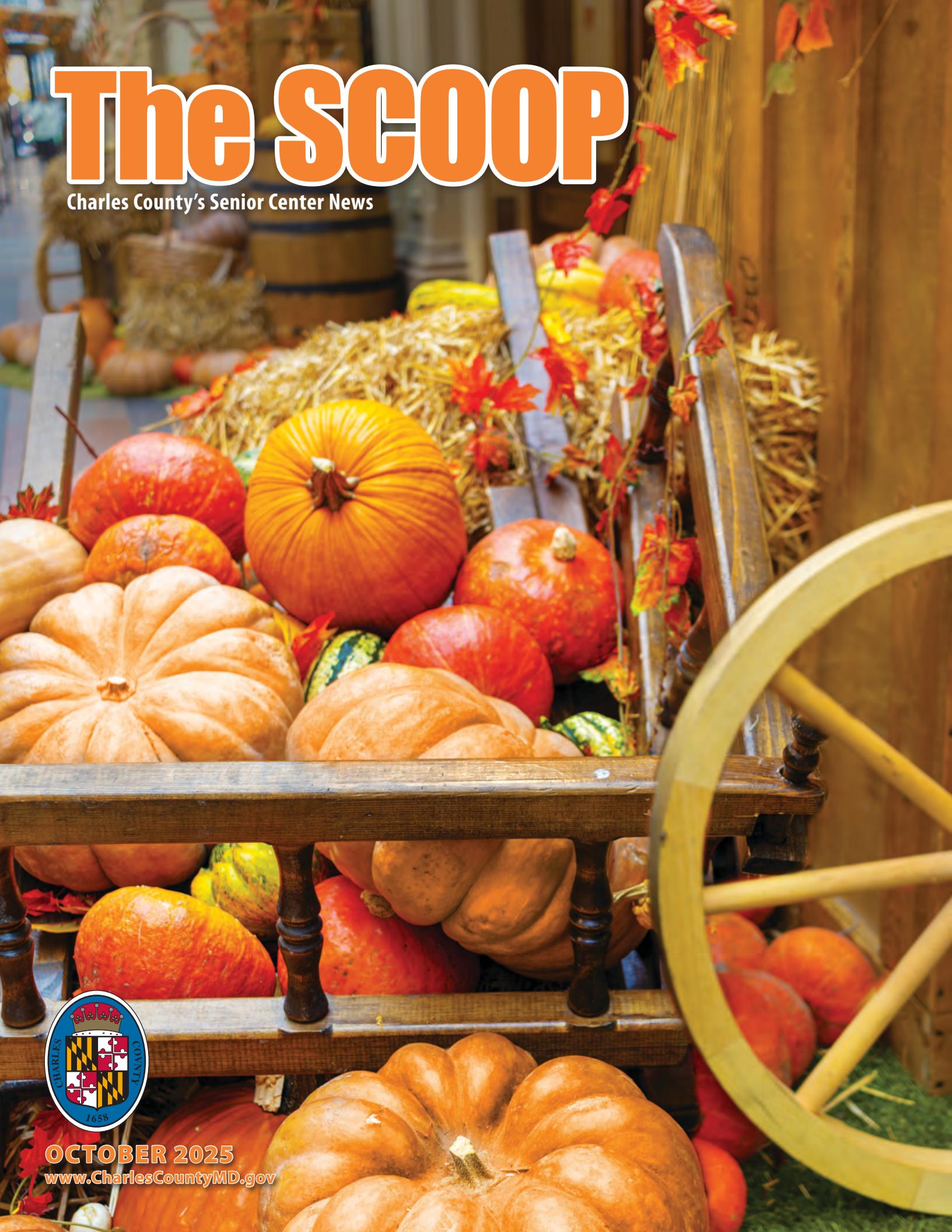


The SCOOP

Charles County's Senior Center News



OCTOBER 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

Monday, Oct. 13 in honor of Indigenous Peoples' Day!

Wednesday, Oct. 22 at 1:30 p.m.



Annual Registration Update

It is that time of year again! October kicks off our annual registration update. See staff at your local senior center to complete your updated registration paperwork. This information is crucial for our operations and for our organization to comply with federal and state guidelines. Current registration is a standard for participation in Charles County Senior Centers.

Additionally, having your registration current as of October 2026 will make senior, county residents eligible for Jaycee's event tickets when distribution opens.

When completing your paperwork, please circle your most visited / "home" center. This information helps us determine the volume of distribution for Jaycees party tickets and SCOOP magazines. If you have any questions or concerns about registration updates, please see staff at your local Charles County Senior Center.

23rd Annual Nanjemoy Heritage Day:

Saturday, Oct. 4, 11:30 a.m.-3 p.m.

Celebrate 23 years of history, family, and fun at our 23rd Annual Nanjemoy Heritage Day. Event features a parade and car show, entertainment, vendors, food and more! Free to attend. Event held rain or shine.



World Vegetarian Day: Oct. 1

High-Protein Sweet Potato Boats

Ingredients

- 2 medium sweet potatoes (10 to 12 ounces each)
- 1 tablespoon extra-virgin olive oil
- 1 1/2 teaspoons kosher salt, divided
- freshly-ground black pepper
- 1 (15.5-ounce) can black or pinto beans, drained and rinsed
- 1/2 cup cottage cheese (I always use Good Culture)
- 1/4 cup chopped fresh cilantro leaves and tender stems, plus more for serving
- 1 teaspoon each ground cumin, smoked paprika, and garlic powder
- 4 ounces cheddar, pepper jack, or Monterey jack cheese, grated (1 cup), divided
- hot sauce, if desired
- diced avocado, lime wedges, and roasted pepitas, for serving

Instructions

1. Heat the oven to 425°F. Slice the potatoes in half lengthwise, rub with oil, and season with 1/2 teaspoon salt and several grinds pepper. Place cut side down on a baking sheet. Roast until very tender, 25 to 30 minutes.
2. Meanwhile, in a large bowl, stir together the beans, cottage cheese, cilantro, cumin, smoked paprika, garlic powder, half of the grated cheese, remaining 1 teaspoon salt, several grinds pepper, and a few dashes of hot sauce (if using).
3. Let the potatoes cool slightly, then scoop out the flesh and transfer to the bowl. Stir to combine and season with more salt to taste.
4. Increase the oven to broil. Sprinkle half of the remaining cheese into the sweet potato skins and broil until the cheese is melted and the skins are crispy, about 2 minutes.
5. Divide the sweet potato-bean mixture between the boats (you won't use it all — use leftovers for quesadillas!) and top with the remaining cheese. Broil until the filling is warmed through and the cheese is melted, 2 to 4 minutes.
6. Top with avocado, cilantro, a squeeze of lime juice, pepitas, and more hot sauce.

