

The SCOOP

Charles County's Senior Center News



NOVEMBER 2025

www.CharlesCountyMD.gov

HAPPY
Thanksgiving

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

Tuesday, Nov. 11th – **Veterans Day**

Wednesday, Nov. 26th – **Thanksgiving Holiday**

Thursday, Nov. 27th – **Thanksgiving Holiday**

Friday, Nov. 28th – **Thanksgiving Holiday**



Under Construction: WSRC Parking Lot

The Waldorf Senior & Rec. Center will be home to a new Pocket Park. The exterior lot will receive a new ramp, patio with seating, as well as planters and raised beds. Construction is estimated to begin around Oct. 25th and may continue into November. We appreciate your patience as we work around construction equipment in the parking lot. Please be mindful of construction areas following all posted signs and avoid coned/blocked areas. Parking spots may be used to store gravel, etc. While material is in these spots, they will not be available for parking.



Jaycees Christmas Party

Ticket Distribution:

Thursday, Dec. 11, 10:30 a.m.

FREE EVENT sponsored by The Greater Waldorf Jaycees and the Department of Community Services! Enjoy music, word games, line dancing, door prizes, and a delicious Christmas luncheon provided by the Waldorf Jaycees. Event is held at the Greater Waldorf Jaycees Community Center. VanGo transportation will be available to those with specialized services on file. There are a limited number of tickets available for this **FREE** event. You may pick up a maximum of 2 tickets. Every ticket holder must meet all eligibility requirements.

To be eligible for a ticket, you must:

- Be 60 years of age, or older (or married to someone 60+)
- Reside in Charles County
- Be a current registered senior with Charles County Senior Centers (registration forms are current as of 10/01/2025)

Tickets will be available at all four senior centers on **Tuesday, November 18, 2025**, first come, first served when doors open.



Family Activities & Games for Thanksgiving

Thanksgiving is about more than just food, it's a time to connect, reflect, and make lasting memories with family and friends. Adding a few fun and creative activities to your holiday can bring generations together and make the day even more special.

- Turkey Craft Station:** Set out paper, glue, markers, and scissors to make handprint turkeys, leaf garlands, or "thankful trees." A creative variation is the "Thankful Turkey," where each feather lists something someone is grateful for.
- Thanksgiving Scavenger Hunt:** Hide holiday-themed clues around the house or yard. Include trivia or family-related riddles to personalize the experience.
- Gratitude Game:** Pass around a bowl of prompts like "What are you thankful for?" or "Share a favorite memory." Responses can be written in a family gratitude journal to revisit each year.
- Thanksgiving Charades or Pictionary:** Use prompts like "carving the turkey" or "watching the parade." It's an easy way to get teens and adults laughing together.
- Pumpkin Bowling:** Use a small pumpkin as the ball and empty bottles as pins. You can decorate the pins as turkeys or pilgrims for extra fun.
- Thanksgiving Bingo:** Make cards with holiday images or words and use candy corn as markers. Small prizes, like dessert picks or movie choices, add excitement.
- Recipe Showdown:** Have each person make a creative twist on a classic dish, then vote on favorites. Compile the recipes and stories into a family cookbook.
- Thanksgiving Time Capsule:** Each person writes a note about their gratitude or hopes for the future. Include photos or drawings, seal it up, and decide when to open it together down the road.
- Backyard Turkey Tag:** One person wears a silly hat and runs from the others. Add challenges like telling a joke or doing a dance for extra laughs.
- Thanksgiving Movie Marathon:** Family-friendly favorites like A Charlie Brown Thanksgiving or Planes, Trains and Automobiles make for a cozy end to the day. Add popcorn and blankets for a perfect family movie night.

Thanksgiving is the perfect time to slow down, have fun, and connect. Whether you're crafting, playing, or just sharing stories, these activities help create moments that everyone will remember—and be thankful for.



Fun Ways to Celebrate Thanksgiving If You Live Alone

Spending Thanksgiving alone doesn't have to feel lonely; it can be a peaceful, empowering, and even joyful experience. With a little creativity, you can make the day meaningful on your own terms.

Start by making a meal you truly enjoy. Whether it's a traditional Thanksgiving feast, your favorite comfort food, or something completely unconventional, the choice is yours. Set the table, light a candle, and enjoy the freedom of cooking exactly what you like. If you miss sharing the day with others, consider a virtual dinner with friends or family where you can chat, eat together, and swap stories over video call.

Take time to reflect with a gratitude list or start a jar where you jot down things you're thankful for. It's a simple way to ground yourself and boost your mood. If you're looking to connect more deeply, consider giving back such as volunteering at a local organization or donating to a cause you care about.

