

The SCOOP

Charles County's Senior Center News

HAPPY *Father's* DAY



JUNE 2021

www.CharlesCountyMD.gov

It's a New Day!

The Charles County Department of Community Services welcomed back our 60+ adults to our Senior Centers on May 25th at 50% capacity. Our Senior Centers are open on Tuesdays and Thursdays with a new program schedule.

Each Center is open by reservation only and offers: Senior Information & Assistance, State Health Insurance Program Counseling, Fitness, Art/Crafts and Wellness activities. No food, drink, shared supplies, or equipment will be provided at this time. Grab & Go meals will be available by reservation when leaving the Center.

Reservations can be made by calling the Senior Center **two business days in advance** between the hours of 9:00 am and 4:00 pm.

Indian Head Senior Center 301-743-2125

Nanjemoy Senior Center 301-246-9612

Richard R. Clark Senior Center 301-934-5423

Waldorf Senior & Recreational Center 240-448-2810

Our centers have new restricted capacity limits that will vary based on the facility size and room availability. If participant demand exceed capacity, we reserve the option to limit the number of visits that an individual can have in one week so that all have the same opportunity and access. Due to social/physical distancing and resulting space limitations, we will continue to provide "In the Park" and Virtual programming. Visit www.charlescountymd.gov/services/aging-and-senior-services/scoop for a full calendar of upcoming activities.

For the health, safety and wellbeing of all, new protocols are required and include the following:

- You must be registered as a Senior Center participant (see pages 5&6 for a copy of the Senior Center Registration form)
- You will complete a health screening when entering the Senior Center
- You will wear a mask at all times
- You will maintain social distancing, which includes staying in assigned seating
- You will follow proper hand hygiene

Our staff will be following new cleaning protocols which may impact scheduling. You may be asked not to enter the building until that process is completed.

Welcome back! Your health, safety, and wellness are our prime concern.



Charles County Resources

If you would like to keep up to date about the COVID vaccination distribution in Charles County, there are several resources:

1. Visit the Department of Health at <https://charlescountyhealth.org/Coronavirus-Disease-Covid19/>
2. Call the Charles County COVID-19 Hotline at 301-609-6710.
3. Sign up for "Breaking News" on our Citizen Notification System by visiting <https://www.charlescountymd.gov/services/alerts/citizen-notification-system>

covidLINK

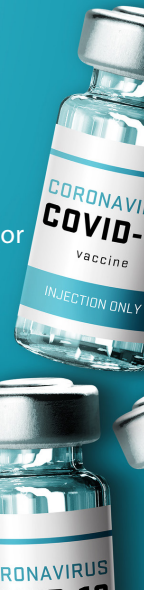
For more COVID-19 vaccination resources, including fact sheets, mass vaccination site information, eligibility, and FAQs, visit <https://covidlink.maryland.gov/content/vaccine/>.

Have you Been Fully Vaccinated?

People are considered fully vaccinated

- 2 weeks after their second dose in a 2-dose series, such as a Pfizer or Moderna vaccine, or
- 2 weeks after a single-dose vaccine, such as the Johnson & Johnson vaccine.

If it has been less than 2 weeks since your 1-dose shot, or if you still need to get your second dose of a 2-doses vaccine, you are NOT fully protected. Keep taking all prevention steps until you are fully vaccinated. *Information provided by the CDC.*



Information and Assistance

Information and Assistance offices will provide limited face to face appointments on Tuesdays & Thursdays. **Services will be provided by appointment only.**

Richard R. Clark Senior Center

contact Hazel Conner or Barbara Joy at 301-609-5712.

Waldorf Senior and Rec Center

contact Joyce Woodard at 240-448-2810 ext. 4816.

Nanjemoy & Indian Head Senior Centers

contact Julie Hammonds at 301-934-6737 or the Center Coordinator.

Caregivers Corner

Sweet Summertime

The month of June brings the official start of the summer season. The warmer weather brings a welcomed change of scenery to everyday life and a much more consistent opportunity to get your loved one outside. Often, a comfy chair outside on the porch is enough to satisfy an elderly person but there are many other opportunities based on comfort and ability levels.

Here are some fun activities to try:

- Gardening- taking care of flowers/plants is a simple way to get your loved one involved. They may not be able to get down on their knees to plant but maybe they can use the hose to water or bring some to their level in a pot on the porch.
- Bird watching- invest in a bird feeder and a book to help identify birds visiting the feeder each day.
- Early morning walk before the sun heats up too much.
- Have a meal outside.
- Activities with the grandkids. The laughter of young children is contagious!
- Grab an ice cream to cool down on a summer afternoon.

Information for this article provided by Heritage Senior Communities.

June Caregiver Support Group being offered in-person at Tilghman Lake on Wednesday, June 30, 2021 at 2pm.

Fitness Cards are Returning!

As we bring fitness classes back to our Senior Centers, some classes will require a fitness card. If you have a fitness card from before the pandemic, you can still use that card! If you need to purchase a new fitness card, you can do so at your local senior center. **Fitness cards are \$20 for 10 classes.**

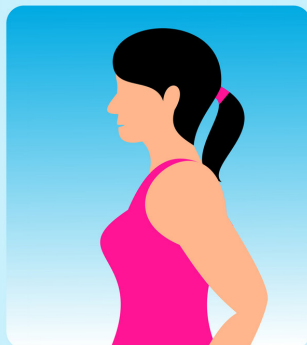
GYM CARD



exp. date

holder name

holder surname



Art in the Park



Get a Homeowners/Renters Tax Break

Did you know that the state of Maryland provides a tax credit rebate for homeowners and renters based on gross household income that is \$60,000 or less? Many seniors qualify for these tax credit programs, so don't miss the opportunity to apply.

Any person submitting the tax credit or rebate application may receive one of the following:

1. A direct credit on their July property tax bill if the application is completed and received before May 1, 2021 or a later credit for applications received on or before October 1, 2021.
2. A direct check that is paid to the qualified renter applicant.
3. A written letter of denial stating the reason for ineligibility.

Applications are accepted and processed from February through October. Individuals age 60 plus, disabled persons of any age, and families with minor children can obtain an application by contacting the Department of Community Services, Aging and Human Services Division at 301-609-5712 or 855-843-9725. Information, Assistance, and Referral offices remain closed to the public at this time but are working in the office and remotely to meet the needs of the public.



**WORLD ELDER ABUSE
AWARENESS DAY**
Building Strong Support for Elders

June 15, 2021

NATIONAL CENTER ON ELDER ABUSE

Signs of Elder Abuse can include neglect, physical, emotional, financial, or sexual abuse.