Information from <https://graceelkus.com/recipes/high-protein-sweet-potato-boats/>



Important Update on Party Ticket Prices

Party season is upon us at our Senior Centers! Please note that party tickets will now include the cost of a full-price lunch (minimum of \$10.39). This change is being made to help support rising food costs and to ensure we can continue providing high-quality congregate meal services. Each center will celebrate Thanksgiving, Christmas and varying other party events at each center.

If you prefer not to have lunch, you can still purchase a party ticket without the meal. Party tickets may vary by senior center, so be sure to check with your local center for details.

We look forward to seeing you at the party—whether you join us for lunch or just for the fun!

Healthy Sweet Fall Treat:

Pumpkin Pie Hummus

Ingredients

- 1 (15 oz.) can chickpeas, drained and rinsed
- 1/4 cup nut or seed butter
- 1/4 cup maple syrup
- 1 1/4 cups pumpkin puree
- 2 1/2 teaspoons pumpkin pie spice
- 2 teaspoons vanilla extract
- pinch of sea salt

Instructions

Place all ingredients, chickpeas through sea salt, in the bowl of a food processor or blender. Blend until completely smooth.

Suggested Dippers

- Graham crackers or Teddy Grahams
- Nilla wafers or ginger snaps
- Cinnamon pita chips
- Apple Slices

Information from <https://www.yummymummykitchen.com/2017/09/pumpkin-pie-dessert-hummus.html>





Ask SHIP:

What is Medicare's Open Enrollment Period? What changes can I make during this time?

Medicare's Open Enrollment Period (OEP) runs from October 15 through December 7 each year. During this time, you can make certain changes to your health insurance coverage, including adding, dropping, or changing your Medicare Advantage and Part D coverage. Even if you are happy with your current health and drug coverage, Medicare's Open Enrollment Period is a good time to review what you have, compare it with other options, and make sure that your current coverage still meets your needs for the coming year.

The changes you can make include:

1. Joining a new Medicare Advantage Plan
2. Joining a new Part D prescription drug plan
3. Switching from Original Medicare to a Medicare Advantage Plan
4. Switching from a Medicare Advantage Plan to Original Medicare (with or without a Part D plan)

Regardless of how you receive your Medicare coverage, you should consider:

- Your access to health care providers you want
- Your access to preferred pharmacies
- Your access to benefits and services you need
- The total costs for insurance premiums, deductibles, and cost-sharing amounts
- The quality of the customer service you receive

If you have a Medicare Advantage Plan or a stand-alone Part D plan, read your plan's Annual Notice of Change (ANOC) and/or Evidence of Coverage (EOC). Review these notices for any changes in a) the plan's costs, b) the plan's benefits and coverage rules, or c) the plan's formulary (list of drugs your plan covers). Make sure that your drugs will still be covered next year and that your providers and pharmacies are still in the plan's network. If you are unhappy with any of your plan's changes or your plan's performance, you can enroll in a new plan.

If you want assistance reviewing your options, **Contact your State Health Insurance Assistance Program (SHIP)** for unbiased counseling, at 301-609-5712 (La Plata area residents) or 240-448-2816 (Waldorf area residents).

Self-Enrollment Assistance Labs

Do you need help searching for a 2026 Part D drug plan or considering a Medicare Advantage plan? Join us and we will show you how to create your Medicare.gov account, research your plan options and enroll for 2026. Please bring your Medicare card and list of prescriptions. ***Must be able to use the computer independently*** Appointments are encouraged to secure your spot, but walk-ins are welcome. Check with your library or senior center for a sign-up list or call the I&A office at 301-609-5712.

Charles County Public Libraries (9:30am -12:30pm):

Nov 17, 2025 - PD Brown Library

Nov 18, 2025 - Waldorf West Library

Senior Centers (9:30am – 12:30pm):

Oct 28, 2025 - Waldorf Senior & Recreation Center

Nov 6, 2025 - Richard R. Clark Senior Center

Nov 10, 2025 - Waldorf Senior & Recreation Center

Dec 4, 2025 - Richard R. Clark Senior Center

AARP Tax-Aide Volunteers & Training

Preparation for 2026 tax season is underway and once again the Senior Information and Assistance Office is partnering with AARP to assist seniors and moderate to low-income adults with income tax preparation. This is a FREE service through the AARP Tax-Aide Foundation. Last year volunteers assisted over 930 local residents file their federal and state income tax returns in Charles County.

We are currently looking for **Volunteers** to assist in Tax coordination and preparation!! We need Tax Counselors and Client Facilitators. Tax Counselors provide preparation of tax returns. Client Facilitators greet taxpayers and assist them with completing intake and necessary forms.

Training will take place during the month of January. Individuals wishing to enroll in the AARP Income Tax Training Program for 2026 should apply directly to <https://www.aarp.org/volunteer/programs/tax-aide/>

Click "Volunteer Now" then "Create Account". Once submitted, your application will be routed to the volunteer program coordinator in your jurisdiction.





Legal Aid

Legal Aid: Nov. 10th & Dec 8th
By appointment **only** at the Richard Clark Senior Center, contact **301-609-5712** to schedule.



