

# The SCOOP

Charles County's Senior Center News

HAPPY  
LABOR

DAY



SEPTEMBER 2021  
[www.CharlesCountyMD.gov](http://www.CharlesCountyMD.gov)

## Reopening Efforts

As we gradually reopen, we will continue to offer programs on multiple platforms. 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".

### Updated Senior Center Operating Hours

During the month of September, all Senior Centers will be closed on Fridays. We will continue normal operating hours on Monday through Thursdays.

## HOW TO CONTACT US

### Give us a call!

Leave a detailed message if we don't answer and we'll give you a call back!

**Richard R. Clark Senior Center:** 301-934-5423

**Indian Head Senior Center:** 301-743-2125

**Nanjemoy Senior Center:** 301-246-9612

**Waldorf Senior and Rec Center:** 240-448-2810

### Follow Us on Facebook!

Did you know that Charles County Senior Centers have 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!



### Follow our eNews Letter!

Want to know about upcoming events at the Senior Centers? Sign up for our eNews letter!

**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 Charles County eNews Registration form and you are done!

### The SCOOP

There are a few different ways you can get a copy of the monthly SCOOP.

**Virtually:** SCOOPs are posted monthly & can be viewed electronically at <https://www.charlescountymd.gov/services/aging-and-senior-services/scoop>.

**In-Person:** grab a SCOOP at any of our 4 senior centers!

**Mailed:** The SCOOP can now be mailed to your home! To register for this program, please contact Carolyn Savoy at 301-934-5423.

## Welcome to the Charles County Senior Centers!

The Department of Community Services operates each of the County's Senior Centers, where citizens 60 and older

may access a variety of programs and services, including: Social/Recreational activities, Clubs, Special Events, Trips, Nutritious Lunches, Health and Screenings Programs, Health Scope/Visit the Nurse, Educational programs, Physical Fitness programs, Creative Arts, and Computer Lab/Classes.



## COVID-19 INFORMATION

### 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://charlescountymd.gov/health/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>

### Testing

COVID-19 testing will be held every Friday at New Life Church 9690 Shepard Creek, LaPlata MD from 2:00-4:00. No appointment needed.

Drive Through COVID-19 Clinic will be held EVERY Monday at Indian Head Village Green Pavilion Parking Lot located at 100 Walter Thomas Road, Indian Head from 9:00 AM to 12:00 PM. No appointment needed.

## Aging & Disability Resources Information and Assistance

Information and Assistance offices will provide face to face appointments through the week, please contact your I & A specialist to secure your appointment date and time (masks required).

**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 240-448-2816.

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



## Volunteer Tax Preparers Needed

Volunteer tax preparers are needed to provide this beneficial service. FREE training is provided beginning January 2022. Upon completion of the program persons must then pass a test before receiving certification. More details to come....

Individuals wishing to enroll in the AARP Income Tax Training Program for 2022 should contact Barbara Joy, Senior I&A Program Assistant at 301-609-5712 or JoyB@charlescountymd.gov.

## Medicare Education Trainings

Have you been receiving Social Security Disability Insurance for two years; over 65 years old and getting ready to retire; caring for a Medicare eligible family member; or turning 65 and now faced with the ABCD's of Medicare? Do you feel that your bowl of Medicare Alphabet Soup is confusing? Are you overwhelmed by the television advertisements and mass amounts of Medicare literature from multiple insurance companies? Please join us virtually and let the local State Health Insurance program (SHIP) navigate you through understanding your Medicare benefits and choices.

Presentations will be held virtually through the Charles County Public Library. Please register at [www.ccplonline.org](http://www.ccplonline.org) for the date/time that is convenient for you. Presentations are open to all.

**September 9th @ 10 a.m. • September 23rd @ 6 p.m.**

Questions? Call the SHIP office: 301-934-0118

## Navigating Medicare Open Enrollment Training

What is Medicare Open Enrollment? Is there something I need to do? Can/should I change my plan? Can I get help with the cost of my medications? Please join the State Health Insurance Program (SHIP) as we help to answer these questions and many more! Open Enrollment is quickly approaching. We will teach you how to navigate the plans and better understand what this time of the year means for your benefits.

**October 12th @ 6pm • October 14th @ 10am**

Presentations will be held virtually through the Charles County Public Library. Please register at [www.ccplonline.org](http://www.ccplonline.org) for the date/time that is convenient for you.



## Veterans Assistance

Are you a veteran, caregiver of a veteran, or family member seeking information on behalf of a veteran? The SHIP Office and VConnections are in the Information and Assistance Section at the Richard Clark Senior Center every Thursday from 2pm to 4pm. You made the ultimate sacrifice for our freedoms so please give us a chance to assist you in your time of need. Appointments are encouraged but walk-ins are welcome. Please contact 301-609-5712 to schedule an appointment.





## The Walk to End Alzheimer's Saturday, October 2, 2021

Registration at 8:00 a.m. Ceremony at 9:30 a.m.  
Walk at 10:00 a.m. Regency Furniture Stadium,  
11765 St. Linus Drive Waldorf, MD 20602



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.

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](http://www.alz.org.walk)

To register for the Charles County Senior Centers team, please visit [https://act.alz.org/site/TR?sid=23938&type=fr\\_informational&pg=informational&fr\\_id=14360&s\\_joinTeamID=676005](https://act.alz.org/site/TR?sid=23938&type=fr_informational&pg=informational&fr_id=14360&s_joinTeamID=676005)



## Grocery Distribution

New Hope Community Outreach Services Inc is an organization that has generously agreed to donate grocery items to each senior center location. 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. 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.**

**September 2nd** Waldorf Senior and Recreational Center  
**September 9th** Richard R Clark Senior Center  
**September 16th** Indian Head Senior Center  
**September 23rd** Nanjemoy Senior Center



September 2021

**Let's Celebrate  
Senior Centers!**

**National Senior Center Month**

Look out for more details!

