

The SCOOP

Charles County's Senior Center News



NOVEMBER 2021

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 November.



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.

November Holidays

Senior Centers will be closed on Thursday, November 11, in observance of Veteran's Day. Senior Centers will also be closed Thursday, November 25 and Friday, November 26 for the Thanksgiving Holiday.

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 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

What is SHIP?

The State Health Insurance Assistance Program (SHIP) provides free individualized information, education and unbiased counseling to Medicare beneficiaries and their families regarding Medicare health insurance and related programs. SHIP is located within Charles County Government, Department of Community Services, Aging and Human Services Division. We strive to educate our residents in making informed health care decisions and to get the most value for their health insurance dollars.

SHIP is a federally funded grant program administered by the Maryland Department of Aging on behalf of the Administration for Community Living and the Centers for Medicare & Medicaid Services. Each state and US territory offers a SHIP program. Staff and volunteers are trained and certified to provide you with the most up-to-date information regarding Medicare benefits and other health insurance options. We can be reached at 301-609-5712 and 301-934-0118.

SHIP can help:

- Provide educational materials, brochures, etc.
- Teach beneficiaries to assess their needs and navigate the enrollment process
- Review and evaluate plan options and pricing
- Provide speakers and presentations for community groups
- Screen for financial assistance available through State and local resources
- Understand Medicare, your rights, filing claims and appeals for services.



MEDICARE OPEN ENROLLMENT / Oct. 15 – Dec. 7

Medicare.gov

Medicare Open Enrollment

Open enrollment is the time for Medicare beneficiaries to review their Medicare Prescription Drug Plans and make any necessary changes. New beneficiaries can select a plan and learn how the plan works and existing enrollees can change and update their plans.

Open enrollment begins **October 15 and will end December 7**. Senior Health Insurance counselors (SHIP) will be available to assist you during this enrollment period.

Please call the SHIP office at 301-934-0118 to schedule an appointment. Walk-ins ARE NOT accepted during open enrollment.



MEDICARE OPEN ENROLLMENT / Oct. 15 – Dec. 7

COMPARING
PLANS HAS
NEVER BEEN
EASIER.

Medicare.gov

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. Reminder to bring your Medicare card and list of prescriptions. Appointment is required. Contact the SHIP office to schedule at 301-934-0118.

November 9 & 10

Nanjemoy Senior Center

November 17 & December 2

Richard R. Clark Senior Center



National Family Caregivers Month

Celebrated every November, National Family Caregivers Month (NFCM) is a time to recognize and honor family caregivers across the country. It offers an opportunity to raise awareness of caregiving issues, educate communities, and increase support for caregivers.

Families are the primary source of support for older adults and people with disabilities in the U.S.

Many caregivers work and also provide care, experiencing conflicts between competing responsibilities. Research indicates caregiving also takes a significant emotional, physical, and financial toll. With nearly half of all caregivers over age 50, many are vulnerable to a decline in their own health. Studies show that coordinated support services can reduce caregiver depression, anxiety, and stress, and enable them to provide care longer, which avoids or delays the need for costly institutional care. If you are a caregiver or know a caregiver, we thank you for your selfless act. You are important and vital to the aging of your loved ones and your work does not go unnoticed.

Information provided by www.acl.gov.

Caregivers Corner

Enjoying the holidays as a caregiver

The holidays can be a wonderful but stressful time of the year. It is important to remember seniors with a diagnosis of dementia feel the stress of the holidays in a different way. They may not be concerned with the perfect holiday meal, buying great gifts, or decorating the house. They may be more worried about not remembering a dear niece/nephew, making mistakes that ruin plans, or messing up that traditional family recipe.

Ways to help a senior with dementia during the holidays:

- Prepare your loved one the week prior by talking about plans. For example, who may be visiting with a picture as a reminder if possible.
- Know the limits of your loved one, recognize stress before it becomes overwhelming.
- If crowded situations are difficult for your loved one, try to plan a quiet area away from the large crowd where a few people could visit them at a time.
- Bring familiar items that typically provide comfort, a favorite sweater, a photo album, a magazine, etc.
- Try to plan events around times that the senior is typically at their best.
- Stick to the routine as much as possible.
- Be prepared to end a visit early if needed.
- If you receive an invitation for an event that does not fit well with your loved one, then it is okay to leave them with a trusted back-up provider and enjoy yourself. No guilt necessary.

Information for this article provided by The National Institute on Aging. <https://www.nia.nih.gov/health/holiday-hints-alzheimers-caregivers>

Caregivers Support Group offered in-person at Richard R. Clark Senior Center, November 24, 2021, at 2 p.m.



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. Please note, only two distributions are scheduled for the month of November.

All distributions begin at 11:30 a.m.

November 4 Indian Head Senior Center

November 18 Nanjemoy Senior Center

COVID-19 INFORMATION

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

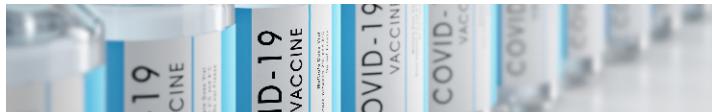
In accordance with updated vaccination guidelines from the U.S. Centers for Disease Control and Prevention (CDC), community members with compromised immune systems are now able to schedule an appointment or walk up to any of the Charles County Department of Health's vaccination clinics to receive a third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

How to Plan Thanksgiving Dinner for a Smaller Group

Even though many Thanksgiving recipes are developed to serve large crowds, cooking the holiday meal for a table of six or less can be an exceptionally special treat. Some people are making Thanksgiving for only their immediate family, which might just be themselves and their partner or spouse. Most recipes for Thanksgiving are designed to serve eight to twelve people, if not more. And no butcher will be able to find you a turkey smaller than ten pounds; twelve is usually the minimum at the grocery store. Here are some tricks for scaling down the menu.



