

The SCOOP

Charles County's Senior Center News



MAY 2026
www.CharlesCountyMD.gov

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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: Brittney Arbin
 Senior Center Plus Program Specialist: Carolyn Savoy

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.

Senior Center Closures

Monday, May 25
 Closed for Memorial Day

Wednesday, May 27
 Closed for Eid al Adha

Save the Date: Jaycees Talent Show



Thursday, September 10, 2026, 10:30 a.m.

Join us for a fun-filled talent show featuring performance from our senior community. Lunch will be provided! Event is held at the Greater Waldorf Jaycees Community Center.

Stay Connected

Community Reinvestment and Repair Fund (CRRF) Office of Equity and Access



In 2023, the Maryland General Assembly approved the Cannabis Reform Act, which created an additional stream of funding for all counties in Maryland, including Charles County. This new funding is called the Community Reinvestment and Repair Fund (CRRF). CRRF is funded with money from taxes on adult-use cannabis. This money is given to local areas to support programs that help low-income communities and those most affected by past cannabis laws.

Charles County Government is looking for community involvement and input to help decide how to best utilize dollars from CRRF. We encourage residents to share their thoughts by participating in the survey found at:

<https://charles-county-md.civilspace.io/en/projects/community-reinvestment-and-repair-fund>

Want to learn more about other ways you can stay engaged with county projects?

Visit the Stay Engaged, Charles County webpage: <https://charles-county-md.civilspace.io/en>. Your engagement makes a better Charles County.

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!

SCOOP Cover Contest: Deadline May 15th



Love Charles County Photo Contest

There is still time to submit your entries! We are looking for pictures from around Charles County of scenic places and events to feature on the cover of our SCOOP newsletters from July-December of 2026.

The top six will feature on the cover for the month most relevant to the theme of the photo and include a photo brief Meet the Photographer article on page 2. The article gives winners a chance to talk events leading up to the photo, their art overall, and what activities they prefer to participate in while attending Charles County Senior Centers.

To enter:

1. You must be a senior that attends Charles County Senior Centers.
2. The photo location must be within Charles County.
3. Large, photo-quality prints can be submitted in person to any of the four Charles County Senior Centers. To have your print returned to you, there will be a half-sheet entry form to complete to make sure it gets back to the right person.
4. Digital files are the preferred submission sent via email to Rachel Gould; high-resolution 8.5 x 11 at 300 DPI.

For more information contact Rachel Gould at 240-448-2815 or submit your digital photo file via email to gouldr@charlescountymd.gov.

The Most Photogenic Spots in Charles County, Maryland

Charles County, Maryland, offers a variety of scenic landscapes that attract photographers year-round. Along the Potomac River, Mallow's Bay—Potomac River National Marine Sanctuary is famous for its haunting "Ghost Fleet," where dozens of World War I—era shipwrecks create dramatic silhouettes, especially at sunrise or in morning fog.

For wide river views and colorful sunsets, Marshall Hall at Piscataway Park provides open vistas across the Potomac. Historic architecture and rolling farmland make Thomas Stone National Historic Site another favorite for photographers.

Nature lovers often visit Chapman State Park for wooded trails and river overlooks, while calm waters at Smallwood State Park produce beautiful reflections at sunrise.

Together, these locations showcase Charles County's mix of historic heritage, forest landscapes, and scenic waterfront views.

Charles County Senior Centers Fees and Charges

When visiting your local senior center, you can expect the following fee schedule for a variety of programs and services. If you have any questions about the fee schedule, please see center staff. Prices for programs and events can also be found in the SCOOP.

FY26: July 1, 2025, to June 30, 2026

Senior Programs & Class Fees	Varies
Special events - evenings & weekends	Varies
Special events - daytime (excludes food)	Varies
Annual Registration	\$15 suggested donation
Daily Lunch	Suggested donation
Meals-on-Wheels	Suggested donation based on income
Senior Center Plus	\$50/day
Fitness Cards	\$20 for 10 classes
Jumbo Fitness Cards	\$60 for 40 classes
Fitness Orientation	\$5
SCOOP Newsletter Mail Subscription	\$30/year
Senior Center Membership (non-county resident)	\$20/punch card
Replacement Senior Center registration tag	\$5

Annual Jaycees Summer Party

Thursday, Jun. 4th Doors Open at 10 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 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 applications 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, May 12, 2026**, first come, first served with eligibility verification when doors open.



CHAMPION YOUR HEALTH: MAY 2026

May is Older American's Month

Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month, a time to recognize older Americans' contributions, highlight aging trends, and reaffirm our commitment to serving older adults.

The 2026 theme, **Champion Your Health**, focuses on prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages taking an active role in managing your own health, advocating for yourself, accessing preventive care, and making informed decisions that support independence.

Information from: <https://acl.gov/oam/older-americans-month>

Champion Your Health on CCGTV

Good Health with Debi airs regularly on the Charles County Government TV channel. 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?

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This will take you to CCGTV's Fitness channel where you can



Caregiver's Corner: Sharing Caregiving Responsibilities: Part 2

Splitting up caregiving tasks

When deciding how to share caregiving responsibilities, consider these questions:

- Who is best at finding information and keeping people up to date on changing conditions?
- Who is most comfortable using email, text messages, and other forms of technology?
- Who do people call when they need emotional support and someone to talk to?
- Who is most confident about **speaking with medical staff** and conveying information to others?
- Who lives close enough to assist with day-to-day tasks, such as grocery shopping, cooking, and cleaning?
- Who likes coordinating larger tasks, such as helping to organize a move?
- Who is good with numbers? Could they take charge of tasks such as paying bills, keeping track of bank statements, and reviewing insurance policies and reimbursement reports?
- Other than the primary caregiver, who can step in to help occasionally? For example, can someone stay with the person needing care so the primary caregiver can take a short break or go on vacation?