## Caregivers Corner

### Impact on Relationships

A diagnosis of Alzheimer's disease or other dementia-related disease has a significant impact on not only the individual diagnosed but also the people close to them. Recognizing and acknowledging current and future challenges can help alleviate some of the pressure on current relationships. Children, spouses, and friends may have to take on a role of a physical caregiver. In addition, expect changes in the roles that the individual diagnosed may have taken on in the past. Someone may have to take over the grocery shopping, finances, yard work, the list can be endless. Frequent family meetings can be helpful in managing care, relationships and providing everyone the opportunity to bring up concerns. Participating in support groups is extremely helpful. There are now both in-person and virtual options to make it easier for the caregiver to attend. There are several support books on the market including *Dementia Together* by Pati Bielak-Smith. Your local aging division can provide a plethora of information and resources. Plan ahead and reach out!

**Information for this article provided by the Alzheimer's Society.**

Caregiver Support Group, Richard Clark Senior Center  
Wednesday, September 29, 2021 at 2 p.m.

## Recapturing Balance: The New Normal and Nutrition

Welcome Back to the Senior Centers! It should come as no surprise that many people may have lost a sense of balance in their lifestyle after the last eighteen months, we have all experienced. Under stress our eating habits are among the first to be affected. Join dietitian, Charity Haynes, as we discuss ways to recapture that sense of balance as we settle into the new normal.

**September 1, 10 a.m.,** Waldorf Senior and Rec Center

**September 8, 10 a.m.,** Clark Senior Center

**September 15, 10 a.m.,** Indian Head Senior Center

**September 29, 10 a.m.,** Nanjemoy Senior Center

## Happy Hispanic Heritage Month!

**September 15 – October 15**

During this time, celebrations honor the heritage and contributions made by members of the Hispanic community. Embracing the history and traditions of another culture not only broadens your knowledge, but it also teaches appreciation of other people and their customs. At the Charles County Senior Centers, we welcome and embrace all our seniors with Hispanic heritage, and we look forward to celebrating you!



## Fall Farmer's Markets

Local farmers are coming to you at the senior center! Senior Farmers Market Vouchers will be accepted. Come and shop delicious, local, fresh produce! All farmers markets start at 10 a.m. and will be open for shopping until 11:30 a.m.

9/14 - Waldorf Senior and Rec Center

9/21 - Nanjemoy Senior Center

9/28 - Richard R. Clark Senior Center

10/5 - Indian Head Senior Center

10/19 - Waldorf Senior and Rec Center

10/26 - Richard R. Clark Senior Center



## Rain Barrel Workshop

Did you know that the average roof collects 600 gallons of rainwater for every inch of rain? Rainwater from downspouts often drains onto driveways, sidewalks, or other paved surfaces and is not able to soak into the ground. Water rushing over these hard surfaces picks up pollutants along the way which then enters our streams. This water run-off can cause flash flooding and erosion, lower water quality, and harm fish habitats.



### Rain Barrel Benefits

According to the Maryland Department of Natural Resources, rain barrels can save a homeowner 1,300 gallons of water use during peak summer months. Rainwater is naturally soft, oxygenated, and devoid of chlorine, so it can help improve the health of your gardens, lawns, and trees.

Capturing some of that rainwater not only plays an important role in protecting our freshwater resources but also saves business owners, schools, and homeowners money by reducing tap water use. In Charles County, harvesting your rain with a rain barrel can also qualify you for a Watershed Protection and Restoration Fee credit on your property tax bill.

Join us at the Indian Head Senior Center for a rain barrel workshop! Jacqueline Takacs, Watershed Restoration Specialist from the University of Maryland Extension will be on site leading this workshop. The workshop is FREE; however, the rain barrel is \$30. Please order your barrel with staff so we have them on site for the program.

**Thursday, September 9, 10 a.m.**



## Healthy Aging Month

As we age, health becomes more important. Thanks to improvements in medicine and health, we live longer lives now. As such, it's even more important than ever before to develop healthy habits as we get older.

September is **Healthy Aging Month**, which was designated to focus national attention on the positive aspects of growing older. The "Healthy Aging Campaign" was established 15 years ago, and since then, individuals help others become aware of their physical and mental health, diet, social skills and even financial situations; all factors that contribute to successful aging.

Healthy Aging Month encourages you to act how you feel — instead of acting your age! This month also encourages our seniors to take charge of their well-being, by aging with a healthy body (physical health) and a healthy mind (mental health).

### How Quality Of Life Is Important To Healthy Aging

A positive outlook and proactive approach is one of the best ways to encourage healthy aging! Here's how to get the most out of life as you age.

**Positive Attitude** – Keep a positive attitude through life. Focus on the positive, taking hold of any problems and addressing them properly and you will find that you will be happier in your life.

**Don't "Act Your Age"** – Forget that "number" – it's only a number, after all! Live life looking forward to activities and actions that make you smile and forget about your age!

**Be Proactive** – Take charge of your health and research the many ways you can use your Health Insurance to take proactive steps in keeping healthy.

**Try Something New** – It's never too late to make changes and become a whole new you! Take up a new hobby, learn a language, take a class, or join a book club. Making your life interesting is one of the best ways to focus on healthy aging.

**Embrace Your Creativity** – You may be surprised that you have an artistic side to you if you check out classes on painting, sketching or drawing. If your art talents are limited try adult coloring books that you can color with pencils.

**Surround Yourself With Positivity** – Your mental health plays a very important part in healthy aging and surrounding yourself with people who make you smile and laugh makes healthy aging even easier.

Focus on both your mental — as well as physical — well being, in order to feel more "alive" as you embark on a new journey of healthy aging. Information from <https://www.unicityhealthcare.com/celebrating-healthy-aging-month-during-september/>



# CLARK SENIOR CENTER

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

Get your Latest SCOOP online!

