

The SCOOP

Charles County's Senior Center News

HELLO
August



AUGUST 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".

Loading...



Emergency Broadband Benefit

The Emergency Broadband Benefit is an FCC program to help families and households struggling to afford internet service during the COVID-19 pandemic. This new benefit will connect eligible households to jobs, critical healthcare services, virtual classrooms, and so much more.

About the Emergency Broadband Benefit

The Emergency Broadband Benefit will provide a discount of up to \$50 per month towards broadband service for eligible households and up to \$75 per month for households on qualifying Tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute more than \$10 and less than \$50 toward the purchase price.

The Emergency Broadband Benefit is limited to one monthly service discount and one device discount per household.

For information on eligibility and how to apply for this benefit, please visit <https://www.fcc.gov/emergency-broadband-benefit-program>.

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!



Maryland Relay Events

DO YOU, OR SOMEONE YOU KNOW, HAVE DIFFICULTY USING A STANDARD PHONE? Communicating by telephone is an important part of living an independent life. That is why Maryland Relay was created.

Administered by the Maryland Department of Disabilities, Maryland Relay is a free public service that offers a wide variety of calling options and solutions designed for those who have difficulty using a standard phone. Discover all the ways you, and others, can use Maryland Relay to stay connected. Join us in July for multiple opportunities to learn more about the Maryland Relay system and how you can get this service.

Tuesday, August 10 at 10 a.m. at the Clark Senior Center

Wednesday, August 11 at 10 a.m. at the Waldorf Senior and Recreation Center

Thursday, August 12 at 10:30 a.m. at the Indian Head Senior Center

Thursday, August 12 at 12:30 p.m. at the Nanjemoy Senior Center

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.

FREE
for MD Residents 65 +
+ Live weekly calls!
& Daily Messages

**Senior
Call Check**

Call 1-866-50-CHECK
Visit aging.maryland.gov

A daily call to verify your well-being, at a time scheduled at your convenience. Register today or tell a loved one about this program!

Landline
Cell Phone
or
RELAY

Charles County Fair

The Charles County Fair is back this year! Join us the 97th Charles County Fair scheduled for September 16th to 19th at the Charles County Fair Grounds. More details to come.

National Immunization Month



National Immunization Month is in August. There is no one preventive health measure more important than immunization. As the World Health Organization notes, the international medical community has endorsed the use of vaccines and immunization to prevent and control a number of infectious diseases, as well as chronic diseases caused by "infectious agents."

Immunizations are not just for children. Protection from some childhood vaccines can wear off over time. You may also be at risk for vaccine-preventable disease due to your age, job, lifestyle, travel, or health conditions.

All adults need immunizations to help them prevent getting and spreading serious diseases that could result in poor health, missed work, medical bills, and not being able to care for family.

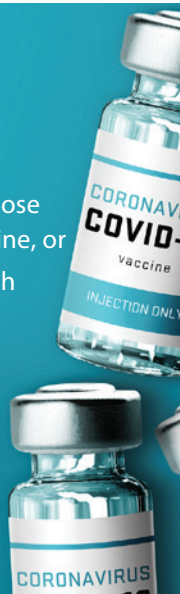
Talk with your doctor or other healthcare professional to find out which vaccines are recommended for you at your next medical appointment. Information provided by the CDC.

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.*



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://charlescounty-health.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>

The Walk to End Alzheimer's

Saturday, October 2, 2021

We are leading the way to Alzheimer's first survivor by participating in the Alzheimer's Association Walk to End Alzheimer's. Currently, more than 5 million Americans have Alzheimer's and that number is expected to grow to as many as 14 million by 2050. Our future is at risk unless we can find a way to change the course of this disease.

Together, we can end Alzheimer's disease. If you wish, please make a donation to advance the care, support and research efforts of the Alzheimer's Association.

When you participate in the Walk, your fundraising dollars fuel our mission-related initiatives of care, support and research. In addition, your actions, both through fundraising and participating in the event, help to change the level of Alzheimer's awareness in your community. At a Walk event, you can learn more about Alzheimer's disease and the support programs and services offered by your local chapter. Information provided by www.alz.org.walk

Registration at 8:00 a.m.

Ceremony at 9:30 a.m. Walk at 10:00 a.m.

Location:

Regency Furniture Stadium

11765 St. Linus Drive • Waldorf, MD 20602

To register for the Charles County Senior Centers team, please visit https://act.alz.org/site/TR?sid=23938&type=fr_informati&pg=informational&fr_id=14360&s_joinTeamID=676005



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!

Caregivers Corner

Using Technology

As the summer heat continues this month, you may be looking for ways to provide stimulating activity for your loved one with dementia. Technology, whether it be a computer, laptop, smart TV, or tablet, can provide opportunities for your loved one when the weather will not allow them to enjoy the outdoors. Throughout the past year, more national parks and attractions have provided virtual tours as a way for people to experience destinations while remaining safely in their homes. A good place to start would be www.fullscreen360.com that allows access to many iconic destinations, some of which your loved one may have visited in the past and has a wonderful memory of. Many people have become more familiar and open to connecting virtually with friends and family through apps such as Facebook, Zoom, and Microsoft Teams. There are even virtual opportunities for exercise, crafts, and informational presentations. Our own Charles County Senior Centers has a Facebook page with all these activities at the click of a few buttons! If your loved one is unsure of using technology, then make it simple. Have them sit in a program with you or make it as simple as sitting in front of the TV. Use all that technology has to offer to your advantage!

Information for this article provided by Alzheimer's Foundation of America.

August Caregiver Support Group being offered in-person at the Richard Clark Senior Center on Wednesday, August 25, 2021 at 2pm.

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 a.m.

August 5th: **Waldorf Senior and Recreational Center**

August 12th: **Richard R Clark Senior Center**

August 19th: **Indian Head Senior Center**

August 26th: **Nanjemoy Senior Center**

5 Tips to Help You Prevent Vision Loss

We use our eyes to complete daily tasks like preparing meals, engaging in physical activity, taking the correct medication and dosage, protect ourselves from falling, and so much more. That's why it's important to keep them healthy, so we're seeing our best and maintaining our independence. If we don't, the quality of our vision could decline—from a combination of age and lifestyle factors. These simple guidelines can help you maintain your vision health.