World Hospice and Palliative Care Day

Saturday, Oct. 11th is World Hospice and Palliative Care Day. Is important to know the differences between these services and when it maybe to consider their support.

Palliative care and hospice care both focus on improving quality of life for people with serious illnesses, but they differ in timing and approach. Palliative care can begin at any stage of an illness and may be provided alongside curative or life-extending treatments. Its goal is to manage symptoms, reduce stress, and address physical, emotional, and spiritual needs. Care is delivered by a team of doctors, nurses, social workers, and other specialists, and it can take place in hospitals, clinics, nursing homes, or at home. Palliative care continues for as long as needed, regardless of prognosis.

Hospice care, on the other hand, is specifically for individuals nearing the end of life, typically when a doctor determines a person has six months or less to live if the illness runs its usual course. Unlike palliative care, hospice care does not include curative treatment and instead it emphasizes comfort, dignity, and support for both the patient and their family. It is usually provided at home, in hospice centers, nursing homes, or hospitals.

Both approaches share the same core aim: to ease suffering, enhance comfort, and support the whole person, not just their medical condition.

Information from:
<https://www.nia.nih.gov/health/hospice-and-palliative-care/what-are-palliative-care-and-hospice-care>

Caregiver's Corner: Tips for Everyday Care for People with Dementia

Early on in Alzheimer's and related dementias, people experience changes in thinking, remembering, and reasoning in a way that affects daily life and activities. Eventually, people with these diseases will need more help with simple, everyday tasks. This may include bathing, grooming, and dressing. It may be upsetting to the person to need help with such personal activities. Here are a few tips to consider early on and as the disease progresses:

- Try to keep a routine, such as bathing, dressing, and eating at the same time each day.
- Help the person write down to-do lists, appointments, and events in a notebook or calendar.
- Plan activities that the person enjoys and try to do them at the same time each day.
- Consider a system or reminders for helping those who must take medications regularly.
- When dressing or bathing, allow the person to do as much as possible.
- Buy loose-fitting, comfortable, easy-to-use clothing, such as clothes with elastic waistbands, fabric fasteners, or large zipper pulls instead of shoelaces, buttons, or buckles.
- Use a sturdy shower chair to support a person who is unsteady and to prevent falls. You can buy shower chairs at drug stores and medical supply stores.
- Be gentle and respectful. Tell the person what you are going to do, step by step while you help them bathe or get dressed.
- Serve meals in a consistent, familiar place and give the person enough time to eat.

Information from <https://www.alzheimers.gov/life-with-dementia/tips-caregivers>



CLARK SENIOR CENTER

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

Get your Latest *SCOOP* online!

Program Highlights

Mystery Puzzle

Join the Puzzle Club as they assemble and solve a mystery within a puzzle. Starts Wednesday October 1st, assemble the puzzle throughout the month of October, solving the mystery will occur on Friday, October 31st. Please sign up.

Wednesday, Oct. 1, 1 p.m. Fee: FREE

Brain Fun

Join certified Brain Fitness coaches Judi Lyons & Paty Masson for a vibrant workshop that combines music with brain-boosting movements, accessible to all. Please sign up.

Monday, Oct. 6, 12 p.m. Fee: \$5

Scrapbooking

Join Debi Scoggins as she teaches you how to assemble a scrapbook page of photos & memories. Please sign up.

Tuesday, Oct. 7, 10 a.m. Fee: FREE

"Revive" Grief Counseling Program

A six-week Grief Counseling Program to help those learn to cope with the loss of a loved one. Please sign up.

Wednesday, Oct. 8, 15, 22, 29, 10:30 a.m.

Fee: FREE



Pizza & Painting

Fall is here! Paint an 8X10 canvas with a fall themed design and enjoy 2 slices of pizza (cheese or pepperoni), fruit and a bottle of water. All supplies provided. Space is limited. Prior registration with payment is required.

Monday, Oct. 20, 12 p.m. Fee: \$10

Self-Defense

Join Charles Turpin IV as he refreshes previous choke holds, arm grabs, bear hugs, maneuvers and teaches new techniques. Students should wear comfortable fitness attire, and athletic shoes. Please sign up & pay before class.

Tuesday, Oct. 21, 9:30 a.m. Fee: \$5

Taco Tuesday

Tuesday, Oct. 21, 11:30 a.m. Fee: FREE

Center of Abused Persons (CAP)

Join Stephanie Cruz with CAP for an informative presentation. Please sign up.

Thursday, Oct. 23, 10 a.m.

History of Halloween

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

Tuesday, Oct. 28, 10:30 a.m. Fee: FREE

Halloween Costume Party

Enjoy a fun, festive costume party with music. Party ticket sales and lunch reservations close on Tuesday, October 28th. Ticket required for party. Lunch not included, must sign up for lunch separately with staff; lunch donation collected on party day.

Thursday, Oct. 30, 10:30 a.m. Fee: \$5

Ongoing Programs

Jewelry Club

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

Wednesday, Oct. 1 & 15, 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 Oct. 2, 12 p.m. & 1 p.m. Fee: FREE

Widow to Widow Support Group

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

Tuesday, Oct. 14, 1 p.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, Oct. 15, 10 a.m. Fee: FREE

Lunchtime Music w/Will

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

Wednesday, Oct. 15, 11:30 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, Oct. 29, 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 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 Support

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

Wednesdays, 10 a.m. Fee: FREE

Project Linus

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

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

Health & Fitness

Walk Maryland @ Gilbert Run

Wednesday, Oct. 1, 11 a.m. Fee: FREE

QiGong/Shibashi

Mindful movements that is slow paced and based off Chinese medicine principles. The focus is better balance, coordination, and flexibility.

Wednesdays, 10 a.m. No class Oct. 22, Fee: FREE

Exercise for a Cause

Join us as we support Sisters at Heart, a local breast cancer support group, in their efforts to create awareness, educate and inspire women & men through their outreach efforts. All Fitness classes, ALL Day will be a donation to Sisters at Heart. They will have T-shirts available for purchase. Don't forget to wear your PINK!