## Community

### Towns & Rural Areas of Charles County Part 2

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

Tuesday, September 7, 11 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, September 9, 11:30 a.m. Fee: FREE

### Widow to Widow Support Group

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

Monday, September 13, 1 p.m. Fee: FREE

### Legal Aid

Appointments required. Call 301-609-5712.

Tuesday, September 14, 9 a.m.

### Small Steps to Health & Wealth Part 1

This 3-part program will give you practical advice on how to achieve your financial goals one step at a time.

Thursday, September 16, 10:30 a.m. Fee: FREE

### Saggy Slipper/Sock Swap

In honor of Falls Prevention Month, bring in one clean pair of worn-out slippers or socks and exchange them for a new pair of slipper socks.

Wednesday, September 22, 10 a.m. – 2 p.m.  
Fee: FREE (while supplies last)

### Jewelry Basics 101

Learn the basics of jewelry making, and other beaded projects. Learn about basic tools, bead types, findings, and techniques. You will put your skills to work on a simple project at the end of the class.

Wednesday, September 29, 10 a.m. Fee: FREE

### Jewelry Club Class

You will make beautiful pieces of jewelry in this class. All supplies will be provided. Sign up required.

Wednesdays, September 1 & 15, 10 a.m.  
Fee: FREE



### Conversation & Trivia

Join senior center staff and participants for conversation and fellowship! We'll have topics for discussion, trivia, and occasional special guest speakers.

Thursdays, September 2 & 16, 10 a.m.  
Fee: FREE

### Young at HeArt Art Class

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

Thursday, September 9, 10 a.m. – Beginner  
Thursday, September 23, 10 a.m. – Intermediate.  
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

### Creative Coloring

Grab your choice of adult coloring book and enjoy some "on your own" coloring time. All supplies provided.

Monday, Wednesday, 10 a.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



### Cards & Games

Join others for a friendly game of cards or your choice of our many board games. Such as Scrabble, Trivial, Pursuit, and Yahtzee.

Tuesdays, 10 a.m. Fee: FREE

### Guitar Jam

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

Tuesday and Friday, 10 a.m. Fee: FREE

### Knit & Crochet Group

This is an open session for you to come together and work on your own projects. A great time to share your skills and techniques with others.

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

### Reflections

Join Pastor Powell for this non-denominational Bible study.

Thursdays, 1 p.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.

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



## Senior Fitness

### Clark Center Fitness Room Orientation

Mandatory before first use of fitness room. Sign up required. Limited to 6.

Wednesday, September 8, 2:30 p.m. Fee: \$5

### Total Body Conditioning

Overall body workout, emphasis on light weights and thera-bands.

Mondays, 9 a.m. Fee: Fitness Card

### Breathe Easy

Join Dawn Camp to discover what you can do with your breath! This class is for relaxation, and to make exertion less stressful.

Wednesdays at 10 a.m. Fee: FREE

### Zumba

Dance your way to fitness with this easy to follow, low impact class that will have you movin' and groovin'.

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

### Small Group Fitness

Perfect class for those new to fitness or returning. This group makes for a personalized workout to stay motivated and reach fitness goals.

Wednesdays at 9 a.m. Fee: Fitness Card



# 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–Thursday**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards .....9:30 Drop-In Sewing Room .....9:30 Project Linus .....9:30 Creative Coloring .....10:00 2N1 Social Club .....10:00 Duplicate Bridge .....10:00 Pokeno .....11:00 <b>Fitness</b> Total Body Conditioning .....9:00 Fitness Room .....9:30 Drums Alive .....1:00	Billiards .....9:30 Stained Glass .....9:30 Quilting Class .....9:30 Guitar .....10:00 Cards & Games .....10:00 Lunch .....12:00 <b>Fitness</b> Strength Training .....9:00 Fitness Room .....9:30 Flex & Stretch .....10:00 Line Dance .....1:00	Billiards .....9:30 Drop-In Sewing Room .....9:30 Knitting/Crochet .....9:30 Acey Deucey .....10:00 Creative Coloring .....10:00 Lunch .....12:00 Powder Puff Billiards .....1:00 <b>Fitness</b> Fitness Room .....9:30 Breathe Easy .....10:00 AFEP .....1:00	Billiards .....9:30 Drop-In Sewing Room .....9:30 Guitar .....10:00 Pokeno .....11:00 Lunch .....12:00 Reflections .....1:00 <b>Fitness</b> Fitness Room .....9:30 Zumba .....11:30 Flex & Stretch .....1:00 Line Dance .....2:00	
		<b>1</b> Small Group Fitness .....9:00 <b>Jewelry Club Class. ....10:00</b>	<b>2</b> Conversation & Trivia .....10:00 Zumba .....11:30	<b>3</b>
<b>6</b> <b>Labor Day</b> <b>CLOSED</b> 	<b>7</b> Flex & Stretch .....10:00 <b>Towns &amp; Rural Areas of</b> <b>Charles County Pt 2 ....11:00</b>	<b>8</b> Small Group Fitness .....9:00 <b>Nutrition Education ....10:00</b> Yoga .....10:30 Chair Yoga .....11:30 <b>Fitness Room</b> <b>Orientation .....2:30</b>	<b>9</b> Strength Training .....9:00 <b>Young @ HeArt</b> <b>Beginner Art .....10:00</b> <b>Grocery Bag</b> <b>Distribution .....11:30</b> Zumba .....11:30	<b>10</b>
<b>13</b> Creative Coloring .....10:00 Drums Alive .....1:00 Widow to Widow .....1:00	<b>14</b> Legal Aid .....9:00 Flex & Stretch .....10:00	<b>15</b> Small Group Fitness .....9:00 <b>Jewelry Club Class. ....10:00</b> Yoga .....10:30 Chair Yoga .....11:30 Clark Council Meeting .....1:00	<b>16</b> Strength Training .....9:00 Conversation & Trivia .....10:00 <b>Small Steps to Health &amp;</b> <b>Wealth, Part 1 .....10:30</b> Zumba .....11:30	<b>17</b>
<b>20</b> Creative Coloring .....10:00 Drums Alive .....1:00	<b>21</b> Flex & Stretch .....10:00 <b>How to Dress for Fall when it</b> <b>feels like Summer .....10:00</b>	<b>22</b> Small Group Fitness .....9:00 <b>Saggy Slipper/Sock</b> <b>Swap .....10:00</b> Yoga .....10:30 Chair Yoga .....11:30	<b>23</b> Strength Training .....9:00 <b>Young @ HeArt</b> <b>Intermediate Art. ....10:00</b> Zumba .....11:30	<b>24</b>
<b>27</b> Creative Coloring .....10:00 Drums Alive .....1:00	<b>28</b> Flex & Stretch .....10:00 <b>Fall Farmers Market ....10:00</b>	<b>29</b> Small Group Fitness .....9:00 <b>Jewelry Basics 101 ....10:00</b> Yoga .....10:30 Chair Yoga .....11:30 Caregiver Support Group ....2:00	<b>30</b> Strength Training .....9:00 Zumba .....11:30	

