

# The SCOOP

Charles County's Senior Center News



**OCTOBER 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. We are rebuilding our programs after a 15-month closure. Remember "kindness is difficult to give away because it keeps coming back to you".

**All Senior Centers will be closed on Fridays during the month of October.**

## Caregivers Corner: Fall Favorites

Fall is in the air! The stifling heat is subsiding, and the crisp morning air is welcomed. Fall is a great opportunity to get outside with your elderly loved one. Exploring the fall foliage is a favorite Fall activity that anyone can participate in! Although pumpkin carving may prove a bit strenuous for your elderly loved one, they could make a great judge. Pumpkin flavored baked goods? Even if baking is no longer an activity that your loved one can do, they can certainly taste test and decorate! If they are not able to walk too far for trick or treating with the grandchildren, they could help pass out candy or make goodie bags in advance. So many Fall activities can be modified to enjoy with your elderly loved one. Remember to aim to do activities at the best time of day for your family. If sun downers is an issue, then plan for activities to be earlier in the day. Small modifications can make activities and the season itself more enjoyable for the whole family. Happy Fall Y'all!

October Caregiver Support Group being offered in-person at the Richard R. Clark Senior Center on Wednesday, October 27 at 2 p.m.

## FALL FEST: October 5, 10:30 a.m.

Join us on the Indian Head Village Green for this outside event as we celebrate the end of summer and the beginning of cooler days. It's our pleasure to welcome Hometown Band to the celebration with R&B, Oldies, Country, and some Blue Grass tunes. Bring your own chair, water and lunch. Limited snacks and water will be available. Expect door prizes, 50/50 and loads of fun. Rain date, Wednesday, October 20.



## Fall Farmer's Markets

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

**10/5 - Indian Head Senior Center**

**10/21 - Waldorf Senior and Rec Center**

**10/26 - Richard R. Clark Senior Center**

## COVID-19 INFORMATION

### Charles County Department of Health Provides 3rd Dose COVID-19 Vaccinations for Immunocompromised Individuals.

In accordance with updated vaccination guidelines from the U.S. Centers for Disease Control and Prevention (CDC), community members with compromised immune systems are now able to schedule an appointment or walk up to any of the Charles County Department of Health's vaccination clinics to receive a third additional vaccine dose of the Pfizer-BioNTech or Moderna COVID-19 vaccines.

Included in CDC's recommendation for third dose recipients are people with a range of conditions, such as recipients of organ or stem cell transplants, people with advanced or untreated HIV infection, active recipients of treatment for cancer, and people who are taking some medications that weaken the immune system, and others. A full list of conditions can be found on CDC's website. The CDC does not recommend additional doses for any other population at this time, including for those who initially received the J&J/Janssen vaccine.

It is important that residents coming for a third dose remember to bring their COVID-19 vaccination cards with them. This way, the health department can ensure that residents receive the same vaccine manufacturer for all doses in the series, and staff can record the details of the third dose on the vaccine card.

If you have misplaced or lost your COVID-19 vaccination card, Maryland residents can log on to [md.myr.net](https://md.myr.net) to print/view their official vaccine record. Residents who need assistance with this process can call the Charles County COVID-19 hotline at 301-609-6717.

For more information or to make a COVID-19 vaccination appointment, please visit <https://charlescountycovid.org/vaccine-registration/> or call 301-609-6717.



## 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://charlescountycovid.org/>.
2. Call the Charles County COVID-19 Hotline at 301-609-6717.
3. Sign up for "Breaking News" on our Citizen Notification System by visiting <https://www.charlescountymd.gov/services/alerts/citizen-notification-system>.



## FY2022 CHARLES COUNTY DEPARTMENT OF COMMUNITY SERVICES FY2022

### Aging and Senior Programs Division

Registration Period October 1, 2021 through September 30, 2022

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

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

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

NAME: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Please circle the best number to reach you at.

EMAIL Address: \_\_\_\_\_

HOME Address: \_\_\_\_\_

Street

Apt #

City

Zip

MAILING Address: \_\_\_\_\_

Street

Apt#

City

Zip

EMERGENCY CONTACT NAME \_\_\_\_\_

(RELATIONSHIP)

Emergency (Home) \_\_\_\_\_ (Cell) \_\_\_\_\_ (Work) \_\_\_\_\_

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

SOCIAL SECURITY #: \_\_\_\_\_

(For identification purposes only)

#### RACE (check all that apply)

- ☐ White  
☐ African American  
☐ Native American/Alaskan  
☐ Asian/Asian American  
☐ Native Hawaiian/Pacific Islander

#### GENDER

- ☐ Female  
☐ Male  
☐ Other

NUMBER IN HOUSEHOLD \_\_\_\_\_

#### CHECK ONE

- ☐ Hispanic  
☐ Non-Hispanic

MILITARY SERVICE? Yes or No

#### LIVING ARRANGEMENT

- ☐ Alone  
☐ With Others

#### MARITAL STATUS

- ☐ Divorced  
☐ Married  
☐ Single  
☐ Widowed

#### MONTHLY INCOME

- ☐ Below \$1,073/month for Individual  
☐ Below \$1,451/month for Couple  
☐ Income higher than above levels

## CHARLES COUNTY DEPARTMENT OF COMMUNITY SERVICES AGING & SENIOR PROGRAMS DIVISION

### FY2022 WAIVER AND RELEASE

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

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

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

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

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

### INFORMED CONSENT

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

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

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

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

### INFORMED CONSENT

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

\_\_\_\_\_  
PRINTED Name of Participant

\_\_\_\_\_  
Participant Signature

\_\_\_\_\_  
Today's Date

## 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 12 @ 6 p.m. • October 14 @ 10 a.m.**

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.