Thursday, Oct. 16, 9 a.m. Fee: Donation

UMD Extension Program:

Building a Better You

Building a better you is a 4-part wellness series that focuses on current topics based on interest of older adults in Maryland. It offers practical tips and sensible solutions. The first topic is Health Insurance Management. For more information see page 14.

Monday, Oct. 27, 12 p.m. Fee: FREE



FITNESS

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., 2 days prior.

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 10:00 Cards & Games 10:00 Fitness 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 Fitness Tech Support 10:00 Lunch 12:00 Powder Puff Billiards 1:00 Gospel Choir 2:00 Fitness Basic Fitness Training 9:00 Dance Aerobics 11:00 Yoga Flow 12:00 AFEP 1:00 Core & More 1:30	Billiards 9:30 Sewing Room OPEN 9:30 Coloring & Puzzles 9:30 Project Linus 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	Billiards 9:30 Coloring & Puzzles 9:30 Project Linus 9:30 Guitar 10:00 Lunch 12:00 Clay Sculpting 1:00 Fitness Total Body Conditioning 9:00 Chair One Plus 10:00 AFEP 11:15 Chair Yoga 12:00 Line Dance 2:00
				
6 Brain Fun 12:00 Legal Aid 1:00 No Drums Alive	7 Scrapbooking 10:00 Hand & Foot Canasta 10:00 Mobile Library 10:00 Primetimers 2:00	1 Fitness Orientation 10:00 Jewelry Club 10:00 QiGong/Shibashi 10:00 Walk MD @ Gilbert Run 11:00 Mystery Puzzle 1:00	2 Book Club 12:00 Book Club 1:00 Liturgical Dance 2:30	3 Hand & Foot Canasta 10:00
13 Senior Centers are Closed in Honor of Indigenous Peoples' Day 	14 Hand & Foot Canasta 10:00 Easy Listening 10:30 Widow to Widow 1:00	8 QiGong/Shibashi 10:00 "Revive" Grief Group 10:30 Council Meeting 1:00	9 Intro to Kayaking (Gilbert Run) 10:00 Group Kayaking (Gilbert Run) 11:00 Pot Holder Making 101 1:00	10 Project Linus Meeting 9:30
20 Pizza & Painting 12:00	21 Self Defense 9:30	15 Jewelry Club 10:00 Fitness Orientation 10:00 Health Check 10:00 QiGong/Shibashi 10:00 "Revive" Grief Group 10:30 Lunchtime Music with Will 11:30	16 Exercise for a Cause 9:00 Karaoke 10:30 Liturgical Dance 2:30	17 Film Friday 12:30
27 Sisters @ Heart 11:00 Building a Better You 12:00	28 Mobile Library 10:00 History of Halloween 10:30	22 Beginner Line Dance 10:00 "Revive" Grief Group 10:30 No QiGong/Shibashi, Powder Puff Billiards, Core & More, Gospel Choir. Center Closing at 1:30 p.m.	23 CAP 10:00 Lunchtime Poetry with Charlotte 12:15	24 Hand & Foot Canasta 10:00
27 Sisters @ Heart 11:00 Building a Better You 12:00	28 Mobile Library 10:00 History of Halloween 10:30	29 Card Making Class 10:00 QiGong/Shibashi 10:00 "Revive" Grief Group 10:30 Caregivers Support Group 2:00	30 Halloween Costume Party 10:30	31 Mystery Puzzle 10:00

INDIAN HEAD SENIOR CENTER

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

Get your Latest *SCOOP* online!

Program Highlights

Stronger for Longer: Protecting Your Joints, Bones, & Balance

This interactive session will explore how to keep joints moving with less pain, protect bone health, and improve balance. Participants will learn simple, practical strategies they can start using right away – whether it's walking with more confidence, getting out of chairs more easily, or reducing stiffness and soreness.

Friday, Oct. 3, 11 a.m. Fee: Donation

Here and Now Mindfulness Meditation Program: Colors of the Inner Self

This weekly class incorporates mindfulness, meditation, art, breathing practices and gentle movement. Preregistration is required. Space is limited to 5 participants weekly.

Thursdays, Oct. 9-30, 11 a.m. Fee: FREE

Painting with Rachel

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

Friday, Oct. 10, 10 a.m. Fee: \$5

Understanding Alzheimer's and Dementia

Learn basic information on the difference between Alzheimer's and dementia, stages of the disease, risk factors, research and FDA-approved treatments

Monday, Oct. 27, 1 p.m. Fee: FREE

Fire Safety Presentation

Join us for a fire Safety Presentation led by Fire Prevention Officer Tre Proctor from the Charles County Volunteer Fire & EMS Association. This engaging program is designed to help you stay safe at home with practical tips on preventing fires, using smoke alarms, planning an escape route, and everyday safety reminders. Learn how to protect yourself, your family, and your home. Don't miss this chance to get lifesaving information and have your fire safety questions answered!

Wednesday, Oct. 29, 1 p.m. Fee: FREE

PURE PLAY EVERY DAY

Pure Play returns for a fun session on instruments. Come and make some music! Or noise!

Wednesday, Oct. 15, 1 p.m.

Fee: FREE

Halloween Costume Party, Luncheon, & Entertainment

Dress up in your favorite costume and come to the center for a day of Halloween fun! You can expect to see the Indian Head Elementary School parade (weather permitting), create a make-and-take snack, and be entertained! Tickets are required for entry. Pre-register and prepay with a staff member. Lunch is a separate signup and donation. Lunch signup is made by Wednesday, Oct. 29 with suggested donation of \$6 made the day of the event.

Friday, Oct. 31, 10 a.m. Fee: \$5

Ongoing Programs

Bingo

Mondays, Oct. 6 & 20, 9:30 a.m.

Fee: 5¢ per card

Choir Group

Love to sing, this is the group for you.

Mondays, Oct. 6 & 20, 1 p.m. Fee: FREE

Crafting w/Mary

Join Mary monthly for a creative craft.