# INDIAN HEAD SENIOR CENTER

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

Get your Latest SCOOP online!

## Program Locations for Outside Activities

### Indian Head Village Green (near the fountain)

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 are 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 – Thursday, 12 p.m.  
Fee: Lunch Donation

### Love Your Feet

Did you know that your body has 206 bones and 52 (that's ¼ of the bones in our bodies) are in our feet?! Join staff as we prepare for Fall Prevention Week to learn how caring for our feet can help prevent falls.

Wednesday, September 1, 1 p.m. Fee: FREE

### Sun Catcher Project

This easy DIY will allow us to enjoy brightness during the coldest months. This is a two day project, day one to design and dry, day two to complete by hanging with a suction cup.

Thursday, September 2, 10 a.m. Fee: \$2

### Pastor Chris and Friends

Pastor Chris is back to share devotionals and hymns we all know.

Tuesday, September 7, 1 p.m. Fee: FREE

### Sewing 101 (formerly Quilting 101)

Join Martha and Jennifer as they teach how to make blankets for Project

Linus and other projects for the community.

The Project

Linus blankets

we complete will be taken to the Howard University Medical Center pediatric ward. We will also be supporting the Project Linus Chapter at the Clark Center. No sewing experience is necessary, just an attitude of sharing and caring.

Monday, September 13 & 27, 9:30 a.m.  
Fee: FREE



### Information and Assistance with Julie

Come out to hear current Medicare topics and additional local resources for Seniors in Charles County. You will have the option to then meet privately with Aging & Disability Resource Specialist, Julie Hammonds, for personalized assistance needs. Let Julie know you'll be joining her by calling 301-934-6737, however, no appointment required!

Tuesdays, September 14 & 28, 10 a.m.  
Fee: FREE

### Therapeutic Tuesdays

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

Tuesdays, September 14 & 28, 10 a.m.  
Fee: Donation

### Recapturing Balance: New Normal and Nutrition

Welcome Back to the Senior Centers! It should come as no surprise that many people may have lost a sense of balance in their lifestyle after the last eighteen months we have all experienced. Under stress our eating habits are among the first to be affected. Join dietitian, Charity Haynes, as we discuss ways to recapture that sense of balance as we settle into the new normal.

Wednesday, September 15, 10 a.m. Fee: FREE

### Mexican Coffee

Start the day with a delicious cup of Café Bustelo.

Thursday, September 16, 9:15 a.m. Fee: FREE

### Grocery Bag Distribution

New Hope Community Church will be bringing blessings of groceries to help you keep your cupboards stocked. One bag per household.

Thursday, September 16, 11:30 a.m. Fee: FREE

### Hispanic Heritage Trivia

You probably know more about the Hispanic culture than you think! We eat a lot of Hispanic foods and from that we have learned about spices, language, and music. Gifts for the winners.

Thursday, September 30, 10:30 a.m. Fee: FREE

### Jinger & Total Body Conditioning

Take advantage of learning exercises to stay healthy with Jinger.

Tuesdays & Fridays, 9:15 a.m.  
Fee: Fitness Card

### Fitness w/Nate

Nate is back for a complete workout challenge.

Wednesdays, 10:15 a.m. Fee: Fitness Card

### Fitness w/Lamont

Cardio, circuit, and strength training.

Thursdays, 1 p.m. Fee: Fitness Card

## Outdoor Programs/Senior Fitness

*\*To register for virtual fitness classes, please call 301-609-5711 or email [shanksd@charlescountymd.gov](mailto: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. Program will be moved inside if heat advisory is in effect. Bring your own water. To register call 301-743-2125.

Mondays & Wednesdays, 9 a.m. Fee: FREE

### Rain Barrel Workshop

Join Jacqueline Takacs, Watershed Restoration Specialist from University of MD Extension, for this workshop. The workshop is FREE; however the rain barrels are \$30. Please order your barrel with staff, so we will have them on site. See flier for detailed information or go to <https://www.charlescountymd.gov/government/planning-and-growth-management/stormwater-management/rain-barrell-workshops>

Thursday, September 9, 10 a.m.  
Fee: Workshop is FREE, Rain Barrel \$30

### Fitness Friday w/ Britt

Ready for your weekend challenge? Join Brittany for an hour workout and health education during Healthy Aging Month. This program will be moved inside if heat advisory is in effect. Bring your own water.

Friday, September 17, 11 a.m. Fee: FREE

### Farmer's Market

Load up on fresh produce at a pop-up Farmer's Market as we join the Nanjemoy Seniors. Farmer's Market coupon will be accepted.