### It's time to re-register!

Each October it is a requirement that all senior center participants complete a new registration form to remain active members of the Charles County Senior Centers. Keeping these forms updated is incredibly important to maintain our records and ensure we have a working emergency contact number for every participant. The number of completed forms also directly impacts the funding we receive for senior programming. Any donations received are placed back into programs to benefit your Centers. To register, you must live in Charles County, and you or your spouse must be 60 years of age or older. Please complete a registration form (see pages 3 & 4) and return it to your local senior center. You can also mail completed forms to:

#### Department of Community Services

Attn: Senior Centers

8190 Port Tobacco Road, Port Tobacco, MD 20677

## 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](mailto:JoyB@charlescountymd.gov).

### October Holidays

Senior Centers will be closed on Monday, October 11 in observance of Columbus Day.

## 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 2 p.m. to 4 p.m. 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 call 301-609-5712 to schedule an appointment.

## Medicare Open Enrollment Lab

Do you need help searching for a 2022 Part D drug plan? Join us and we will show you how to create your Medicare.gov account, research your plan options and enroll for 2022. Remember to bring your Medicare card and list of prescriptions. An appointment is recommended; however walk-ins are welcome. Contact the I&A office at 301-609-5712.

**Tuesday October 26, Wednesday November 17 and Thursday December 2**



## Grocery Distribution

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

<b>October 7</b>	Waldorf Senior and Recreational Center
<b>October 14</b>	Richard R Clark Senior Center
<b>October 21</b>	Indian Head Senior Center
<b>October 28</b>	Nanjemoy Senior Center

## Information and Assistance

Information and Assistance offices will provide 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 240-448-2816.

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

# CLARK SENIOR CENTER

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

*Get your Latest SCOOP online!*

## Community

### 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, October 7 & 21, 10 a.m. Fee: FREE

### Flue Shot Clinic

The La Plata Safeway will provide flu shots to all who sign up by 10/8. Call 301-934-5423 to sign up.

Tuesday, October 12, 9:30 a.m. Fee: FREE

### Small Steps to Health & Wealth Part 2

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

Thursday, October 14, 10:30 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, October 14, 11:30 a.m. Fee: FREE

### National Dessert Day

Join us for a tasty dessert to celebrate National Dessert Day. Please sign up!

Thursday, October 14, 12:30 p.m. Fee: FREE

### Widow to Widow Support Group

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

Monday, October 18, 1 p.m. Fee: FREE

### Understanding Supportive Care vs Hospice Care

Gladys Aguire, Communications Specialist with Hospice of Charles County, will explain the differences.

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

### Medicare Open Enrollment Lab

Do you need help searching for a 2022 Part D drug plan? Join us and we will show you how to create your Medicare.gov account, research your plan options, and enroll for 2022. See page 3 for details.

Tuesday, October 26, 9 a.m. to 1 p.m. Fee: FREE

### Fire Prevention Presentation

Join Tom Swann, Fire Prevention Officer, La Plata VFD, as he demonstrates proper use of a fire extinguisher, how to handle a small kitchen fire, and many other safety tips.

Wednesday, October 27, 10 a.m. Fee: FREE

### Fall Pumpkin Decorating

We'll supply the pumpkin, decorations, paints, etc..., You provide the talent.

Thursday, October 28, 10 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.

Mondays, 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.

Mondays and Wednesdays, 10 a.m. Fee: FREE

### Cards & Games

Join others for a friendly game of cards or your choice of our many board games, like Scrabble, Trivial Pursuit, Yahtzee, Checkers, etc.

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.

Tuesdays and Thursdays, 10 a.m. Fee: FREE

### Gospel Choir Group

Wednesdays, 2 p.m. Fee: FREE

### Drop-In Sewing

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

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

### Reflections

Join Pastor Powell for this non-denominational Bible study.

Thursdays, 1 p.m. Fee: FREE

## Classes

### Jewelry Club Class

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

Wednesdays, October 6 & 20, 10 a.m. Fee: FREE

### Cell Phone Help

Join Ashley for some basic cell phone help. This is for iPhones only.

Thursday, October 7, 1 p.m. Fee: FREE

### Young at HeArt Art Class

Join artist Lakeisha Ferebee for a fun painting class! No experience needed. Registration required. Sign up & pay in the program office.

Thursday, October 21, 10 a.m. – Beginner Fee: \$5 per person

### Toilet Paper Pumpkin Craft

Join staff and learn how to make this cute and simple craft.