Tuesday, Oct. 7, 1 p.m. Fee: FREE

Widow to Widow Support Group

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

Wednesday, Oct. 8, 10 a.m. Fee: FREE

Pastor Chris & Friends

Tuesday, Oct. 14, 1 p.m. Fee: FREE

Green Thumb Club

Come see what's growing in the fall garden; learn what garden tasks need to be done now.

Thursday, Oct. 16, 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, Oct. 17, 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, Oct. 21, 10:30 a.m. Fee: FREE

Project Linus/ Sewing 101

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

Mondays, Oct. 27, 9:30 a.m. Fee: FREE

Tea Club

Come and share the health benefits of teas.

Tuesday, Oct. 28, 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

Line Dancing

Join Gwen to learn the basics of line dancing.

Wednesdays, Oct. 1, 8, 15, & 29, 11 a.m.

Fee: Fitness Card

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

Mobility Flow

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

Tuesdays, 9:30 a.m.

Fee: Fitness Card

AFEP (Arthritis Foundation Exercise Program)

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

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

Fitness w/Veronica

Exercise to promote strength with some laughter.

Wednesdays, 10 a.m.

Fee: Fitness Card

Fitness Orientation

Required before using fitness equipment.

Wednesday, 2 p.m.

Fee: \$5

Mobility & Balance w/Nieda

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

Thursdays, 9:30 a.m.

Fee: Fitness Card

Fitness w/Lamont

Cardio, circuit, and strength training. 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

Cardio Fitness

Join Helen for an upbeat dance class!

Participation can be standing, or seated in a chair, depending on your needs for the day.

Wear athletic shoes and bring your water!

Fridays, 10:15 a.m.

Fee: Fitness Card

Community

Mobile Market

Free giveaways of produce and pantry essentials.

Wednesday, Oct. 22, 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., 2 days prior.

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 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 Walk MD @ Gilbert Run .11:00 Line Dancing11:00 Ask Doyle1:00	2 Mobility & Balance.....9:30 Fitness w/LaMont . . . 1&2	3 Chair Yoga 9:00 Dr. Donna 11:00 NO CARDIO FITNESS TODAY
6 Bingo 9:30 Choir Group1:00	7 Council Meeting9:30 Crafting w/Mary1:00	8 Widow & Widower Support.....10:00 Line Dancing11:00	9 Mindfulness Meditation . .11:00 AFEP.....11:15	10 Painting with Rachel .10:00
13 Senior Centers are Closed in Honor of Indigenous Peoples' Day 	14 Pastor Chris1:00	15 Line Dancing 11:00 Pure Play1:00	16 Green Thumb Club . .10:30 Mindfulness Meditation . .11:00	17 Chair Yoga 9:00 Cardio Fitness 10:15 Walk Through the Bible..1:00
20 Bingo 9:30 Choir Group1:00	21 Information & Assistance with Julie 10:30	22 Mobile Market 11:00 NO BOOK CLUB TODAY. Center Closing at 1:30 p.m.	23 Mobility & Balance.....9:30 Mindfulness Meditation . .11:00 Fitness w/LaMont . . . 1&2	24 Chair Yoga 9:00 Cardio Fitness 10:15
27 Project Linus/Sewing 1019:30	28 Tea Club 1:00 Shibashi 3:00	29 Line Dancing 11:00 Fire Safety Presentation 1:00	30 Mobility & Balance.....9:30 Mindfulness Meditation . .11:00 Fitness w/LaMont . . . 1&2	31 Halloween Costume Party 10:00 NO CARDIO FITNESS TODAY NO CHAIR YOGA TODAY.

NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest *SCOOP* online!

Program Highlights

International Coffee Day

Join us for International Coffee Day where we will sip coffee, eat snacks and discuss the benefits and history of this loved beverage.

Prior signup is required.

Wednesday, Oct. 1, 10 a.m. Fee: FREE

Self-Care for Body, Mind & Spirit

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

Tuesday, Oct. 7, 10 a.m. Fee: FREE

Senior Council Bingo Fundraiser

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

Friday, Oct. 17, 5 p.m. Fee: 5¢ per card

Let's Take a Trip

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

Tuesday, Oct. 21, 1 p.m. Fee: FREE

Hair Loss Presentation

Come meet the expert, LaKeysha Moore, Certified Hair Loss Practitioner, specializing in hair regrowth and hair replacement services. She is thrilled to share tips for retaining, regrowing, or replacing hair.

Prior signup is required.

Wednesday, Oct. 22, 10 a.m. Fee: FREE

Friday Films

Practical Magic-Raised under the care of their eccentric aunts, two witch sisters grapple with a family curse that spells doom for any many who falls in love with them.

Friday, Oct. 24, 11 a.m. Fee: FREE

Fire Safety Presentation

Join us for a fire Safety Presentation led by Fire Prevention Officer Tre Proctor from the Charles County Volunteer Fire & EMS Association. This engaging program is designed to help you stay safe at home with practical tips on preventing fires, using smoke alarms, planning an escape route, and everyday safety reminders. Learn how to protect yourself, your family, and your home. Don't miss this chance to get lifesaving information and have your fire safety questions answered!

Wednesday, Oct. 29, 10 a.m. Fee: FREE

Ongoing Programs

Artistic Aesthetics

Weekly project to express your creativity. Fee due at registration. Prior signup is required. Limited space available.

Mondays, 1 p.m.

Cauldrons, Oct. 6 Fee: \$5

Casual Crafting, Oct. 20 Fee: FREE

Bandana Charm Necklace, Oct. 27 Fee: \$5

I&A Services

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

Thursday, Oct. 16, 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

Core Fitness

Strengthen your core with Jinjer.

Mondays, 9 a.m. Fee: Fitness Card

Fitness Beats

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

Mondays, Oct. 6 & 27, 12 p.m.

Fee: Fitness Card

Flex & Stretch

Body movement, balance, stretching and mobility.

Tuesdays, 10 a.m. Fee: FREE

Total Body Conditioning

Get a total body workout with Jinjer.