It is up to all of us to prevent and report suspected abuse. Here are some signs of elder abuse that everyone should know.

Emotional & Behavioral Signs

- Unusual changes in behavior or sleep
- Fear or anxiety; Isolated or not responsive ; Sadness

Physical Signs

- Broken bones, bruises, and welts
- Cuts, sores, or burns
- Torn, stained or bloody underclothing
- Sexually transmitted diseases without clear explanation
- Dirtiness, poor nutrition, or dehydration
- Poor living conditions
- Missing daily living aids (glasses, walker, and medications)

Financial Signs

- Unusual changes in bank account or money management
- Unusual or quick changes in a will or other financial documents
- Fake signatures on financial documents
- Unpaid bills

REPORTING ABUSE Programs such as Adult Protective Services (APS) and the Long-Term Care Ombudsmen are here to help. For reporting numbers, contact Eldercare Locator at 1-800-677-1116 (www.eldercare.acl.gov).

In cases of urgent danger, call 911.

Follow Us on Facebook!

Did you know that Charles County Senior Centers has a Facebook page? Follow our page, Charles County Seniors Centers! To find our page, type Charles County Senior Centers in the search bar on Facebook. Click on our page and press the follow button. Some of the programs available to you on the Charles County Senior Center Facebook Page include:

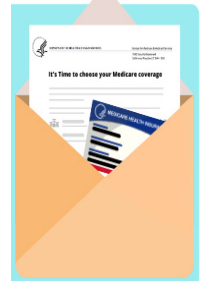
- Arts and Crafts
- Wellness Tips
- AFEP Class Videos and MORE!



Welcome to Medicare Virtual Fair

June 23, 2021, 3 PM to 7 PM, E.T.

Register to learn about signing up for Medicare! This national fair is for people turning 65, retiring, or joining Medicare because of a disability. Learn about Medicare – and all its parts – to assist you in your initial enrollment decisions. There is no cost to attend. Join us online for any length of time! Visit www.shiphelp.org.



Senior Nutrition Farmer's Market Program

Once again, this year we are excited to be able to offer Senior Farmer's market coupons. This program provides free coupons to be used at any approved Farmer's Markets for fresh fruits and vegetables. To be eligible to receive coupons you must be enrolled in one of the following Federal Programs:

- Qualified Medicare Beneficiary Program (QMB)
- Special Low-Income Medicare Beneficiary Program (SLMB)
- Maryland Energy Assistance Program (MEAP)
- Senior Prescription Drug Assistance Program (SPDAP)
- EXTRA HELP with Medicare D Prescription Drug Program
- Medicaid
- SSI
- Food Stamps
- Senior Employment Program

If you are not enrolled in any of these programs, you may still be eligible based on your monthly income. Verification of eligibility must be presented at time of pick-up (i.e. pay stubs, statements etc.). Participation in the program in past years, does not automatically qualify you for this year. Distribution of coupons will be first come, first served.

Save the date for this year's Senior Nutrition Farmer's Market Program!

July 7: Waldorf Senior & Rec Center

July 14: Indian Head Senior Center

July 21: Richard R. Clark Senior Center

July 28: Nanjemoy Senior Center

FY2021 CHARLES COUNTY DEPARTMENT OF COMMUNITY SERVICES FY2021

Aging and Senior Programs Division

Registration Period October 1, 2020 through September 30, 2021

This is required for all who attend or use Senior Centers. Please read and sign the back.

Senior center activities are reserved for Charles County residents who are at least 60 years of age and their spouses.

1. Do you currently live or own property in Charles County? Yes or No 2. What is your current age?

NAME: _____ DATE OF BIRTH: _____ - _____ - _____

Home Phone _____ Cell Phone _____ Work Phone _____

Please circle the best number to reach you at.

EMAIL Address: _____

HOME Address: _____

Street

Apt #

City

Zip

MAILING Address: _____

Street

Apt#

City

Zip

EMERGENCY CONTACT NAME _____

(RELATIONSHIP)

Emergency (Home) _____ (Cell) _____ (Work) _____

In order to report requested statistics to the state and federal government, please provide the following confidential information; however, completion is not required to receive services or attend a senior center.

SOCIAL SECURITY #: _____

(For identification purposes only)

RACE

- ☐ White
☐ African American
☐ Hispanic
☐ Native American/Alaskan
☐ Asian
☐ Native Hawaiian/Pacific Islander
☐ 2 or more of the above

CHECK ONE

- ☐ Hispanic
☐ Non-Hispanic

MARITAL STATUS

- ☐ Divorced
☐ Married
☐ Single
☐ Widowed

GENDER

- ☐ Female
☐ Male

NUMBER IN HOUSEHOLD _____

MILITARY SERVICE? Yes or No

LIVING ARRANGEMENT

- ☐ Alone
☐ With Others

MONTHLY INCOME

- ☐ Below \$1,063/month for Individual
☐ Below \$1,437/month for Couple
☐ Income higher than above levels



**CHARLES COUNTY DEPARTMENT OF COMMUNITY SERVICES
AGING & SENIOR PROGRAMS DIVISION
FY2021 WAIVER AND RELEASE**

I volunteer to participate in physical fitness classes, programs, activities, and/or trips sponsored by the Charles County Department of Community Services (DCS), upon understanding/conditions that:

I acknowledge that there are always certain risks involved in physical fitness programs. I understand those risks, declare myself physically healthy, and have medical approval to participate in these programs.

I recognize the risks of illness and injury inherent in physical fitness programs and am participating in the DCS classes, programs, activities, and/or trips with the express agreement and understanding that I am hereby waiving and releasing the Charles County Government, its officers, directors, employees, and agents from any and all claims, costs, liabilities, expenses, and judgments, including attorney's fees and court costs (herein collectively "claims") arising out of my participation in the aforesaid activities or any illness or injury resulting there from, and hereby agree to indemnify and hold harmless the Charles County Government, its officers, directors, employees, and agents from and against all claims.

I also authorize the Charles County Government to take photographs of me for promotional and/or educational purposes.

I hereby execute this Waiver, Consent and Release Form and induce the DCS to permit me to participate in its physical fitness classes, programs, activities, and/or trips.

INFORMED CONSENT

The information provided on this form will be used to (1) help improve programs for seniors, or (2) find out if you qualify for a program. The Department of Community Services (DCS) may share this information with the Maryland Department of Aging (MDoA) as necessary to prepare local, state and federal reports as required to secure funding for senior programs.