Tuesday, September 21, 10 a.m.  
Fee: Your Purchases



# INDIAN HEAD SENIOR CENTER

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards/Cards .....9:00 Tai Chi for Health .....9:00 Bingo .....9:30 Lunch .....12:00	Billiards/Cards .....9:00 Jinger & Total Body Conditioning .....9:15 AFEP .....11:00 Lunch .....12:00 Hola Lola .....1:00	Billiards/Cards .....9:00 Tai Chi for Health .....9:00 Fitness w/Nate .....10:15 Lunch .....12:00	Billiards/Cards .....9:00 Canvas Painting .....10:00 AFEP .....11:00 Lunch .....12:00 Fitness w/Lamont .....1:00	
		<b>1</b> Love Your Feet .....1:00	<b>2</b> Sun Catcher Project ....10:00	<b>3</b>
<b>6</b> <b>Labor Day</b> <b>CLOSED</b> 	<b>7</b> Council Meeting .....9:30 Sun Catcher Project ....10:00 Pastor Chris & Friends .....1:00	<b>8</b> Pokeno .....10:00	<b>9</b> Rain Barrel Workshop ..10:00	<b>10</b>
<b>13</b> Sewing 101 .....9:30	<b>14</b> Therapeutic Tuesdays .....10:00 Aging Resource Outreach .....10:00	<b>15</b> Recapturing Balance: New Normal and Nutrition ..10:00 Phase 10/Spades .....1:00	<b>16</b> Mexican Coffee .....9:15 Hispanic Heritage Month .....10:30 Grocery Distribution ....11:30	<b>17</b> Fitness Friday w/ Britt .....11:00
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<p><b>See Pages 10 and 11 for activities at the Nanjemoy Senior/Community Center. We will be enjoying our time with the seniors in Nanjemoy this week. Note: Farmer's Market will be at Nanjemoy accepting Farmer's Market Coupons on Tuesday, September 21 from 10 a.m. to 11:30 a.m.</b></p>				
<b>27</b> Sewing 101 .....9:30	<b>28</b> Therapeutic Tuesdays .....10:00 Aging Resource Outreach .....10:00	<b>29</b> Fitness Room Orientation .....2:00	<b>30</b> Hispanic Heritage Trivia ....10:30	



## HISPANIC HERITAGE MONTH

Hispanic Heritage month is from September 15 to October 15. Join us as we kick-off a month of celebrating the rich colorful culture, history, and diversity of the Latino community. Our seniors who came from the Caribbean, Spain, Mexico, Cuba, and other South and Central American countries will share stories, recipes, pictures, and music. Dress in your favorite outfit that you feel represents the Latino community and that will allow you to dance.

**Thursday, September 16, 10:30 a.m. • Fee: Free**

# NANJEMOY SENIOR/COMMUNITY CENTER

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

*Get your Latest SCOOP online!*

## Community Center

### Fitness Room

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

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

Fee: Free

### Computer Lab

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

Fee: Free

### Pool/Game Room

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

Fee: Free

### Narcotics Anonymous

Tuesdays, 3 p.m. - 4 p.m.

## Senior Center Programs

### Information and Assistance with Julie

Come out to hear current Medicare topics and additional local resources for Seniors in Charles County. You will have the option to then meet privately with Aging & Disability Resource Specialist, Julie Hammonds, for personalized assistance needs. Let Julie know you'll be joining her by calling 301-934-6737, however, no appointment required!

Thursday, September 16, 10 a.m.

Fee: FREE



### Fall Farmers Market

Vouchers Welcome! Come participate in this pop-up farmers market.

Tuesday, September 21, 10 a.m. - 11:30 a.m.

Fee: Decided by Vendor

### 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, September 23, 11:30 a.m.

Fee: Free

### Recapturing Balance: The New Normal and Nutrition

Welcome Back to the Senior Centers! It should come as no surprise that many people may have lost a sense of balance in their lifestyle after the last eighteen months, we have all experienced. Under stress our eating habits are among the first to be affected. Join dietitian, Charity Haynes, as we discuss ways to recapture that sense of balance as we settle into the new normal

Wednesday, September 29, 10 a.m. Fee: Free

### Senior Tech

20-minute appointments available for assistance with smart phone and computer lab questions.

Mondays, 9 a.m.

Fee: Free

### Artistic Aesthetics

Weekly art/craft project to express your creativity. Prior registration required to select craft based on availability of materials.

Registration required.

Mondays, 1 p.m.

Fee: Free

### What's the Word?

Non-denominational Christian bible study to reflect on passages of hope, purpose, and self-development. Open to all walks of faith!

Tuesdays, 1 p.m.

Fee: Free

### Health Matters

Join us for our weekly discussion on wellness. Topics range from physical, mental, and emotional health. Your Health Matters!

Wednesdays, 1 p.m.

Fee: Free

### Nickel Bingo

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

Thursdays, 1 p.m.

Fee: \$.05 a card



## 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.

Wednesdays, 10 a.m.

Fee: Free

### Total Body Conditioning

Using a combination of chair exercises, bands, weights, and stretching for a full body workout.

Thursdays, 10 a.m.

Fee: Free



Join the coloring group and express your creativity while socializing with friends. Page's change based on monthly themes, activities, and requests.