Over time, these decisions may need to be revised. There can be changes in the needs of the person receiving care and in family members' availability. Check in with the older person and the other caregivers regularly to make sure the current arrangement is still working for everyone. Update the plan for sharing tasks as circumstances change.

Use NIA's Worksheet: Coordinating Caregiving Responsibilities (PDF, 161K) to help you have a productive conversation about identifying and sharing caregiving tasks. (https://www.nia.nih.gov/sites/default/files/2023-04/worksheet-coordinating-caregiving-responsibilities_1.pdf)

Information from <https://www.nia.nih.gov/health/caregiving/sharing-caregiving-responsibilities>



LISTEN health care connect TRUST
family FRIENDSHIP purpose THERAPY
healing kindness • COMPASSION NOW
GRACE
patience
caregiver
UNCONDITIONAL mobility TIME LOVE
activity inclusion dignity support nurture
COMMUNITY long term SMILE comfort

Get a Property/Renters Tax Break

Did you know the State of Maryland offers tax credits to help eligible homeowners and renters save money? If your gross household income is \$60,000 or less, you may qualify for a homeowner's tax credit. Renters with a valid lease may also be eligible for a renter's rebate.

Many seniors qualify for these programs—so don't miss out on a chance to reduce your housing costs. Both online and paper applications are available.

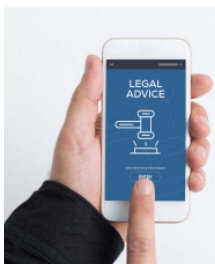
When you apply, you may receive: A direct credit on your July property tax bill (for applications received by April 15, 2026) or a later credit for applications submitted by October 1, 2026:

- A check issued directly to eligible renters
- A written notice explaining why an application was not approved

Applications are accepted from February through September. To get an application or ask questions, contact the Department of Community Services, Information & Assistance Offices:

- La Plata: 301-609-5712
- Waldorf: 240-448-2816
- Indian Head/Nanjemoy: 301-934-6737

Appointments are encouraged.



Legal Aid

Legal Aid: May 4th & June 1st

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

Medicare 101

New to Medicare? Caring for a loved one with Medicare? Or just need a refresher? This class will give a clear, easy-to-understand overview of Medicare.

Tuesday, May 19th at 6 p.m.

La Plata Library
2 Garrett Ave. La Plata, MD 20646

Wednesday, June 3rd at 2 p.m.

Potomac Branch Library
3225 Ruth B Swann Dr, Indian Head, MD 20640

Let us know you're coming by calling 301-609-5712.

Welcome walk-ins!

World Elder Abuse Awareness Day



June 15th is World Elder Abuse Awareness Day (WEAAD), dedicated to raising awareness about the prevention of abuse, neglect, and exploitation of older adults. This year's theme, **"Be Bold, Age with Attitude: Celebrating the strength, resilience, and wisdom of older adults while advocating for their right to live free from abuse,"** calls on communities to promote safety, dignity, and respect for all older individuals.

The Senior Medicare Patrol (SMP) program is partnering with the Epsilon Alpha Phi Zeta Chapter of Zeta Phi Beta Sorority, Incorporated, to host a special event at the Indian Head Senior Center on Monday, June 15th at 9:30 a.m. The presentation will focus on recognizing potential abuse, understanding available resources, and empowering community members to take action.

Special Thanks to AARP Tax-Aide Volunteers!!

The Department of Community Services Aging and Senior Programs Division wishes to extend a heartfelt THANK YOU to the volunteers of the AARP Foundation Tax-Aide program who dedicated their time and talent this tax season to assist senior citizens and low-income adults with completing and filing their 2024 income tax returns. The program volunteers attended intensive training, studied, passed exams, and facilitated preparation/filings at the Richard R. Clark Senior Center to ensure that timely and accurate tax preparation was available to our residents.

In addition, we want to acknowledge the I&A staff, for their work behind the scenes, in addition to their normal duties. Lastly, to senior center staff for accommodating the needs of this program to continue to service the community.



CLARK SENIOR CENTER

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

Get your Latest SCOOP online!

Program Highlights

Law Day

Persons 60 years of age or older can sign up to have an attorney complete their Advanced Directive, Power of Attorney, Medical Orders for Life-Sustaining Treatment (MOLST), or a Simple Will, free of charge. Please call 301-609-5712 to make an appointment.

Friday, May 1, 9 a.m. Fee: FREE

Lunch & Learn: Wills & Estate Planning 101

Join Lorraine Hennessy, Register of Wills and Latavia S. Alexander, Esq., to discuss Wills and Estate Planning. All are welcome to attend. Lunch provided for those who sign up before Wednesday, April 29th.

Friday, May 1, 11:45 a.m. Fee: FREE

Genealogy 101

Join Debi Scoggins as she provides information about genealogy and how to search your family history. Space is limited, please sign up.

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

Mother's Day Craft

Join staff to create a miniature version of a Mother's Day hat. This miniature hat will be on a pin to wear on your clothes or as a clip to wear in your hair. All supplies provided. Please sign up.

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

Mother's Day Tea Party

Join us for tea, sandwiches, cookies, and music by jazz performer, Merlon Devine. Bring a framed picture of your family or mother to honor. Bring a framed picture of your family or mother to honor on a display table. Wear your favorite hat for a chance to win best hat contest, sponsored by the Richard R. Clark Senior Center. Tickets required, lunch not included.

Thursday, May 7, 10:30 a.m. Fee: \$15 ticket

Senior Council Bingo

Richard R. Clark Senior Center Council Bingo, hosted in the multipurpose room. Doors open at 9 a.m. Last call to purchase bingo card (s) is at 9:30 a.m. One winner per game. No bills over \$10. Interested in lunch? Call the Senior Center before 10 a.m. the day prior to bingo to reserve your lunch.

Friday, May 8 & 22, 9:30 a.m.
Fee: \$4= 3 face cards; \$8= 6 face cards

Mug Meetup

Bring your own favorite mug from home, enjoy some good conversations, and join staff in the multipurpose room for some coffee, tea or juice. Please sign up.