For a relaxing day in, plan a solo movie marathon or binge a show you love. Add snacks, a cozy blanket, and you've got the perfect holiday escape. If you prefer to be active, take a walk, hike, or just get outside for some fresh air and perspective.

You can also start a new personal tradition, like baking something special, writing a letter to your future self, or doing a favorite self-care ritual. If you know others spending the holiday alone, reach out and suggest a virtual game night, cook-off, or just a friendly chat.

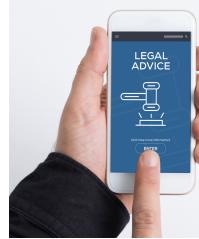
Above all, remember that there's no "right" way to spend Thanksgiving. Whether you go all out or keep it simple, the day is yours to shape. Celebrate in whatever way feels good to you and know that solitude can be just as meaningful as a full house.

Caregiver's Corner: Tips for Changes in Communication & Behavior for People with Dementia

Communication can be hard for people with Alzheimer's and related dementias because they have trouble remembering things. They also can become agitated and anxious, even angry. In some forms of dementia, language abilities are affected such that people have trouble finding the right words or have difficulty speaking. You may feel frustrated or impatient, but it is important to understand that the disease is causing the change in communication skills. To help make communication easier, you can:

- Reassure the person. Speak calmly. Listen to his or her concerns and frustrations. Try to show that you understand if the person is angry or fearful.
- Allow the person to keep as much control in his or her life as possible.
- Respect the person's personal space.
- Build quiet times into the day, along with activities.
- Keep well-loved objects and photographs around the house to help the person feel more secure.
- Remind the person who you are if he or she doesn't remember, but try not to say, "Don't you remember?"
- Encourage a two-way conversation for as long as possible.
- Try distracting the person with an activity, such as a familiar book or photo album, if you are having trouble communicating with words.

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



Legal Aid

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

Maryland Access Point (MAP) New Number

In November 2025, Maryland Access Point (MAP) will change its telephone number but will continue to provide the same quality of services. In November 2025, MAP will move to 301-934-0103. You will still receive support from our live professional team and get a return call within twenty-four hours, Monday through Friday. Although MAP is not an emergency service, here is an overview of how we can help clients, families, caregivers, and professionals meet their long-term care needs.

MAP specialists work with individuals with long-term care needs, families, caregivers, and professionals. MAP helps persons with long-term care needs identify, connect, and access private and public resources for long-term services and supports.

Long-term services and supports include information on health, transportation, income, financial aid, nutrition and meals, pharmacy assistance, housing (assisted living/nursing home/independent living), and more!

MAP provides Level 1 Screens and Options Counseling for individuals seeking access to publicly funded long-term care resources. Families, caregivers, and professionals can use this information to plan and make informed decisions about long-term care. Trained, professional Options Counselors adopt a person-centered approach to help individuals by matching their needs, preferences, and values with available services in their community. They work with individuals to create a personalized action plan, connect them to resources, make referrals to appropriate agencies, and plan for current and future needs. Options Counseling is a statewide program available at the 20 local Maryland Access Point (MAP) sites. If you and your loved one live outside Charles County, call 1-844-MAP-LINK (1-844-627-5465), where a 211 Maryland information and referral specialist will listen to your needs, identify local resources, and direct your call to the appropriate local MAP.

Our new contact number, 301-934-0103, is now live. Please use this number to contact Maryland Access Point (MAP), your gateway to long-term care services and support in Charles County, Maryland.

Stay Connected



We're committed to keeping all residents informed and engaged — especially our growing senior community. There's so much happening in your county, and we want to make sure you have easy access to the programs, services, and updates that matter most to you.

Visit our resource guide webpage to explore the many ways you can stay informed and involved, including:

Register for our Citizen Notification System to receive direct emergency alerts, including severe weather and road closures
Subscribe to our YouTube channel for community interviews and documentaries

Sign up for our email newsletter to get the latest news, special services, events, and updates about programs and services

We're here to keep you connected every step of the way! Visit <https://charlescountymd.info/StayConnected> and get started today.

Interested in a Stay Connected booklet? Send an email to communityengagement@charlescountymd.gov or call 301-396-8866 to request a copy.

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.

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):

Nov 6, 2025 ----Richard R. Clark Senior Center

Nov 10, 2025---Waldorf Senior & Recreation Center

Dec 4, 2025 ----Richard R. Clark Senior Center

MEDICARE OPEN ENROLLMENT | OCT. 15-DEC. 7



Ask SHIP:

How can I protect myself from marketing violations and fraudulent activities?