**Tuesdays, 9 a.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
Billiards ..... 8:30 Computer Lab ..... 8:30 Fitness Room ..... 8:30 Dominos ..... 11:00 Games/Puzzles ..... 11:00 Lunch ..... 12:00	Billiards ..... 8:30 Computer Lab ..... 8:30 Fitness Room ..... 8:30 Dominos ..... 11:00 Games/Puzzles ..... 11:00 Lunch ..... 12:00	Billiards ..... 8:30 Computer Lab ..... 8:30 Fitness Room ..... 8:30 Dominos ..... 11:00 Games/Puzzles ..... 11:00 Lunch ..... 12:00	Billiards ..... 8:30 Computer Lab ..... 8:30 Fitness Room ..... 8:30 Dominos ..... 11:00 Games/Puzzles ..... 11:00 Lunch ..... 12:00	
		<b>1</b> AFEP ..... 10:00 Health Matters ..... 1:00	<b>2</b> Total Body Conditioning ..... 10:00 Nickel Bingo ..... 1:00	<b>3</b>
<b>6</b> <b>Labor Day</b> <b>CLOSED</b> 	<b>7</b> Coloring Group ..... 9:00 <b>Senior Council Meeting ..... 10:00</b> Flex & Stretch ..... 10:00 What's the Word ..... 1:00	<b>8</b> AFEP ..... 10:00 Health Matters ..... 1:00	<b>9</b> Total Body Conditioning ..... 10:00 Nickel Bingo ..... 1:00	<b>10</b>
<b>13</b> Senior Tech. .... 9:00 Walking Club ..... 10:00 Artistic Aesthetics ..... 1:00	<b>14</b> Coloring Group ..... 9:00 Flex & Stretch ..... 10:00 What's the Word ..... 1:00	<b>15</b> AFEP ..... 10:00 Health Matters ..... 1:00	<b>16</b> Total Body Conditioning ..... 10:00 <b>I &amp; A with Julie. .... 10:00</b> Nickel Bingo ..... 1:00	<b>17</b>
<b>20</b> Senior Tech. .... 9:00 Walking Club ..... 10:00 Artistic Aesthetics ..... 1:00	<b>21</b> Coloring Group ..... 9:00 Flex & Stretch ..... 10:00 <b>Fall Farmers Market ..... 10:00</b> What's the Word ..... 1:00	<b>22</b> AFEP ..... 10:00 Health Matters ..... 1:00	<b>23</b> Total Body Conditioning ..... 10:00 <b>New Hope Community Grocery Giveaway ... 11:30</b> Nickel Bingo ..... 1:00	<b>24</b>
<b>27</b> Senior Tech. .... 9:00 Walking Club ..... 10:00 Artistic Aesthetics ..... 1:00	<b>28</b> Coloring Group ..... 9:00 Flex & Stretch ..... 10:00 What's the Word ..... 1:00	<b>29</b> <b>Recapturing Balance 10:00</b> AFEP ..... 10:00 Health Matters ..... 1:00	<b>30</b> Total Body Conditioning ..... 10:00 Nickel Bingo ..... 1:00	



## Fall Prevention Events

### Balance Exercises with Nate

Thursday, September 23, 11 a.m. Fee: FREE

### Sock Swap

Choosing the right footwear is essential to minimizing the risk of dangerous falls. The first 40 seniors to bring in their old worn-out house socks will receive a new pair that are both comfortable and provide proper grip.

Monday, September 13, 10 a.m.

Fee: An old pair of clean socks

### Fall Prevention Bingo

See pg. 13 for details.

## Community

### Recapturing Balance: The New Normal and Nutrition

See pg. 4 for details.

Wednesday, September 1, 10 a.m. Fee: FREE

### Grocery Bag Distribution

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

Thursday, September 2, 11:30 a.m. Fee: FREE

### Pastor Chris & Friends

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

Tuesday, September 7, 1 p.m. Fee: FREE

### Register of Wills

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

Wednesday, September 8, 10 a.m. Fee: FREE

### Charles County Mobile Library

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

Tuesday, September 14, 9:30 a.m. Fee: FREE

### Center Orientation

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

Wednesday, September 15, 10 a.m. Fee: FREE

### Healing Past Covid-19 Class Q & A

Tee Roy of Move LLC will be here to discuss her upcoming program "Healing Past Covid-19...It's Time to Move." Tee will outline course materials and answer any questions you might have about her 3-week series October.

Tuesday, September 21, 10:45 a.m. Fee: FREE

### Senior Tech Time

Appointments are available for help with basic computer and cell phone questions.

Monday, September 27, 10:30 a.m. Fee: FREE

### Fall Bird Feeding

Join us as Barb Whipkey, owner of Wild Birds Unlimited in LaPlata shares lots of fall bird feeding tips with us.

Tuesday, September 28, 10 a.m. Fee: FREE

### What is a RecPass?

Join Recreation Program Manager, Ariana Shanks, to learn about RecPass and RecAssist! A RecPass is a pre-paid membership that gives you access to drop-in programs within Charles County Recreation Centers.

Thursday, September 30, 10:45 a.m. Fee: FREE

## Senior Fitness

### Fitness Room Orientation

Mandatory before first use of fitness room. Registration required.

Thursday, September 2 & 16, 11:15 a.m.

Fee: \$5

### Intro to Pickleball

Fitness Specialist, Nate Schultz, will teach you the basics of the game Pickleball.

Thursday, September 9, 11 a.m. Fee: FREE

### Zumba w/ Cali

Low impact Zumba designed for the senior population.

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

### Yoga

Cindy Miller will lead these popular yoga classes. Please bring your own mat, towel, and resistance bands if you have them.

Chair Yoga Mondays, 10:30 a.m.

Fee: Fitness Card

Floor Yoga Tuesdays, 10:30 a.m.

Fee: Fitness Card

### Enhance Fitness

See pg. 14 for details.

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

Fridays class is at Laurel Springs Park

Fee: FREE

### Line Dancing

No line dance experience necessary.

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

### Total Body Conditioning

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

Tuesdays and Thursdays, 9:30 a.m.

Fee: Fitness Card

### Tai Ji Quan

Moving for Better Balance® (TJQMBB) is a research-based balance training regimen designed for older adults.

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

### Arthritis Foundation Exercise Program (AFEP)

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

Wednesdays, 11 a.m. Fee: FREE



### WSRC Fitness Room

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

Weekdays, 9 a.m. – 3:30 p.m.