Monday, May 11, 12 p.m. Fee: FREE

Precious Pets

Pets need your loving care and they like to travel, too. This seminar will provide you useful tips and ideas on how to travel safely with your pet. Presented by Joe Boswell.

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

Weight Watchers App

Join Renee as she helps you navigate through the Weight Watchers App.

Thursday, May 14, 10:30 a.m. Fee: FREE

Arts & Crafts

Join Destiny from Rooted in Spirit as she provides arts & crafts. Please sign up.

Friday, May 15, 10 a.m. Fee: FREE

Yard Sale

The Richard R. Clark Senior Center Council is hosting an indoor yard sale. To reserve a table please call Regina at 240-795-0324; \$25 per table; \$15 each additional table. Don't have anything to sell, come find some treasures! Rain or shine event.

Saturday, May 16, 8 a.m.- 1 p.m.
Fee: Your purchases

Wish of a Lifetime Presentation

Come learn about Wish of a Lifetime, powered by AARP, a program dedicated to granting life-changing wishes for older adults, helping them achieve long-held dreams and fostering joy and purpose in their lives. Please sign up.

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

FREE Health Checks

Come out and see Khenae Pearson, Nursing Assistant, and get your blood pressure, weight and glucose checked.

Wednesday, May 20, 10 a.m. Fee: FREE

CPR Training

In this course, you'll learn how to perform CPR, how to use an AED, and skills for choking for an adult, child, and infant. Pre-pay and sign up at the front desk, space is limited.

Friday, May 29, 10 a.m. Fee: \$25

Ongoing Programs

Charles County Mobile Library

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

Tuesday, May 5 & 26, 10 a.m. Fee: FREE

Beginners Jewelry Class

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

Wednesday, May 6 & 20, 10 a.m. Fee: FREE

Book Club

Led by Nancy Marquardt, Charles County Public Library. No Book Club in June.

May

12p.m. Book Title: "The Life Impossible," by Matthew Haig.

1 p.m. Book Title: "The First Ladies," by M. Benedict & V. Murray.

July

12 p.m. Book Title: "The Mighty Red," by Louise Erdrich.

1 p.m. Book Title: "The Life Impossible," by Matthew Haig.

Please sign up for the timeslot of your choice.
Thursday May 7, 12 p.m. & 1 p.m. Fee: FREE

Widow to Widow Support Group

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

Tuesday, May 12, 1 p.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. Space is limited, please pay at the front desk.

Wednesday, May 20, 10 a.m. Fee: \$5

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

Stained Glass Class-Full

See the Front Desk to be added to our waitlist.

Tuesdays, 12 p.m. Fee: \$20 for 4 months

Knit & Crochet Group

This is an open session for you to come together and work on your own projects. If you are new, we can teach you. This group also, creates & collects projects to provide for those in need.

Wednesdays, 9 a.m. Fee: FREE

Tech Support

A 30-minute appointment with staff to navigate through your latest tech questions. Space is limited, appointment required.

Wednesdays, 10 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, May 6 & 20, 10 a.m. Fee: \$5

CLARK SENIOR CENTER

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

Hours: 9 a.m.–4 p.m., Monday–Friday

Luncheon at Noon–Reservation/Registration Required
Reserve lunch by 10 a.m. 1 day prior.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards.....9:30 Sewing Room OPEN9:30 Coloring & Puzzles9:30 2N1 Social Club10:00 Duplicate Bridge10:00 Fitness Total Body Conditioning.....9:00 Walking Club at Laurel Springs9:00 Beginner Mat Yoga10:00 Chair Yoga11:00 Drums Alive1:00 Circuit Training.....2:30	Quilting Class.....9:00 Billiards.....9:30 Coloring & Puzzles9:30 Cards & Games10:00 Guitar10:00 Stained Glass12:00 Lunch12:00 Musicians Club.....1:00 Spiritual Enrichment.....1:00 Fitness Strength Training.....9:00 Flex & Stretch.....10:00 Zumba11:30 Line Dance1:00 Yoga Flow.....2:00	Crochet/Knitting.....9:00 Billiards.....9:30 Coloring & Puzzles9:30 Sewing Room OPEN9:30 Cards & Games10:00 Mah Jong10:00 Tech Support10:00 Lunch12:00 Powder Puff Billiards.....1:00 Fitness Basic Fitness Training9:00 Qi Gong/Shibashi10:00 Dance Aerobics11:00 Yoga Flow.....12:00 AFEP1:00	Billiards.....9:30 Coloring & Puzzles9:30 Sewing Room OPEN9:30 Cards & Games10:00 Musicians Club.....10:00 Lunch12:00 Fitness Strength Training.....9:00 Step Plus.....10:00 Zumba11:30 Pilates12:30 Cardio Fitness1:30	Billiards.....9:30 Coloring & Puzzles9:30 Project Linus9:30 Guitar10:00 Lunch12:00 Open Art Studio.....1:00 Fitness Total Body Conditioning.....9:00 Chair One Plus10:00 AFEP11:15 Chair Yoga12:00 Line Dance2:00
				1 Law Day9:00 Lunch & Learn: Estate Planning 101 11:45
4 Legal Aid1:00	5 Genealogy 10110:00 Mobile Library.....10:00	6 Beginner's Jewelry10:00 Fitness Orientation.....10:00 Mother's Day Craft10:00 No Tech Support	7 Mother's Day Tea Party10:30 Book Club.....12:00 Book Club.....1:00	8 Council Bingo9:30
11 Mug Meetup12:00	12 Precious Pets.....10:30 Widow to Widow1:00 Jaycees Summer Party Ticket Distribution	13 Lunchtime Music w/ Will11:30 Council Meeting1:00 Beginner Line Dance1:30	14 Weight Watchers App ..10:30	15 Project Linus Meeting.....9:30 Arts & Crafts10:00 5/16 Council Yard Sale
18 Movie Monday.....12:00	19 Wish of a Lifetime Presentation10:30	20 Card Marking Class.....10:00 Beginner's Jewelry10:00 Fitness Orientation.....10:00 Health Checks10:00 Caregivers Support Group2:00	21 Easy Listening10:00	22 Council Bingo9:30
25 Memorial Day  Centers Closed	26 Mobile Library.....10:00 Karaoke.....10:00	27 Eid al Adha  Centers Closed	28 Lunchtime Poetry w/ Charlotte.....12:15	29 CPR Training10:00

INDIAN HEAD SENIOR CENTER

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

Get your Latest SCOOP online!