The DCS, MDoA and their contractors will not voluntarily share any facts that identify you with anyone except people working for them who need the facts to perform their jobs. Facts that identify you include your name, social security number, address, and telephone number.

You may refuse to provide any or all of the information requested on this form. However, if a program is only for people who meet certain qualifications (such as age, income or health condition) and you do not share the facts that show you qualify, then you will not be able to take part in that program. Department of Community Services Aging Staff can tell you exactly which facts are needed to show you qualify for a program.

You may look at a record that identifies you. You may do this to make sure the facts are right. To look at such a record, you must write to Charles County Department of Community Services at 8190 Port Tobacco Road, Port Tobacco, MD 20677, or at MDoA's office at 301 West Preston Street, Suite 1007, Baltimore, MD 21201. DCS and MDoA will allow you to inspect your personal information as soon as possible, but no later than 30 days from the date of your request. You must provide proof of your identity at the time of your inspection.

INFORMED CONSENT

In the event of a widespread community emergency or natural disaster, I give DCS permission to share my personal information with First Responders/Emergency Services personnel to assist them in the performance of disaster prevention, evacuation, or rescue/recovery duties.

PRINTED Name of Participant

Participant Signature

Today's Date

Sunshine & Summertime!

How active would you like to be?

150 minutes a week is recommended for better overall health. That is **ONLY 30 minutes** for 5 days! Being active means you get to be **MORE** active doing the things you love. Moving, bending, stretching and lifting makes daily activities easier and it makes **YOU** stronger. It's true: you have to **MOVE IT** or you will **LOSE IT**.

Remember that these healthy habits will benefit us many years to come. Let us get active, we would love to see you!

Kayaking at Gilbert Run

Learn to paddle in calm waters and enjoy an hour in this beautiful park. Limited spaces. Contact Debi Shanks to sign up 301-609-5711.

June 16 10:00 AM - 11:00 AM | Fee: \$5

June 16 11:00 AM - 12:00 PM | Fee: \$5



Tai ji Quan: Moving for Better Balance

Prevent the risk of falling with this class series. Learn basic forms in this interactive class.

Tues/Thur at 1:00 PM at WSRC | Fee: Free

Yoga *New time for summer*

Gentle postures both seated and standing. Perfect for flexibility and body awareness.

Wednesdays at 9:00 AM at Laurel Springs Park | Fee: Free

Drums Alive

This powerful FUN workout will be brought to you in your own living room! Call 301-609-5711 to register.

Mondays, June 7, 14 & 28 at 1:00 PM on MS TEAMS.

Monday, June 21 at 1:00 PM at Laurel Springs Park.

Biking with Nate

Guided bike ride on the Indian Head Rail Trail.

Starting in White Plains on June 4, 18, and 25 at 1 PM

Starting in Indian Head on June 11 at 1 PM

NEW EnhanceFitness

Moderate-impact classes with high-impact results.

Enhance®Fitness, is an evidence-based group exercise program for older adults that uses simple, easy-to-learn movements that motivate individuals (particularly those with arthritis) to stay active throughout their life.

Here are some of the changes our participants have noticed:

- More energy
- Better balance
- Increases in upper body and lower body strength
- More flexibility and range of motion
- Better sleep
- More feelings of happiness
- Sense of independence

In addition to the physical benefits, research has shown that, among older adults who participate in Enhance®Fitness, health costs were lowered each year by close to \$1,000.

Our aim: To help you feel better.

Each class session includes cardiovascular, strength training, balance and flexibility exercises and the fostering of strong social relationships between participants. Enhance®Fitness is geared toward older adults. Those with a chronic condition, such as arthritis, need not worry, they will never have to do anything that hurts. Participants can use chairs for support, if necessary, and increase the weight they use for strength training at their own pace.

Mon, Wed & Fri at 3 PM at Laurel Springs Park

Fee: Free

Aquatic Fitness

Due to limited spacing, you can only sign up for one aquatic fitness class at a time.

Please call 301-609-5711 to reserve space.

St Charles HS (Wade Aquatic Center)

Mon/Wed • Time 8:30 AM

Class begins June 21 and runs through August 18.

\$45 for session.

Lackey HS • Tues/Thurs • Time: 9:30 AM

Class begins June 22 and runs through

August 19. \$45 for session.

LaPlata HS (Outdoor) • Tues/Thurs • Time: 10:30 AM

Class begins June 22 and runs through August 28.

\$50 for session.

CLARK SENIOR CENTER

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

Get your Latest SCOOP online!

Pre-registration required for all programs to ensure proper distancing and room capacity guidelines are followed.

- **To register call 301-934-5423. You must register for all programs two (2) business days in advance.**

- **Those who show up for programs they have not registered for will not be permitted to stay.**

- **No food, drink, shared supplies, or equipment will be provided at this time.**

If participant demand exceeds capacity, we reserve the option to limit the number of visits that an individual can have in one week so that all have the same opportunity and access.

Program Locations

Laurel Springs Park

5940 Radio Station Rd, La Plata, MD
(Pavilion closest to restrooms)

Richard R. Clark Senior Center:

1210 Charles Street, LaPlata, MD 20646

**Outdoor programs will be canceled in cases of inclement weather or weather colder than 40 degrees or if a heat advisory is in effect.*

Community

Grab-N-Go Lunch

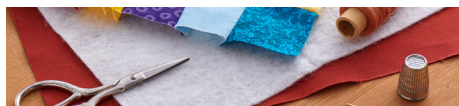
Boxed lunches will be available to grab-n-go on Tuesdays and Thursdays. Must RSVP for lunch two business days in advance. No lunch 6/15. Lunch by donation.

Tuesdays & Thursdays, 12 PM

Learn to Quilt

Quilting is a great way to unwind. Join Gale Cavella to learn new quilting techniques. Must provide your own supplies.

Tuesdays, 12:30 PM.



D-Day Presentation

Debi Scoggins will walk you through the planning and implementation of D-Day.

Tuesday, June 8, 11:30 A.M.

Jewelry Club Class

Make beautiful pieces of jewelry with Regina Larrabee and Martha Williams. Kits will be provided; participant must provide their own tools.

Tuesday, Jun. 8 & 22, 10 AM

Diabetes Education

Cindy Adams, Certified Diabetes Educator from University of Maryland Charles Regional Medical Center will share basic diabetes knowledge.

Tuesday, Jun. 29, 10 A.M.

Conversation & Trivia

Join senior center staff and participants at the Clark Senior Center for conversation and fellowship! Each week will bring topics for discussion, trivia, and occasional special guest speakers.

