

The SCOOP

Charles County's Senior Center News

4th JULY

INDEPENDENCE

★ ★ ★ Day ★ ★ ★



JULY 2021

www.CharlesCountyMD.gov

Reopening Efforts

As we gradually reopen, we will continue to offer outdoor and virtual programming. We ask for grace and patience with staff as we reconvene without restrictions. We are rebuilding our programs after a 15-month closure. Remember "kindness is difficult to give away because it keeps coming back to you".

covidLINK

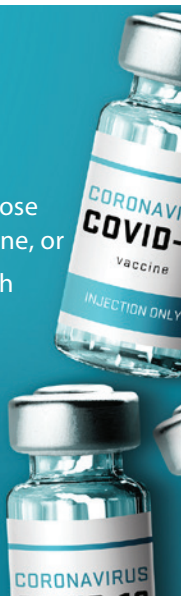
For more COVID-19 vaccination resources, including fact sheets, mass vaccination site information, eligibility, and FAQs, visit <https://covidlink.maryland.gov/content/vaccine/>.

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-dose vaccine, you are NOT fully protected. Keep taking all prevention steps until you are fully vaccinated. *Information provided by the CDC.*



Holiday Schedule

Senior Centers will not offer any programming on Monday, July 5 in observance of Independence Day.



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!



Energy Assistance

Do you need help paying your electric & heating bills?

The Office of Home Energy (OHEP) helps eligible Maryland residents pay their utility bills, minimize the strain when the cold weather sets in, and make energy costs more affordable by providing grants under the Maryland Energy Assistance Program (MEAP) and the Electric Universal Service Program (EUSP).

****Applicants must reapply every year after July 1 for their benefits to continue. **** Seniors age 60+ can receive application assistance, obtain information or schedule an appointment to apply by contacting our Aging and Disability Resource Center staff at **301-609-5712 OR 240-448-2816.**

Caregivers Corner

Summer Heat

July is known for its unforgiving heat and summer is in full effect. For most, that means frequent drinks of water for hydration and using sunblock and clothing for sun protection. However, for seniors, especially those with dementia, it may be difficult to express their needs and regulate their own body temperature. Caregivers should be aware that excessive heat can affect their loved one with dementia differently if not monitored appropriately.

Here are some tips for summer heat:

- Avoid outdoor activities between 10am and 4pm when the sun is at its strongest.
- Encourage and offer non-caffeinated fluids often.
- Choose light, cool meals and consider frozen snacks.
- Make lightweight, light-colored clothing available.
- Be mindful that on super-hot days, even the nighttime temps can be above 75 and without the use of fans or air conditioning, your loved one may not be able to sleep well.
- If you notice behavioral changes, such as agitation, look at your surroundings and make sure your loved one is not becoming too overheated.

Information for this article provided by parcprovidence.com July Caregiver Support Group being offered in-person at the Richard R. Clark Senior Center on Wednesday, July 21, 2021 at 1pm.

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>

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 (La Plata and southern county residents) - contact Hazel Conner or Barbara Joy at 301-609-5712.

Waldorf Senior and Rec Center (Waldorf residents) - contact Joyce Woodard at 240-448-4816.

Nanjemoy & Indian Head Senior Centers (Western county residents) – contact Julie Hammonds at 301-934-6737 or the Center Coordinator.



TELEHEALTH FRAUD

REPORT POTENTIAL TELEHEALTH FRAUD, ERRORS, OR ABUSE IF:

- X** You receive an unsolicited phone call from someone wanting to verify your pain symptoms
- X** You receive an unsolicited phone call from someone wanting to verify your family history of cancer

Medicare will cover telehealth services that are performed via an interactive, two-way telecommunication system.

SMP RESOURCE.ORG  877.808.2468
SUPPORTED BY GRANT # 90MPC0002 FROM ACL

Eat Fresh, Shop Local

The variety of options available at Farmers Markets and the many roadside stands are one of our favorite things about Summer and living in Charles County. Buy local this summer and enjoy locally sourced produce! Then plan a family picnic with all the delicious eats. Local farmer markets are held in Indian Head, La Plata, and Waldorf. For more information, please contact the Charles County Department of Tourism.



Grocery Distribution

New Hope Community Outreach Services Inc is an organization that has generously agreed to donate grocery items to each senior center location for those in need. They recognized that the pandemic has hit everyone hard and even has made everyday tasks like getting to the grocery store more difficult than in the past. To try and address this need, grocery bags will be distributed to senior center participants at all four senior centers. Supplies will be limited so we must limit it to one bag per household. Please call your local senior center to register and receive this generous donation.

All Distributions begin at 11:30 AM.

July 8th Waldorf Senior and Recreational Center

July 15th Richard R Clark Senior Center

July 22nd Indian Head Senior Center

July 29th Nanjemoy Senior Center

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 (household of 1 (senior lives alone): \$1,986 or a household of 2 (senior lives with another): \$2,686). 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.

This year's Senior Nutrition Farmer's Market Program dates are scheduled as follows. All distributions start at 9:30 AM.

July 7: Waldorf Senior & Rec Center

July 14: Indian Head Senior Center

July 21: Richard R. Clark Senior Center

July 28: Nanjemoy Senior Center

Legal Aid

July 13th, 2021 at the Richard R. Clark Center by appointment only. Contact Hazel Conner or Barbara Joy at 301-609-5712 to schedule.