Program Highlights

Wills & Estate Planning

Learn about the process with Charles County Register of Wills, Loraine Hennessy.

Monday, May 11, 1 p.m. Fee: FREE

Living Well with Diabetes

This is a free six-week workshop designed for people with chronic conditions and/or caregivers. Each session builds upon the last to help you set goals, make action plans, and improve your life.

Tuesdays, May 12 & 19, 1-3:30 p.m. Fee: FREE

Qi Gong for Brain Optimization – Part 3

Join Qi Gong Master, Paty Massón. This is a 4-part monthly series designed to boost memory, sharpen focus, and balance energy.

Wednesday, May 13, 1 p.m. Fee: DONATION

Thrive Mindfully: Brain Fitness for All

Join Certified Brain Fitness Coaches Paty Massón and Judi Lyons to enhance your mind and body in this invigorating 75-minute workshop that seamlessly blends yoga, strength training, dual tasking, and brain gym exercises. This is part 3 of a 3-part monthly series.

Tuesday, May 19, 12:45 p.m. Fee: DONATION

Q&A with Dr. Cook

Join Dr. Richard Cook for a Q&A. Questions may be submitted in advance to ensure the best use of time.

Friday, May 29, 11 a.m. Fee: FREE

Ongoing Programs

Nickel Bingo

You must use cards provided by the center.

Mondays, May 4 & 18, 9:30 a.m.

Fee: 5¢ per card, other fees for special games

Project Linus/ Sewing 101

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

Monday, May 11, 9:30 a.m. Fee: FREE

Pastor Chris & Friends

Join Pastor Chris to share God's Love through the Word and through song.

Tuesday, May 12, 1 p.m. Fee: FREE

Widow to Widow Support Group

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

Wednesday, May 13, 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.

Thursday, May 14, 9 a.m. & Tuesday, May 19, 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.

Friday, May 15, 12:30 p.m. Fee: FREE

Green Thumb Club

Calling all plant lovers! The Green Thumb Club members are planting vegetables in the garden and caring for flowers and other plants around the center. Come learn about – and help with – the lifecycle and maintenance of those plants. This group will meet as needed for garden care, in addition to the monthly meeting.

Thursday, May 21, 10:30 a.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

FITNESS

Health & Fitness Programs

Walk with Ease

This is a 6-week, evidence-based program designed to build a walking habit with others while also building strength, mobility, and endurance. See the calendar for class times. Registration is required for the program; however, you may join the group walks at any time.

Mondays & Wednesdays, 9:30 a.m. Thursdays, 12:45 p.m. Fee: FREE

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

Mobility Flow

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

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

Fitness w/Veronica

In this class you "get to exercise" and promote strength with some laughter.

Wednesdays, 10 a.m. Fee: Fitness Card

Line Dancing

Join Gwen to learn the basics of line dancing.

Wednesdays, 11 a.m. Fee: Fitness Card

Fitness w/Lamont

Cardio, circuit, and strength training. There are two sessions to choose from!

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

Chair Yoga

This gentle yoga class is accessible and appropriate for all levels of experience. Focus is on mobility, strength, and breathing practices that support nervous system regulation. Every movement can be adapted to meet individual needs. Preregistration is requested. Call or visit Indian Head Senior Center to register. Please arrive no later than 9:00.

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



CINCO DE MAYO TEA

Come celebrate at IHSC! The Indian Head Senior Council brings you a Party with more than tea! Cinco de Mayo Tea will include teas, sweet treats, prizes and entertainment. County Cinco de Mayo lunch will be served at noon. Ticket price does not include suggested lunch donation of \$6. Tickets are required.

Tuesday, May 5, 11 a.m. • Fee: \$10 + 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.

Luncheon at Noon—Reservation/Registration Required
Reserve lunch by 10 a.m., 1 day prior.

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Fitness Room9:00 Billiards.....9:00 Cards/Games.....9:00 Fitness Drums ALive!..... 10:30	Fitness Room9:00 Billiards.....9:00 Cards/Games.....9:00 Fitness Mobility Flow.....9:30 AFEP 11:15	Fitness Room9:00 Billiards.....9:00 Cards/Games.....9:00 Fitness Fitness w/ Veronica.....10:00 Line Dancing11:00 Fitness Orientation2:00	Fitness Room9:00 Billiards.....9:00 Card/Games.....9:00 Fitness Mobility & Balance9:30 AFEP 11:15 Fitness w/Lamont1:00 Fitness w/Lamont2:00	Cards/Games9:00 Fitness Room10:15 Billiards.....10:15 Fitness Chair Yoga9:00 Cardio Fitness10:15
				1 Tai Ji Quan1:00
4 Bingo9:30 Walk with Ease9:30 Choir Group 1:00	5 Sr. Council Meeting9:30 Tea Party11:00 No Fitness Classes	6 Walk with Ease9:30 Line Dancing11:00 Ask Doyle12:30 Tai Ji Quan1:00	7 Walk with Ease12:45	8 Tai Ji Quan1:00
11 Project Linus/Sewing 101 ...9:30 Walk with Ease9:30 Wills & Estate Planning1:00	12 Living Well w/ Diabetes1:00 Pastor Chris1:00 Jaycees Summer Party Ticket Distribution	13 Walk with Ease9:30 Widow & Widower Support .10:00 Line Dancing11:00 Qi Gong.....1:00	14 Information & Assistance with Julie9:00 Walk with Ease12:45	15 Bike to Work Day.....9:00 Walk Through the Bible12:30 No Fitness Classes
18 Bingo9:30 Walk with Ease 9:30 Choir Group1:00	19 Information & Assistance with Julie.....10:30 Brain Fitness12:45 Living Well w/ Diabetes1:00	20 Walk with Ease9:30 Line Dancing11:00 Music w/Ken12:00 Tai Ji Quan1:00	21 Green Thumb Club10:30 Walk with Ease12:45	22 Tai Ji Quan1:00
25 Memorial Day  Centers Closed	26 AFEP 11:15	27 Eid al Adha  Centers Closed	28 Fitness Surprise/Group Walk .9:30 Walk with Ease12:45	29 Dr. Cook11:00 Tai Ji Quan1:00