Thursdays, 10 AM

Advanced Directives

Join Dawn Reveley with Hospice of Charles County to learn about Advanced Directives and the importance of having one.

Thursday, Jun. 10, 10 AM

Widow to Widow Support Group

Women's group focusing on grief facilitated by Fran Bryner.

Thursday, Jun. 10, 1 PM

Wills & Estates

Lorraine Hennessy, Register of Wills, will be here to share some important information regarding wills and estates.

Thursday, Jun. 17, 10 A.M.

Guitar Jam

Join your fellow guitar players to socialize, learn some new techniques, and make beautiful music.

Thursdays, 12 PM – 2 PM

Senior Fitness

Warm Up and Walk

Mondays and Fridays, 9 AM, Laurel Springs

Arthritis Foundation Exercise Program

Mondays, 10 AM, Laurel Springs

Fridays, 10 AM, MS Teams

Drums Alive

See page 7 for more details.

Mondays, 1 PM, MS Teams & Laurel Springs

Enhanced Fitness

Monday, Wednesday, Friday, 3 PM, Laurel Springs Fee: Free

Flex & Stretch with Karen

Total body workout focusing on body movement, balance, stretching and mobility.

Tuesdays, 10 AM | Fee: Fitness Card

Thursdays, 1 PM | Fee: Fitness Card

Dance Fit with Debi

Join Debi for a fun, cardio filled workout.

Tuesdays, 1 PM | Fee: Fitness Card

Clark Center Fitness Room

The fitness room is open to those who have already completed the Fitness Room Orientation. Time reservation required to ensure proper distancing and room capacity guidelines are followed.

Tuesdays & Thursdays, 9:30 AM-1:30 PM

Fee: Free

Yoga

Wednesday, 9 AM,
Laurel Springs | Fee:
Free



Fitness Room

Orientation

Mandatory before first use of fitness room. Registration required. Limited to 3.

Thursday, Jun. 10, Noon | Fee: \$5

Biking

See page 7 for more details.

Fridays, 1 PM, Indian Head Rail Trail.

Crafts

Art in the Park

Projects will vary weekly. Pre-registration is required by calling 301-934-5423. Sponsored by Charles County Arts Alliance.

Fridays, 10 AM, Laurel Springs

How to make a textured Vase

Join Janice Hamby as she shows you how to take a plain glass vase and turn it into a beautiful textured vase.

Wednesday, Jun. 9, 12 PM, Facebook Live

Lets make Dark Chocolate/Peanut Butter Bark!

Janice Hamby will lead you in making this tasty, sugar free treat.

Wednesday, Jun. 23, 12 PM, Facebook Live

REGISTRATION REQUIRED FOR ALL PROGRAMS. All programs are free unless otherwise noted. When registering please leave a message with your name, phone # and program you wish to attend.

CLARK SENIOR CENTER

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

Hours: 9:30 a.m.–2:30 p.m., Tuesday & Thursday
Grab-N-Go Lunches at Noon. Reservation/Registration
Required two business days in advance.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Fitness Room9:30 Flex & Stretch.....10:00 Grab-N-Go Lunch12:00 Learn to Quilt.....12:30 Dance Fit.....1:00	2 Yoga9:00 Enhanced Fitness3:00	3 Fitness Room9:30 Convo & Trivia10:00 Guitar12:00 Grab-N-Go Lunch12:00 Flex & Stretch.....1:00	4 Warm Up and Walk.....9:00 AFEP10:00 Art in the Park/TP Wreath, Part 1.....10:00 Biking1:00 Enhanced Fitness3:00
7 Warm Up and Walk.....9:00 AFEP10:00 Drums Alive1:00 Enhanced Fitness3:00	8 Fitness Room9:30 Flex & Stretch.....10:00 Jewelry Club10:00 D-Day Presentation11:30 Grab-N-Go Lunch12:00 Learn to Quilt.....12:30 Dance Fit.....1:00	9 Yoga9:00 Textured Vase Craft.....12:00 Enhanced Fitness3:00	10 Fitness Room9:30 Advance Directives10:00 Grab-N-Go Lunch12:00 Fitness Room Orientation12:00 Guitar12:00 Flex & Stretch.....1:00 Widow to Widow1:00	11 Warm Up and Walk.....9:00 AFEP10:00 Mystery Art in the Park .10:00 Biking1:00 Enhanced Fitness3:00
14 Warm Up and Walk.....9:00 AFEP10:00 Drums Alive1:00 Enhanced Fitness3:00	15 Fitness Room9:30 Flex & Stretch.....10:00 Drive-Thru Produce Distribution.....11:30 Learn to Quilt.....12:30 Dance Fit.....1:00	16 Yoga9:00 Kayaking10:00 Kayaking11:00 Enhanced Fitness3:00	17 Fitness Room9:30 Conversation with Lorraine Hennessy10:00 Grab-N-Go Lunch12:00 Guitar12:00 Flex & Stretch.....1:00	18 Warm Up and Walk.....9:00 AFEP10:00 Art in the Park/TP Wreath, Part 210:00 Biking1:00 Enhanced Fitness3:00
21 Warm Up and Walk.....9:00 AFEP10:00 Drums Alive1:00 Enhanced Fitness3:00	22 Fitness Room9:30 Flex & Stretch.....10:00 Jewelry Club10:00 Grab-N-Go Lunch12:00 Learn to Quilt.....12:30 Dance Fit.....1:00	23 Yoga9:00 Chocolate/Peanut Butter Bark.....12:00 Enhanced Fitness3:00	24 Fitness Room9:30 Convo & Trivia10:00 Guitar12:00 Grab-N-Go Lunch12:00 Flex & Stretch.....1:00	25 Warm Up and Walk.....9:00 AFEP10:00 Mystery Art in the Park .10:00 Biking1:00 Enhanced Fitness3:00
28 Warm Up and Walk.....9:00 AFEP10:00 Drums Alive1:00 Enhanced Fitness3:00	29 Fitness Room9:30 Diabetes Education10:00 Flex & Stretch.....10:00 Grab-N-Go Lunch12:00 Learn to Quilt.....12:30 Dance Fit.....1:00	30 Yoga9:00 Caregiver Support Group.....2:00 Enhanced Fitness3:00		



INDIAN HEAD SENIOR CENTER

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

Get your Latest SCOOP online!

Pre-registration required for all programs to ensure proper distancing and room capacity guidelines are followed.

• **To register call 301-743-2125. You must register for all programs two (2) business days in advance.**

• **Those who show up for programs they have not registered for will not be permitted to stay.**

• **No food, drink, shared supplies, or equipment will be provided at this time.**

If participant demand exceeds capacity, we reserve the option to limit the number of visits that an individual can have in one week so that all have the same opportunity and access.