Thursday, October 21, 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

### 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

## Senior Fitness

### Total Body Conditioning

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

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

### Breathe Easy

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

Wednesdays, 10 a.m. Fee: FREE

### Clark Center Fitness Room Orientation

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

Wednesday, October 6 & 20, 10 a.m. Fee: \$5

### 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

# 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 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 Drums Alive . . . . .1:00	Billiards.....9:30 Stained Glass . . . . .9:30 Quilting Class . . . . .9:30 Guitar . . . . .10:00 Board Games.....10:00 Lunch . . . . .12:00  <b>Fitness</b> Strength Training.....9:00 Flex & Stretch. . . . .10:00 Line Dance . . . . .1:00	Billiards.....9:30 Sewing Room OPEN . . . . .9:30 Acey Deucey. . . . .10:00 Knitting/Crochet. . . . .9:30 Creative Coloring.....10:00 Lunch . . . . .12:00 Powder Puff Billiards . . . . .1:00 Gospel Choir. . . . .2:00  <b>Fitness</b> Small Group Fitness . . . . .9:00 Breathe Easy . . . . .10:00 Gentle Yoga . . . . .10:30 Chair Yoga . . . . .11:30 AFEP . . . . .1:00	Billiards.....9:30 Sewing Room OPEN . . . . .9:30 Guitar . . . . .10:00 Pokeno . . . . .11:00 Lunch . . . . .12:00 Reflections . . . . .1:00  <b>Fitness</b> Strength Training.....9:00 Zumba . . . . .11:30 Flex & Stretch. . . . .1:00 Line Dance . . . . .2:00	
				<b>1</b>  <b>Centers Closed</b>
<b>4</b>  Drums Alive . . . . .1:00	<b>5</b>  Board Games . . . . .10:00 Legal Aid . . . . .10:00	<b>6</b>  <b>Jewelry Club Class. ....10:00</b> <b>Fitness Room</b> <b>Orientation . . . . .10:00</b>	<b>7</b>  Conversation & Trivia . . . . .10:00 Cell Phone Help . . . . .1:00	<b>8</b>  <b>Centers Closed</b>
<b>11</b>  <b>Columbus Day</b> <b>CLOSED</b> 	<b>12</b>  Stained Glass . . . . .9:30 Flu Shot Clinic . . . . .9:30	<b>13</b>  Clark Council Meeting. ....1:00	<b>14</b>  <b>Small Steps to Health &amp; Wealth Pt 2 . . . . .10:30</b> Grocery Distribution . . . . .11:30 <b>National Dessert Day . .12:30</b>	<b>15</b>  <b>Centers Closed</b>
<b>18</b>  Creative Coloring . . . . .10:00 <b>Widow to Widow . . . .1:00</b>	<b>19</b>  <b>Supportive</b> <b>Care Services.....10:00</b>	<b>20</b>  <b>Jewelry Club Class. ....10:00</b> <b>Fitness Room</b> <b>Orientation . . . . .10:00</b>	<b>21</b>  Conversation & Trivia . . . . .10:00 Pumpkin Craft . . . . .10:00 <b>Young at HeART.....10:00</b>	<b>22</b>  <b>Centers Closed</b>
<b>25</b>  Billiards.....9:30	<b>26</b>  Medicare Open Enrollment Lab . . . . .9:00 <b>Timing Your Reversed</b> <b>Mortgage . . . . .10:00</b> Farmer's Market. ....10:00	<b>27</b>  <b>Fire Prevention . . . . .10:00</b> <b>Caregiver Support</b> <b>Group . . . . .2:00</b>	<b>28</b>  <b>Pumpkin Decorating . .10:00</b>	<b>29</b>  <b>Centers Closed</b>

# 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.*

## Special Programs

### Fall Fotos

Welcome to our Fall Foto Booth! Dress in seasonal colors for pictures to share with family or on your Facebook page. Your photo will be needed for our Fall Foto craft.

Wednesday & Thursday,  
October 13 & 14, 11:30 a.m. Fee: Donation

### Homemade Salsa/Pico de Gallo

As we close Hispanic Heritage Month we will be making salsa and pico de gallo and a chance to learn how to use tomatoes. You will also get a chance to decide if there is a difference between salsa and pico.

Thursday, October 14, 10:30 a.m.  
Fee: Donation

### Fall Foto Craft

Christmas is right around the corner, start early by turning your fall foto into a gift.

Monday & Wednesday, October 18 & 20, 1 p.m.  
Fee:\$2



### National Pumpkin Day

Join us for a serving of pumpkin frappe while learning about the health benefits of this squash.

Tuesday, October 26, 10 a.m. Fee: Donation

### Halloween Bingo

Wear your costume as we play this spooky bingo with Halloween tunes in the background. One bingo card for FREE, each additional bingo card \$1.

Thursday, October 28, 9:30 a.m.  
Fee: Cost of Bingo Card

## Fitness Programs

### Jinger & Total Body Conditioning

Take advantage of learning exercises to stay healthy with Jinger. No Class on 10/5

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

### Fitness w/Nate

Exercises designed to promote strength using weights and bands with Certified Fitness Specialist, Nate Schultz.

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

### Fitness w/Lamont

Cardio, circuit, and strength training.

Thursdays, 1 p.m. Fee: Fitness Card

### National Senior Health & Fitness Day

Join Brittany for a day of fitness fun and health. This years theme is "Life is Better in Motion!". Give yourself and your body a gift by joining in this day of wellness. Stay for a healthy lunch. Expect door prizes and games.

Wednesday, October 27, 10 a.m. – 2 p.m.  
Fee: Fitness Card

## Ongoing Programs

### Bingo

Join Allen, our bingo caller, on the first and third Mondays for nickel bingo.

New cage and new supplies provided by the Indian Head Senior Center Council.

Monday, October 4 & 18, 9:30 a.m.  
Fee: Nickel/card

### Pastor Chris and Friends

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

Tuesday, October 12, 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, October 25, 9:30 a.m. Fee: FREE



### Information & Assistance w/ Julie

Come out to hear current Medicare topics and local resources for Seniors in Charles County. Meet privately with Aging & Disability Resource Specialist, Julie Hammonds, for assistance needs. Appointment required!

Tuesdays, October 12 & 26, 10 a.m. Fee: FREE

### Therapeutic Tuesdays

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

Tuesday, October 12, 10 a.m. Fee: Donation

### Tough Topic Thursday

Many of us are turning to herbs as an alternative to OTC drugs. As a follow-up to the August "Lunch with the Doc" we will discuss the difference between herbs and spices. The herb Ashwagandha will be discussed in detail.

Thursday, October 21, 11 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, October 21, 11:30 a.m. Fee: FREE

## Outdoor Programs

### Tai Chi with Cynthia Simmons

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

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

### Outdoor Game Circuit

Get a chance to play like children. Parachute, bocce ball, cornhole and more.