## Arts & Music

### Bird House Painting

Come paint a small wooden birdhouse! All supplies included. Pre-registration required.

Wednesday, September 29, 10 a.m. Fee: \$1

### Watercolors

Space available to work on watercolor art without instruction.

Thursdays, 10 a.m. Fee: FREE

### 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 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.



# WALDORF SENIOR & RECREATIONAL CENTER

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

**Hours: 9 a.m.–4 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 Room .....9:00 Racquetball .....9:30 Cards & Games .....10:30 Pinochle .....11:00 Lunch .....12:00	Fitness Room .....9:00 Racquetball .....9:30 Cards & Games .....10:30 Lunch .....12:00	Fitness Room .....9:00 Racquetball .....9:30 Cards & Games .....10:30 Lunch .....12:00	Fitness Room .....9:00 Racquetball .....9:30 Cards & Games .....10:30 Pinochle .....11:00 Lunch .....12:00	
		<b>1</b> <b>Recapturing Balance: The New Normal and Nutrition .....10:00</b> AFEP .....11:00 Enhance Fitness .....1:00 Small Group Fitness .....2:00	<b>2</b> Total Body Conditioning .....9:30 Watercolors .....10:00 <b>Bingo .....10:30</b> <b>Fitness Room Orientation .....11:15</b> <b>Grocery Bag Dis. ....11:30</b> Tai Ji Quan .....1:00	<b>3</b>
<b>6</b> <b>Labor Day CLOSED</b> 	<b>7</b> <b>Beginner Acrylics .....10:00</b> Total Body Conditioning .....9:30 Yoga .....10:30 Line Dancing .....11:30 <b>Pastor Chris &amp; Friends ...1:00</b> Tai Ji Quan .....1:00	<b>8</b> <b>Register of Wills .....10:00</b> AFEP .....11:00 Enhance Fitness .....1:00 Small Group Fitness .....2:00	<b>9</b> Total Body Conditioning .....9:30 Watercolors .....10:00 <b>Bingo .....10:30</b> <b>Intro to Pickleball .....11:00</b> Tai Ji Quan .....1:00	<b>10</b>
<b>13</b> Zumba .....9:30 <b>Fall Prevention Sock Swap .....10:00</b> Chair Yoga .....10:30 Enhance Fitness .....1:00	<b>14</b> <b>Mobile Library .....9:30</b> Total Body Conditioning .....9:30 <b>Fall Farmers Market ....10:00</b> <b>Beginner Acrylics .....10:00</b> Yoga .....10:30 Line Dancing .....11:30 Tai Ji Quan .....1:00	<b>15</b> <b>Center Orientation .....10:00</b> AFEP .....11:00 Enhance Fitness .....1:00 Small Group Fitness .....2:00	<b>16</b> Total Body Conditioning .....9:30 Watercolors .....10:00 <b>Bingo .....10:30</b> <b>Fitness Room Orientation .....11:15</b> Tai Ji Quan .....1:00	<b>17</b>
<b>20</b> Zumba .....9:30 <b>Waldorf Senior Center Council .....9:30</b> Chair Yoga .....10:30 Enhance Fitness .....1:00	<b>21</b> <b>Walk to End Alzheimer's Workout for Wellness...9:30</b> <b>Beginner Acrylics .....10:00</b> <b>Healing Past Covid-19 Class Q &amp; A .....10:45</b> Yoga .....10:30 Line Dancing .....11:30 Tai Ji Quan .....1:00	<b>22</b> <b>Free Fall Prevention Bingo .....10:30</b> AFEP .....11:00 Enhance Fitness .....1:00 Small Group Fitness .....2:00	<b>23</b> Total Body Conditioning .....9:30 Watercolors .....10:00 <b>Bingo .....10:30</b> <b>Balance Exercises and AFEP with Nate .....11:00</b> Tai Ji Quan .....1:00	<b>24</b>
<b>27</b> Zumba .....9:30 <b>Widow to Widow .....10:00</b> Chair Yoga .....10:30 <b>Senior Tech Time. ....10:30</b> Enhance Fitness .....1:00	<b>28</b> Total Body Conditioning .....9:30 <b>Fall Bird Feeding .....10:00</b> Open Art Studio .....10:00 Yoga .....10:30 Line Dancing .....11:30 Tai Ji Quan .....1:00	<b>29</b> <b>Bird House Painting ...10:00</b> Enhance Fitness .....1:00 Small Group Fitness .....2:00	<b>30</b> Total Body Conditioning .....9:30 Watercolors .....10:00 <b>Bingo .....10:30</b> <b>What is a RecPass? ....10:45</b> Tai Ji Quan .....1:00	

## Fall Prevention Bingo

In honor of National Falls Prevention Month, you're invited to join the Morningside House of St. Charles for a fun and informative session on maintaining balance and safety measure tips that you can incorporate into your busy life plus share with friends and family. Great refreshments and valuable prizes! We look forward to seeing you there. Sponsored by the Waldorf Senior Center Council.

**Wednesday, September 22, 10:30 a.m. Fee: FREE**

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.

## Updates from Your Fitness Team



We can't describe how happy we are to be growing our fitness class schedule after being away so long. We are adding classes back slowly to our schedule. Times and days may vary month to month as we continue to grow. Please check SCOOP for current class offerings and programs!

*Debi & Nate*

## Falls Prevention Month

**All month long we will be discussing ways to decrease your risk of falls by being more proactive in your health.**

It is proven that regular exercise will decrease your falls risk. Tai Chi is an excellent way to keep key muscles strong. Yoga helps with flexibility and moving with ease. Strength training and conditioning classes all can keep muscles limber and strong. Here are some other thoughts on the prevention of falling.