During Open Enrollment, there is a higher risk than usual for fraudulent activities. Medicare has rules about how plans can and cannot communicate with you during Open Enrollment to market their insurance products. Knowing how to protect yourself from, detect, and report marketing violations and enrollment fraud will help save both you and Medicare money. Plans are allowed to send you emails and/or direct mail, but they are not allowed to call you or visit you in person to market their products without your permission. Plans that send emails must provide an opt-out option for people who no longer wish to receive them. Watch out for people who:

- Pressure you to join their plan
- Tell you they represent Medicare or are calling on behalf of Medicare
- Call you or visit your house without your permission to offer services or equipment
- Offer free consultations only to people with Medicare and ask for your Medicare number
- Claim you are missing out on entitled plan benefits
- Inform you that you will lose your Medicare benefits unless you sign up for a certain plan
- Require you to provide contact information at an event for a 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).

CLARK SENIOR CENTER

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

Get your Latest *SCOOP* online!

Program Highlights

Building a Better You

Join the UMD Extension program for a 4-part wellness program, Building a Better You. Each week is a different topic. Incentives for those who complete the series. Please sign up.

Monday, Nov. 3, 10, & 17, 12 p.m., Fee: FREE

Fire Safety

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! Please sign up.

Wednesday, Nov. 5, 10:30 a.m., Fee: FREE

Pot Holder Making

Join Kurt & Sue as they help you design and make a pot holder. Please sign up.

Thursdays, Nov. 6, 13, & 20, 1 p.m. Fee: FREE

Flu Shots

Sponsored by the Charles County Health Department. Open to the public. Please sign up.

Wednesday, Nov. 12, 9 a.m., Fee: FREE

Council Bingo

Richard R. Clark Senior Center Council Bingo, hosted in the multipurpose room. Doors open at 9:00 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. two days prior to bingo to reserve your lunch.

Friday, Nov. 14, 9:30 a.m., Fee: \$4= 3 face cards; \$8= 6 face cards

Thanksgiving Luncheon

Join us for a festive meal and enjoy music by Will Yeckley. Sign up required. Wednesday, Nov. 19, 12 p.m. Fee: Lunch Donation

Handwashing Presentation

The Infectious Disease Team of Charles County Department of Health will be doing a presentation on steps to take to prevent the spread of infectious diseases during the Fall, Winter, & Holiday Season. Come learn about proper handwashing techniques as well as other ways to protect yourself and your loved ones. Melissa Phillips, PhD, MSN, RN, Community Health Program Nurse Supervisor will be providing information and available for questions.

Friday, Nov. 21, 10 a.m. Fee: FREE

Tree of Thanks

Join staff in the Multipurpose room as we write what we are thankful for during this season and hang it on our Tree of Thanks. Please sign up.

Friday, Nov. 21, 12:15 p.m., Fee: FREE

Sisters @ Heart

Join the Sisters @ Heart as they decorate their pink tree to get ready for the holidays! Please sign up.

Monday, Nov. 24, 11 a.m., Fee: FREE

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, Nov. 5 & 19, 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 Nov. 6, 12 p.m. & 1 p.m., Fee: FREE

Charles County Mobile Library

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

Tuesday, Nov. 18, 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, Nov. 19, 10 a.m., Fee: FREE

Greeting Card Making Class

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

Wednesday, Nov. 19, 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

Project Linus

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

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

Health & Fitness

Clark Center Fitness Room Orientation

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

Wednesday, Nov. 5 & 19, 10 a.m., Fee: \$5

Chronic Disease Self-Management Program

Chronic Disease Self-Management is a 6-week direct education intervention that helps individuals with chronic health conditions build strategies that they can utilize to help achieve their health goals. Topics include techniques to deal with symptoms of chronic conditions, such as fatigue, pain, sleeplessness, shortness of breath, stress, and emotional problems, such as depression, anger, fear, and frustration. Learn exercise for maintaining and improving strength and endurance, falls prevention, healthy eating, better breathing techniques, appropriate use of medication, working more effectively with health care providers, communication skills, action planning, problem solving, and decision making. Partnered with Charles County Health Department. Registration required.

Wednesday, Nov. 5, 12 & 19, 10 a.m.- 12:30p.m., Fee: FREE

Beginner Line Dance

Come dance with Carrie, as she teaches beginner line dances.

Wednesday, Nov. 19, 10 a.m., Fee: FREE



Veteran's Day Celebration

Join us as we celebrate and honor our local Veteran's. Music by LPHS band & choir. Ticket required, lunch not included. Signup for lunch is separate and must be completed 2 days prior to the event. Suggested donation of \$6 is made on the day of the event. Veteran's lunch is sponsored by the Richard R. Clark Senior Center Council.