Monday, October 4, 1:15 p.m. & Wednesday,  
October 27, 11:15 a.m. Fee: FREE

### Farmer's Market

Load up on fresh produce at a pop-up Farmer's Market. Farmer's Market coupon will be accepted. The Farmer's will be on the Village Green.

Tuesday, October 5, 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	Billiards/Cards .....9:00 Jinger & Total Body Conditioning .....9:15 AFEP .....11:00 <b>Hola Lola .....1:00</b>	Billiards/Cards .....9:00 Tai Chi for Health.....9:00 Fitness w/Nate .....10:15	Billiards/Cards .....9:00 Canvas Painting.....10:00 AFEP .....11:00 Fitness w/Lamont .....1:00	<b>I want the World to be better because I was here.. Will Smith</b>
 <p><b>October brings pumpkin lattes, harvest of bountiful fruit, warm sweaters and children called “trick or treaters”.</b></p>				<b>1</b>  <b>Centers Closed</b>
<b>4</b> Bingo .....9:30 Outdoor Game Circuit .....1:15	<b>5</b> Council Meeting .....9:30 <b>Farmer’s Market . . .10:00</b> <b>Fall Fest .....10:30</b>	<b>6</b> Pokeno .....10:00	<b>7</b> Board Games/Puzzles.....9:15 Fitness Orientation .....2:00	<b>8</b>  <b>Centers Closed</b>
<b>11</b> <b>Columbus Day Holiday</b> 	<b>12</b> Therapeutic Tuesdays . . .10:00 Aging Resource Outreach....10:00 Pastor Chris & Friends.....1:00	<b>13</b> Cornhole.....10:30 <b>Fall Fotos . . . . .11:30</b>	<b>14</b> <b>Homemade Salsa .....10:30</b> Fall Fotos . . . . .11:30	<b>15</b>  <b>Centers Closed</b>
<b>18</b> Bingo .....9:30 Fall Foto Craft . . . . .1:00	<b>19</b> <b>Workout for Wellness....9:15</b> Jewelry Club . . . . .9:30	<b>20</b> Pokeno . . . . .10:00 Fall Foto Craft . . . . .1:00	<b>21</b> <b>Tough Topic Thursday . . . . .11:00</b> <b>Grocery Bag Distribution . . . . .11:30</b>	<b>22</b>  <b>Centers Closed</b>
<b>25</b> Sewing 101 .....9:30 <b>No Bingo Today</b>	<b>26</b> National Pumpkin Day .....10:00 Aging Resource Outreach....10:00	<b>27</b> <b>National Senior Health &amp; Fitness . . .10:00</b> Outdoor Game Circuit.....11:15	<b>28</b> <b>Halloween Bingo . . .9:30</b>	<b>29</b>  <b>Centers Closed</b>



## Fall Festival

Join us on the Indian Head Village Green for this outside event as we celebrate the end of summer and the beginning of cooler days. Start the day at 9 a.m. with a walk with Debi. Welcome the Farmer’s Market at 10 a.m. The Hometown Band will add R&B, Oldies, Country, and some Blue Grass tunes to our celebration from 11 a.m. to 1 p.m. Enjoy the show by bringing your own chair, water, and lunch. Limited snacks and water will be available. Expect door prizes, 50/50 and loads of fun. Rain date, Wednesday, October 20.

**This event is sponsored by Warren and Jeanne Bowie. Please register at your Senior Center.**

**Tuesday, Oct. 5, 10:30 a.m. • Fee: Generous Donation**

# 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 and Billiard/Game Room

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

Fee: Free

### Narcotics Anonymous

Tuesdays, 3 p.m. – 4 p.m.

## Recreation Programming

### Register for Recreation Programming

<https://charlescountymd.myrec.com/info/default.aspx>

### Moving and Grooving

Let your kids run, jump, and play to the sounds of music. We'll play short, exciting games to get your little ones moving and grooving. No supplies will be shared. Parent or guardian participation is required. Registration is available online only.

Wednesday, October 6 & 20, 10-10:45 a.m.

Fee: FREE

### Story Time

Come join us for a fun, interactive story and activities! We will read a story and do some interactive activities related to the story's theme. No supplies will be shared. Parent or guardian participation is required. Registration is available online only.

Wednesday, October 6 & 20, 11-11:45 a.m.

Fee: FREE

## Senior Center Programs

### Senior Tech

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

Mondays, 9 a.m.

Fee: FREE

### Coloring Group

Beginning in October, the Coloring Group will begin working through Veronica Winters' "How to Color Like an Artist" workbook. Participants will be given instructions on how to blend and shade using colored pencils.

Tuesdays, 9 a.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

### Nickel Bingo

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

Thursdays, 1 p.m.

Fee: \$.05 a card

### Artistic Aesthetics

Weekly project to express your creativity. Fee due at registration. Prior registration required. Limited availability.

Monday, October 4, 1 p.m. – Fairy House

Fee: \$2

Monday, October 18, 1 p.m. – Fall Tote Bag

Fee: \$2

Monday, October 25, 1 p.m. – Harvest Wreath

Fee: \$5

### Myers-Briggs Test & Results

The Myers-Briggs Type Indicator questionnaire is designed to identify your personality type to help understand behavior. This two-part workshop will involve taking the assessment in session one and going over your results in session two.

Wednesday, October 6 & 13, 1 p.m. Fee: FREE

### Information & Assistance w/ Julie

Come out to hear current Medicare topics and local resources for Seniors in Charles County. Meet privately with Aging & Disability Resource Specialist, Julie Hammonds, for assistance needs. Appointment required!

Thursday, October 21, 10 a.m. -12 p.m.