Eat Well for Healthy Vision

Consuming a well-balanced diet rich in nutrients can help your vision. Studies have found that omega-3 fatty acids play a role in reducing age-related eye diseases and dry eyes, which are common as we age.

Here is a list of foods that are rich in omega-3 fatty acids that you can introduce into your diet:

- Leafy Greens (Spinach, Kale, Sprouts)
- Fish (Salmon, Sardines, Cod)
- Nuts and seeds, like walnuts, chia seeds, and flaxseed, are good choices for omega-3 fatty acids as well.

Wear Sunglasses to Protect Your Eyes

The sun radiates ultraviolet (UV) rays, which are wavelengths that can't be seen with the human eye. While UV rays are known to cause sunburn, long exposure to UV rays can also be harmful to your eyes, causing short and long-term damage. To protect your eyes from the sun when you are outdoors, wear protective sunglasses with UV protection and a brimmed hat.

Manage Your Health Conditions to Minimize Risk

Certain health conditions can affect your eye health, including diabetes, high blood pressure, and heart disease. Minimize your risk of developing eye diseases by managing your chronic condition(s) to perform daily tasks and engage in social activities.

Limit Your Screen Time to Lessen Vision Discomfort

Using our smartphones, tablets, and computers to watch/stream shows, play games, and connect with family and friends has become part of every day life. However, looking at a screen for an extensive amount of time can cause eye strain, blurry vision, and dry eyes.

Remember to take breaks when using your devices. You can give the 20-20-20 rule a shot: Every 20 minutes, look away about 20 feet in front of you for 20 seconds. Doing this quick exercise could reduce strain. If you start to experience any vision discomfort, make sure to talk to your eye doctor.

Schedule an Annual Eye Exam

The best way to know if your eyes are healthy is to see an eye doctor each year. According to the CDC, many common eye diseases, such as glaucoma, diabetic eye disease, and age-related macular degeneration, show no warning signs but can be detected by your eye doctor before they worsen. An optometrist or ophthalmologist can perform routine eye exams to check your vision and the health of your eyes. **Article from the National Council on Aging.**

Stressed about 'returning to normal'? Here are tips to ease into the transition.

It's been over a year since our lives turned upside down because of the COVID-19 pandemic. With almost half the U.S. population vaccinated with at least one dose of the vaccine, businesses are reopening to full capacity, and masking restrictions for vaccinated people are easing. But, for some adults and children, adjusting to loosened restrictions, opening of event venues, such as concerts and weddings, and returning to work, school or other activities, may be a cause of stress and anxiety.

People will be faced with making decisions regarding activities they feel comfortable engaging in. Understandably, many will have difficulty reintegrating into these activities and society after a year of isolation.

For adults who feel anxiety, Johns Hopkins Medicine and Johns Hopkins Children's Center experts offer these tips to ease the transition:

- Make a plan when you can.
- Reintegrate gradually, when possible.
- In your mind, walk through what you may expect and anticipate challenges.
- Accept that you and your family may feel a variety of emotions, and make space for them.
- Share your feelings with people in your support network, and encourage your family to do the same either with you or with friends. Understand that you and they are not alone.
- Know that some things will be out of your control, but you will be able to handle them when they arise.
- Review how things went after a transition, to identify helpful strategies and tease out less helpful aspects.

Lastly, consider this a work in process and give yourself grace. Information provided by hopkinsmedicine.org.

Volunteers Needed

Have time on your hands and a passion for helping? Well, you are in luck! The Charles County Senior Centers are looking for a few volunteers to help at our local senior centers! Volunteers will be asked to answer phones, prepare for lunch service, decorate for programs, clean after programs, make phone calls, greet seniors, and other duties as needed. If you are interested in volunteering, please contact Elizabeth Phipps at 240-448-2815.

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!



You will be required to pay for postage. A year worth of SCOOPs will be the cost of \$24.

If you are interested in this new service, please contact Carolyn Savoy for a registration form at 301-934-5423.

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.

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.



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:

Monday – Friday

9 a.m. to 4 p.m.

Community

Towns & Rural Areas of Charles County

Join Debi Scoggins for this 2-part presentation. You will take a stroll through some of the areas of Charles County and find out why and how they got their name.

Thursday, Aug. 5, 11 a.m. Fee: FREE

Maryland Relay/Captioned Telephones

Join Jennifer Pearson, Outreach Coordinator for Captioned Phones, to learn what a captioned telephone is, how to use it, and how you can get one.

Tuesday, Aug. 10, 10 a.m. 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, sign up early by calling the Clark Center.

Thursday, Aug. 12, 11:30 a.m. Fee: FREE

Widow to Widow Support Group

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

Thursday, Aug. 12, 1 p.m. Fee: FREE

Jewelry Club Class

Learn to make beautiful pieces of jewelry while socializing with friends. All supplies will be provided; participants are encouraged to bring their own tools. Pre-registration Required.

Wednesday, Aug. 4, and Aug. 18, 10 a.m.

Fee: FREE

Caregivers Support Group

It's been a challenging year for everyone, especially caregivers. We recognize your hard work and want to give you the opportunity to express your feelings, concerns, and challenges.

Wednesday, Aug. 25, 2 p.m. Fee: FREE

Open Paint Session

Join your fellow artists to paint in the medium of your choice. Artists to provide their own supplies.

Fridays, 10 a.m. Fee: FREE

Billiards

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

Weekdays, 9 a.m. to 4 p.m. Fee: FREE

Powder Puff Billiards

Join the ladies for a friendly game of pool.

Wednesdays, 1 p.m. Fee: FREE

Guitar Jam

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

Tuesdays and Fridays, 10 a.m. to 12 p.m.

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.

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

Drop-In Sewing

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

Monday, Wednesday & Thursday, 9:30 a.m.

Fee: FREE

Project Linus

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

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

Reflections

Join Pastor Powell for this non-denominational Bible study.

Thursdays, 1 p.m.

Senior Fitness

Total Body Conditioning

Fun and powerful full body workout.

Mondays, 9:15 a.m. Fee: Fitness Card

Flex & Stretch with Karen

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

Tuesdays, 10 a.m. Fee: Fitness Card

Thursdays, 1 p.m. Fee: Fitness Card

Line Dance

Tuesdays, 1 p.m. Fee: Fitness Card

Yoga

Join Debi Shanks for this low impact workout.