Thursday, Nov. 13, 10:30 a.m., Fee: \$5 for event only; FREE for Veteran's

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 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 Basic Fitness Training 9:00 Qi Gong/Shibashi 10:00 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 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 Fitness Total Body Conditioning 9:00 Chair One Plus 10:00 AFEP 11:15 Chair Yoga 12:00 Line Dance 2:00
3 Building a Better You: MIND Diet. 12:00	4 Hand & Foot Canasta 10:00 Easy Listening 10:30	5 Fitness Orientation 10:00 CDSMP 10:00 Jewelry Club 10:00 Fire Safety 10:30	6 Medicare Enrollment Lab 9:30 Karaoke 10:30 Book Club 12:00 Book Club 1:00 Pot Holder Making 1:00 Liturgical Dance 2:30	7 Hand & Foot Canasta 10:00
10 Building a Better You: Emotional Grief 12:00 Legal Aid 1:00	11 Veterans Day  Centers Closed	12 Flu Shots 9:00 CDSMP 10:00 Council Meeting 1:00	13 Veteran's Day 10:30 Pot Holder Making 1:00	14 Council Bingo 9:30 Project Linus Meeting 9:30
17 Building a Better You: Kitchen Eye Spy 12:00	18 Mobile Library 10:00 Jaycees Christmas Party Ticket Distribution	19 Fitness Orientation 10:00 Card Making Class 10:00 CDSMP 10:00 Beginner Line Dance 10:00 Jewelry Club 10:00 Health Checks 10:00 Thanksgiving Luncheon 12:00 Caregivers Support Group 2:00	20 Pot Holder Making 1:00 Liturgical Dance 2:30	21 Handwashing Presentation 10:00 Tree of Thanks 12:15
24 Sisters @ Heart Christmas Tree Decorating 11:00	25 Spiritual Enrichment 1:00	26 Thanksgiving Break  Center Closed	27 Happy Thanksgiving  Center Closed	28 Thanksgiving Break  Center Closed

INDIAN HEAD SENIOR CENTER

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

Get your Latest *SCOOP* online!

Program Highlights

The 10 Warning Signs of Alzheimer's

An educational program to help recognize common signs of the disease in oneself and in others. Learn what steps to take and how to talk to your doctor. Adult family members (of any age over 18) may accompany seniors for this program. Please preregister so we may ensure adequate seating.

Monday, Nov. 10, 1 p.m. Fee: FREE

Handwashing Presentation

The Infectious Disease Team of Charles County Department of Health will be doing a presentation on steps to take to prevent the spread of infectious diseases during the Fall, Winter, & Holiday Season. Come learn about proper handwashing techniques as well as other ways to protect yourself and your loved ones. Melissa Phillips, PhD, MSN, RN, Community Health Program Nurse Supervisor will be providing information and available for questions.

Friday, Nov. 14, 1 p.m. Fee: FREE

Shibashi with Randi

Gentle, flowing movements and breathing techniques that help to improve health and balance the body, mind, and spirit.

Tuesday, Nov. 18, 3 p.m. Fee: donation

Healthy Living for Your Brain and Body

Learn about research in diet, nutrition, exercise, cognitive activity and social engagement. Use hands-on tools to help incorporate these recommendations into a plan for healthy aging.

Monday, Nov. 24, 1 p.m. Fee: FREE

Ongoing Programs

Bingo

Mondays, Nov. 3 & 17, 9:30 a.m.,

Fee: 5¢ per card

Choir Group

Love to sing, this is the group for you.

Mondays, Nov. 3 & 17, 1 p.m. Fee: FREE

Line Dancing

Join Gwen to learn the basics of line dancing. Wednesdays, Nov. 5, 12, 11 a.m., Fee: Fitness Card

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, Nov. 6 & 20, 11 a.m. Fee: FREE

Project Linus/ Sewing 101

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

Mondays, Nov. 10 & 24, 9:30 a.m. Fee: FREE

Widow to Widow Support Group

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

Wednesday, Nov. 12, 10 a.m. Fee: FREE

Information & Assistance w/Julie

Come out to hear current Medicare topics and local resources for Seniors in Charles County. Meet privately with Aging & Disability Resource Specialist, Julie Hammonds for additional assistance, by making an appointment by calling 301 934-6737.

Tuesday, Nov. 18, 10:30 a.m. Fee: FREE

Tea Club

Come and share the health benefits of teas.

Tuesday, Nov. 18, 1 p.m. Fee: FREE

Monthly Book Club

Join a representative from the Charles County Public Library to discuss the monthly book. November's book will be "James" by Percival Everett.

Wednesday, Nov. 19, 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, Nov. 20, 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, Nov. 21, 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

Pastor Chris & Friends

Returns in December on the 2nd Tuesday of the month.

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

FITNESS

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

No market in November or December. Free giveaways of produce and pantry essentials returns Jan. 28, 11 a.m.