Want the SCOOP Mailed to You?

If you answered yes, you are in luck! The Charles County Department of Aging can now mail a SCOOP to your home! SCOOPs are available virtually, and free in-person at our programming and centers, but the ease of getting your very own copy mailed to your home is now available! You will be required to pay for postage. This program began in January 2021, for the cost of \$24 for a year worth of SCOOPs.

If you are interested in this new service, please contact Carolyn Savoy for a registration form at 301-934-5423. Postage fees must be paid by check made payable to Charles County Commissioners. Completed forms can also be mailed or left in the secure drop box located at the Department of Community Services headquarters.

Department of Community Services
Attn: Senior Centers
8190 Port Tobacco Rd Port Tobacco, MD 20677

Please note: this service is completely optional. SCOOPs will remain free at in person events while supplies last. This service is being offered on a trial basis.

Happy Birthday, Welcome to Medicare

It is a milestone to celebrate as you turn 65! This means you may be eligible for Medicare Parts A, B, C, D and/or Supplemental Insurance (Medigap). You may also qualify for Medicare Savings Programs to help with Medicare costs. Are you confused with the telephone calls, television ads and excessive mailings? Do not worry, if you need help through this process, or need more accurate information, please contact the State Health Insurance Program (SHIP) office at 301-609-5712 for FREE and unbiased Medicare education and counselling. This is one of many benefits available to you as you turn 65.



Want to know about upcoming events at the Senior Centers? Sign up for eNews and have the SCOOP delivered directly to your inbox!

Step 1:

Visit <https://www.charlescountymd.gov/>

Step 2:

Scroll to the bottom of the page, and click the large yellow "ENEWS SIGN-UP" button.

Step 3:

Complete the simple Charles County eNews Registration form and you are done!

Protect Your Skin from the Sun

While we continue to offer outdoor programs through the summer, we wanted to take some time to encourage sun protection for your skin. People who reach the age of 65 can expect to live, on average, 2 more decades. This means that efforts to improve the use of sun protection and reduce sunburn among older adults would likely help to reduce skin cancer risk in later decades of life.

A major risk factor for most skin cancers is too much exposure to the sun's ultraviolet (UV) rays. Making sun protection an everyday habit can help prevent sunburns and lower a person's chances of getting skin cancer.

Ways to protect your skin when in the sun include:

- Stay in the shade.
- Use sunscreen.
- Wear a wide-brimmed hat.
- Wear clothing to the ankles.
- Wear a long-sleeved shirt.

Information provided by the CDC.

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.**



National Ice Cream Month

Americans consume about 23 gallons of ice cream each year, on average. As the summer reaches peak temperatures in July, Americans celebrate National Ice Cream Month as a way to cool off and enjoy the nation's favorite frozen treat with friends and family. Ice cream has historically been a key feature of American communities. According to an International Dairy Foods Association survey, most ice cream companies are family owned and have been in operation for more than 50 years! Here's more sweet news: Ice cream companies help support the U.S. economy, contributing more than \$11 billion directly to the national economy and supporting more than 26,000 direct jobs.

We encourage ice cream makers and consumers to celebrate July as National Ice Cream Month. Please share exciting images of your favorite dessert and the many ways that you enjoy it. Information provided by the International Dairy Foods Association.



Many Happy Returns!

The Department of Community Services Aging and Senior Programs Division wishes to extend a heartfelt thank you to the AARP income tax program volunteers who dedicated their time and talent this past tax season to assist approximately 200 senior citizens with completing and filing their 2020 income tax returns. The program volunteers attended trainings, workshops, and passed exams to ensure that timely and accurate tax preparation was available to our population.

This year's hard-working volunteers include:

- Paul Flynn
- Regina Larrabee
- Kevin Marek
- Janice McCue
- James Pester
- Jerry Reynolds
- Helen Turgeon
- Maureen Freeman
- Cress Le
- Tia McCain
- Karl Ott
- Elaine Reynolds
- Theodore Roorda
- Barbara Wimbush

In addition, we want to acknowledge staff, Hazel Conner and Barbara Joy, for their hard work scheduling and providing behind the scenes assistance from the senior center staff, in addition to their normal duties. This year brought about many twists and turns due to the pandemic. Nonetheless, the volunteers and staff continue to rise to the occasion which made for another successful tax season.

Splash!

You already know that exercise offers numerous benefits to seniors, including improving your heart health, better flexibility and stronger muscles. Plus, exercise can help lower the risk of injury and enhance our mood and mental acuity.

Swimming is an ideal workout for seniors, mainly because it presents little risk of injury and is low impact. Water exercises work out all the muscle groups in the body, presenting a complete workout for seniors. Here are just a few of the health benefits swimming offers to older adults:

- **Improves heart health.** Swimming makes your heart stronger, larger and improves your cardiovascular health and endurance. It will also lower your blood pressure, improve your circulation and help reduce the risk of heart and lung disease.
- **Gentle on the joints.** Because swimming is not weight-bearing, it's easy on the joints for those who suffer from joint pain and discomfort.
- **Reduces the risk of osteoporosis.** Swimming can improve bone mineral density (BMD), which will help fight osteoporosis.
- **Increases flexibility.** While stretching before and after exercising is a sure way to regain flexibility, the act of swimming itself can also help increase your flexibility in your hips, legs, arm and neck. It can also help improve your posture and alleviate back pain.
- **Improve muscle strength and tone.** Every time you move in the water, you're putting every muscle group to work. Swimming is a great form of resistance training and can help improve your muscle strength- and you'll also see long, lean muscle tone forming the more you do it!
- **Boosts mental health.** Swimming is a great way to reduce your stress levels, boost your mood, and increase your brain function. Plus, because swimming can be a social activity, you'll avoid the feelings of social isolation and loneliness that can lead to depression in seniors.