Fee: FREE

### Costume Jewelry Swap

Have beautiful costume jewelry that you no longer wear? Still in good condition? Bring it to our costume jewelry swap. Receive a ticket per item donated and swap it out for another piece.

Wednesday, October 27, 1 p.m.

Fee: Participants bring costume jewelry to exchange

### New Hope Community

#### Grocery Giveaway

Stock your pantry with groceries. New Hope Community is providing an outreach event. Available first come, first serve.

Thursday, October 28, 11:30 a.m.

Fee: FREE



## Senior Fitness

### Tai Chi

Improve balance, flexibility, and stability

Mondays, 11 a.m.

Fee: FREE

### Flex & Stretch

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

Tuesdays, 10 a.m.

Fee: FREE

### 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

## Senior Council Event

### Breakfast-To-Go

The Nanjemoy Senior Council is offering a Breakfast-To-Go event. Menu options feature pancakes, scrapple, bacon, sausage, fried potatoes, eggs, apple sauce, coffee, orange juice, and apple juice. Menu combinations will be made available onsite.

Saturday, October 9, 8 a.m. - 11 a.m.

Fee: \$1



# 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–Thur

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards.....8:30 Computer Lab .....8:30 Fitness Room . . . . .8:30 Dominos . . . . .1:00 Games/Puzzles . . . . .1:00	Billiards.....8:30 Computer Lab .....8:30 Fitness Room. ....8:30 Dominos . . . . .1:00 Games/Puzzles . . . . .1:00	Billiards.....8:30 Computer Lab .....8:30 Fitness Room. ....8:30 Dominos . . . . .1:00 Games/Puzzles . . . . .1:00	Billiards.....8:30 Computer Lab .....8:30 Fitness Room. ....8:30 Dominos . . . . .1:00 Games/Puzzles . . . . .1:00	<b>Closed During October</b>
				<b>1</b>  <b>Centers Closed</b>
<b>4</b> Senior Tech.....9:00 Senior Council Meeting . . 10:00 Tai Chi.....11:00 Lunch . . . . .12:00 <b>Artistic Aesthetics Fairy House ..... 1:00</b>	<b>5</b> Coloring Group . . . . .9:00 Flex & Stretch . . . . .10:00 Lunch . . . . .12:00 What's the Word . . . . .1:00	<b>6</b> AFEP .....10:00 Lunch . . . . .12:00 <b>Myers-Briggs Test . . 1:00</b>	<b>7</b> Total Body Conditioning .. 10:00 Lunch . . . . .12:00 Nickel Bingo . . . . .1:00	<b>8</b>  <b>Breakfast To-Go Tomorrow 8 a.m. to 11 a.m.</b>
<b>11</b> <b>Centers Closed for Columbus Day</b> 	<b>12</b> Coloring Group . . . . .9:00 Flex & Stretch . . . . .10:00 Lunch . . . . .12:00 What's the Word . . . . .1:00	<b>13</b> AFEP .....10:00 Lunch . . . . .12:00 <b>Myers-Briggs Test . . 1:00</b>	<b>14</b> Total Body Conditioning .. 10:00 Lunch . . . . .12:00 Nickel Bingo . . . . .1:00	<b>15</b>  <b>Centers Closed</b>
<b>18</b> Senior Tech.....9:00 Tai Chi.....11:00 Lunch . . . . .12:00 <b>Artistic Aesthetics Fall Tote Bag . . . . 1:00</b>	<b>19</b> Coloring Group . . . . .9:00 Flex & Stretch . . . . .10:00 Lunch . . . . .12:00 What's the Word . . . . .1:00	<b>20</b> AFEP .....10:00 Lunch . . . . .12:00 <b>Journaling for Mindfulness..... 1:00</b>	<b>21</b> Total Body Conditioning .. 10:00 <b>I &amp; A with Julie..... 10:00</b> Lunch . . . . .12:00 Nickel Bingo . . . . .1:00	<b>22</b>  <b>Centers Closed</b>
<b>25</b> Senior Tech.....9:00 Tai Chi.....11:00 Lunch . . . . .12:00 <b>Harvest Wreathe..... 1:00</b>	<b>26</b> Coloring Group . . . . .9:00 Flex & Stretch . . . . .10:00 Lunch . . . . .12:00 What's the Word . . . . .1:00	<b>27</b> AFEP .....10:00 Lunch . . . . .12:00 <b>Costume Jewelry Swap..... 1:00</b>	<b>28</b> Total Body Conditioning .. 10:00 <b>New Hope Community Grocery Giveaway . . 11:30</b> Lunch . . . . .12:00 Nickel Bingo . . . . .1:00	<b>29</b>  <b>Centers Closed</b>

# WALDORF SENIOR & RECREATIONAL CENTER

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

Get your Latest SCOOP online!

## Special Events & Classes

### Healing Past Covid – It's Time to Move

This course focuses on the mental, physical, and emotional aspect of moving and aging gracefully. Cost includes a copy of the book "Healing Past Covid 19- It's time to Move." Pre-registration required.

Tuesday, October 5, 12 & 19, 10:45 a.m.  
Fee: \$15

### October Birthday Celebration

Join us for our monthly birthday celebration. Another rotation around the sun calls for cupcakes, singing and fellowship! One lucky raffle winner will win \$25! All are welcome. Sponsored by the Waldorf Senior Center Council.

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

### Grocery Bag Distribution

New Hope Community Outreach Organization provides a bag of groceries to anyone who signs up. One bag per household. Pre-registration required.



Thursday, October 7, 11:30 a.m. Fee: FREE

### Breast Cancer Awareness Workouts

In lieu of fitness cards, today's classes will be by donation with all proceeds benefiting Sister's at Heart Breast Cancer Awareness. Wear your pink!