Thanksgiving Celebration

Share a meal, music, and gratitude with your fellow seniors. Preregistration required to ensure adequate seating and food.

Wednesday, Nov. 19, 11 a.m.

Fee: Lunch Donation



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.

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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
3 Bingo 9:30 Choir Group 1:00	4 Council Meeting 9:30 Crafting w/Mary 1:00	5 Line dancing 11:00 Music w/Ken 12:00 Ask Doyle 1:00	6 Fitness Surprise 9:30 Meditation 11:00 NO Mobility & Balance	7 Fitness Surprise 9:30 Cardio Fitness 10:15 NO Chair Yoga
10 Project Linus/Sewing 101 9:30 10 Warning Signs of Alzheimer's 1:00	11 Veterans Day  Centers Closed	12 Widow & Widower Support 10:00 Line Dancing 11:00	13 Fitness Surprise 9:30 NO Meditation Class Today NO Mobility & Balance	14 Cardio Fitness 10:15 Handwashing Presentation 1:00
17 Bingo 9:30 Choir Group 1:00	18 Information & Assistance with Julie 10:30 Tea Club 1:00 Shibashi 3:00 Jaycees Christmas Party Ticket Distribution	19 Thanksgiving Celebration 11:00 Book Club 1:00	20 Mobility & Balance 9:30 Green Thumb Club 10:30 Meditation 11:00	21 Cardio Fitness 10:15 Walk Through the Bible 1:00
24 Project Linus/Sewing 101 9:30 Healthy Living for Your Brain & Body 1:00	25 Mobility Flow 9:30	26 Thanksgiving Break  Centers Closed	27 Happy Thanksgiving  Centers Closed	28 Thanksgiving Break  Centers Closed

NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest *SCOOP* online!

Program Highlights

Senior Council Bingo Fundraiser

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

Friday, Nov. 14, 5-7 p.m., Fee: 5¢ per card

Handwashing Presentation

The Infectious Disease Team of Charles County Department of Health will be doing a presentation on steps to take to prevent the spread of infectious diseases during the Fall, Winter, & Holiday Season. Come learn about proper handwashing techniques as well as other ways to protect yourself and your loved ones. Melissa Phillips, PhD, MSN, RN, Community Health Program Nurse Supervisor will be providing information and available for questions.

Tuesday, Nov. 18, 10 a.m. Fee: FREE

Thanksgiving Day Meal

Join us for a festive holiday meal. Sign up required.

Wednesday, Nov. 19, 12 p.m.

Fee: Lunch Donation

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.

Resin Coasters/Dominos, Nov. 3, Fee: \$10
Casual Crafting, Nov. 10, Fee: FREE
Resin Tables, Nov. 17, Fee: \$35
Casual Crafting, Nov. 24, Fee: FREE

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, Nov. 20, 9:30 a.m., Fee: FREE

Nickel Bingo

Join us for bingo every week!

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

Health & Fitness Programs

Fitness Beats

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

Mondays, Nov. 3 & 24, 12 p.m.,
Fee: Fitness Card

Core Fitness

Core work, muscle work, and flexibility.

Mondays, 9 a.m., Fee: Fitness Card

Flex & Stretch

Body movement, balance, stretching and mobility.

Tuesdays, 10 a.m., Fee: FREE

Total Body Conditioning

Whole-body workout, standing and sitting, using free weights.

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!!

Mobile Library

No Mobile Library this month. Due dates for hot spots extended to accommodate.

WIC Services

Fridays, Nov. 7 & 21, 9 a.m.-4 p.m., Fee: FREE

Mobile Food Market

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

Wednesday, Nov. 19, 12-2 p.m., Fee: FREE

While supplies last

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, Nov. 21, 12:30 p.m., Fee: \$8

DIY Glass Etching

We will teach you how to take stencils and ordinary glasses to create two unique masterpieces. Make the glasses for yourself or they make a great holiday gift. All supplies included or bring your own glassware. No Pyrex or plastic.

Tuesday, Nov. 25, 5-6 p.m., Fee: \$20

Residents/\$25 non-resident

Register at <https://www.charlescountyparks.com/programs-activities/adult-programs>

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 the Netherlands including historical, geographical, and other interesting facts. We will also sample some Dutch cuisine. Prior signup is required.