Although your local senior centers do not have pools at them, there are six public pools in Charles County managed by the Charles County Department of Recreation, Parks and Tourism. Interested in joining a water aerobics class? Check out the fitness page in the SCOOP for more information on senior water aerobics classes being offered near you! (page 14)

Want to enjoy the pool this summer? Check out <https://www.charlescountyparks.com/recreation/aquatics> for more details on your local pools.

Information provided by

<https://www.asccare.com/swimming-for-seniors/>



CLARK SENIOR CENTER

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

Get your Latest SCOOP online!



Program Hours

In-Center Hours:

Tuesdays, Wednesdays, Thursdays
9:30 a.m. to 2 p.m.

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

Community

Widow to Widow Support Group

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

Thursday, July 8, 1 PM

Young at Heart Art Class

Join artist Lakeisha Ferebee for a fun painting class! No experience needed. Registration Required.

Thursday, July 8, 10 AM - Beginner
Thursday, July 22, 10 AM - Intermediate
Fee: FREE

Stained Glass

Tuesdays, July 6 and July 20, 9:30 AM

Woodcarving

Tuesdays, July 6 and July 20, 12:30 PM

Reflections

Join Pastor James Powell for this non-denominational Bible Study.

Thursday, July 8 and 22, 1 PM

Jewelry Club Class

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

Tuesday, July 13 and July 27, 10 AM

Grocery Bag Distribution

New Hope Community Outreach Organization and Area Council on Aging will provide a bag of groceries to those who sign up. One bag per household. Limited supply, sign up early by calling the Clark Center.

Thursday, July 15, 11:30 AM Fee: FREE

Farmers Market Coupons

See page 3 for details.

Wednesday, July 21, 9:30 AM

Caregiver Support Group

Wednesday, July 21, 1 PM

Billiards

The billiards tables are open, and we invite you to come play!

Tuesday, Wednesday, Thursday,
9:30 AM – 1:30 PM

Powder Puff Billiards

Join the ladies for a friendly game of pool.
Wednesdays, 1 p.m. to 2 p.m.

Clark Senior Center Orientation

Join center staff as they show you around the center. We'll show you how to register as a center participant and sign up for various programs.

Tuesdays, 10 AM Fee: Free

Learn to Quilt

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

Wednesdays, 9:30 AM

Acey Deucey

Wednesdays, 10 AM

Drop-In Sewing

The sewing room is open and available for you to work on individual projects.

Thursdays, 9:30 AM

Guitar Jam

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

Tuesdays and Thursdays, 10 AM to 12 PM

Pokeno

Thursdays, 11 AM

Senior Fitness

Flex & Stretch with Karen

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

Registration Required.

Tuesdays, 10 AM Fee: Fitness Card
Thursdays, 1 PM Fee: Fitness Card

Dance Fit with Debi

Join Debi for a fun, cardio filled workout. No class July 6.

Tuesdays, 1 PM Fee: Fitness Card

Yoga

Join Debi Shanks for this low impact workout. Begins July 14.

Wednesdays, 9:30 AM Fee: Fitness Card

Arthritis Foundation Exercise Program (AFEP)

Use of gentle movements to help increase joint flexibility, range of motion, and muscle strength. Most exercises completed in a seated position.

Wednesday, July 14 and 28, 1 PM Fee: Free

Clark Center Fitness Room

The fitness room is open to those who have already completed the Fitness Room Orientation.

Tuesday, Wednesday, Thursday,
9:30 AM – 1:30 PM

Clark Center Fitness Room Orientation

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

Thursday, July 15, 12 PM Fee: \$5

Crafts

Beginners Quilling Art

Join Janice Hamby and learn some basic Quilling Art. Registration Required. Limited to 6.