Program Locations

Indian Head Pavilion

100 Walter Thomas Rd, Indian Head, MD

Laurel Springs Park

5940 Radio Station Rd, La Plata, MD
(Pavilion closest to restrooms)

Tilghman Lake Park

10598 Box Elder Rd, La Plata, MD

**Outdoor programs will be canceled in cases of inclement weather or weather colder than 40 degrees or if a heat advisory is in effect.*

Indoor Programs

Diabetes Self-Management Workshop

Managing diabetes symptoms during the pandemic may have been very difficult. Join your peers and get back on track with this 6-week group workshop. The 2 ½ hour workshop will help you develop action plans, meal plans and exercise plans to better manage your diabetes daily. Lunch and supplies will be provided. To register call the center 301-743-2125 with name, phone number and email address.

Tuesdays, Jun. 1 – Jul. 6, 10 AM, | Fee: FREE

Grab-N-Go Lunch

Boxed lunches will be available to grab-n-go on Tuesdays and Thursdays. Must RSVP for lunch two business days in advance. No lunch 6/8. Lunch by donation.

Tuesdays & Thursdays, 12 PM

Fitness with Debi

Join Fitness Instructor, Debi Shanks, for a variety of fun fitness classes!

Thursdays, 1 PM | Fee: Fitness Card

Welcome Back Orientation

We are opened with new guidelines. These guidelines will help us stay safe and healthy. This will be the time to ask questions as we review the guidelines for indoor activities.

Thursday, Jun. 3, 10 AM | Fee: FREE

Beach Bingo

Wear your beach gear (no speedos or bikinis) for this fun activity. Prizes include summer beach items. Free to play and win!

Thursday, Jun. 10, 10 AM | Fee: FREE

Family Feud – Father's Day Edition

Reunite with Stephanie (Steve) Harvey for a senior center family feud. Wear your favorite Father's Day tie for extra goodies. Pre-register your team by June 10 by calling 301-743-2125.

Thursday, Jun. 17, 10 AM | Fee: FREE

Aging Resource Outreach

Meet privately and social distancing with our Aging & Disability Resource Specialist, Julie Hammonds for help with senior options in Charles County. Call 301 934-6737 for an appointment or see Staff.

Tuesday, Jun. 22, 10 AM | Fee: FREE

Tough Topic Thursday

Doneika Saunders, Prevention Coordinator, Behavioral Health Division of the Charles County Department of Health will address the opioid crisis in Charles County and what we can do to keep ourselves and our loved ones safe during National Safety month.

Thursday, Jun. 24, 11 AM | Fee: Free

Outdoor Programs/Senior Fitness

Tai Chi with Cynthia Simmons

Indian Head Senior Center Coordinator, Cynthia Simmons, will lead this hour-long class around Indian Head's Village Green fountain. Tai Chi is an evidence-based class that focuses on muscle control, stability, balance, and flexibility. Bring your own water. To register call 301-743-2125.

Mondays and Wednesday, 10:30 AM, Indian Head Village Green | Fee: Free

Monday Appointments

Need to register, get items left in the center, buy a fitness card? Schedule an afternoon appointment with Cynthia.

Mondays, 1 PM – 3 PM | Fee: FREE

Enhanced® Fitness

One-hour of aerobic, strength and stretching exercises with Nate. Laurel Springs Park.

Monday, Wednesday, and Friday, 3 PM, Fee: FREE

Yoga

Wednesdays, 9 AM, Laurel Springs Park, Fee: FREE

Arthritis Foundation Exercise Program

Use of gentle movements to help increase joint flexibility, range of motion, and muscle strength. Also known as AFEP.

Wednesdays, 11:30 AM, Indian Head Village Green, Fee: FREE

Group Warm Up & Walk

Wednesdays, 12:30 PM, Indian Head Village Green, Fee: FREE

Biking with Nate

Join Nate Schultz on the Indian Head Rail Trail for a group bike ride! See page 7 for more details.

Friday, Jun. 18, 1 p.m. | Fee: FREE

Art in the Park

Projects will vary weekly. Pre-registration is required by calling 301-934-5423. Sponsored by Charles County Arts Alliance.

Fridays, 10 AM, Laurel Springs.

Fitness Fridays with Brittany

Brittany's back to challenge you to prioritize your health.

Friday, Jun. 25, 11 a.m. | Fee: Fitness Card

Caregivers Support Group

Wednesday, Jun. 30, 2 p.m. | Fee: FREE
Tilghman Lake Park

Virtual Programs

Coffee & Conversation

Pour yourself a beverage and join senior center staff virtually for conversation and fellowship!

Mondays, 2 PM, MS Teams

REGISTRATION REQUIRED FOR ALL PROGRAMS. All programs are free unless otherwise noted. When registering please leave a message with your name, phone # and program you wish to attend.