Tuesday, Nov. 25, 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., 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 Lunch12:00 Dominos.....1:00 Games/Puzzles.....1:00 Fitness Core Fitness9:00	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 Shop the Rack1:00 Fitness 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 Lunch12:00 Nickel Bingo.....12:45 Dominos.....1:00 Games/Puzzles1:00 Fitness Total Body Conditioning.....9:00 Chair Yoga10:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Shop the Rack8:30 Senior Tech Appts.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness Walking Club.....11:00
3 Senior Council Meeting10:00 Fitness Beats12:00 <i>Artistic Aesthetics: Resin Coasters/ Dominos.....1:00</i>	4 Flex & Stretch.....10:00 Dominos.....1:00	5 Computer Lab8:30	6 Total Body Conditioning.....9:00 Chair Yoga10:00 Bingo12:45	7 Fitness Room.....8:30 <u>Community Program</u> WIC Services9:00
10 Core Fitness9:00 <i>Artistic Aesthetics: Casual Crafting1:00</i>	11 Veterans Day  Centers Closed	12 Billiards.....8:30	13 Casual Crafting8:30 Bingo12:45	14 Walking Club11:00 Council Bingo.....5:00
17 Core Fitness9:00 <i>Artistic Aesthetics: Resin Tables.....1:00</i>	18 Handwashing Presentation ..10:00 Games & Puzzles.....1:00 Jaycees Christmas Party Ticket Distribution	19 Billiards.....8:30 Thanksgiving Day Meal12:00 <u>Community Program</u> Mobile Food Market12:00	20 I & A9:30 Bingo12:45	21 Dominos.....1:00 <u>Community Program</u> WIC Services9:00 Pizza & Painting12:30
24 Core Fitness9:00 Fitness Beats12:00 <i>Artistic Aesthetics: Casual Crafting1:00</i>	25 Flex & Stretch.....10:00 Let's Take a Trip1:00 <u>Community Program</u> DIY Glass Etching.....5:00	26 Thanksgiving Break  Centers Closed	27 Happy Thanksgiving  Centers Closed	28 Thanksgiving Break  Centers Closed

WALDORF SENIOR & RECREATIONAL CENTER

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

Get your Latest SCOOP online!

Program Highlights

Vaccine Clinic

Vaccine clinic will be available for flu, Covid, RSV and pneumonia. Prior signup is encouraged for adequate vaccine supply.

Monday, Nov. 3, 9:30 a.m. Fee: FREE

Understanding Alopecia

Join local Certified Hair Loss Practitioner, LaKeysha Moore, as she teaching you all about Alopecia. She will also be here to answer all your questions regarding hair replacement and regrowth.

Wednesday, Nov. 5, 10:30 a.m., Fee: FREE

Fire Safety

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!

Friday, Nov. 7, 10 a.m., Fee: FREE

Self-Enrollment Lab

See pg. 5 for details. By appointment only.

Monday, Nov. 10, 9:30 a.m.-12:30 p.m.,

Fee: FREE

Fall Wreath Making

Get crafty this fall with Sandra Wynn! Join us for a fun, hands-on workshop where Sandra shares her secrets to creating beautiful, one-of-a-kind wreaths. Each participant will make their own festive fall wreath to take home; perfect for adding a cozy touch to your season!

Pre-Registration Required.

Wednesday, Nov. 12, 11 a.m., Fee: \$10

Cyber Safe Holidays

The holiday season is a peak time for online shopping and cybercrime. Cyber Safe Holidays is a focused cybersecurity awareness program designed to teach individuals how to protect themselves while shopping online, especially during high-risk times like Black Friday, Cyber Monday, and the winter holidays.

Monday, Nov. 17, 10:30 a.m., Fee: FREE

Thanksgiving Party

Come celebrate the spirit of Thanksgiving with us! Enjoy an unforgettable gathering packed with refreshment stations that open at 10:30a.m., followed by live entertainment provided by the South County Senior Show Troupe that begins at 11a.m. Please join us during this festive time! Pre-registration required. Lunch will be served at 12:15 p.m. Sponsored in part by the Waldorf Senior Center Council. Signup for lunch is separate and must be completed 2 days prior to the event. Suggested donation of \$6 is made on the day of the event.

Wednesday, Nov. 19, 10:30 a.m.,

Fee: \$10 for event only

Cozy Classics

Snuggle up for a cozy classic movie morning as we screen Home for the Holidays! Enjoy this heartwarming film filled with family, laughter, and a touch of holiday chaos; all in a warm, welcoming setting. Bring a blanket, grab some popcorn, and settle in for a relaxing morning that feels just like home.

Friday, Nov. 21, 10 a.m., Fee: \$2

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, Nov. 4, 10 a.m., Fee: FREE

Widow & Widower Support Group

Facilitated by Brenda Dubose.

Monday, Nov. 10 & 24, 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, Nov. 12, 10 a.m., Fee: \$3

Bible Study

Facilitated by Minister Yvonne Wilson. All are welcome!