Thursdays, 9 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, 10 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!!

23rd Annual Nanjemoy Heritage Day

Celebrate 23 years of history, family, and fun at our 23rd Annual Nanjemoy Heritage Day. Event features a parade and car show, entertainment, vendors, food and more!

Saturday, Oct. 4, 11:30 a.m.-3 p.m.

Fee: Prices set by vendors, FREE admission

Mobile Library

Borrow books, movies, tech every three weeks.

Tuesday, Oct. 21, 10:30 a.m. Fee: FREE

WIC Services

Friday, Oct. 10 & 24, 9 a.m.-4 p.m. Fee: FREE

Pizza & Painting

Paint a pre-sketched 8x10 canvas with a fall 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 is required.

Friday, Oct. 17, 12:30 p.m. Fee: \$8

Mobile Food Market

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

Wednesday, Oct. 15, 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

HALLOWEEN BINGO

Enjoy a Halloween themed bingo. Wear your costume and earn extra bingo cards. Snacks provided.

Thursday, Oct. 30, 12:45 p.m. • Fee: 5¢ per card

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., 2 days prior.

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 Fitness Core Fitness.....9:00	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 Fitness Shop the Rack.....1:00 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 Fitness Walking Club.....1:00	Billiards.....8:30 Causal Crafting.....8:30 Computer Lab.....8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Shop the Rack.....8:30 Lunch.....12:00 Senior Tech Appts.....8:30 Nickel Bingo.....12:45 Dominos.....1:00 Games/Puzzles.....1:00 Fitness Total Body Conditioning.....9:00 Chair Yoga.....10:00	Billiards.....8:30 Causal Crafting.....8:30 Computer Lab.....8:30 Fitness Room.....8:30 Shop the Rack.....8:30 Lunch.....12:00 Senior Tech Appts.....8:30 Lunch.....12:00 Dominos.....1:00 Games/Puzzles.....1:00 Fitness Walking Club.....11:00
		1 International Coffee Day ..10:00 Walk MD @ Gilbert Run .11:00	2 Total Body Conditioning.....9:00	3 <u>Community Program</u> Heritage Day Sat, Oct. 4th
6 Core Fitness.....9:00 Senior Council Meeting10:00 Fitness Beats.....12:00 Artistic Aesthetics: Cauldrons.....1:00	7 Self-Care for Body, Mind & Spirit10:00	8 Billiards.....8:30	9 Casual Crafting.....8:30 Bingo.....12:45	10 Walking Club.....11:00 <u>Community Program</u> WIC Services.....9:00
13 Senior Centers are Closed in Honor of Indigenous Peoples' Day 	14 Games & Puzzles.....1:00	15 Billiards.....8:30 <u>Community Program</u> Mobile Food Market.....12:00	16 I & A9:30 Bingo12:45	17 Dominos.....1:00 Senior Council Bingo Fundraiser5:00 <u>Community Program</u> Pizza & Painting12:30
20 Core Fitness.....9:00 Artistic Aesthetics: Casual Crafting1:00	21 Flex & Stretch.....10:00 Let's Take a Trip1:00 <u>Community Program</u> Mobile Library10:30	22 Fitness Room8:30 Hair Loss Presentation ..10:00 Center Closing at 1:30 p.m.	23 Billiards.....8:30	24 Friday Films11:00 Walking Club.....11:00 <u>Community Program</u> WIC Services9:00
27 Fitness Beat12:00 Artistic Aesthetics: Bandana Necklaces.....1:00	28 Dominos1:00	29 Fire Safety Presentation10:00 Games/Puzzles1:00	30 Halloween Bingo12:45	31 Fitness Room8:30 Dominos1:00

WALDORF SENIOR & RECREATIONAL CENTER

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

Get your Latest **SCOOP** online!

Program Highlights

Inheriting a House: What to Do

Inheriting property can be emotional and complex. Should you sell, move in, or rent it out? Real estate expert Frank McKnew, estate attorney Robert Burke, and home equity strategist Robbie Loker explain the legal and financial details of inheriting property.

Wednesday, Oct. 8, 10:30 a.m. Fee: FREE

Balance Assessment & Treatment

Join the UM Charles Regional Rehabilitation team for a free balance assessment and treatment clinic. Their licensed physical therapists will evaluate your balance and provide individualized exercises to improve your stability and enhance your safety—at home and out in the community.

Appointments Required. See front desk to sign-up.

Tuesday, Oct. 14, 10 a.m.-12 p.m. Fee: FREE

Fashion Show

Feeling stylish? Join us for a Fashion Show themed "1960s Meets Today"! Sign up at the front desk to walk the runway and show off your favorite look. Not walking? Come enjoy the show and cheer on your friends! Stick around after for Dancing Through the Decades with Debi Shanks!

Wednesday, Oct. 15, 10:30 a.m. Fee: FREE

Breast Cancer Awareness Bingo

Wear pink and play bingo in support of Sister's at Heart! Fundraisers will be taking place during bingo. Sponsored by the Waldorf Senior Center Council.

Thursday, Oct. 16, 10:30 a.m.

Fee: Your Purchase

Declutter w/ Monica Swann

Clear the clutter and keep the joy! Whether you're downsizing or just craving more peace, Joyful Decluttering offers a gentle, uplifting way to refresh your space. Enjoy room-by-room checklists, a printable guide and workbook, tea-themed tips, fun challenges, and supportive community events; all designed to make decluttering feel intentional and inspiring.

Monday, Oct. 20, 10:30 a.m. Fee: FREE

Self-Enrollment Lab

See pg. 5 for details. By appointment only.

Tuesday, Oct. 28, 9:30 a.m.-12:30p.m. Fee: FREE

Film Frights Presents: Beetlejuice Returns

He's back from the afterlife and causing more chaos than ever! Join us for a wickedly fun morning as Beetlejuice makes his ghostly comeback in this spine-tingling, laugh-out-loud sequel. Expect thrills, chills, and a whole lot of strange and unusual fun—just don't say his name three times...