Program Highlights

Effective Money Management

Join Laurie Smith from our accounting department for strategies for effective money management for Seniors. Come out and learn about budgeting / tracking your income and expenses to see where your money goes.

Monday, May 11, 11 a.m. Fee: FREE

Growing and Capturing the Flavor of Herbs

Learn the basics about growing herbs and tips for capturing the flavor of herbs and herb combinations. This is an interactive workshop that will also teach the participants about the history, safety and health benefits of using herbs in your cooking. Join the Charles County Master Gardeners and Dr. Deon Littles, University of Maryland Extension, Family and Consumer Sciences Agent, for this interactive hands-on workshop. Space is limited. Pre-registration is required.

Tuesday May 19, 10 a.m. Fee: FREE

Let's Take a Trip

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

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

Friday Films – Freakier Friday

Join us to watch Freakier Friday. Two decades after an identity crisis, Anna's blended family faces new challenges. Tess and Anna discover their past maybe repeating with the next generation.

Friday, May 29, 11 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.,

Casual Crafting, May 4 Fee: FREE

Spring Centerpiece, May 11 Fee: \$5

Casual Crafting, May 18 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, May 28, 9:30 a.m. Fee: FREE

Nickel Bingo

Join us for bingo every week!

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

get motivated

FITNESS

Health & Fitness Programs

Core Fitness

Core work, muscle work, and flexibility.

Mondays, 9 a.m. Fee: Fitness Card

Arthritis Foundation Exercise Program (AFEP)

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

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

Flex & Stretch

Body movement, balance, stretching and mobility.

Tuesdays, 10 a.m. Fee: FREE

Total Body Conditioning

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

Thursdays, 9 a.m. Fee: FREE

Community Programs

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

WIC Services

Fridays, May 8 & 22, 9 a.m.-4 p.m. Fee: FREE

Mobile Library

Borrow books, movies, and tech every three weeks.

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

Mobile Food Market

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

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

While supplies last

Pizza & Painting

Paint a pre-sketched 8x10' canvas with a patriotic-themed design and enjoy 2 slices of pizza (cheese or pepperoni), fruit and a bottle of water. All supplies provided. Space is limited. Prior registration with payment is required.

Friday, May 22, 12:30 p.m. Fee: \$8

Billiard/Game Room

Monday-Friday, 8:30 a.m.-4:30 p.m.

Fee: FREE

Computer Lab

Print, copy, fax services available.

Monday-Friday, 8:30 a.m.-4:30 p.m.

Fee: 10¢ per side.

Fitness Room

Open to those who have already completed the Fitness Room Orientation.

Monday-Friday, 8:30 a.m.-4:30 p.m.

Fee: FREE

Shop the Rack – Community Closet

New and gently use clothing items for free.

Tuesdays, 1-4:30 p.m. &

Fridays, 8:30 a.m.-4:30 p.m. Fee: FREE



Mothers Day Tea

Celebrate Mother's Day at our Mother's Day Tea. Join us for freshly prepared food, live entertainment, a raffle, and more. This event is hosted by the Nanjemoy Senior Center Council. Tickets can be purchased through Thursday April 30th.

Wednesday, May 6, 11 a.m.
Fee: \$15

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., 1 day 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 AFEP 10:00	Billiards 8:30 Causal Crafting 8:30 Computer Lab 8:30 Fitness Room 8:30 Senior Tech Appts 8:30 Lunch 12:00 Dominos 1:00 Games/Puzzles 1:00 Shop the Rack 1:00 Fitness Flex & Stretch 10:00 Pickleball 11:00	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 Lunch 12:00 Nickel Bingo 12:45 Dominos 1:00 Games/Puzzles 1:00 Fitness Total Body Conditioning 9:00	Billiards 8:30 Causal Crafting 8:30 Computer Lab 8:30 Fitness Room 8:30 Shop the Rack 8:30 Senior Tech Appts 8:30 Lunch 12:00 Dominos 1:00 Games/Puzzles 1:00 Fitness AFEP 10:00 Walking Club 1:00
				
4 Senior Council Meeting 10:00 Fitness Beats 12:00 Artistic Aesthetics: Casual Crafting 1:00	5 Flex & Stretch 10:00 Bingocize 10:30	6 Mother's Day Tea 11:00	7 Chair Yoga 10:00 Bingocize 10:30 Bingo 12:45	8 <u>Community Program</u> WIC Services 9:00
11 Effective Money Mgt 11:00 Artistic Aesthetics: Spring Centerpiece 1:00	12 Pickleball 11:00 Jaycees Summer Party Ticket Distribution	13 Billiards 8:30 Games/Puzzles 1:00	14 Casual Crafting 8:30 Total Body Conditioning 9:00 Bingocize 10:30 Bingo 12:45	15 Walking Club 11:00 Dominos 1:00
18 Fitness Beats 12:00 Artistic Aesthetics: Casual Crafting 1:00	19 Master Gardeners 10:00 <u>Community Program</u> Mobile Library 10:30	20 Casual Crafting 8:30 <u>Community Program</u> Mobile Food Market 12:00	21 Billiards 8:30 Bingocize 10:30 Bingo 12:45	22 <u>Community Program</u> WIC Services 9:00 Pizza & Painting 12:30
25 Memorial Day  Centers Closed	26 Flex & Stretch 10:00 Bingocize 10:30 Let's Take a Trip 1:00	27 Eid al Adha  Centers Closed	28 I&A Services 9:30 Chair Yoga 10:00 Bingocize 10:30	29 Friday Films 11:00