Wednesdays, 9:15 A.M. Fee: Fitness Card

Zumba

The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat and prepare to leave empowered and feeling strong.

Thursdays, 11:30 a.m. Fee: Fitness Card

Drums Alive

Join a class and experience how it provides an element of fun and creative expression.

Mondays, 1 p.m. Fee: Fitness Card

Clark Center Fitness Room

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

Weekdays, 9 a.m. to 4 p.m. Fee: FREE

Clark Center Fitness Room Orientation

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

Thursday, Aug. 12, 12 p.m. Fee: \$5

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, Aug. 5th and 19th, 10 a.m.
Fee: FREE



CLARK SENIOR CENTER

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

Hours: 9 a.m.–4 p.m., Monday–Friday

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|---|
| 2 Billiards.....9:00 Total Body Condition.....9:15 Sewing Room OPEN.....9:30 2N1 Social Club.....10:00 Duplicate Bridge.....10:00 Drums Alive.....1:00 | 3 Billiards.....9:00 Stained Glass.....9:30 Quilting Class.....9:30 Board Games.....10:00 Flex & Stretch.....10:00 Guitar.....10:00 Lunch.....12:00 Line Dance.....1:00 | 4 Billiards.....9:00 Yoga.....9:15 Sewing Room OPEN.....9:30 Jewelry Club Class.....10:00 Acey Deucey.....10:00 Crochet/Knitting.....10:00 Breathe Easy.....10:30 Lunch.....12:00 Powder Puff Billiards.....1:00 AFEP.....1:00 | 5 Billiards.....9:00 Sewing Room OPEN.....9:30 Conversation & Trivia.....10:00 Towns & Rural Areas of Charles County Pt 111:00 Zumba.....11:30 Lunch.....12:00 Flex & Stretch.....1:00 Reflections.....1:00 | 6 Billiards.....9:00 Project Linus.....9:30 Hand and Foot Canasta.....10:00 Open Paint Session.....10:00 Guitar.....10:00 |
| 9 Billiards.....9:00 Total Body Condition.....9:15 Sewing Room OPEN.....9:30 2N1 Social Club.....10:00 Duplicate Bridge.....10:00 Drums Alive.....1:00 | 10 Billiards.....9:00 Stained Glass.....9:30 Quilting Class.....9:30 Board Games.....10:00 Flex & Stretch.....10:00 Guitar.....10:00 MD Relay Program.....10:00 Lunch.....12:00 Line Dance.....1:00 | 11 Billiards.....9:00 Yoga.....9:15 Sewing Room OPEN.....9:30 Acey Deucey.....10:00 Crochet/Knitting.....10:00 Breathe Easy.....10:30 Lunch.....12:00 Clark Council Meeting.....1:00 Powder Puff Billiards.....1:00 AFEP.....1:00 | 12 Billiards.....9:00 Sewing Room OPEN.....9:30 Grocery Distribution....11:30 Zumba.....11:30 Lunch.....12:00 Fitness Room Orientation.....12:00 Widow to Widow.....1:00 Flex & Stretch.....1:00 Reflections.....1:00 | 13 Billiards.....9:00 Project Linus.....9:30 Hand and Foot Canasta.....10:00 Open Paint Session.....10:00 Guitar.....10:00 |
| 16 Billiards.....9:00 Total Body Condition.....9:15 Sewing Room OPEN.....9:30 2N1 Social Club.....10:00 Duplicate Bridge.....10:00 Drums Alive.....1:00 | 17 Billiards.....9:00 Stained Glass.....9:30 Quilting Class.....9:30 Board Games.....10:00 Flex & Stretch.....10:00 Guitar.....10:00 Lunch.....12:00 Line Dance.....1:00 | 18 Billiards.....9:00 Sewing Room OPEN.....9:30 Jewelry Club Class.....10:00 Crochet/Knitting.....10:00 Acey Deucey.....10:00 Breathe Easy.....10:30 Lunch.....12:00 Powder Puff Billiards.....1:00 AFEP.....1:00 | 19 Billiards.....9:00 Sewing Room OPEN.....9:30 Conversation & Trivia.....10:00 Zumba.....11:30 Lunch.....12:00 Flex & Stretch.....1:00 Reflections.....1:00 | 20 Billiards.....9:00 Project Linus.....9:30 Hand and Foot Canasta.....10:00 Project Linus Meeting.....10:00 Open Paint Session.....10:00 Guitar.....10:00 |
| 23 Billiards.....9:00 Total Body Condition.....9:15 Sewing Room OPEN.....9:30 2N1 Social Club.....10:00 Duplicate Bridge.....10:00 Drums Alive.....1:00 | 24 Billiards.....9:00 Stained Glass.....9:30 Quilting Class.....9:30 Board Games.....10:00 Flex & Stretch.....10:00 Guitar.....10:00 Lunch.....12:00 Line Dance.....1:00 | 25 Billiards.....9:00 Yoga.....9:15 Sewing Room OPEN.....9:30 Crochet/Knitting.....10:00 Acey Deucey.....10:00 Breathe Easy.....10:30 Lunch.....12:00 Powder Puff Billiards.....1:00 AFEP.....1:00 Caregivers Support.....2:00 | 26 Billiards.....9:00 Sewing Room OPEN.....9:30 Zumba.....11:30 Lunch.....12:00 Flex & Stretch.....1:00 Reflections.....1:00 Line Dance.....2:00 | 27 Billiards.....9:00 Project Linus.....9:30 Hand and Foot Canasta.....10:00 Open Paint Session.....10:00 Guitar.....10:00 |
| 30 Billiards.....9:00 Total Body Condition.....9:15 Sewing Room OPEN.....9:30 2N1 Social Club.....10:00 Duplicate Bridge.....10:00 Drums Alive.....1:00 | 31 Billiards.....9:00 Stained Glass.....9:30 Quilting Class.....9:30 Board Games.....10:00 Flex & Stretch.....10:00 Guitar.....10:00 Lunch.....12:00 |  | | |

INDIAN HEAD SENIOR CENTER

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

Get your Latest SCOOP online!

Program Locations and Hours

In-Center Hours:

Monday – Friday

9 a.m. to 3 p.m.