Tuesday, October 19. Each fitness class on 10/19.  
Fee: Donations

### Boo Bingo

Join us at this FREE bingo event! Everyone who comes in costume will get a candy bar & will be asked to join a group photo. Free to play & win! Sponsored by the Waldorf Senior Center Council.

Wednesday, October 27, 10:30 a.m. Fee: FREE

## Community

### Lunch & Learn Clear Captions

If you have difficulty hearing over the phone, get your free phone along with the free home phone line! Join to learn more and enjoy a complementary lunch. Pre-registration required by Monday, Oct. 4 to receive the lunch.

Wednesday, October 6, Noon Fee: FREE

### Center Orientation

Join us for a center tour and overview of programs.

Monday, October 4, 10 a.m. Fee: FREE

### Pastor Chris & Friends

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

Tuesday, October 5, 1 p.m. Fee: FREE

### CPR/First Aid Training

This CPR course is designed to provide the fundamental skills and confidence to perform CPR and First Aid on adult, children, or infants. Pre-registration required.

Wednesday, October 13, 9:15 a.m.-Noon  
Fee: \$25

### Senior Head Shots

Have your portrait taken alone or with a partner. Cost includes 2 5x7 prints and an electronic copy for those with email. Pre-registration encouraged.

Monday, October 25, 10 a.m. – Noon  
Fee: \$2

### 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, October 5 & 26, 9:30 a.m. Fee: FREE

### Widow to Widow Support Group

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

Monday, October 25, 10 a.m. Fee: FREE

### Tech Time

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

Wednesday, October 13, 11:30 a.m. Fee: FREE

### Medicare Q & A

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

Thursday, October 28, 10 a.m. Fee: FREE

## Senior Fitness

### Arthritis Foundation Exercise Program (AFEP)

Wednesdays, 10:30 a.m. Fee: FREE

### Zumba w/ Cali

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

### Total Body Conditioning

Tuesdays and Thursdays, 9:30 a.m.

Fee: Fitness Card

### Enhance Fitness

Mondays & Wednesdays 1 p.m. Fee: FREE

### Tai Ji Quan

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

### Line Dancing

No line dance experience necessary.

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

get motivated

# FITNESS

### WSRC Fitness Room

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

Monday to Thursday, 9:00 a.m. - 3:30 p.m.

### Yoga

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

### Small Group Fitness

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

### Fitness Room Orientation

Mandatory before first use of fitness room. Registration required.

Thursday, October 7 & 21, 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.

Tuesdays, 10 a.m. Fee: FREE

### Pumpkin Carving

Join us to carve or paint a pumpkin! All supplies included. Pre-registration required by Monday, Oct. 18.

Wednesday, October 20, 10:30 a.m. Fee: \$3

### WALDORF BINGO

#### THURSDAYS:

#### How It Works

Players must purchase sheets daily. There are 25 games to play, winnings determined by number of purchased players. Bingo card sales run from 9:30 am-10:15 am. **Bingo cards will not be sold after 10:15 am.** 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.–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 . . . . .9:00 Open Studio Art. . . . .10:00 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>Centers Closed</b>
<b>4</b> Zumba . . . . .9:30 <b>Walk with Ease . . . . .10:00</b> <b>Center Orientation . . 10:00</b> Chair Yoga . . . . .10:30 Enhance Fitness . . . . .1:00	<b>5</b> <b>Mobile Library. . . . .9:30</b> Total Body Conditioning. . . . .9:30 Yoga . . . . .10:30 Healing Past Covid-19 It's Time to Move . . . . .10:45 <b>Walk Maryland Day . . . . 11:00</b> <b>Walk with Ease . . . . .11:00</b> Line Dancing . . . . .11:30 <b>Pastor Chris &amp; Friends . . 1:00</b> Tai Ji Quan . . . . .1:00	<b>6</b> <b>October Birthday Celebration . . . . .10:00</b> <b>Walk with Ease . . . . .10:00</b> AFEP . . . . .10:30 Small Group Fitness . . . . .11:30 <b>Clear Captions . . . . .12:00</b> Enhance Fitness . . . . .1:00	<b>7</b> Total Body Conditioning. . . . .9:30 Watercolors . . . . .10:00 <b>Bingo . . . . .10:30</b> <b>Fitness Room Orientation . . . . .11:15</b> <b>Grocery Bag Dist . . . . 11:30</b> Tai Ji Quan . . . . .1:00	<b>8</b> <b>Centers Closed</b>
<b>11</b> <b>Centers Closed for Columbus Day</b> 	<b>12</b> Total Body Conditioning. . . . .9:30 Yoga . . . . .10:30 Healing Past Covid-19 It's Time to Move . . . . .10:45 <b>Walk with Ease . . . . .11:00</b> Line Dancing . . . . .11:30 Tai Ji Quan . . . . .1:00	<b>13</b> <b>CPR/First Aid Training . . 9:15</b> <b>Walk with Ease . . . . .10:00</b> AFEP . . . . .10:30 Small Group Fitness . . . . .11:30 <b>Tech Time . . . . .11:30</b> Enhance Fitness . . . . .1:00	<b>14</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>15</b> <b>Centers Closed</b>
<b>18</b> Zumba . . . . .9:30 <b>Waldorf Senior Center Council. . . . .9:30</b> Walk with Ease . . . . .10:00 <b>Chair Yoga . . . . .10:30</b> Enhance Fitness . . . . .1:00	<b>19 Breast Cancer Awareness Workout for Wellness</b> Total Body Conditioning. . . . .9:30 Yoga . . . . .10:30 Healing Past Covid-19 It's Time to Move . . . . .10:45 <b>Walk with Ease . . . . .11:00</b> Line Dancing . . . . .11:30 Tai Ji Quan . . . . .1:00	<b>20</b> <b>Walk with Ease . . . . .10:00</b> <b>Pumpkin Carving . . . . 10:30</b> AFEP . . . . .10:30 Small Group Fitness . . . . .11:30 Enhance Fitness . . . . .1:00	<b>21</b> Total Body Conditioning. . . . .9:30 Watercolors . . . . .10:00 <b>Farmer's Market . . . . 10:00</b> <b>Breast Cancer Bingo . . . 10:30</b> <b>Fitness Room Orientation . . . . .11:15</b> Tai Ji Quan . . . . .1:00	<b>22</b> <b>Centers Closed</b>
<b>25</b> Zumba . . . . .9:30 <b>Walk with Ease . . . . .10:00</b> <b>Widow to Widow . . . . 10:00</b> Senior Head Shots. . . . .10:00 Chair Yoga . . . . .10:30 Enhance Fitness . . . . .1:00	<b>26</b> <b>Mobile Library. . . . .9:30</b> Total Body Conditioning. . . . .9:30 Yoga . . . . .10:30 <b>Walk with Ease . . . . .11:00</b> Line Dancing . . . . .11:30 <b>Showstoppers . . . . .11:30</b> Tai Ji Quan . . . . .1:00	<b>27</b> <b>Walk with Ease . . . . .10:00</b> <b>Boo Bingo . . . . .10:30</b> AFEP . . . . .10:30 Small Group Fitness . . . . .11:30 Enhance Fitness . . . . .1:00	<b>28</b> Total Body Conditioning. . . . .9:30 Watercolors . . . . .10:00 <b>Medicare Q &amp; A . . . . .10:00</b> <b>Bingo . . . . .10:30</b> <b>Intro to Pickleball. . . . 11:00</b> Tai Ji Quan . . . . .1:00	<b>29</b> <b>Centers Closed</b>