Tuesday, Nov. 18, 11 a.m., Fee: FREE

Book Club

This month's book is "The Housemaid" by Freida McFadden. Please come prepared with your thoughts on this book and join in the discussions. Next month's book will be is "The Tale of the Nutcracker" by Alexandre Dumas.

Thursday, Nov. 20, 1 p.m., Fee: FREE

Jazz Appreciation

Friday, Nov. 21, 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, Nov. 25, 1 p.m., Fee: FREE

Basic Sewing

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

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

Guitar Club

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

Mondays, 11 a.m. & Thursdays, 1 p.m., Fee: FREE

Leather Crafting

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

Tuesdays, 12 p.m., Fee: FREE

Gospel Choir

Sing or listen, all are welcome.

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

BINGO

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

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

Crochet Club

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

Fridays, 10 a.m., Fee: FREE

Paper Crafting

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

Fridays, 1 p.m., Fee: FREE

Health & Fitness

Fitness Room Orientation

Mandatory before first use of fitness room. Registration required.

Monday, Nov. 3 & 17, 11:30 a.m., Fee: \$5

Wednesdays, Nov. 12, 10:30 a.m., Fee: \$5

Skills & Drills

Join Nate Schultz to improve your pickleball skills as he runs you through different skills and drills. Pre-registration is required, 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, Nov. 6, 13, & 20, 11 a.m., Fee: FREE

Community

Grandparent & Me

Celebrate the season of gratitude with a special afternoon of fall-themed arts and crafts! Grandparents and grandchildren are invited to create together, making keepsakes that capture the warmth of November. From colorful leaf collages and handprint turkeys to thankful trees and cozy harvest decorations, each project will be fun, easy, and meaningful. This is the perfect chance to share stories, laughter, and creativity while making memories that can be treasured for years to come. For more information contact the center directly at 240-448-2810, select Opt. 2.

Wednesday, Nov. 19, 2:30-4 p.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.

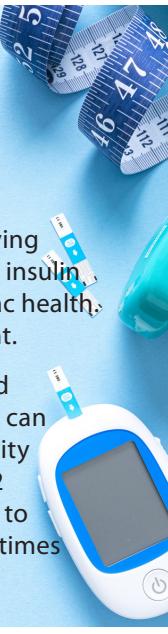
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness Room 9:00 Racquetball 9:00 Guitar Club 11:00 Pinochle 11:00 Lunch 12:00 Basic Sewing 1:00 Table Tennis 2:30 Fitness Chair Dance Aerobics 9:30 Core & More 10:30 Gentle Stretching 11:30 Kettlebell Fitness 12:30 Enhanced Fitness 1:30	Fitness Room 9:00 Racquetball 9:00 Cards & Games 10:30 Pokeno 10:30 Tech Time 10:30 Leather Crafting 12:00 Lunch 12:00 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
3	4	5 Understanding Alopecia 10:30	6	7 Fire Safety 10:00
Vaccine Clinic 9:30 Fitness Orientation 11:30	Mobile Library 9:00 Prayer Group 10:00 Intro to Pickleball (4) 11:00		Bingo 10:30 Skills & Drills 11:00	
10	11 Veterans Day  Centers Closed	12 Jewelry Club 10:00 Fitness Orientation 10:30 Wreath Making 11:00	13 Bingo 10:30 Skills & Drills 11:00 Veterans Day Party at the Clark Senior Center 10:30 a.m.	14 Diabetes Prevention 10:30
17	18 WSC Council Meeting 9:30 Cyber Safe Holidays 10:30 Fitness Orientation 11:30	19 Thanksgiving Party 10:30 Grandparent & Me 2:30	20 Bingo 10:30 Skills & Drills 11:00 Book Club 1:00	21 Cozy Classics 10:00 Jazz Appreciation 1:00
24	25 Intro to Pickleball (6) 11:00 Better Breathers 1:00	26 Thanksgiving Break  Centers Closed	27 Happy Thanksgiving  Centers Closed	28 Thanksgiving Break  Centers Closed

Diabetes and Fitness

Each day is an opportunity to make great choices when it comes to your diet and exercise. They both have a direct impact in keeping your blood sugar levels in check.

Exercise aids diabetes management by improving the sugar levels in your blood. It also increases insulin sensitivity and directly enhances overall cardiac health. It can also be effective for weight management.

Walking, biking, weight/resistance training and swimming/water exercise are a few things you can do right away. 150 minutes of moderate intensity aerobic exercise along with strength training 2 times a week is recommended. It doesn't have to be all at one time. You can do 10-15 min a few times a day if needed. The point is to be consistent!



UMD Extension Program: Building a Better You

3 classes left!! 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

Mondays, 12-1 p.m., • Fee: FREE

Nov. 3: MIND Diet

Nov. 10: Emotional Grief

Nov. 17: Kitchen Eye Spy

REGISTRATION REQUIRED.