Indian Head Pavilion

100 Walter Thomas Rd, Indian Head, MD

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

Indoor Programs

Lunch Program

Lunches will be available by reservation. All lunches must be eaten on the premises. Grab and Go lunches are no longer available. Please RSVP for lunch by 10 a.m. the preceding day. Suggested lunch donation is \$3.

Monday – Friday, 12 p.m.

Fee: Lunch Donation

Therapeutic Tuesdays

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

Tuesday, Aug. 3, 17 & 24, 10 a.m.

Fee: Donation

AFEP with Staff

Tuesdays, Aug. 10 & 24, 11:30 a.m. Fee: FREE

Fitness w/Lamont

Cardio and strength training.

Thursdays, 1 p.m.

Fee: Fitness Card

Aging Resource Outreach

Meet privately 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, Aug. 10, 10 a.m.

Fee: FREE

Lunch with the Doc

Dr. Richard Cook, President of the Charles County Medical Society, will join us in person to talk about senior health. No co-pay, submit questions to staff.

Friday, Aug. 13, 11:30 a.m.

Fee: FREE

Tough Topic Thursday

We will spend this time talking about emotional myths. Thanks to Bonny O'Neill, LPC-MHSP for sharing this information.

Thursday, Aug. 19, 11 a.m.

Fee: FREE

Grocery Bag Distribution

New Hope Community Church will be blessing seniors with a bag of groceries. One bag per household.

Thursday, Aug. 19, 11:30 a.m.

Fee: FREE

Fitness Room Orientation

Learn how to use the pieces of equipment in the fitness room. Registration required.

Wednesday, Aug. 25, 10 a.m.

Fee: \$2

Newcomer's Coffee

New to Indian Head Senior Center? Join staff and council to learn more about our programs, building and opportunities.

Thursday, Aug. 26, 10 a.m.

Fee: FREE

Aging Resource Outreach/Energy Assistance

Julie will be placing a special emphasis on energy assistance. Must apply yearly.

Tuesday, Aug. 31, 10 a.m.

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.

Mondays & Wednesdays, 9 a.m.

Fee: FREE

Arthritis Foundation Exercise Program w/Nate

Join Nate at the fountain for gentle movements to help increase joint flexibility, range of motion, and muscle strength. Also known as AFEP.

Wednesdays, 10:15 a.m., Indian Head Village Green

Fee: FREE

FITNESS FRIDAY

Fitness Fridays with Brittany

Ready to be challenged, join Brittany as she helps you to prioritize your health.

Friday, Aug. 20, 11 a.m.

Fee: Fitness Card

Ongoing Classes

Jewelry Club

Prepare a bracelet or key chain for Maryland Day. Supplies will be provided.

Tuesday, Aug. 17, 9:30 a.m.

Fee: FREE

Hola, Lola

Join Lola for 3 months of conversational Spanish. All handouts will be provided. Sponsored by CCAA.

Tuesdays, 1 p.m.

Fee: Donation

Canvas Painting

Bring your project and imagination.

Thursdays, 11 a.m.

Fee: Your Project

Quilting 101

This group challenges each other to complete projects for Project Linus and finish Allen's quilt. Beginners welcomed. Jennifer and Martha will teach you how to use the machines.

Mondays, Aug. 9 & 23, 9:30 a.m.

Fee: Your Project

Ceramics

Bring Your Own Project.

Fridays, 9:30 a.m.

Fee: FREE



Music Jam

Robert Tillery played bass guitar for the Intruders on their hit "Cowboys to Girls". Join Robert, Joe Bennett from Rise Band and Show and more for some impromptu music.

Thursday, Aug. 5, 11 a.m.

Fee: Donation

INDIAN HEAD SENIOR CENTER

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

Hours: 9 a.m.–3 p.m., Monday–Friday
Luncheon at Noon–Reservation/Registration Required
Reserve lunch by 10 a.m. the preceding day.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|---|
| 2 Tai Chi with Cynthia 9:00 Pool Table..... 9:15 22 Days of Healthier Emotions – Kick off. 11:00 Lunch 12:00 | 3 Pool Table..... 9:15 Council Meeting 9:30 Therapeutic Tuesdays..... 10:00 Lunch 12:00 Hola, Lola..... 1:00 | 4 Tai Chi with Cynthia 9:00 Pool Table..... 9:15 AFEP 10:15 Fitness Orientation 10:00 Look at the Stars 11:00 Lunch 12:00 | 5 Pool Table..... 9:15 Canvas Painting..... 11:00 Music Jam 11:00 Lunch 12:00 Fitness w/Lamont..... 1:00 | 6 Pool Table..... 9:15 Ceramics..... 9:30 Pokeno 10:00 Lunch 12:00 |
| 9 Tai Chi with Cynthia 9:00 Pool Table..... 9:15 Quilting 101 9:30 Practice Forgiveness..... 11:00 Lunch 12:00 | 10 Pool Table..... 9:15 Aging Resource Outreach..... 10:00 Pastor Chris & Friends..... 10:00 AFEP 11:30 Lunch 12:00 Hola, Lola..... 1:00 | 11 Tai Chi with Cynthia 9:00 Pool Table..... 9:15 Spades..... 9:30 AFEP 10:15 Why a Massage..... 11:00 Lunch 12:00 | 12 Pool Table..... 9:15 Maryland Relay 10:30 Canvas Painting..... 11:00 Lunch 12:00 Fitness w/Lamont..... 1:00 | 13 Pool Table..... 9:15 Ceramics..... 9:30 Lunch w/the Doc..... 11:30 Lunch 12:00 Support AVSI Crabfeast at the Pavilion - Saturday, August 14th see flier |
| 16 Tai Chi with Cynthia 9:00 Pool Table..... 9:15 Unplug 11:00 Lunch 12:00 | 17 Pool Table..... 9:15 Jewelry Club 9:30 Therapeutic Tuesdays..... 10:00 Lunch 12:00 Hola, Lola..... 1:00 | 18 Tai Chi with Cynthia 9:00 Pool Table..... 9:15 AFEP 10:15 Stay Hydrated 11:00 Lunch 12:00 | 19 Pool Table..... 9:15 Canvas Painting..... 11:00 Tough Topic Thursday .. 11:00 Grocery Bag Distribution..... 11:30 Lunch 12:00 Fitness w/Lamont..... 1:00 | 20 Pool Table..... 9:15 Ceramics..... 9:30 Fitness Friday w/ Britt .. 11:00 Lunch 12:00 |
| 23 Tai Chi with Cynthia 9:00 Pool Table..... 9:15 Quilting 101 9:30 Ask for Help 11:00 Lunch 12:00 | 24 Pool Table..... 9:15 Therapeutic Tuesdays..... 10:00 AFEP 11:30 Lunch 12:00 Hola, Lola..... 1:00 | 25 Tai Chi with Cynthia 9:00 Pool Table..... 9:15 Fitness Orientation. 10:00 AFEP 10:15 Get Enough Sleep 11:00 Lunch 12:00 | 26 Pool Table..... 9:15 Newcomer's Coffee..... 10:00 Canvas Painting..... 11:00 Lunch 12:00 Fitness w/Lamont..... 1:00 | 27 Pool Table..... 9:15 Ceramics..... 9:30 Card & Games 10:00 Lunch 12:00 |
| 30 Tai Chi with Cynthia 9:00 Pool Table..... 9:15 Pay it Forward 11:30 Lunch 12:00 | 31 Pool Table..... 9:15 Aging Resource Outreach Energy Assistance 10:00 Lunch 12:00 Hola, Lola..... 1:00 |  <p>August days are hot from beginning to end. Come to the center to cool down and visit your friends.</p> <p>AUGUST</p> | | |