Program Highlights

Lunch & Learn – Senior Center Plus

Senior Center Plus is a daytime adult day program designed to support seniors who need extra care, supervision, and meaningful engagement in a safe, welcoming environment. It is especially beneficial for individuals living with dementia or memory loss. Join us for a Lunch and Learn with Carolyn Savoy, who will explain who is a good fit for the program, how enrollment works, and what families can expect throughout the process. This informative session is a great opportunity to learn how Senior Center Plus can enhance quality of life for participants while offering peace of mind and support for caregivers.

Pre-Registration is required by Apr. 29 in order to receive a lunch from Apple Spice.

Friday, May 1, 11 a.m. Fee: FREE

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.

Monday, May 4, 1:30 p.m. Fee: \$5

Monday, May 18, 1:30 p.m. Fee: \$5

Navy Federal Financial Courses:

Managing Debt

Learn the difference between good debt vs. bad debt and how to resolve unmanageable debt.

Tuesday, May 5, 10:30 a.m. Fee: FREE

Protecting Yourself Against Fraud

Learn how to spot, prevent, and resolve fraud.

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

Digital Banking

Learn how to use mobile and online banking.

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

Mother's Day Luncheon

A mother's love is magical! Wear your mint greens and whites as we celebrate mom's! This event is hosted by the Waldorf Senior Center Council. Join the celebration! Entertainment, food, and more! Tickets are sold by the Waldorf Senior Center Council.

Wednesday, May 6, 10:30 a.m.

Fee: \$15 paid to Waldorf Senior Center Council

Active Shooter

Join Charles Turpin of First Strike Self Defense for a focused Active Shooter Response Course. Learn practical strategies for awareness, quick decision-making, and how to respond effectively in a critical situation.

Friday, May 8, 10:30 a.m. Fee: \$3

Bingo w/ Rooted in Spirit

Join the local nonprofit Rooted in Spirit for a lively, cash-free bingo experience designed to bring people together. Enjoy a mix of engaging icebreakers, classic family pastimes, nostalgic moments, and shared family history, all crafted to spark meaningful interaction and build lasting social connections.

Monday, May 11, 11 a.m. Fee: FREE

Budgeting for You

Join Laurie Smith from our accounting department for strategies for effective money management for Seniors. Come out and learn about budgeting / tracking your income and expenses to see where your money goes.

Wednesday, May 13, 10 am Fee: FREE

Asian American & Pacific Islander (AAPI) Heritage Month Celebration

Celebrate with us as we all gather, honoring the diversity and contributions of AAPI communities. Join us for a relaxed opportunity to come together and connect. Light refreshments, including AAPI-inspired cuisine, will be available. Sponsored by the Waldorf Senior Center Council.

Wednesday, May 20, 10:30 a.m. Fee: \$10

Nutrition on a Budget

This class will teach you how to effectively grocery shop for nutrient dense foods while on a budget. We will take frozen, canned, and ready-to-eat foods to create balanced meals meant to last all week.

Wednesday, May 20, 1 p.m. Fee: FREE

Home Defense

Taught by Charles Turpin, this program teaches practical home defense strategies, and situational awareness to help individuals and families protect themselves and respond confidently to potential threats.

Friday, May 22, 10:30 a.m. Fee: \$3

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, May 5 & 12, 10 a.m. Fee: FREE

Widow & Widower Support Group

Facilitated by Brenda Dubose.

Monday, May 11, 9:30 a.m. Fee: FREE

Jazz Appreciation

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

Friday, May 15, 1 p.m. Fee: FREE

Bible Study

Facilitated by Minister Yvonnde' Wilson. All are welcome!

Tuesday, May 19, 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, May 19, 12:30 p.m. Fee: FREE

Book Club

This month's book is "We Solve Murders" by Richard Osman. Please come prepared with your thoughts on this book and join in the discussions.

Next month's book will be "Persuasion" by Jane Austen.

Thursday, May 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 live your best life. For more information, please contact 301-609-4391.

Takes place the last Tuesday of each month.

Tuesday, May 26, 1p.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

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

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, Rose Lenfro, 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.

Wednesday, May 13, 10:30a.m. Fee: \$5

Pickleball Tournament

Join us for a fun day of friendly competition!

Contact Nate Schultz for details and to register either by phone by calling 240-448-2817, by email to SchultzN@charlescountymd.gov, or in-person.