Wednesday, Oct. 29, 10 a.m. Fee: \$2

Monster Mash Dance Party -

Get Your Boo-gie On This Halloween!

Put on your best costume and kick off Halloween with a spooktacular morning of music, dancing, and fun! Join us as CJ Kiggins spins your favorite tunes, while Pat Duncan leads the way with energetic line dances that'll keep you moving all morning long! Costume Contest Categories:

• Spookiest • Most Creative • Funniest

Frighteningly fabulous prizes await the winners so bring your A-game (and maybe a cape)! Pre-registration is required, so don't ghost us sign up today! Lunch is not included.

Friday, Oct. 31, 10:30 a.m. Fee: \$10

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, Oct. 7 & 14, 10 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, Oct. 8, 10 a.m. Fee: \$3

Jazz Appreciation

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

Friday, Oct. 17, 1 p.m. Fee: FREE

Bible Study

Facilitated by Minister Yvonnde' Wilson. All are welcome!

Tuesday, Oct. 21, 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, Oct. 21, 12:30 p.m. Fee: FREE

Book Club

This month's book is "Dracula" by Bram Stoker. Please come prepared with your thoughts on this book and join in the discussions. Next month's book will be "The Housemaid" by Freida McFadden.

Thursday, Oct. 23, 1 p.m. Fee: FREE

Widow & Widower Support Group

Facilitated by Brenda Dubose.

Monday, Oct. 27, 9:30 a.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, Oct. 28, 1 p.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

Health & Fitness

Exercise for a Cause

Join us as we support Sisters at Heart, a local breast cancer support group, in their efforts to create awareness, educate and inspire women & men through their outreach efforts. All Fitness classes, ALL Day will be a donation to Sisters at Heart. They will have T-shirts available for purchase. Don't forget to wear your PINK!

Thursday, Oct. 16, 9 a.m. Fee: Donation

Community

Grandparent & Me

Attention All Grandparents & Grandkids! Get ready for a spooktacular afternoon of ghoulish games, creepy crafts, and a frighteningly delicious treat! Whether you're a trickster or a treat-lover, you won't want to miss this hauntingly fun program! Pre-registration required. For more information contact the center directly at 240-448-2810, select Opt. 2.

Ages 3-12

Friday, Oct. 31, 2:30p.m.

Fee: Resident \$10 Non-Resident \$15

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., 2 days prior.

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 Chair One Plus 10:30 Gentle Stretching. 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 Belly Dance. 10:30 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 Cardio Fitness 2:00	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
				
6 Basic Sewing 1:00	7 Prayer Group 10:00	1 Walk MD @ Gilbert Run 11:00	2 Bingo 10:30	3 Diabetes Prevention 10:30 Biking w/ Nate @ Indian Head Rail Trail (White Plains) 1:00
13 Senior Centers are Closed in Honor of Indigenous Peoples' Day 	14 Prayer Group 10:00 Balanced Assessment and Treatment 10:00 Intro to Pickleball 11:00 (1) Biking w/ Nate @ Indian Head Rail Trail (White Plains) 1:00	8 Jewelry Club 10:00 Fitness Orientation 10:30 Inheriting a House: What to Do 10:30	9 Bingo 10:30	10 Paper Crafting 1:00
20 WSC Council Meeting. 9:30 Declutter w/ Monica Swann 10:30	21 Bible Study. 11:00 Intro to Pickleball 11:00 (2) Poetry Club 12:30	15 Fashion Show 10:30	16 Exercise for a Cause 9:00 ACA Meeting 9:30 Breast Cancer Awareness Bingo 10:30 Skills & Drills 11:00	17 Diabetes Prevention 10:30 Jazz Appreciation 1:00
27 Widow & Widower Support Group. 9:30 Fitness Orientation 11:30	28 Self-Enrollment Lab 9:30 Intro to Pickleball 11:00 (3) Better Breathers 1:00	22 Fitness Orientation 10:30 Center Closing at 1:30 p.m.	23 Bingo 10:30 Skills & Drills 11:00 Book Club 1:00	24 Paper Crafting 1:00
29 Film Frights 10:00	30 Bingo 10:30 Skills & Drills 11:00		31 Diabetes Prevention 10:30 Monster Mash Dance Party 10:30 Grandparent & Me 2:30	



Walk Maryland Day

Join us as we celebrate Maryland's state exercise "walking"!!

Richard Run State Park

Wednesday, Oct. 1, 11 a.m. • Fee: FREE

*We will meet at the pavilion by the docks & walk the trail to the boardwalk and back.

Contact Debi Shanks 301-609-5711 or Nate Schultz

240-448-2817, ext.4817 for more information and to register.

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

Thursdays, Oct. 2 & 16, 2:30 p.m. • Fee: FREE

Biking

Indian Head Rail Trail (White Plains)



Friday, Oct. 3, 1 p.m. & Tuesday, Oct. 14, 3 p.m. • Fee: FREE

Grab your water and meet Nate at the beginning of the trail for an hour round trip ride.

Primetimers are Recruiting

Calling all actors/actresses and stagehands! The Primetimers are recruiting for their play and are looking for people to join the group. Please come to our informational meeting to learn more!

Richard R. Clark Senior Center • Tuesday, Oct. 7, 2 p.m. • Fee: FREE

Brain Fun Workshop

Join certified Brain Fitness coaches Judi Lyons & Paty Masson for a vibrant workshop that combines music with brain-boosting movements, accessible to all. Please sign up.

Richard R. Clark Senior Center

Monday, Oct. 6, 12 p.m. • Fee: \$5

Intro to Kayaking & Group Kayaking

Last time of the season!

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

Beginner: Oct. 9, 10 a.m.

Self-led: Oct. 9, 11 a.m. • Fee: \$5 for 1 hour for either session

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

Exercise for a Cause

Join us as we support Sisters at Heart, a local breast cancer support group, in their efforts to create awareness, educate and inspire women & men through their outreach efforts.

WEAR YOUR PINK & DONATE October 16th!