22 Days of Healthier Emotions

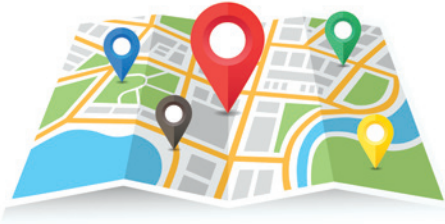
When our body is injured, we can take care of it because we can feel, see and touch the part that hurts. Our emotions are unseen and the last year we have ignored our emotions because we simply didn't know how to take care of them. At an early age we are taught to "suck it up", "don't be a crybaby". As we aged we were taking care of others, so we learn to stuff our emotions deep down inside. News flash, emotions don't die! During the 22 days that we in the center this month, we will focus on things we can do to enjoy healthier emotions. YOU deserve it! For more information like Sharon Rhodes Facebook Page, Over 50 & Fabulous. Shared with her permission.

Everyday, 11 a.m. • Fee: Donation

NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest SCOOP online!



Program Locations and Hours

In-Center Senior Hours:

Monday – Friday
9 a.m. to 3 p.m.

In-Center Community Hours:

Monday – Friday
8 a.m. to 4 p.m.

Community Center

Fitness Room

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

Weekdays, 9 a.m. to 4 p.m. Fee: FREE

Computer Lab

Weekdays, 9 a.m. to 4 p.m. Fee: FREE

Pool/Game Room

Weekdays, 9 a.m. to 4 p.m. Fee: FREE

Narcotics Anonymous

Tuesdays, 3 p.m. – 4 p.m.

Charles County Public Mobile Library

Come check out all the services that you can access right here in your neighborhood.

Tuesday, Aug. 10th & 31st, 11 a.m. Fee: FREE

Senior Center Programs

Nanjemoy Senior Center Council

Monthly meeting of membership.

Monday, Aug. 2, 10 a.m.

Arts and Crafts

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

Mondays, 1 p.m. Fee: FREE

Photography through the Decades

Travel back in time and learn all about photography and its impact through the decades each week during the month of August. Try your skills and making a pinhole camera and the best Selfie ever!

Tuesdays, 1 p.m. 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 p.m. Fee: FREE

Passport to Travel

Join in on the travel bug as we visit point of interest through out the world. Get a new passport stamp each week!

Thursdays, 11 a.m. Fee: FREE

Nickel Bingo

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

Thursdays, 1 p.m. Fee: \$.05 a card

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, Aug. 26, 10 a.m. to 12 p.m.
Fee: FREE

New Hope Community Grocery Giveaway

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

Thursday, Aug. 26, 11:30 a.m. Fee: FREE

Family Recipe Swap

It is time to swap our favorite family recipes. Bring a recipe and let's make and share with each other.

Fridays, 9 a.m. Fee: FREE

Senior Fitness

Walking Club

Let us map those steps around the world.

Mondays, 10 a.m. Fee: FREE

Flex and Stretch for All

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

Tuesdays, 10 a.m. Fee: FREE

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.

Wednesdays, 10 a.m. Fee: Free

Get Fit – Chair Exercises

A series of chair exercises to keep you moving.

Thursdays, 10 a.m. Fee: FREE

Tai Chi

Learn the poses to enhance physical and mental health, as well as to improve posture, balance, flexibility, and strength.

Fridays, 10 a.m. Fee: FREE

MOVIE AND POPCORN

Join your senior center family and friends for a new movie each week!

Fresh popcorn will be provided.

Fridays, 1 p.m.