## Breast Cancer Bingo

Join us on Thursday, October 21 as we support Sisters at Heart Breast Cancer Awareness Group. In addition to our usual Thursday Bingo, there will be a special 50/50 fundraising raffle with proceeds benefiting Sisters at Heart! There are 25 games to play, winnings determined by number of purchased players. Bingo card sales run from 9:30 am–10:15 am. Sponsored by the Waldorf Senior Center Council.

**Thursday, October 21, 10:30 a.m. Fee: FREE**

## Breast Cancer and your diet.

According to the American Cancer Society, diet, physical activity, and alcohol consumption have a direct relationship with breast cancer risks.

Dietary patterns rich in plant foods and low in animal products and refined carbohydrates can lower risks.

The Mediterranean Diet pattern lowers risk.

Consumption of non-starchy vegetables and/or vegetables rich in carotenoids may lower risk of estrogen receptor-negative breast cancer.

Carotenoid rich foods: Apricots, asparagus, beets, broccoli, cantaloupe, carrots, corn, kale, mangoes, mustard and collard greens, nectarines, peaches, pink grapefruit, pumpkin, squash (yellow and winter), sweet potato, tangerines, tomatoes, and watermelon can lower risks.

Diets higher in calcium and calcium-rich dairy may reduce risk. Alcohol use increases the risk for both pre- and post-menopausal breast cancer.

## Walk Maryland



**Tuesday, October 5**

Walking is the easiest, most inexpensive, and fun way to get your steps in! Let's walk! Meet us at one of the locations listed below for a fun group walk!

**Indian Head Senior Center 9 a.m.**

**Waldorf Senior Center 10 a.m.**

**Laurel Springs Park 12 p.m.**

## Biking with Nate

Friday, October 8 & 22, 10 a.m.

Indian Head Rail Trail • (White Plains side)

## Walk to End Alzheimer's

Raise money, raise awareness, and support those who suffer from this crippling disease. Our team is "Charles County Senior Centers".

To register or donate online go to: [www.alz.org](http://www.alz.org) and find our team.

**La Plata Town Hall, Saturday, October 2nd, 11:00 a.m.**



## Walk With Ease \*NEW SESSION

Reduce the pain and discomfort of arthritis and help with balance and strength. If you feel that you need a little guidance with your walking program or have any form of arthritis, this program can help. Class runs for 6 weeks. All materials and books included.

Waldorf Senior Center Registration required by calling 240-448-2810. Fee: FREE

Mondays & Wednesdays @ 10 a.m.; Tuesdays @ 11 a.m.

## Pickleball Basics

Are you curious about what Pickleball is or want to learn the basics in a fun and friendly environment? Come to Intro to Pickleball where Nate Schultz, Fitness Specialist, will teach you the rules and the basics to play. Pickleball is a paddle sport with combined elements of tennis and ping pong. The ball moves slower than tennis, and the court is smaller making it ideal for seniors. Pickleball specifically works on your balance and agility while it also offers the same benefits of other regular exercise.

**Thursday, October 14 & 28 11 a.m.**

**Waldorf Senior Center**

**Fee: FREE**

## Small Group Fitness

Perfect class for those new to fitness or returning. This group provides you personalized workouts that will keep you motivated.

Wednesdays, 9 a.m., Richard R. Clark Senior Center

Fee: Fitness Card

Wednesdays, 11:30 a.m., Waldorf Senior Center

Fee: Fitness Card

## Message from Debi and Nate

It has been so good to see you in our classes. Stay well.

*Debi & Nate*

## Showstoppers

The Showstoppers are back at the Waldorf Senior and Rec Center for a fun-filled program!