Wednesday, July 7, 10 AM Fee: FREE

Wednesday, July 28, 1 PM Fee: FREE





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 **Fee: Free**

CLARK SENIOR CENTER

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

Hours: 9:30 a.m.–2:00 p.m., Tues, Wed, Thurs

**Lunches at Noon. Reservation/Registration Required.
See page 15 for more details on the lunch program.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Fitness Room 9:30 Billiards 9:30 Fitness Room 9:30 Drop-In Sewing 9:30 Conversation & Trivia 10:00 Guitar 10:00 Pokeno 11:00 Lunch 12:00 Flex & Stretch 1:00	2
5 Independence Day Centers Closed 	6 Fitness Room 9:30 Billiards 9:30 Stained Glass 9:30 Center Orientation 10:00 Flex & Stretch 10:00 Guitar 10:00 Lunch 12:00 Wood Carving 12:30	7 Fitness Room 9:30 Billiards 9:30 Quilting Class 9:30 Acey Deucey 10:00 Beginner Quilling Art ... 10:00 Lunch 12:00 Powder Puff Billiards 1:00	8 Fitness Room 9:30 Billiards 9:30 Drop-In Sewing 9:30 Conversation & Trivia 10:00 Young at Heart Art 10:00 Guitar 10:00 Pokeno 11:00 Lunch 12:00 Flex & Stretch 1:00 Widow to Widow 1:00 Reflections 1:00	9
12	13 Fitness Room 9:30 Billiards 9:30 Center Orientation 10:00 Flex & Stretch 10:00 Guitar 10:00 Jewelry Club 10:00 Lunch 12:00 Dance Fit 1:00	14 Fitness Room 9:30 Billiards 9:30 Quilting Class 9:30 Yoga 9:30 Acey Deucey 10:00 Lunch 12:00 AFEP 1:00 Clark Council Meeting ... 1:00 Powder Puff Billiards 1:00	15 Fitness Room 9:30 Billiards 9:30 Drop-In Sewing 9:30 Conversation & Trivia 10:00 Pokeno 11:00 Grocery Bag Distribution ... 11:30 Lunch 12:00 Fitness Room Orientation . 12:00 Guitar 10:00 Flex & Stretch 1:00	16
19	20 Fitness Room 9:30 Billiards 9:30 Stained Glass 9:30 Center Orientation 10:00 Flex & Stretch 10:00 Guitar 10:00 Lunch 12:00 Wood Carving 12:30	21 Fitness Room 9:30 Farmers Market Coupons ... 9:30 Billiards 9:30 Quilting Class 9:30 Yoga 9:30 Acey Deucey 10:00 Lunch 12:00 Caregivers Support 1:00 Powder Puff Billiards 1:00	22 Fitness Room 9:30 Billiards 9:30 Drop-In Sewing 9:30 Conversation & Trivia 10:00 Young at Heart Art 10:00 Guitar 10:00 Pokeno 11:00 Lunch 12:00 Flex & Stretch 1:00 Reflections 1:00	23
26	27 Fitness Room 9:30 Billiards 9:30 Center Orientation 10:00 Guitar 10:00 Flex & Stretch 10:00 Jewelry Club 10:00 Lunch 12:00 Dance Fit 1:00	28 Fitness Room 9:30 Billiards 9:30 Quilting Class 9:30 Yoga 9:30 Acey Deucey 10:00 Beginner Quilling Art ... 1:00 Lunch 12:00 AFEP 1:00 Powder Puff Billiards 1:00	29 Fitness Room 9:30 Billiards 9:30 Drop-In Sewing 9:30 Conversation & Trivia 10:00 Guitar 10:00 Pokeno 11:00 Lunch 12:00 Flex & Stretch 1:00	30

INDIAN HEAD SENIOR CENTER

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

Get your Latest SCOOP online!

Program Hours

In-Center Hours:

Tuesdays, Wednesdays, Thursdays
9:30 a.m. to 2 p.m.

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

Virtual Programs

Coffee & Conversation

Pour yourself a beverage and join staff virtually for conversation and fellowship! Each week will bring topics for discussion as well as special guest speakers. To register, please call the center at 301-743-2125. Please leave a detailed message.

Mondays, 2 PM, MS Teams

Indoor Programs

Lunch Program

Lunches will be available by reservation on Tuesdays, Wednesdays and Thursdays. Please RSVP by 10 a.m. on the previous in-center day. Suggested lunch donation is \$3. No Lunch on 7/14. More details on page 15.

Tuesdays, Wednesdays, and Thursdays, 12 PM
Fee: Lunch Donation

Wellness Wednesdays

Hand massages, meditation, mindful eating and much more to insure a wellness state of mind. Must sign up.

Wednesdays, 1 PM Fee: Donation

AFEP

Tuesdays, 1 PM Fee: FREE

Meet the Staff

Meet the new staff and welcome them to the IHSC family.

Thursdays, July 1, 10 AM Fee: FREE

Canvas Painting

Bring your project and imagination.

Thursdays, 11 AM Fee: Your Project

Fitness w/Lamont

Cardio and strength training.

Thursdays, 1 PM Fee: Fitness Card

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.

Tuesdays, July 6 & 27, 10 AM Fee: FREE

Pool Table

The pool table is open and we want you to come play!

July 7, 8, and 22, 9:30 AM Fee: FREE

Pastor Chris and Friends

Tuesday, July 20, 10 AM Fee: FREE

Tough Topic Thursday

This day in 1963 the Beatles were scheduled to release their album "Introducing the Beatles". Join the conversation about the impact this group had on the music industry and teens of the sixties. We will be playing some memorable hits.

Thursday, July 22, 11 AM Fee: FREE

Bingo

Tuesday, July 27 10 AM

Outdoor Programs/Senior Fitness

***To register for virtual fitness classes, please call 301-609-5711 or email shanksd@charlescountymd.gov.**

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. No Class on 7/14.

Mondays and Wednesday, 10 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 by calling 301 743-2125.

Mondays, 1 PM – 3 PM Fee: FREE

Enhance® Fitness

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

Mondays, Wednesdays and Fridays, 3 PM
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

Farmer's Market at the Pavilion

All center activities will be held at the Pavilion. Refer to page 3 for coupon eligibility for Farmer's Market. The Market will be open for all seniors. Stay on the Green for AFEP and Bingo.