Fee: FREE



NANJEMOY SENIOR/COMMUNITY CENTER

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

Senior Center Hours: 9 a.m.–3 p.m., Mon–Thurs

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

Community Center Hours:
8:30 a.m.–4:30 p.m., Mon–Fri

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|
| 2 Riddle Me This9:00 Walking Club10:00 NSC Council10:00 Craft Time.....1:00 | 3 Board Game Fun9:00 Flex & Stretch.....10:00 Photography Through the Decades.....1:00 | 4 5 Minute Mysteries.....9:00 AFEP10:00 Health Matters.....1:00 | 5 Get Fit –Chair Exercise.....10:00 Passport to Travel.....11:00 Nickel Bingo.....1:00 | 6 Family Recipe Swap9:00 Tai Chi.....10:00 Movie & Popcorn.....1:00 |
| 9 Riddle Me This9:00 Walking Club10:00 Craft Time.....1:00 | 10 Board Game Fun9:00 Flex & Stretch.....10:00 Mobile Library.....11:00 Photography Through the Decades.....1:00 | 11 5 Minute Mysteries.....9:00 AFEP10:00 Health Matters.....1:00 | 12 Get Fit –Chair Exercise.....10:00 Passport to Travel.....11:00 Lunch & Learn Jenny Pearson MD Rely12:30 Nickel Bingo.....1:00 | 13 Family Recipe Swap9:00 Tai Chi.....10:00 Movie & Popcorn.....1:00 |
| 16 Riddle Me This9:00 Walking Club10:00 Craft Time.....1:00 | 17 Board Game Fun9:00 Flex & Stretch.....10:00 Photography Through the Decades.....1:00 | 18 5 Minute Mysteries.....9:00 AFEP10:00 Health Matters.....1:00 | 19 Get Fit –Chair Exercise.....10:00 Passport to Travel.....11:00 Nickel Bingo.....1:00 | 20 Family Recipe Swap9:00 Tai Chi.....10:00 Movie & Popcorn.....1:00 |
| 23 Riddle Me This9:00 Walking Club10:00 Craft Time.....1:00 | 24 Board Game Fun9:00 Flex & Stretch.....10:00 Photography Through the Decades.....1:00 | 25 5 Minute Mysteries.....9:00 AFEP10:00 Health Matters.....1:00 | 26 Get Fit –Chair Exercise.....10:00 Aging Resources Outreach with Julie.....10:00 Passport to Travel.....11:00 New Hope Community Grocery Giveaway.....11:30 Nickel Bingo.....1:00 | 27 Family Recipe Swap9:00 Tai Chi.....10:00 Movie & Popcorn.....1:00 |
| 30 Riddle Me This9:00 Walking Club10:00 Craft Time.....1:00 | 31 Board Game Fun9:00 Flex & Stretch.....10:00 Mobile Library.....11:00 Photography Through the Decades.....1:00 |  | | |

WALDORF SENIOR & RECREATIONAL CENTER

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

Get your Latest SCOOP online!



Program Hours

In-Center Hours:

Monday – Friday • 9 a.m. to 4 p.m.

Special Events

Grocery Bag Distribution

New Hope Community Outreach Organization and Area Council on Aging will provide one bag of groceries per household. Limited supply. Pre-registration required.

Thursday, Aug. 5, 11:30 a.m. Fee: FREE

Line Dance Party w/ DR Soul

We'll be grooving to the music with Dee and Reggie! This event is sponsored by the Waldorf Senior Council. Box lunch available by donation, must be reserved by 10 a.m. on Monday, August 2.

Friday, Aug. 6, 11 a.m. – 12:30 p.m. Fee: \$4

Farmer's Market

Herbert Farms will be at the center with fresh produce including melons, tomatoes, corn, beans and lots more! Farmer's Market Vouchers accepted.

Thursday, Aug. 19, 9:30 a.m.

Fee: Your Purchases

Beauty Bingo

You are beautiful inside and out! Join us for this free bingo with prizes focused on self-care and kindness. Morning snacks sponsored by Morningside Senior Living.

Wednesday, Aug. 25, 10:30 a.m. Fee: FREE

Celebrating Cindy!

Cindy Bladen is officially retiring and becoming a full-time grandma! She has given the Charles County Senior Centers 22 years of service! Join us over the lunch hour to wish her well. Lunch available by donation. Be sure to order your lunch by 10 a.m. on Wednesday, August 25.

Thursday, Aug. 26, 12 p.m.



Community

Center Orientation

Curious about the Waldorf Senior Center? Join us for a center tour.

Monday, Aug. 2, 10 a.m. Fee: FREE

Pastor Chris & Friends

Worship time with old time hymns followed by a devotional. All are welcome!

Tuesday, Aug. 3, 1 p.m. Fee: FREE

Charles County Mobile Library

The mobile library is a full-service library on wheels, with free Wi-Fi and laptops for public use.

Tuesday, Aug. 3 & 24, 9:30 a.m. Fee: FREE

Happy Hour!

Join us for this time of friendship & fellowship! Coffee, tea & light refreshments.

Wednesday, Aug. 4, 10:30 a.m. Fee: FREE

MD Relay

See page 2 for more details.

Wednesday, Aug. 11, 10 a.m. Fee: FREE

Medicare Q & A

Korey Hunter will take the time to go over individual's questions regarding Medicare.

Monday, Aug. 16, 10:30 a.m. Fee: FREE

Thrift Savvy Shopping

Cindy will let you in on the secrets of Waldorf area thrift stores! One lucky participant will win a \$10 gift card to Waldorf Thrift.

Wednesday, Aug. 18, 10 a.m. Fee: FREE

Widow to Widow Support Group

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

Monday, Aug. 23, 10 a.m. Fee: FREE

Senior Fitness

Arthritis Foundation Exercise Program (AFEP)

Use of gentle movements to help increase joint flexibility, range of motion, and muscle strength. No class 8/2 and 8/16.

Fridays, 10 a.m. Fee: FREE

Total Body Conditioning

This exercise uses a combination of chair exercises, bands, weight and stretching for a well-rounded workout.

Tuesdays and Thursdays, 9:30 a.m.

Fee: Fitness Card

Enhance Fitness

See pg. 14 for details.

Monday, Wednesday, and Friday, 1 p.m.

Fee: FREE

Tai Ji Quan

See pg. 14 for details.

Tuesdays and Thursdays, 1 p.m. Fee: FREE

Line Dancing

Led by new instructor Laura Hutchinson.

Tuesdays, Aug. 24 & 31, 11 a.m.

Fee: Fitness Card

WSRC Fitness Room

Open to those who have completed the Fitness Room Orientation.

Weekdays, 9 a.m. – 4 p.m. Fee: FREE

Fitness Room Orientation

Mandatory before first use of fitness room. Registration required.

Thursday, Aug. 5 & 19, 11:15 a.m. Fee: \$5

Arts & Music

Watercolors

Space available to work on watercolor art without instruction.

Thursdays, 10 a.m. Fee: FREE

Open Studio Art

Space available to work on any media of art without instruction.

Fridays, 10 a.m. Fee: FREE

Marbled Coasters

This craft will be led by senior center staff. Each participant will leave with 4 unique drink coasters. Pre-registration required.

Monday, Aug. 9, 10 a.m. Fee: \$2

Music with Griffin

Griffin will be here playing the piano and guitar! Join us for music and singing along to some favorites.

Tuesday, Aug. 10, 10:30 a.m. Fee: FREE

Beginner Acrylics

Class designed for those new to acrylic painting on a canvas. Led by instructor Brent Bovell. Sponsored by the Charles County Arts Alliance. Space limited. Pre-registration required.