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, Nov. 19, 10 a.m., • Fee: FREE

Qi Gong/Shibashi

For over 1,000 years this form of exercise has been extremely popular. Come join!

This class will take you through a series of slow, easy-flowing mindful movements to calm the nervous system, focus on breath, balance and coordination. Instructor: Charles Cavella

Richard R. Clark Senior Center

Wednesdays, 10 a.m., • Fee: FREE

*NO CLASS ON NOV 19 & 26

Chronic Disease Self-Management Program (CDSMP)

6-week direct education intervention that helps individuals with chronic health conditions build strategies that they can utilize to help achieve their health goals. Topics include techniques to deal with symptoms of chronic conditions, such as fatigue, pain, sleeplessness, shortness of breath, stress, and emotional problems, such as depression, anger, fear, and frustration. Learn exercise for maintaining and improving strength and endurance, falls prevention, healthy eating, better breathing techniques, appropriate use of medication, working more effectively with health care providers, communication skills, action planning, problem solving, and decision making.

Richard R. Clark Senior Center

Wednesdays, Nov. 5- Dec. 17, 10 a.m.-12:30 p.m., • Fee: FREE
Limited space. Registration required.

Partnered with Charles County Health Department

Good Health with Debi

Want to keep up your exercise routine even when the centers are closed? Good Health with Debi has you covered! Scan the below QR code to visit CCGTV's Fitness channel with Debi Shanks for videos on fitness, wellness, and fun.

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 lens at the QR code.
3. Tap the banner/website that appears on the phone screen to open the link.

SCAN ME!



This will take you to CCGTV's Fitness channel where you can select Debi's videos.

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
3 Orange Juice Salisbury Steak w/ Gravy Mashed Potatoes California Blend Veggies Whole Wheat Bread Baked Apples	4 Cranberry Juice Vegetarian Baked Ziti Italian Blend Veggies Green Beans Fresh Grapes	5 Fruit Punch Turkey Meatloaf w/ Gravy Mashed Potatoes Peas Dinner Roll Pears	6 Apple Juice Philly Chicken Cheesesteak on Hoagie Roll Peppers & Onions Coleslaw Fresh Oranges	7 Grape Juice Herbed Boneless Chicken Thighs Candied Sweet Potatoes Steamed Carrots Pasta Salad Fruit Cocktail
10 Cranberry Juice Chicken Parm w/ Marinara Whole Wheat Spaghetti California Blend Veggies Spinach Peaches	11 Veterans Day  Centers Closed	12 Fruit Punch Vegetable Stir Fry Rice Carrots Pears	13 Apple Juice Chicken Salad on Bun Ham & Pea Soup Garden Salad Orange Slices	14 Grape Juice Beef Birria Quesadilla w/ Lettuce, Tomato, Onions Corn & Black Bean Salad Spanish Rice Fresh Grapes
17 Cranberry Juice Italian Marinated Chicken Breast Candied Sweet Potatoes Italian Blend Veggies Peaches	18 Orange Juice Korean BBQ Chicken Sandwich Coleslaw Green Beans Fresh Grapes	19 Thanksgiving Celebration Catered by Apple Spice Turkey w/ Gravy Mashed Potatoes Stuffing Steamed Veggies Dinner Roll Pumpkin Pie	20 Apple Juice Fried Chicken Sandwich Corn on the Cob Potato Salad Dinner Roll Fresh Oranges	21 Grape Juice Chicken Alfredo Broccoli Garden Salad Fruit Cocktail
24 Cranberry Juice Spaghetti & Meatballs Green Beans Mixed Veggies Peaches	25 Fruit Punch Grilled Reuben Quesadilla w/ Swiss & Sauerkraut Tomato Soup Garden Salad Fresh Grapes	26 Thanksgiving Break  Centers Closed	27 Happy Thanksgiving  Centers Closed	28 Thanksgiving Break  Centers Closed
<p>Charles County Luncheon Program</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 Center Monday-Friday Waldorf Senior Center Monday-Friday</p>				
<p><i>Available at Noon • Days Vary By Center</i></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.

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

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, Nov. 14, 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.

Nanjemoy Senior Council

Senior Council Bingo Fundraiser

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

Friday, Nov. 14, 5-7 p.m., • Fee: 5¢ per card

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 November Sponsored/Hosted Activities & Events

Clark Senior Center

Sunset Memorial,
Bingo, Veteran's Day
Celebration

Indian Head Senior Center

All Clubs,
Shibashi,

Nanjemoy Senior & Community Center

Bingo Fundraiser

Waldorf Senior & Rec. Center

Bingo, Pokeno
Thanksgiving Party