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

WALDORF SENIOR & RECREATIONAL CENTER

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

Hours: 9 a.m.–4 p.m., Monday–Friday
Luncheon at Noon–Reservation/Registration Required
Reserve lunch by 10 a.m., 1 day prior.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness Room9:00 Racquetball9:00 Guitar Club11:00 Pinochle11:00 Lunch12:00 Basic Sewing1:00 Fitness Chair Dance Aerobics9:30 Kettlebell Fitness10:30 Cardio Fitness11:30 Core & More12:30 Total Body Conditioning1:30	Fitness Room9:00 Racquetball9:00 Cards & Games10:30 Pokeno10:30 Tech Time10:30 Lunch12:00 Walking Club12:30 Basketball1:00 Table Tennis2:30 Fitness Total Body Conditioning9:30 Belly Dance10:30 Line Dancing11:30 Tai Chi for Health1:00	Fitness Room9:00 Racquetball9:00 Basketball10:00 Bridge Club10:00 Lunch12:00 Basic Sewing1:00 Fitness Chair Dance Aerobics9:30 AFEP10:30 Basic Fitness Training11:30	Fitness Room9:00 Racquetball9:00 Watercolors10:30 Pinochle11:00 Lunch12:00 Walking Club12:30 Mah Jong1:00 Basketball1:00 Guitar Club1:00 Table Tennis2:30 Fitness Total Body Conditioning9:30 Drums Alive10:30 Line Dancing11:30 Beginners Tai Chi1:00	Fitness Room9:00 Racquetball9:00 Crochet Club10:00 Lunch12:00 Paper Crafting1:00 Fitness Chair Dance Aerobics9:30 Zumba10:30 AFEP11:30 Core and More12:30 Yoga Flow1:30
				1 Lunch & Learn Senior Center Plus11:00
4 Self Defense1:30 No Total Body Conditioning	5 Prayer Group10:00 Managing Debt10:30 Intro to Pickleball11:00	6 Mother's Day Luncheon10:30 Diabetes Prevention10:30 Groove Dance1:00	7 Bingo10:30 Skills & Drills11:00	8 Active Shooter10:30
11 Widow & Widower Support Group9:30 Bingo w/ Rooted in Spirit11:00	12 Prayer Group10:00 Protecting Yourself Against Fraud10:30 Intro to Pickleball11:00 Jaycees Summer Party Ticket Distribution	13 Budgeting for You10:00 Fitness Orientation10:30 Circuit w/ Ariana1:00	14 Bingo10:30 Skills & Drills11:00	15 Diabetes Prevention10:30 Jazz Appreciation1:00
18 WSC Council Meeting9:30 Self Defense1:30 No Total Body Conditioning	19 Bible Study11:00 Intro to Pickleball11:00 Poetry Club12:30	20 AAPI Heritage Month Celebration10:30 Diabetes Prevention10:30 Nutrition on a Budget ...1:00 Groove Dance1:00	21 Bingo10:30 Skills & Drills11:00 Book Club1:00	22 Home Defense10:30
25 Memorial Day  Centers Closed	26 Digital Banking10:30 Better Breathers1:00 Pickleball Tournament1:00	27 Eid al Adha  Centers Closed	28 Bingo10:30	29 Guitar Club Concert12:30

Kayaking with Debi

Enjoy the beautiful weather and paddle with us!

Gilbert Run Regional Park is the perfect place to learn. Calm waters and beautiful scenery make for a great experience. Registration required; kayaks provided. Call Debi Shanks 301-609-5711 to register.

Gilbert Run Regional Park

Beginner: Wednesday, May 13, 10 a.m. • Fee: \$5 for 1 hour
Self-led: Wednesday May 13, 11 a.m. • Fee: \$5 for 1 hour

Bike to Work Day

Bike to Work Day will be at the Town of Indian Head Pavilion starting at 9 a.m. with a bike ride on the Indian Head Rail Trail at 9:30 a.m. or an instructor led group walk. There will be various vendors, activities, and giveaways. This event encourages people to bike instead of drive, so we are taking it to the trail!

Register online at <https://www.biketoworkmetrodc.org/register> for the Indian Head pit stop (MD Charles Co Indian Head at Village Green Pavilion) to get a free t-shirt by May 1st. If you need assistance with registering, contact Nate Schultz at 240-448-2817 or at SchultzN@charlescountymd.gov.

Indian Head Pavilion:

Friday, May 15, 9 a.m.-12 p.m. Fee: FREE

Walk With Ease *New session*

This class meets 3 times per week for 6 weeks. Space is limited. Regular Attendance Required. Indian Head Senior Center • Session Duration May 4 -Jun. 11 Mon. & Wed. at 9:30 a.m. and Thu. at 12:45 p.m. • Fee: FREE

The overall goals of the Walk with Ease Program are:

To promote education about physical activity for adults with arthritis. To promote education about arthritis self-management and walking safely and comfortably. To encourage participants to continue their walking program and explore other exercise and self-management programs that deliver proven benefits for adults with arthritis.

During the six-week program, participants will:

Understand the basics about arthritis and the relationship between arthritis, exercise, and easing pain. Exercise safely and comfortably. Use methods to make walking fun. Make a personal walking plan with realistic goals for improved fitness. Learn tips and resources to help them overcome barriers and continue to be physically active.

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

Debi & Nate



OLDER AMERICANS -MONTH-
MAY

Keep Strong!

May is Older Americans Month!

Getting older doesn't mean getting weaker. Keeping consistent with strength training can slow, halt, or even reverse age-related muscle loss. This month, make it your goal to work out the major muscle groups 2-3 times per week on non-consecutive days with a weight that feels challenging. Even small improvements in strength can make everyday activities like climbing stairs, carrying groceries, and getting up from a chair feel easier as well as feeling confident. It's never too late to start! Your body can adapt and grow stronger at any age.

Beginner Line Dance

Learn terminology and basic steps of the most popular dances. Instructor: Carrie Gravely Richard R. Clark Senior Center

Wednesday, May 13, 1:30 p.m. • Fee: FREE



Groove Dance

Dance and awaken the spirit with this fun, interactive dance class that will leave you feeling happy and energized.

Waldorf Senior & Rec. Center

Led by: Debi Shanks
Wednesdays, May 6 & 20, 1 p.m. • Fee: FREE

Circuit Training w/Ariana

This class is about strength and moving through various sets with weights.

Waldorf Senior & Rec. Center

Wednesday, May 13, 1 p.m. • Fee: Fitness Card

Senior Health & Fitness Day:

Wednesday, May 20th

Stop in any of the centers to pick up health information, goodies and enter to win door prizes. Taking your health seriously is the best gift you can give yourself.