INDIAN HEAD SENIOR CENTER

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

Hours: 9:30 a.m. to 2:30 p.m., Tuesday & Thursday

Grab-N-Go Lunches at Noon. Reservation/Registration
Required two business days in advance.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Diabetes Self-Management Workshop.....10:00 Grab-N-Go Lunch.....12:00 Fitness.....1:00	2 Yoga.....9:00 Tai Chi with Cynthia.....10:30 AFEP.....11:30 Warm Up and Walk.....12:30 Enhanced Fitness.....3:00	3 Welcome Back Orientation.....10:00 Grab-N-Go Lunch.....12:00 Fitness w/ Debi.....1:00	4 Art in the Park.....10:00 Enhanced Fitness.....3:00
7 Tai Chi with Cynthia.....10:30 Monday Appointments.....1:00 Coffee & Convo.....2:00 Enhanced Fitness.....3:00	8 Diabetes Self-Management Workshop.....10:00 Drive-Thru Produce Distribution.....11:30 Fitness.....1:00	9 Yoga.....9:00 Tai Chi with Cynthia.....10:30 AFEP.....11:30 Warm Up and Walk.....12:30 Enhanced Fitness.....3:00	10 Beach Bingo.....10:00 Grab-N-Go Lunch.....12:00 Fitness w/ Debi.....1:00	11 Art in the Park.....10:00 Enhanced Fitness.....3:00
14 Tai Chi with Cynthia.....10:30 Monday Appointments.....1:00 Coffee & Convo.....2:00 Enhanced Fitness.....3:00	15 Diabetes Self-Management Workshop.....10:00 Grab-N-Go Lunch.....12:00 Fitness.....1:00	16 Yoga.....9:00 Tai Chi with Cynthia.....10:30 AFEP.....11:30 Warm Up and Walk.....12:30 Enhanced Fitness.....3:00	17 Family Feud Father's Day Edition....10:00 Grab-N-Go Lunch.....12:00 Fitness w/ Debi.....1:00	18 Art in the Park.....10:00 Biking.....1:00 Enhanced Fitness.....3:00
21 Tai Chi with Cynthia.....10:30 Monday Appointments.....1:00 Coffee & Convo.....2:00 Enhanced Fitness.....3:00	22 Diabetes Self-Management Workshop.....10:00 Info & Assistance.....10:00 Grab-N-Go Lunch.....12:00 Fitness.....1:00	23 Yoga.....9:00 Tai Chi with Cynthia.....10:30 AFEP.....11:30 Warm Up and Walk.....12:30 Enhanced Fitness.....3:00	24 Tough Topic Thursday..11:00 Grab-N-Go Lunch.....12:00 Fitness w/ Debi.....1:00	25 Art in the Park.....10:00 Fitness Friday w/Britt.....11:00 Enhanced Fitness.....3:00
28 Tai Chi with Cynthia.....10:30 Dance Party.....11:00 Monday Appointments.....1:00 Coffee & Convo.....2:00 Enhanced Fitness.....3:00	29 Diabetes Self-Management Workshop.....10:00 Grab-N-Go Lunch.....12:00 Fitness.....1:00	30 Yoga.....9:00 Tai Chi with Cynthia.....10:30 AFEP.....11:30 Warm Up and Walk.....12:30 Caregivers Support Group.....2:00 Enhanced Fitness.....3:00		



NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest SCOOP online!

Pre-registration required for all programs to ensure proper distancing and room capacity guidelines are followed.

- To register call 301-246-9617. You must register for all programs two (2) business days in advance.

- Those who show up for programs they have not registered for will not be permitted to stay.

- No food, drink, shared supplies, or equipment will be provided at this time.

If participant demand exceeds capacity, we reserve the option to limit the number of visits that an individual can have in one week so that all have the same opportunity and access.

Program Locations

Nanjemoy Senior Center

4375 Port Tobacco Rd
Nanjemoy, MD 20662

Friendship Farm Park

4705 Friendship Landing Rd
Nanjemoy, MD 20662

**Outdoor programs will be canceled in cases of inclement weather or weather colder than 40 degrees or if a heat advisory is in effect.*

Community

Coffee & Conversation

Bring your coffee and join senior center staff for conversation and fellowship!

Each week will bring topics for discussion as well as special guest speakers. Some topics this month will include the pandemic highs and lows, Best Friend Day is June 8, and more! To register, please call, Senior Center Coordinator, at 301-246-9617.

Mondays, 10 AM, Friendship Farm Park
Fee: Free

Grab-N-Go Lunch

Boxed lunches will be available to grab-n-go on Tuesdays and Thursdays. Must RSVP for lunch two business days in advance. No lunch 6/17. Lunch by donation.

Tuesdays & Thursdays, 12 PM



Aging Resources Outreach

Meet privately with our Aging & Disability Resource Specialist, Julie Hammonds, for help with Seniors options in Charles County. Call 301-934-6737 for appointment or see staff.

Thursday, Jun. 10 and Jun. 24, 10 AM -12 PM

Fee: FREE

Indoor Programs

Did You Know

Share in an Informative discussion of history, science, and current events.

Tuesdays, 1 PM | Fee:

Free

Nickel Bingo

Bingo is back with a non-contact twist!

Join us for Nickel

Bingo each week. No

sharing of supplies allowed.

Thursdays, 1 PM | Fee: \$.5 a card

Arts and Crafts

Join us in the Senior Center for arts and crafts! New projects weekly.

Thursdays, 10 AM | Fee: Free



Senior Fitness

Fitness Room

The fitness room is open to those who have already completed the Fitness Room Orientation. Time reservation required to ensure proper distancing and room capacity guidelines are followed.

Tuesdays & Thursdays, 9:30 AM - 1:30 PM

Group Warm Up & Walk

This program consists of a 10-minute warm up followed by 30-minute walk, at your own pace. Bring your own water.

Mondays and Fridays, 9 AM

Friendship Farm Park | Fee: Free

Flex and Stretch for All

Total body workout focusing on body movement, balance, stretching and mobility.

Tuesdays, 10 AM | Fee: Free

Crafts

Art in the Park

Sponsored by Charles County Arts Alliance and AR Workshop in La Plata. Pre-registration is required. Please call the Center Coordinator at 301-246-9612 to register.

Wednesday, Jun. 2, 10 AM

Friendship Farm Park

WE ARE
OPEN
welcome back

Welcome Back Orientation

We are opened with new guidelines. These guidelines will help us stay safe and healthy. This will be the time to ask questions as we review the guidelines for the indoor activities. Please register by calling the center at 301-246-9612.

Tuesday, Jun. 1, 10 AM | Fee: Free

REGISTRATION REQUIRED FOR ALL PROGRAMS. All programs are free unless otherwise noted. When registering please leave a message with your name, phone # and program you wish to attend.

NANJEMOY SENIOR/COMMUNITY CENTER

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

Hours: 9:30 a.m. to 2:30 p.m., Tuesday & Thursday
Grab-N-Go Lunches at Noon. Reservation/Registration
Required two business days in advance.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Fitness Room9:30 Welcome Back Orientation10:00 Flex & Stretch.10:00 Grab-N-Go Lunch12:00 Did You Know1:00	2 Art in the Park10:00 *Sponsored by Charles County Arts Alliance and AR Workshop 	3 Fitness Room9:30 Arts & Crafts10:00 Grab-N-Go Lunch12:00 Nickel Bingo1:00	4 Warm Up and Walk9:00
7 Warm Up and Walk9:00 Coffee & Convo10:00	8 Fitness Room9:30 Flex & Stretch.10:00 Grab-N-Go Lunch12:00 Did You Know1:00	9	10 Fitness Room9:30 Arts & Crafts10:00 Information & Assistance10:00 Grab-N-Go Lunch12:00 Nickel Bingo1:00	11 Warm Up and Walk9:00
14 Warm Up and Walk9:00 Coffee & Convo10:00	15 Fitness Room9:30 Flex & Stretch.10:00 Grab-N-Go Lunch12:00 Did You Know1:00	16	17 Fitness Room9:30 Arts & Crafts10:00 Drive-Thru Produce Distribution11:30 Nickel Bingo1:00	18 Warm Up and Walk9:00
21 Warm Up and Walk9:00 Coffee & Convo10:00	22 Fitness Room9:30 Flex & Stretch.10:00 Grab-N-Go Lunch12:00 Did You Know1:00	23	24 Fitness Room9:30 Arts & Crafts10:00 Information & Assistance10:00 Grab-N-Go Lunch12:00 Nickel Bingo1:00	25 Warm Up and Walk9:00
28 Warm Up and Walk9:00 Coffee & Convo10:00	29 Fitness Room9:30 Flex & Stretch.10:00 Grab-N-Go Lunch12:00 Did You Know1:00	30		



WALDORF SENIOR & RECREATIONAL CENTER

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

Get your Latest SCOOP online!
Visit www.CharlesCountyMD.gov/CS

Pre-registration required for all programs to ensure proper distancing and room capacity guidelines are followed.