Tuesdays, Aug. 17 - Sept. 21, 10 a.m. Fee: \$10

WALDORF BINGO 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.

WALDORF SENIOR & RECREATIONAL CENTER

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

Hours: 9 a.m.–3 p.m., Monday–Thursday
Luncheon at Noon–Reservation/Registration Required
Reserve lunch by 10 a.m. the preceding day.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|--|
| Fitness Room9:00 Racquetball9:00 Cards & Games10:30 Pinochle11:00 Lunch12:00 | Fitness Room9:00 Racquetball9:00 Cards & Games10:30 Lunch12:00 | Fitness Room9:00 Racquetball9:00 Cards & Games10:30 Lunch12:00 | Fitness Room9:00 Racquetball9:00 Cards & Games10:30 Pinochle11:00 Lunch12:00 | Fitness Room9:00 Racquetball9:00 AFEP10:00 Cards & Games10:30 Lunch12:00 |
| 2 Zumba9:30 Center Orientation10:00 Enhance Fitness.....1:00 | 3 Mobile Library.....9:30 Total Body Conditioning.....9:30 Pastor Chris & Friends ...1:00 Tai Ji Quan1:00 | 4 Happy Hour!10:30 Enhance Fitness.....1:00 | 5 Total Body Conditioning.....9:30 Watercolors10:00 Bingo10:30 Fitness Room Orientation11:15 Grocery Bag Dist11:30 Tai Ji Quan1:00 | 6 AFEP10:00 Open Studio Art.10:00 Line Dance Party.11:00 Enhance Fitness.....1:00 |
| 9 Zumba9:30 Marbled Coasters10:00 Enhance Fitness.....1:00 | 10 Total Body Conditioning.....9:30 Music with Griffin10:30 Tai Ji Quan1:00 | 11 MD Relay10:00 Drums Alive11:00 Enhance Fitness.....1:00 | 12 Total Body Conditioning.....9:30 Watercolors10:00 Bingo10:30 Intro to Pickleball11:00 Tai Ji Quan1:00 | 13 AFEP10:00 Open Studio Art.10:00 Enhance Fitness.....1:00 |
| 16 Waldorf Senior Center Council.9:30 Zumba9:30 Medicare Q & A10:30 Enhance Fitness.....1:00 | 17 Total Body Conditioning.....9:30 Beginner Acrylics10:00 Tai Ji Quan1:00 | 18 Thrift Savvy Shopping ..10:00 Enhance Fitness.....1:00 | 19 Farmer's Market9:30 Total Body Conditioning.....9:30 Watercolors10:00 Bingo10:30 Fitness Room Orientation11:15 Tai Ji Quan1:00 | 20 AFEP10:00 Open Studio Art.10:00 Enhance Fitness.....1:00 |
| 23 Zumba9:30 Widow to Widow10:00 Enhance Fitness.....1:00 | 24 Mobile Library.....9:30 Total Body Conditioning.....9:30 Beginner Acrylics10:00 Line Dancing11:00 Tai Ji Quan.....1:00 | 25 Beauty Bingo.....10:30 Drums Alive11:00 Enhance Fitness.....1:00 | 26 Total Body Conditioning.....9:30 Watercolors10:00 Bingo10:30 Celebrating Cindy!12:00 Tai Ji Quan1:00 | 27 AFEP10:00 Open Studio Art.10:00 Enhance Fitness.....1:00 |
| 30 Zumba9:30 Enhance Fitness.....1:00 | 31 Total Body Conditioning.....9:30 Beginner Acrylics10:00 Line Dancing11:00 Tai Ji Quan1:00 |  | | |

Waldorf Senior Center Council Election – August 19

The Waldorf Senior Center will be holding an election to fill vacant positions on the Waldorf Senior Center Council. Members of the council are volunteers who help plan and implement center programming such as parties, weekly bingo and fundraising efforts. Council obligations include attending the monthly meeting as well as assisting with various sponsored events. Dedicated council members are crucial to the successful operation of our senior centers! Those wishing to be considered for a council position should complete the following by Monday, August 9.

- Make sure you are a registered member of the Charles County Senior Centers
- Pick up a copy of the council by-laws and volunteer application at the front reception desk. Complete volunteer application and return to center staff.
- Submit a brief statement of interest along with a photo to be displayed on our official WSC Election bulletin board.

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

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.

Health & Fitness

Having trouble getting motivated to exercise? Our senior centers have fitness rooms where you can work at your own pace, get workout tips and it's FREE to use. Studies show that regular exercise not only keeps your body functioning at its best, but also is good for the mind. Oxygen flowing to the muscles, organs and brain is by far better than a sedentary lifestyle. Hope to see you in the gym!

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.

Mondays, Wednesdays & Fridays, 1 p.m.
Waldorf Senior Center • Fee: Free



Fitness news and updates!

Guided Group Walks

Guided walks will be the first Monday and Friday of the month at 9 a.m. at Laurel Springs Park. The rest of the month, join the group and walk on your own!

Yoga

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

Wednesday, 9:15 a.m. • Richard R Clark Senior Center

Fee: Fitness Card

Drums Alive IS MOVING INSIDE

Come and make noise! Utilizing stability balls and drumsticks, with various rhythms, makes this class so fun you will not realize you are exercising!

Mondays, 1 p.m. • Richard R Clark Senior Center

Wednesday, Aug. 11 & 25, 11 a.m. • Waldorf Senior Center

Fee: Fitness Card

Line Dancing is BACK!

Classes begin August 24th.

Tuesdays, 11 a.m. • Waldorf Senior Center

Tuesdays, 1 p.m. • Richard R Clark Senior Center
(starts beginning of August)

Thursdays, 2 p.m. • Richard R Clark Senior Center

Fee: Fitness Card

Biking with Nate

**Aug. 13th and 27th, 10 a.m. on the Indian Head Rail Trail
(White Plains side)**

Kayaking at Gilbert Run

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

Fee: \$5

Wednesday • August 18th

10:00 a.m. or 11:00 a.m.