Wednesday, July 14, 9:30 AM
Fee: Your Purchases

Biking with Nate

Join Nate Schultz on the Indian Head Rail Trail for a group bike ride! See page 14 for more details.

Friday, July 16, 1 PM Fee: FREE

get motivated

**FITNESS
FRIDAY**

Fitness Fridays with Brittany

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

Fridays, July 9 & 23, 11 AM Fee: Fitness Card

Aloe be the Judge

Help replant our aloe plants to take home as we learn benefits of aloe vera gel beyond sunburn relief. Pots and soil will be provided. Please sign up for supplies.

Thursday, July 8, 10 AM Fee: \$1



INDIAN HEAD SENIOR CENTER

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

Hours: 9:30 a.m. to 2:00 p.m., Tues, Wed & Thur

Lunches at Noon. Reservation/Registration Required.
See page 15 for more details on lunch program.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Meet the Staff 10:00 Canvas Painting 11:00 Lunch 12:00 Fitness w/Lamont 1:00	2
5 Independence Day Centers Closed 	6 Diabetes Self-Management Workshop 9:30 Aging Resource Outreach 10:00 Lunch 12:00 AFEP 1:00	7 Pool Table 9:30 Tai Chi with Cynthia 10:00 AFEP 11:30 Lunch 12:00 Wellness Wednesday . . . 1:00	8 Pool Table 9:30 Aloe be the Judge 10:00 Canvas Painting 11:00 Lunch 12:00 Fitness w/Lamont 1:00	9 Fitness Friday 11:00
12 Tai Chi with Cynthia 10:00 Monday Appointments 1:00	13 Council Meeting 9:30 Lunch 12:00 AFEP 1:00	14 Farmer's Market at the Pavilion 9:30 Bingo 11:15 AFEP 11:30 No LUNCH TODAY All Activities will be held on the Green	15 Canvas Painting 11:00 Lunch 12:00 Fitness w/Lamont 1:00	16 Biking 1:00
19 Tai Chi with Cynthia 10:00 Monday Appointments 1:00	20 Pastor Chris & Friends 10:00 Lunch 12:00 AFEP 1:00	21 Tai Chi with Cynthia 10:00 AFEP 11:30 Lunch 12:00 Wellness Wednesday . . . 1:00	22 Pool Table 9:30 Canvas Painting 11:00 Tough Topic Thursday . . 11:00 Grocery Distribution 11:30 Lunch 12:00 Fitness w/Lamont 1:00	23 Fitness Friday 11:00
26 Tai Chi with Cynthia 10:00 Monday Appointments 1:00	27 Bingo 10:00 Aging Resource Outreach 10:00 Lunch 12:00 AFEP 1:00	28 Tai Chi with Cynthia 10:30 AFEP 11:30 Lunch 12:00 Wellness Wednesday . . . 1:00	29 Canvas Painting 11:00 Lunch 12:00 Fitness w/Lamont 1:00	30

The month of July

NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest SCOOP online!



Program Hours

In-Center Hours:

Tuesdays, Wednesdays, Thursdays
9:00 a.m. to 2 p.m.

*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 Center

Fitness Room

The fitness room is open to those who have already completed the Fitness Room Orientation.

Tuesdays, Wednesdays & Thursdays

9:30 AM - 1:30 PM Fee: Free

Computer Lab

Tuesdays, Wednesdays & Thursdays

9:30 AM - 1:30 PM Fee: Free

Pool/Game Room

Tuesdays, Wednesdays & Thursdays

9:30 AM - 1:30 PM Fee: Free

Senior Center Programs

Lunch

Enjoy a lunch at the center on Tuesdays, Wednesday and Thursdays. Must RSVP for lunch by 10 a.m. the prior in-center day. More details on page 15.

Tuesdays, Wednesdays & Thursdays, 12 PM

Fee: Donation

Welcome Back Orientation

Newcomers and Returners come learn about the new guidelines of reopening. 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 301-246-9612.

Wednesday, July 1, 9 AM

Fee: Free

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, July 22, 10 AM -12 PM

Fee: Free



Farmer's Market

See pg. 3 for details on coupon distribution.

Wednesday, July 28, 9:30 AM

Fee: Cost of Produce

New Hope Community Grocery Giveaway

Stock your pantry with groceries. New Hope Community is providing an outreach event. You must register for this event.

Thursday, July 29, 11:30 AM

Fee: Free

Registration Required

Puzzle Books

Let's solve puzzles!

Tuesdays, 9 AM

Fee: Free

Did You Know?

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

Tuesdays, 1 PM

Fee: Free

Health Matters

Wellness is the act of practicing healthy habits daily to gain better physical and mental health outcomes, so that instead of just surviving, you are thriving. Join a weekly discussion affecting our wellness.

Wednesdays, 1 PM

Fee: Free

Arts and Crafts

Bring your creative self to the Senior Center for arts and crafts! New projects weekly.

Thursdays, 10 AM

Fee: Free

Nickel Bingo

Bingo is back! Join us for a fun filled time playing Nickel Bingo each week.