**Tuesday, October 26, 11:30 a.m. • Fee: FREE**

# 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.

Skim milk is offered with all meals.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>HELLO OCTOBER</b>				<b>1</b> <b>Senior Centers Closed</b> <b>No Lunch Service</b>
<b>4</b> Salmon Cake Brown Rice Zucchini Blend Biscuit Mandarin Oranges Pineapple Juice	<b>5</b> Chicken Marsala Parsley Potatoes Broccoli Wheat Bread (2) Diced Mangos Apple Juice	<b>6</b> Balsamic Chicken 3 Bean Salad California Blend Vegetables Biscuit Fruit Cocktail Fruit Punch Juice	<b>7</b> Swedish Meatballs w/ Gravy Egg Noodles Sautéed Spinach w/ Garlic Breadstick Mixed Fruit Cup Fruit Punch Juice	<b>8</b> <b>Senior Centers Closed</b> <b>No Lunch Service</b>
<b>11</b> <b>Columbus Day</b>  <b>Seniors Centers Closed</b>	<b>12</b> BBQ Beef Cubes Sweet Potato Casserole Broccoli Whole Wheat Bread Fruit Cocktail Orange Juice	<b>13</b> Chicken Parmesan Noodles Roasted Brussel Sprouts Breadstick Diced Mango Fruit Punch Juice	<b>14</b> Lime Basil Baked Whiting w/ Mango Lime Salsa Brown Rice Green Beans Biscuit Diced Peaches Grape Juice	<b>15</b> <b>Senior Centers Closed</b> <b>No Lunch Service</b>
<b>18</b> Honey Lime Chicken Roasted Redskin Potatoes Spinach and Arugula Salad Whole Wheat Bread Apricots Orange Juice	<b>19</b> Chophouse Burger w/ Lettuce & Tomato Whole Wheat Bun Orange Glazed Carrots Party Harty Beans Pineapple Chunks Apple Juice	<b>20</b> Curry Chicken Brown Rice Carrots and Green Beans Naan Flatbread Tangy Cherry Salad Pineapple Juice	<b>21</b> Sloppy Joe on Whole Wheat Bun Herb Roasted Potatoes Carrot Raisin Salad Fresh Apple Slices Orange Juice	<b>22</b> <b>Senior Centers Closed</b> <b>No Lunch Service</b>
<b>25</b> Unstuffed Cabbage w/ Ground Turkey Roasted Sweet Potatoes California Blend Veggies Whole Wheat Dinner Roll Pineapple Chunks Pineapple Juice	<b>26</b> Liver and Onions Brown Rice Stewed Tomatoes Corn Bread Apricots Apple Juice	<b>27</b> Beef and Noodles Roasted Zucchini Roasted Sweet Potatoes Mandarin Oranges Orange Juice	<b>28 BIRTHDAY LUNCH</b> <b>HALLOWEEN LUNCH</b> Meat Lasagna Steamed Broccoli Garlic Breadstick 3 Bean Salad Grapes Pineapple Juice Dbl. Chocolate Cake w/ Orange Sprinkles	<b>29</b> <b>Senior Centers Closed</b> <b>No Lunch Service</b>
<b>Charles County Luncheon Program</b> 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. <b>Clark Senior Center . . . . . Tuesday–Thursday</b> <b>Indian Head Senior Center . . . . . Monday–Thursday</b>				<b>Available at Noon • Days Vary By Center</b> <b>Nanjemoy Senior Center . . . . . Monday–Thursday</b> <b>Waldorf Senior Center . . . . . Monday–Thursday</b> 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 and Charles County Senior Center Facebook Page. Call 301-934-9305 or 301-870-3388 and immediately press extension 5197 for delays and cancellation listings.

## New Sights to See

**Trips sponsored by Action Travel Tours 301-645-1770**

**\*\* 2N1 Senior Club Sponsored Trip**

**Check out the many options to explore and make new memories. Inquire with Action Travel Tours about the various other opportunities available.**

**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.

**December 2, 2021: Holiday Celebration at Winterthur and Longwood Gardens.** 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.

## Looking Towards 2022

**\*\*May 23-30, 2022: California Dreamin' Monterey, Yosemite, and Napa. with Optional 2 Night San Francisco Post Tour Extension.** This is a leisurely travel itinerary that is the essence of Northern California, from fine wine and freshly caught seafood to vibrant cities and nature on an epic scale. Discover Monterey's Fisherman's Wharf and Sacramento's Old Town. Witness the stunning views along 17 Mile Drive. Meet a local farmer and taste his farm's produce. Marvel at the unspoiled beauty of Yosemite National Park. Glide on the pristine waters of Lake Tahoe on a paddle wheeler. Sip local wines in Napa Valley and enjoy a farm-to-table lunch. From \$3,009 per person double occupancy including air from BWI



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

**June 13-17, 2022: Action Travel Tours' 35th Annual Mystery Trip** Third Times the Charm. Let's add a little adventure to your life...Sign up for the Original Southern Maryland Mystery Trip and travel with Action Travel Tours to a destination unknown. Help us celebrate 35 years of Mystery Itineraries, Friendships and Memories!! First Clue: No repeat of our 2019's Mystery Destination of Salem, Rockport and Gloucester, MA.

**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.

**NEW\*\*August 5-12, 2022: Colorado's Historic Trains with Mayflower Tours.** Experience 6 scenic rail excursions: Pikes Peak Cog, Cripple Creek & Victor Narrow Gauge, Royal Gorge, Cumbres & Toltec Scenic, Durango & Silverton Narrow Gauge and Leadville Colorado and Sothern Railroad. Also, visit the beautiful Rocky Mountain National Park and tour Mesa Verde National Park with its amazing cliff dwellings home to the Anasazi Indians.