- **To register call 240-448-2810. You must register for all programs two (2) business days in advance.**

- **Those who show up for programs they have not registered for will not be permitted to stay.**

- **No food, drink, shared supplies, or equipment will be provided at this time.**

If participant demand exceeds capacity, we reserve the option to limit the number of visits that an individual can have in one week so that all have the same opportunity and access.

Program Locations

Laurel Springs Park

5940 Radio Station Rd, La Plata, MD
(Pavilion closest to restrooms)

Waldorf Senior & Recreational Center (WSRC)

90 Post Office Rd, Waldorf, MD

**Outdoor programs will be canceled in cases of inclement weather or weather colder than 40 degrees or if a heat advisory is in effect.*

Community

Coffee & Conversation

Pour yourself a beverage and join senior center staff virtually for conversation and fellowship! Each week will bring topics for discussion as well as special guest speakers. Contact Melanie Maggi at 240-448-2814 for virtual activity link.

Mondays, 2 PM, MS Teams

Grab-N-Go Lunch

Boxed lunches will be available to grab-n-go on Tuesdays and Thursdays. Must RSVP for lunch two business days in advance. No lunch 6/22. Lunch by donation.

Tuesdays & Thursdays, 12 PM

Thrift Savvy Shopping

Join the Queen of thrifting, Cindy Bladen, as she lets you in on the secrets of Waldorf thrift stores!

Tuesday, Jun. 8, 10:30 AM, WSRC | Fee: FREE

Happy Hour: What A Year!

It has been quite the year! Join us for this social hour to catch up on the lives of missed friends. New grandbabies? Hobby? Whatever you did, we can't wait to hear about it 😊

Thursday, Jun. 10, 10:30 AM, WSRC | Fee: FREE

Tuesday, Jun. 29, 12:30 PM, WSRC | Fee: FREE

What is CBD?

Linda Scott will be here to explain what exactly cannabidiol (CBD) is and the effect it can have on your body.

Tuesday, Jun. 15, 11 AM, WSRC | Fee: FREE

Bingo

Prizes include candy, home decorations, puzzles and more. Free to play and win! Pre-registration Required.

Thursday, Jun. 17, 10:30 AM, WSRC | Fee: FREE

Smoking Cessation

Quitting smoking can be difficult. Join Mary Beth Klick, Maryland Department of Health, for insight on how to quit smoking to live a healthier, smoke-free life.

Thursday, Jun. 24, 10 AM, WSRC | Fee: FREE

Senior Fitness

Group Warm Up & Walk

This program consists of a 10-minute warm up followed by 30-minute walk, at your own pace. Bring your own water. Participants should meet in the first parking lot to the right, just as you pull in.

Mondays and Fridays, 9 AM, Laurel Springs

Arthritis Foundation Exercise Program

Use of gentle movements to help increase joint flexibility, range of motion, and muscle strength. Also known as AFEP. Most exercises completed in a seated position (chair/bench).

Mondays, 10 AM, Laurel Springs

Fridays, 10 AM, MS Teams

Total Body Conditioning

Total Body Conditioning is a cardiovascular system workout designed to target all muscle groups. This exercise uses a combination of chair exercises, bands, weight and stretching for a well-rounded workout.

Tuesdays and Thursdays, 10:00 AM, WSRC

Fee: Fitness Card

Enhanced Fitness

Evidence based group exercise and falls prevention program that incorporates cardiovascular fitness, muscular strength, balance, and flexibility. See pg. 7 for more info.

Monday, Wednesday, and Friday, 3 PM, Laurel Springs. | Fee: FREE

Tai Ji Quan

Moving for Better Balance® (TJQMBB) is a research-based balance training regimen designed for older adults at risk of falling and people with balance disorders.

Tuesdays and Thursdays, 1 PM, WSRC

Yoga

Wednesdays, 9 AM, Laurel Springs

WSRC Fitness Room

The fitness room is open to those who have already completed the Fitness Room Orientation. Time reservation required to ensure proper distancing and room capacity guidelines are followed.

Tuesdays & Thursdays, 9:30 AM-1:30 PM, WSRC

Fitness Room Orientation

Mandatory before first use of fitness room. Registration required.

Thursday, Jun. 3 & 17, 11:15 AM | Fee: \$5

Biking with Nate

See page 7 for more details.

Fridays, 1 PM

Arts & Crafts

Art in the Park

Projects will vary weekly. Pre-registration is required by calling 301-934-5423. Sponsored by Charles County Arts Alliance.

Fridays, 10 AM, Laurel Springs

Sip & Paint at Art in the Park

Join us for an enjoyable day of sipping cider and swiping brushes! This class is designed to be social and fun vs educational. All supplies included. To register call Melanie Maggi at 240-448-2814. Pre-registration required.

Friday, Jun. 25, 10 AM, Laurel Springs

Fee: FREE

REGISTRATION REQUIRED FOR ALL PROGRAMS. All programs are free unless otherwise noted. When registering please leave a message with your name, phone # and program you wish to attend.