Thursdays, 1 PM

Fee: \$.5 a card



Senior Fitness

Flex and Stretch for All

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

Tuesdays, 10 AM

Fee: Free

Chair Yoga

Practice an excellent way to loosen and stretch painful muscles, reduce stress, and improve circulation.

Wednesdays, 10 AM

Fee: Free

America the Beautiful

Let us celebrate our nations birthday by traveling from coast to coast thru her many National Parks!

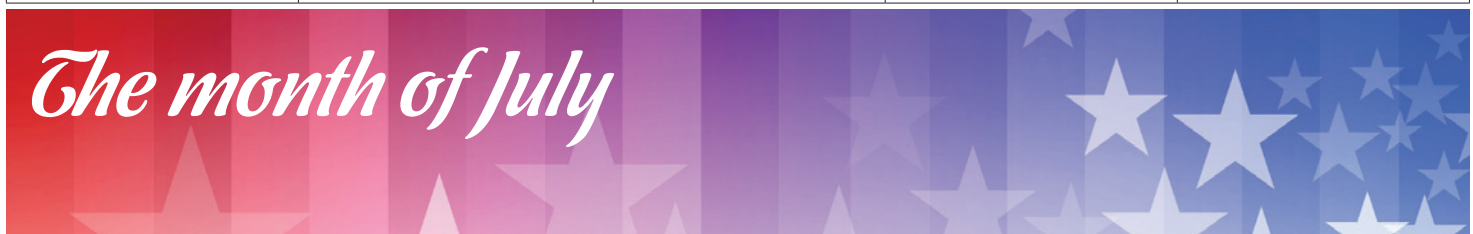
Tuesday, July 6, 9 AM • Fee: Free

NANJEMOY SENIOR/COMMUNITY CENTER

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

Hours: 9:00 a.m. to 2:00 p.m., Tue, Wed & Thurs
Lunches at Noon. Reservation/Registration Required. See page 15 for more details on lunch program.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Fitness Room 9:30 – 1:30 Welcome Back Orientation 9:00 Arts & Crafts 10:00 Lunch 12:00 Nickel Bingo 1:00	2
5 Independence Day Centers Closed 	6 Fitness Room 9:30 – 1:30 America the Beautiful . . . 9:00 Flex & Stretch 10:00 Lunch 12:00 Did You Know 1:00	7 Fitness Room 9:30 – 1:30 5 Minute Mysteries 9:00 Chair Yoga 10:00 Lunch 12:00 Health Matter 1:00	8 Fitness Room 9:30 – 1:30 Melodies of Life 9:00 Arts & Crafts 10:00 Lunch 12:00 Nickel Bingo 1:00	9
12	13 Fitness Room 9:30 – 1:30 Puzzle Books 9:00 Flex & Stretch 10:00 Lunch 12:00 Did You Know 1:00	14 Fitness Room 9:30 – 1:30 Brain Teasers 9:00 Chair Yoga 10:00 Lunch 12:00 Health Matter 1:00	15 Fitness Room 9:30 – 1:30 Melodies of Life 9:00 Arts & Crafts 10:00 Lunch 12:00 Nickel Bingo 1:00	16
19	20 Fitness Room 9:30 – 1:30 Puzzle Books 9:00 Flex & Stretch 10:00 Lunch 12:00 Did You Know 1:00	21 Fitness Room 9:30 – 1:30 5 Minute Mysteries 9:00 Chair Yoga 10:00 Lunch 12:00 Health Matter 1:00	22 Fitness Room 9:30 – 1:30 Melodies of Life 9:00 Arts & Crafts 10:00 Information & Assistance 10:00 Lunch 12:00 Nickel Bingo 1:00	23
26	27 Fitness Room 9:30 – 1:30 Puzzle Books 9:00 Flex & Stretch 10:00 Lunch 12:00 Did You Know 1:00	28 Fitness Room 9:30 – 1:30 Chair Yoga 10:00 Farmers Market Distribution 9:30 – 11:30 Lunch 12:00 Health Matter 1:00	29 Fitness Room 9:30 – 1:30 Melodies of Life 9:00 Arts & Crafts 10:00 New Hope Community Grocery Giveaway 11:30 Lunch 12:00 Nickel Bingo 1:00	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



Program Hours

In-Center Hours:

Tuesdays, Wednesdays, Thursdays
9:30 a.m. to 2 p.m.

*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

Farmer's Market

See pg. 3 for details.

Wednesday, July 7, 9:30 AM
Fee: Cost of Produce

Center Orientation

Curious about the Waldorf Senior Center? Join us for a center tour and overview of programs.

Tuesday, July 13, 1:00 PM Fee: FREE
Thursday, July 29, 10:30 AM Fee: FREE

Cards & Games

Exercise your brain! A variety of games will be available to play including but not limited to anything with a deck of cards, Rummikub, Uno, and Dominoes.

Tuesdays & Wednesdays, 10:30 AM Fee: FREE

Grocery Bag Distribution

New Hope Community Outreach Organization and Area Council on Aging will provide a bag of groceries to those who sign up. One bag per household. Limited supply. Pre-registration required.

Thursday, July 8, 11:30 AM Fee: FREE

Happy Hour!

Join us for this time of friendship & fellowship! Catch up with friends, reminisce and simply enjoy that we can all be back together at WSRC. Preregistration encouraged.