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 Cranberry Juice Curried Chicken Garden Salad Steamed Rice Fresh Grapes Banana Pudding
4 Fruit Punch Chicken Salad on Bun Tomato Soup Coleslaw Fresh Fruit	5 Cinco De Mayo Cranberry Juice Beef Taco Salad Salsa, Lettuce, Tomato, Sour Cream & Cheese Black Beans, Crispy Tortillas Fresh Grapes Chocolate Pudding	6 Apple Juice Cheese Quiche Spinach, Onions & Peppers Tomato Lentil Soup Biscuit Fresh Oranges	7 Grape Juice Baked Cod Steamed California Blend Green Beans Wild Rice Pilaf Fresh Melon Sugar Cookie	8 Cranberry Juice Ham Salad on Bun Garden Salad Chips Fruited Jello
11 Grape Juice Grilled Chicken Caesar Garden Salad Garlic Toast Fresh Fruit	12 Apple Juice BBQ Porkchops Lima Beans Corn on the Cobb Mac and Cheese Fresh Oranges CC Cookie	13 Fruit Punch Salmon w Dill Sauce Green Beans Rice Pilaf Fruit Cocktail	14 Fruit Punch Beef Shroomina Burger Onions & Mushrooms Tater Tots Pineapples Ice Cream	15 Orange Juice Egg Salad Veggie Cup w/ Ranch Coleslaw Fruited Jello
18 Apple Juice Hearty Tomato & Lentil Soup Garden Salad Corn Bread Pineapple Tidbits	19 Cranberry Juice Beef Cheeseburger Green Beans Tater Tots Fresh Melon Oatmeal Raisin Cookie	20 Apple Juice Lemon Pepper Chicken Quarter Veggie Cup w/ ranch Pasta Alfredo Fruited Jello	21 Birthday Celebration Apple Juice BBQ Pork Ribs Cheesy Scalloped Potatoes Corn Salad, Dinner Roll Fresh Fruit Salad Birthday Cake	22 Grape Juice Turkey & Provolone Tomato, Cucumber and Onion Salad Coleslaw Pears
25 Memorial Day  Centers Closed	26 Orange Juice BBQ Pulled Chicken on Bun Black Eyed Peas Coleslaw Peaches	27 Eid al Adha  Centers Closed	28 Grape Juice Broccoli Cheddar Soup Fresh Tomato, Cucumber Salad Veggie Pasta Salad Fruit Cocktail Coconut Cake	29 Apple Juice Tuna Fish Salad on Bun Garden Salad Chips Apple Pie
Charles County Luncheon Program				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.
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. ONE day prior. We appreciate your assistance in keeping costs down. Party & special event meal prices may vary.		Available at Noon • Days Vary By Center		
Clark Senior Center Tuesday–Friday Indian Head Senior Center Monday–Friday		Nanjemoy Senior Center Monday–Friday Waldorf Senior Center Monday–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: The Donna Summer Musical

Toby's Dinner Theatre

Her songs BROKE EVERY RECORD. Her story BROKE EVERY BARRIER.

DONNA SUMMER: A girl from Boston with a voice from heaven, who shot to stardom from gospel choir to dance floor diva. Donna Summer risked it all to break through barriers, becoming the icon of an era and the inspiration for every music diva who followed. With a score featuring more than 20 of Summer's classic hits including: "Love to Love You Baby," "Bad Girls," "Hot Stuff," and "Last Dance," this electric experience is a moving tribute to the voice of a generation.

- Wednesday, Sept. 30, 2026
- Departure from the Richard R. Clark Senior Center at 9 a.m.
- Estimated return time approximately 4:30 p.m.
- Cost per person: \$140



Senior Council Programs & Fundraisers

Richard R. Clark Senior Council Council Bingo

Richard R. Clark Senior Center Council Bingo, hosted in the multipurpose room. Doors open at 9 a.m. Last call to purchase bingo card (s) is at 9:30 a.m. One winner per game. No bills over \$10. Interested in lunch? Call the Senior Center before 10 a.m. two days prior to bingo to reserve your lunch.

Friday, Apr. 10, 9:30 a.m. • Fee: \$4= 3 face cards; \$8= 6 face cards

Indian Head Senior Council

Cinco de Mayo Tea

Come celebrate at IHSC! The Indian Head Senior Council brings you a Party with more than tea! Cinco de Mayo Tea will include teas, sweet treats, prizes and entertainment. County Cinco de Mayo lunch will be served at noon. Ticket price does not include suggested lunch donation of \$6. Tickets are required.

Tuesday, May 5, 11 a.m. Fee: \$10 + lunch donation

Tech Basket Raffle

The Indian Head Senior Council is holding a raffle for a Tech Basket, which include a computer tablet! Tickets will be sold by council members, \$1 each or 6 tickets for \$5. The drawing will be at the Cinco de Mayo Tea Party on May 5th. You do not need to be present to win.

Nanjemoy Senior Council

Mother's Day Tea

Celebrate Mother's Day at our Mother's Day Tea. Join us for freshly prepared food, live entertainment, a money raffle, and more. This event is hosted by the Nanjemoy Senior Center Council. Tickets can be purchased through Thursday May 2nd.

Wednesday, May 6, 11 a.m. • Fee: \$15

Waldorf Senior Council

Mother's Day Luncheon

A mother's love is magical! Wear your mint greens and whites as we celebrate mom's! This event is hosted by the Waldorf Senior Center Council. Join the celebration!

Entertainment, food, and more! Tickets are sold by the Waldorf Senior Center Council.

Wednesday, May 6, 10:30 a.m. • Fee: \$15 paid to Waldorf Senior Center Council

Council News for May Sponsored/Hosted Activities & Events

Clark Senior Center

Sunset Memorial,
Council Bingo

Indian Head Senior Center

All Clubs,
Cinco de Mayo Tea,
Tech Basket Raffle

Nanjemoy Senior & Community Center

Mother's Day Tea

Waldorf Senior & Rec. Center

Bingo, Pokeno,
Mother's Day Luncheon
Asian American & Pacific
Islander Heritage Month Celebration