WALDORF SENIOR & RECREATIONAL CENTER

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

Hours: 9:30 a.m.–2:30 p.m., Tuesday & Thursday
Grab-N-Go Lunches at Noon. Reservation/Registration
Required two business days in advance.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Fitness Room9:30 Racquetball9:30 Total Body Conditioning10:00 Center Orientation10:30 Grab-N-Go Lunch12:00 Tai Ji Quan1:00	2 Yoga9:00 Enhanced Fitness3:00	3 Fitness Room9:30 Racquetball9:30 Total Body Conditioning10:00 Fitness Room Orientation11:15 Grab-N-Go Lunch12:00 Tai Ji Quan1:00 Center Orientation1:00	4 Warm Up & Walk9:00 AFEP10:00 Art in the Park10:00 Biking1:00 Enhanced Fitness3:00
7 Warm Up & Walk9:00 AFEP10:00 Coffee and Conversation2:00 Enhanced Fitness3:00	8 Fitness Room9:30 Racquetball9:30 Total Body Conditioning10:00 Thrift Savvy Shopping10:30 Grab-N-Go Lunch12:00 Tai Ji Quan1:00	9 Yoga9:00 Enhanced Fitness3:00	10 Fitness Room9:30 Racquetball9:30 Total Body Conditioning10:00 Happy Hour: What A Year!10:30 Grab-N-Go Lunch12:00 Tai Ji Quan1:00	11 Warm Up & Walk9:00 AFEP10:00 Art in the Park10:00 Biking1:00 Enhanced Fitness3:00
14 Warm Up & Walk9:00 AFEP10:00 Coffee and Conversation2:00 Enhanced Fitness3:00	15 Fitness Room9:30 Racquetball9:30 Total Body Conditioning10:00 What is CBD?11:00 Grab-N-Go Lunch12:00 Tai Ji Quan1:00 Center Orientation1:00	16 Yoga9:00 Enhanced Fitness3:00	17 Fitness Room9:30 Racquetball9:30 Total Body Conditioning10:00 Bingo10:30 Fitness Room Orientation11:15 Grab-N-Go Lunch12:00 Tai Ji Quan1:00	18 Warm Up & Walk9:00 AFEP10:00 Art in the Park10:00 Biking1:00 Enhanced Fitness3:00
21 Warm Up & Walk9:00 AFEP10:00 Coffee and Conversation2:00 Enhanced Fitness3:00	22 Fitness Room9:30 Racquetball9:30 Total Body Conditioning10:00 Drive-Thru Produce Distribution11:30 Tai Ji Quan1:00	23 Yoga9:00 Enhanced Fitness3:00	24 Fitness Room9:30 Racquetball9:30 Total Body Conditioning10:00 Smoking Cessation10:00 Grab-N-Go Lunch12:00 Tai Ji Quan1:00 Center Orientation1:00	25 Warm Up & Walk9:00 AFEP10:00 Sip & Paint @ Art in the Park10:00 Biking1:00 Enhanced Fitness3:00
28 Warm Up & Walk9:00 AFEP10:00 Coffee and Conversation2:00 Enhanced Fitness3:00	29 Fitness Room9:30 Racquetball9:30 Total Body Conditioning10:00 Grab-N-Go Lunch12:00 Happy Hour: What A Year!12:30 Tai Ji Quan1:00	30 Yoga9:00 Enhanced Fitness3:00		

Center Orientation

Curious about what the Waldorf Senior Center looks like post-pandemic? Join us for an orientation that will discuss new guidelines, protocols, and programs you can expect in the coming months! Orientations held at WSRC.

Tuesday, June 1, 10:30 AM | Fee: FREE Tuesday, June 15, 1:00 PM | Fee: FREE
Thursday, June 3, 1:00 PM | Fee: FREE Thursday, June 24, 1:00 PM | Fee: FREE

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. Call 301-934-9305 or 301-870-3388 and immediately press extension 5197 for delays and cancellation listings.

Plan for Travel Adventures In 2022

Trips sponsored by Action Travel Tours 301-645-1770

****2N1 Sponsored Trip**

March 31, 2022: Cherry Blossom Luncheon Cruise and MGM Casino or Outlets

Take in the sights and sounds that DC has to offer as you sail the Potomac River dressed in beautiful pink cherry blooms. Then try your luck at the fabulous MGM Casino or find a deal at the Tangier Outlets.

April 21 – 29, 2022: Holland and Belgium

Springtime River Cruise w/ Collette Tours Savor springtime in Holland and Belgium with a cruise that highlights the blooming Dutch tulip fields. Relax as you make your way along seemingly endless fields of vibrant flowers and iconic windmills.

April 24 – May 1, 2022: American Queen Mississippi Cruise Memphis to New Orleans

The Lower Mississippi River has stories to share – a legacy that flows from Memphis to the Gulf of Mexico. Embark on more than just a cruise, and return with more than memories: experience, understanding, an enlightened perspective. Let us introduce you to the American South and show you all the great sights and port cities as we cruise the legendary Mississippi river between Memphis to New Orleans.

**May 23-30, 2022: California Dreamin' Monterey, Yosemite, and Napa.

Optional 2 Night San Francisco Post Tour Extension. Experience the essence of Northern California, from fine wine and freshly caught seafood to vibrant cities and nature on an epic scale. Discover Monterey's Fisherman's Wharf and Sacramento's Old Town. Witness the stunning views along 17 Mile Drive. Marvel at the unspoiled beauty of Yosemite National Park. Glide on the pristine waters of Lake Tahoe on a paddle wheeler. From \$3,009 per person double occupancy including air from BWI

May 29, 2022: Kennedy Center Memorial Day Choral Concert and Lunch Music Celebrations Int'l, American Veterans Center and the US Air Force Band present a Memorial Day Choral Festival honoring veterans past and present who have sacrificed so much. Celebrate the true meaning of Memorial Day honoring those who have served with rousing patriotic music. Prior to the 3pm concert we will enjoy a delicious lunch at the Alexandria Fish Market.

June 13-17, 2022: Action Travel Tours' 35th Annual Mystery Trip Add a little adventure to your life...Sign up for the Original Southern Maryland Mystery Trip and travel with Action Travel Tours to a destination unknown. Help us celebrate 35 years of Mystery Itineraries, Friendships and Memories!! First Clue: We won't be going to 2019's Mystery Destination of Salem, Rockport and Gloucester, MA.

July 9-19, 2022: Oberammergau Passion Play and Danube Explorer River Cruise Mayflower Tours. The Oberammergau Passion Play is being offered in 2022 A once in a lifetime opportunity to see the Play and sail Emerald Cruises on the Danube. Mayflower Tours is offering the coveted Passion Play tickets along with a land stay and Danube River Cruise through Hungary, Slovakia, Austria and Germany from \$5249 per person double occupancy. **FREE airfare promotion has been extended through June based on availability.**

October 1-9, 2022: Chicago and Mackinac Island with Collette Tours. Get ready for a relaxing journey. The tranquil beauty of Mackinac Island and the Great Lakes region comes alive amid old-fashioned traditions. Highlights from this tour include Chicago Millennium Park, Charlevoix Mushroom Houses, Mackinac Island, Grand Hotel, Frankenmuth, Henry Ford Museum and Greenfield Village. From \$3,399 per person double occupancy including air.