SENIOR CENTER MENU

Lunch Cancellation Policy

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

1% milk is offered with all meals.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|---|
| 2 Vegetable Lasagna Black Bean Mango Salad Roasted Tomatoes Whole Wheat Dinner Roll Raisins Fruit Punch Juice | 3 Meatloaf & Gravy Parsley Potatoes Roasted Carrots Whole Wheat Roll Cantaloupe Apple Juice | 4 Oven Fried Chicken Mashed Potatoes w/gravy Broccoli Cornbread Summer Fruit Salad Pineapple Juice | 5 Fish Sandwich with Cheese on Bun Roasted Baby Carrots Sweet Peas Citrus Salad Grape Juice | 6 BBQ Pulled Pork Sandwich Whole Wheat Bun Coleslaw Roasted Butternut Squash Grapes Orange Juice |
| 9 Unstuffed Cabbage w/ Ground Turkey Roasted Sweet Potatoes California Blend Veggies Whole Wheat Dinner Roll Pineapple Chunks Pineapple Juice | 10 Meatballs Whole Wheat Spaghetti & Mozzarella California Blend Vegetables Breadstick Raisins Grape Juice | 11 Sloppy Joe on Whole Wheat Bun 5 Blend Veggies Roasted Potatoes Raisins Apple Juice | 12 Beef and Noodles Stewed Tomatoes Cornbread Applesauce Orange Juice | 13 Chipotle Chicken Roasted Potatoes Roasted Beets Whole Wheat Tortilla Diced Mangos Fruit Punch Juice |
| 16 Salmon Cake Brown Rice Zucchini Blend Biscuit Mandarin Oranges Pineapple Juice | 17 BBQ Chicken Mashed Sweet Potatoes Roasted Parmesan Brussel Sprouts Cornbread Mandarin Oranges Apple Juice | 18 Meat Lasagna Green Beans Garlic Breadstick Grapes Pineapple Juice | 19 Swedish Meatballs w/gravy Egg Noodles Sautéed Spinach w/ Garlic Breadstick Mixed Fruit Cup Fruit Punch Juice | 20 Pork Chop & Gravy Roasted Butternut Squash Collard Greens Whole Wheat Roll Diced Apples Grape Juice |
| 23 Teriyaki chicken Fluffy rice Stir-fry Vegetables Whole Wheat Dinner Roll Mandarin Oranges Apple Juice | 24 BBQ Beef Cubes Sweet Potato Casserole Broccoli Whole Wheat Bread Fruit Cocktail Orange Juice | 25 Chicken Parmesan Noodles Roasted Brussel Sprouts Breadstick Diced Mango Fruit Punch Juice | 26 HAPPY BIRTHDAY Chophouse Burger w/ Lettuce & Tomato Whole Wheat Bun Orange Glazed Carrots Party Harty Beans Pineapple Chunks Apple Juice Birthday Cake | 27 BBQ Meatloaf Stewed Tomatoes Garlic Mashed Potatoes Whole Wheat Bread Orange Sections Pineapple Juice |
| 30 Honey Lime Chicken Roasted Redskin Potatoes Green Beans Dinner Roll Apricots Orange Juice | 31 Lime Basil Baked Whiting w/ mango lime Salsa Brown Rice Green Beans Biscuit Diced Peaches Grape Juice |  | | |

Charles County Luncheon Program

Available at Noon • Days Vary By Center

Open to any Charles County resident, age 60 or older, for a donation. The suggested meal donation is \$3, actual cost is \$5.75 per person. All donations are used to provide meals for Charles County seniors. Guests (anyone age 59 or younger, or a non-county resident) may order lunch, but must pay the full price of \$5.75. Lunch reservations must be made by 10 a.m. the preceding day. We appreciate your assistance in keeping costs down. Party & special event meal prices may vary.

Clark Senior Center.....Monday–Friday
Indian Head Senior Center.....Monday–Friday

Nanjemoy Senior Center Monday–Friday
Waldorf Senior Center Monday–Friday

For those days where potatoes, corn, beans, and/or peas are used for the starch component of the meal, an additional starch such as bread, crackers, or muffins will be available for those participating in the CACFP program.

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.

Traveling Adventures In 2021 & 2022

Trips sponsored by Action Travel Tours 301-645-1770

2021 Trip List -- Dates subject to change based on vendor confirmation

October 16, 2021: A Fall Day in Hunt Country, VA. The foothills of the Blue Ridge will be in full Fall glory as we visit a Vineyard for a tour and tasting, free time in Leesburg for shopping and lunch and a tour of Morven Park Mansion and Carriage Museum.

October 20-22, 2021: Sleepy Hollow and the Hudson River Valley. We head North to the Hudson Valley for the glorious Fall colors and the famous historic sights of this wonderful area. We visit the Rockefeller and Vanderbilt Mansions, have lunch at the Culinary Institute, enjoy a dramatic reading of the Legend of Sleepy Hollow at the Old Dutch Church, visit Washington Irving's home and see over 10,000 carved pumpkins at the Great Jack O Lantern Blaze. You haven't had this much fun since you last went trick or treating as a kid.

November 28 – December 3, 2021:

Spotlight on Santa Fe Holiday Collette

Vacations. Welcome to New Mexico, the land of enchantment. Santa Fe is a delight to experience at Christmas, from the crisp Southwestern air to the soul warming cuisine. Highlights will be the historic Santa Fe Plaza, Georgia O'Keeffe Museum, Loretto Chapel, Santa Fe Cooking School, Turquoise Trail, Allan Houser Sculpture Garden, Bandelier National Monument and El Santuario de Chimayo. From \$2,349 per person double including air. Limited Space



December 2, 2021: Holiday Celebration at Winterthur and Longwood Gardens. **DATE CHANGE.** Join us as we travel to Brandywine Valley to enjoy history, antiques and the sights and sounds of Winterthur Estate for the Holidays. And then to Longwood Gardens decked out for the Christmas season. The light show alone at Longwood Gardens makes it worth the trip.

December 7-9, 2021: Rockettes' Christmas Spectacular in New York City. Join us for 2 nights in NYC when it's decorated in all its' holiday glamor. We stay in the heart of Times Square at The Edison Hotel, with center mez seats for the fabulous Rockettes at Radio City. This leaves plenty of time for sightseeing, shopping, dining, theater and more.

Looking Towards 2022

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 in the fabulous MGM casino or find a deal at the Tangier Outlets

April 21 – 29, 2022: Holland and Belgium Springtime River Cruise with 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. A new chapter awaits as we cruise around each river bend.