Wednesday, July 7, 1:00 PM Fee: FREE
Tuesday, July 20, 10:30 AM Fee: FREE

Nutrition for Older Adults

Registered dietician, Jamilah Bugayong, from the UM CRMG, Diabetes and Endocrinology Dept., will be here to discuss "Nutrition for Older Adults." Preregistration encouraged.

Tuesday, July 13, 10 AM Fee: Free

What is Senior I & A?

Joyce Woodard will join us to discuss how you could benefit from Charles County Senior Information & Assistance programs.

Wednesday, July 14, 10 AM Fee: FREE

Day of Reflection

The past year was a roller coaster of emotions. Hayley Bacon, Bereavement Counselor with Hospice, will be here to reflect on the changes we have all experienced as well as to discuss ways to support those around you. Preregistration encouraged.

Wednesday, July 21, 10 AM Fee: FREE

Hot Dog Lunch

Welcome back; come for Bingo and stay for lunch! Door prizes too! Please order your hot dog no later than Tuesday, July 20. Meal includes 1 hot dog, bag of chips and a soda. This event is sponsored by the Waldorf Senior Center Council.

Thursday, July 22, 12 PM.
Fee: \$2/Meal or \$1/hot dog

Summer Fun Bingo

Prizes will include summer favorites and necessities. Free to play and win!

Wednesday, July 28, 10:30 AM Fee: FREE

Senior Fitness

Arthritis Foundation Exercise Program (AFEP)

Use of gentle movements to help increase joint flexibility, range of motion, and muscle strength. Most exercises completed in a seated position. No class July 14.

Wednesdays, 1 PM, WSRC

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
Fee: Fitness Card

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 Fitness Room

The fitness room is open to those who have already completed the Fitness Room Orientation.

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

Fitness Room Orientation

Mandatory before first use of fitness room. Registration required.

Thursday, July 1 & 15, 11:15 AM Fee: \$5

Arts & Music

Watercolors

Space available to work on watercolor art without instruction.

Thursdays, 10:00 AM Fee: FREE

Vase Painting and Faux Flower Arrangement

Join center staff for a simple craft that will involve painting a ceramic vase! Each participant will additionally create a simple flower arrangement to go in it. Registration required.

Tuesday, July 6, 10:30 AM Fee: \$3

Music with Griffin

Griffin will be here playing the piano and guitar! Join us for this time of enjoying the music and singing along to some favorites. Preregistration encouraged.

Tuesday, July 27, 10:30 AM Fee: FREE

Virtual Programs

Coffee & Conversation

Pour yourself a beverage and join senior center staff virtually for conversation and fellowship! Contact Melanie Maggi at 240-448-2814 for virtual activity link. No Coffee & Conversation July 5 and July 26.

Mondays, 2 PM, MS Teams

Outdoor Programs

Group Warm Up & Walk

See pg. 14 for details.

Mondays and Fridays, 9 AM, Laurel Springs

Arthritis Foundation Exercise Program (AFEP)

Mondays, 10 AM, Laurel Springs

Enhance Fitness

See pg. 14 for details.

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

Biking with Nate

See page 14 for more details.

Fridays, 1 PM

WALDORF SENIOR & RECREATIONAL CENTER

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

Hours: 9:30 a.m.–2:00 p.m., Tue, Wed & Thurs

Lunches at Noon. Reservation/Registration Required.
See page 15 for more details on lunch program.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Fitness Room9:30 Racquetball9:30 Total Body Conditioning.....10:00 Watercolors10:00 Bingo10:30 Fitness Room Orientation .. 11:15 Lunch12:00 Tai Ji Quan1:00	2
5 Independence Day Centers Closed 	6 Fitness Room9:30 Racquetball9:30 Total Body Conditioning.....10:00 Vase Painting and Faux Flower Arrangement ...10:30 Cards & Games10:30 Lunch12:00 Tai Ji Quan1:00	7 Fitness Room9:30 Racquetball9:30 Farmer's Market9:30 Cards & Games10:30 Lunch12:00 Happy Hour!1:00 AFEP1:00	8 Fitness Room9:30 Racquetball9:30 Total Body Conditioning.....10:00 Watercolors10:00 Bingo10:30 Grocery Bag Distribution.. 11:30 Lunch12:00 Tai Ji Quan1:00	9
12 Coffee and Conversation2:00	13 Fitness Room9:30 Racquetball9:30 Total Body Conditioning.....10:00 Nutrition for Older Adults10:00 Cards & Games10:30 Lunch12:00 Tai Ji Quan1:00 Center Orientation1:00	14 Fitness Room9:30 Racquetball9:30 What is Senior I & A?...10:00 Cards & Games10:30 Lunch12:00	15 Fitness Room9:30 Racquetball9:30 Total Body Conditioning.....10:00 Watercolors10:00 Bingo10:30 Fitness Room Orientation... 11:15 Lunch12:00 Tai Ji Quan1:00	16
19 Coffee and Conversation2:00	20 Fitness Room9:30 Racquetball9:30 Total Body Conditioning.....10:00 Cards & Games10:30 Happy Hour!10:30 Lunch12:00 Tai Ji Quan1:00	21 Fitness Room9:30 Racquetball9:30 Day of Reflection10:00 Cards & Games10:30 Lunch12:00 AFEP1:00	22 Fitness Room9:30 Racquetball9:30 Total Body Conditioning.....10:00 Watercolors10:00 Bingo10:30 Lunch12:00 Hot Dog Lunch.....12:00 Tai Ji Quan1:00	23
26	27 Fitness Room9:30 Racquetball9:30 Total Body Conditioning.....10:00 Cards & Games10:30 Music with Griffin10:30 Lunch12:00 Tai Ji Quan1:00	28 Fitness Room9:30 Racquetball9:30 Cards & Games10:30 Summer Fun Bingo.....10:30 Lunch12:00 AFEP1:00	29 Fitness Room9:30 Racquetball9:30 Total Body Conditioning.....10:00 Watercolors10:00 Bingo10:30 Center Orientation10:30 Lunch12:00 Tai Ji Quan1:00	30