- Pick up scatter rugs and cords in the home.
- Have rails and lights on staircases.
- Make sure you get your vision checked regularly.
- Wear supportive shoes.
- Have nightlights in bedrooms, hallways, and bathrooms.
- Have a shower mat both inside and outside the shower area.
- EXERCISE!!! It keeps muscles, joints, and ligaments strong.

## Drums Alive

**Come and make noise! Utilizing stability balls, drumsticks, and various rhythms, makes this class so fun you won't realize you are exercising!**

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

Fee: Fitness Card



## 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.

Wednesday, September 22, 10 a.m. or 11 a.m. Fee: \$5

## Diabetes Prevention Program

**New Class forming at the Charles County Health Department. In person or online. Pre-registration is required. Call 301-609-6885.**



## Yoga

Gentle postures both seated and standing. Perfect for flexibility and body awareness. Classes begin the week of September 7th.

### Waldorf Senior and Recreation Center

Chair Yoga:	Mondays, 10:30 a.m.	Fee: Fitness Card
Yoga:	Tuesdays, 10:30 a.m.	Fee: Fitness Card

### Richard R. Clark Senior Center

Yoga:	Wednesdays, 10:30 a.m.	Fee: Fitness Card
Chair Yoga:	Wednesdays, 11:30 a.m.	Fee: Fitness Card

## Aquatics

**Fall aquatics class run from September 7th to October 28th. Class size is limited. Please call 301-609-5711 for registration. Classes begin the week of September 7th.**

### Donald M Wade Aquatic Center

Monday & Wednesday, 3:00 p.m.	Fee: \$45
Tuesday & Thursday, 3:00 p.m.	Fee: \$45

### Lackey High School

Monday & Wednesday, 3:00 p.m.	Fee: \$45
Tuesday & Thursday, 3:00 p.m.	Fee: \$45

## Biking with Nate

**Fridays, September 10th & 24th, 10 a.m.**  
Indian Head Rail Trail (White Plains side)

## Small Group Fitness

**Perfect class for those new to fitness or returning. This group makes you personalized workouts to stay motivated.**

**Wednesdays, 2 p.m., Waldorf Senior Center**  
Fee: Fitness Card

**Wednesdays, 9 a.m., Richard R. Clark Senior Center**  
Fee: Fitness Card



# 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
		<b>1</b> Curry Chicken Brown Rice Carrots and Green Beans Naan Flatbread Tangy Cherry Salad Pineapple Juice	<b>2</b> Chophouse Burger w/ Lettuce & Tomato Whole Wheat Bun Baked Beans Orange Glazed Carrots Fresh Apple Slices Orange Juice	<b>3</b>
<b>6</b> <b>LABOR DAY HOLIDAY</b> 	<b>7</b> Liver and Onions Brown Rice Stewed Tomatoes Corn Bread Mandarin Oranges Apple Juice	<b>8</b> Black Bean Burger with Mango Pineapple Salsa on Whole Wheat Bun Roasted Sweet Potatoes Roasted Broccoli Mandarin Oranges Orange Juice	<b>9</b> Balsamic Chicken 3 Bean Salad California Blend Vegetables Biscuit Fruit Cocktail Fruit Punch Juice	<b>10</b>
<b>13</b> Lemon Garlic Baked Cod Roasted Tomatoes Mashed Potatoes Dinner Roll Raisins Fruit Punch Juice	<b>14</b> Chicken Mushroom & Brown Rice Malibu Blend Vegetables Whole Wheat Dinner Roll Diced Mangos Orange Juice	<b>15</b> Meatloaf w/ Mushroom Gravy Roasted Sweet Potatoes Roasted Broccoli Dinner Roll Apple Sauce Apple Juice	<b>16</b> BBQ Baked Chicken Mashed Potatoes Roasted Squash Rice Pudding Raisins Grape Juice	<b>17</b>
<b>20</b> Ginger Lime Chicken Mashed Sweet Potato Broccoli White Rice Mandarin Oranges Apple Juice	<b>21</b> Chicken Marsala Parsley Potatoes Roasted Carrots Whole Wheat Bread Apricots Apple Juice	<b>22</b> Lemon Pepper Tilapia Lemon Parsley Rice Green Beans w/ Tomatoes Breadstick Peaches Fruit Punch Juice	<b>23</b> Meatballs Whole Wheat Spaghetti & Mozzarella California Blend Vegetables Breadstick Raisins Grape Juice	<b>24</b>
<b>27</b> Vegetable Lasagna Black Bean Mango Salad Roasted Tomatoes Whole Wheat Dinner Roll Raisins Fruit Punch Juice	<b>28</b> Meatloaf & Gravy Parsley Potatoes Roasted Carrots Whole Wheat Roll Cantaloupe Fruit Punch Juice	<b>29</b> Oven Fried Chicken Mashed Potatoes w/ Gravy Broccoli Cornbread Fruit Salad Pineapple Juice	<b>30</b> BBQ Pulled Pork Sandwich Whole Wheat Bun Coleslaw Roasted Butternut Squash Grapes 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..... Tuesday–Thursday  
 Indian Head Senior Center.... Tuesday–Thursday

Nanjemoy Senior Center ..... Monday–Thursday  
 Waldorf Senior Center ..... Monday–Thursday

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](http://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**

**A Message from Travel Leaders/Action Travel Tours: Travel has returned!** It is time to confirm your Fall and Winter motor-coach travel plans and that 2022 international dream trip. I am so encouraged by your calls and travel inquiries.

**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. POSTPONED TO 2022** The Hudson Valley Historical Society is not opening their venues to groups for 2021.

**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 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.

**NEW\*\*July 17-24, 2022: Montana and Glacier National Park with Mayflower Tours.** The awesome grandeur of Glacier National Park is on display from the comfort of a historic Red Bus travelling along the legendary Going-to-the-Sun Road. Cruise through Waterton Lakes National Park and follow in Lewis and Clark's footsteps to the Gates of the Mountains.