All Fitness classes, ALL Day will be a donation to Sisters at Heart. They will have T-shirts available for purchase at the Richard R. Clark Senior Center and the Waldorf Senior & Rec. Center.

Self Defense

Join Charles Turpin IV as he refreshes previous choke holds, arm grabs, bear hugs, maneuvers and teaches new techniques. Students should wear comfortable fitness attire, and athletic shoes. Please sign up & pay before class.

Richard R. Clark Senior Center • Tuesday, Oct. 21, 9:30 a.m. • Fee: \$5



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, Oct. 22, 10 a.m. • Fee: FREE

UMD Extension Program: Building a Better You

Building a better you is a 4-part wellness series that focuses on current topics based on interest of older adults in Maryland. It offers practical tips and sensible solutions.

Richard R Clark Senior Center • 12-1 p.m. • Fee: FREE

- 10/27/25: Health Insurance Management • 11/3/25: MIND Diet
- 11/10/25: Emotional Grief • 11/17/25: Kitchen Eye Spy

REGISTRATION REQUIRED.

Attention Seniors

Fitness cards are required to participate in classes at our centers.

They need to be presented and punched prior to taking your class. Unless otherwise noted.

You can get a fitness card from any of the Program Assistants.

We have 2 types of cards for purchase:

\$20 for 10 classes • \$60 for 40 classes



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

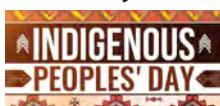
Debi & Nate

SENIOR CENTER MENU

1% or skim Milk is offered with all meals
All Juice is 100% Juice

Lunch Cancellation Policy

If you have a lunch reservation and cannot dine at the Center, please call the Senior Center PRIOR to the reservation day to cancel your meal. If the meal is not cancelled, the County must still pay for the meal.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Fruit Punch Pulled Pork BBQ on Roll Corn on the Cob Green Beans Peaches	2 Orange Juice Veggie Omelet W/ Onions, Peppers, Mushrooms, Tomatoes Sweet Potato Tots English Muffin Orange Slices	3 Grape Juice Turkey Pot Pie Mixed Veggies Cucumber Tomato Salad Roll Apple Crisp
6 Cranberry Juice Beef Meatball Sub w/ Cheese Spinach Italian Veggies Pineapple Tidbits	7 Orange Juice BBQ Chicken Legs Buttered Sweet Corn Glazed Carrots Fresh Grapes	8 Fruit Punch Cheese Ravioli in Brown Butter and Sage Broccoli Green Beans Garlic Toast Pears	9 Apple Juice Chicken Fajitas Peppers & Onions Lettuce, Tomato, Salsa & Black Beans Tortillas (2) Orange Slices	10 Grape Juice Sausage Gravy on Biscuit Hashbrowns Sautéed Mushrooms, Onions & Peppers Fruit Salad
13 Indigenous People Day  Centers Closed	14 Orange Juice Grilled Chicken Breast Veggie Medley Zucchini Alfredo Egg Noodles Fresh Grapes	15 Fruit Punch Vegetarian Chili w/ Beans Corn on the Cob Cornbread Peaches	16 Apple Juice Smothered Porkchops Broccoli Garlic Butter Spinach Buttered Rice Orange Slices	17 Grape Juice Grilled Ham & Cheese Sandwich Tomato Soup Gard Salad Slice of bread
20 Cranberry Juice Chicken w/ Creamy Mushroom Sauce Garden Salad Tomato & Cucumbers Spaghetti Noodles Fruit Cocktail	21 Orange Juice Vegetarian Quiche w Onions & Peppers Roasted Brussel Sprouts Biscuit Fresh Grapes	22 Fruit Punch Lemon Butter Flounder California Blend Veggies Green Beans Rice Pilaf Pears	23 Apple Juice Shrimp Alfredo Pasta Broccoli Sautéed Zucchini, Squash & Onions Orange Slices	24 Grape Juice Oven Fried Chicken Lemon Garlic Butter White Beans Candied Sweet Potatoes Bread Slice Cherry Cobbler
27 Cranberry Juice Beef Cheeseburger on Bun Fiesta Corn Sweet Potato Tots Pineapple Tidbits	28 Orange Juice Italian Sausage & Mustard on Roll Onions & Peppers Italian Veggie Blend Fresh Grapes	29 Fruit Punch Grilled Buffalo Chicken Sandwich Blue Cheese Cole Slaw Peaches	30 Orange Juice Broccoli Cheddar Soup Pita Bread & Hummus Garden Salad Fresh Oranges	31 Grape Juice Beef Nacho Bar Tomato, Lettuce, Jalapeños, Black Beans, Nacho Cheese & Sour Cream Fruit Cocktail Ghoulish Brownies
Charles County Luncheon Program 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.				<i>Available at Noon • Days Vary By Center</i> 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.
Clark Senior Center.....Tuesday–Friday Indian Head Senior Center.....Monday–Friday		Nanjemoy Senior CenterMonday–Friday Waldorf Senior CenterMonday–Friday		

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.

Friday, Dec. 19, 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

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

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

Senior Council Programs & Fundraisers

Nanjemoy Senior Council

23rd Annual Nanjemoy Heritage Day

Celebrate 23 years of history, family, and fun at our 23rd Annual Nanjemoy Heritage Day. Event features a parade and car show, entertainment, vendors, food, and more! Free to attend. Event held rain or shine.

Saturday, Oct. 4, • Fee: FREE

Senior Council Bingo Fundraiser

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

Friday, Oct. 17, 5 p.m. • Fee: 5¢ per card

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, Oct. 22, 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 October Sponsored/Hosted Activities & Events

Clark Senior Center	Indian Head Senior Center All Clubs, Shibashi, Community Yard Sale	Nanjemoy Senior & Community Center 23rd Annual Nanjemoy Heritage Day, Bingo Fundraiser	Waldorf Senior & Rec. Center Bingo, Pokeno, Breast Cancer Awareness Bingo, Monster Mash Dance Party
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