WALDORF BINGO WILL RESUME ON THURSDAYS: How It Works

Players must purchase sheets daily and only be used on date of purchase. There are 25 games to play, winnings determined by number of purchased players.

Bingo card sales run from 9:30am-10:15am. Bingo cards will not be sold after 10:15am. Bills used to purchase bingo cards must be \$10 or less. Bingo play begins at 10:30 a.m. unless otherwise noted in the SCOOP.

Laurel Springs Park, 5940 Radio Station Road, La Plata, MD
Gilbert Run Park, 13140 Charles St, Charlotte Hall, MD

Indoor, outdoors, or virtual!

We are dedicated to your well-being and hope you join us in your journey to a healthier, active life.

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.

July 21 10:00am-11:00am • \$5

July 21 11:00am-12:00pm • \$5



Tai Chi; Moving for Better Balance

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

Tues/Thur 1:00 PM • Waldorf Senior Center
Fee: FREE

Yoga

Gentle postures both seated and standing. Perfect for flexibility and body awareness. No class July 7.

Wednesdays, 9:30 AM • Richard R Clark Senior Center
Fee: Fitness Card

Drums Alive

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

Mondays, July 12 & 26th 1:00 PM • MS TEAMS
Monday, July 19 1:00 PM • Laurel Springs Park

Aquatic Fitness June 21-Aug 26

All classes begin the week of June 21st Classes are limited. Please call 301-609-5711 to reserve space.

Lackey HS • Tues/Thurs • Time 9:30 AM • Fee \$45
LaPlata HS (Outdoor) • Tues/Thurs 10:30 AM • Fee \$50
Class at St. Charles High School is full for the summer.

Group Walking

Mondays and Fridays, 9 AM, Laurel Springs Park • Fee: FREE

NEW Enhance Fitness

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. Registration Required by calling Nate at 240-448-2817.

Mon, Wed & Fri @3 PM • Laurel Springs Park • Fee: Free

Biking with Nate Fridays @1:00 PM

Indian Head Rail Trail (start in White Plains):
July 2nd, 9th, 23rd, and 30th

Indian Head Rail Trail (start in Indian Head):
July 16th

Outdoor Weather Policy

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

HERE'S WHAT'S COOKING FOR SENIOR CENTERS

1% milk is offered with all meals.

The Charles County Luncheon Program for July 2021 is open to any Charles County resident, age 60 or older, for a donation. The suggested meal donation is \$3, actual cost is \$5.75. During the month of July lunch reservations must be made by 10 a.m. on Thursday for Tuesday's lunch and made by 10 a.m. the preceding day for Wednesday and Thursday's lunch. We appreciate all efforts to help staff make a smooth transition to our normal lunch program.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Lime Basil Baked Whiting w/mango lime salsa Brown Rice Green Beans Biscuit Diced Peaches Grape Juice	2
5 Independence Day Centers Closed 	6 Chophouse Burger w/ Lettuce & Tomato Whole Wheat Bun Orange Glazed Carrots Party Harty Beans Pineapple Chunks Apple Juice	7 Curry Chicken Brown Rice Carrots and Green Beans Naan Flatbread Tangy Cherry Salad Pineapple Juice	8 Salisbury Steak w/Gravy Mashed Sweet Potatoes Roasted Squash Whole Wheat Bread (2) Watermelon Orange Juice	9
12	13 Liver and Onions Brown Rice Stewed Tomatoes Cornbread Mandarin Oranges Grape Juice	14 Pork Chop Au Gratin Potatoes Cabbage Cornbread Pineapple Chunks Pineapple Juice	15 Balsamic Chicken 3 Bean Salad California Blend Vegetables Biscuit Fruit Cocktail Fruit Punch Juice	16
19	20 Chicken Mushroom & Brown Rice Malibu Blend Vegetables Whole Wheat Dinner Roll Diced Mangos Orange Juice	21 Meatloaf w/ mushroom gravy Roasted Sweet Potatoes Roasted Broccoli Applesauce Apple Juice	22 BBQ Baked Chicken Mashed Potatoes Roasted Squash Rice Pudding Raisins Grape Juice	23
26	27 Lemon Pepper Tilapia Lemon Parsley Rice Green Beans w/ tomatoes Breadstick Peaches Fruit Punch Juice	28 Chicken Marsala Parsley Potatoes Roasted Carrots Whole Wheat Bread Apricots Orange Juice	29 Meatballs Whole Wheat Spaghetti & Mozzarella California Blend Vegetables Breadstick Raisins Grape Juice	30



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.