Let's Talk Turkey

First off, do you have to have turkey? Will anyone at your table be completely dejected if there is no turkey? If you have a flexible group, and at this size it is easy to poll them, think outside the box. A small prime rib is really festive, as is a stuffed pork loin or crown roast of lamb. If it doesn't have to be turkey but does need to be a bird, duck or goose are lovely options.

If you absolutely must have turkey, do you need both white and dark meat? A turkey breast is manageable if no one needs a drumstick. Or buy the 14-16-pound turkey and ask your butcher to halve it for you right down the middle of the breastbone, giving you two 7-8-pound turkey halves.

Decide on Sides

For potatoes, plan on one large or two small potatoes worth of mash per person, or one medium sweet potato. Most stuffing recipes can be halved with no loss of quality. If you find recipes that mathematically cannot be shifted, you can often freeze half of the batch of rolls and other breadstuffs.

A Small but Sweet Finish

Desserts, even for a small group, are a really lovely part of Thanksgiving, so don't skimp, but if you want to offer more than one item, think smaller. Many pie recipes can be halved and baked in 6-inch pie plates or tins instead of 9- or 10-inch.

Article from <https://www.myrecipes.com/holidays-and-occasions/thanksgiving-recipes/thanksgiving-recipes-for-small-group>



Thankful for You

Reopening our Senior Centers to our Seniors has been the highlight of 2021. We are so thankful to have you back inside our Senior Centers working out, making friends, sharing meals together, laughing, connecting, engaging, crafting, learning, and so much more.

Would you like the County Senior Center SCOOP mailed to you?



The Charles County Department of Aging can now mail a SCOOP to your home! SCOOPs are available virtually, and free at your local senior center, but the ease of getting your very own copy mailed to your home is now available! This program costs \$24 for a year's worth of SCOOPs.

If you are interested in this service, please contact Carolyn Savoy to register at 301-934-5423. Please note: this service is completely optional. SCOOPs will remain free at senior centers while supplies last. This service is being offered on a trial basis.

Volunteers Needed for Christmas Connection Program

Take the opportunity to help our community

Christmas Connection is a volunteer and interagency partnership providing holiday cheer to seniors and families in need. The Charles County Department of Community Services leads the "Adopt-a-Senior" portion of the project and is seeking volunteers to prepare and deliver holiday food baskets to seniors who have been determined to be financially needy and without support of family at the holiday time.

Individuals wishing to volunteer should call the Aging and Human Services Division at 301-934-6737 or hammonju@charlescountymd.gov by Friday, Nov. 5.

Veteran's Day



Managing Diabetes

Diabetes can affect almost every part of your body. Managing your blood glucose, as well as your blood pressure and cholesterol, can help prevent the health problems that can occur when you have diabetes.

Follow your diabetes meal plan.

Choose fruits and vegetables, beans, whole grains, chicken or turkey without the skin, fish, lean meats, and nonfat or low-fat milk and cheese. Drink water instead of sugar-sweetened beverages. Choose foods that are lower in calories, saturated fat, trans fat, sugar, and salt.

Make physical activity part of your daily routine.

Set a goal to be more physically active. Try to work up to 30 minutes or more of physical activity on most days of the week. Brisk walking and swimming are good ways to move more.

Cope with your diabetes in healthy ways.

Feeling stressed, sad, or angry is common when you live with diabetes or any chronic disease. Stress can raise your blood glucose levels, but you can learn ways to lower your stress. Try deep breathing, gardening, taking a walk, doing yoga, meditating, doing a hobby, or listening to your favorite music. Try to get 7 to 8 hours of sleep each night helping to improve your mood and energy level. Remember, managing diabetes isn't easy, but it's worth it. **info by: ADA**

Veteran's Day Event

Join us as we thank our Veterans for the sacrifices they have made and continue to make for our nation! Entertainment provided by vocalist Bob Clark. Free for Senior Veterans. Sign up in the program office at the Richard R. Clark Senior Center.

Wednesday, November 10

11 a.m. to 1 p.m.

Fee: \$5 for non-veteran seniors.

Richard R. Clark Senior Center

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.

CLARK SENIOR CENTER

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

Get your Latest *SCOOP* online!

Community

Widow to Widow Support Group

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

Monday, November 8, 1 p.m. Fee: FREE

Chat on Medicare

Korey Hunter will be here to break down the different parts of Medicare and answer your questions.

Tuesday, November 9, 10 a.m. Fee: FREE



Veteran's Day Celebration

Join us as we thank our Veterans for the sacrifices they have made and continue to make for our nation! Entertainment provided by vocalist Bob Clark. Free for Senior Veterans. Sign up in the program office.

Wednesday, November 10, 11 a.m. to 1 p.m. Fee: \$5 for non-veteran seniors.

Email Phishing:

Why Seniors are an attractive target

This presentation will share cyber security skills aimed toward helping protect you and your IT/financial assets.

Monday, November 15 at 11 a.m. Fee: FREE

Historic McConchie One-Room School

Join Bob & Cynthia Sondheimer, Co-chairs of the McConchie One-Room School committee, as they discuss this important piece of history in Charles County.

Tuesday, November 16, 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.

Wednesday, November 17, 9 a.m. Fee: FREE

The History of Thanksgiving

Join Debi Scoggins as she discusses the history of Thanksgiving, some fun facts, along with what it means in today's world.

Wednesday, November 17, 10:30 a.m.

Fee: FREE

Antiques & More

Karen & Artie Maddox from Back Barn

Antiques will be here to help you determine the value of some of those treasured family heirlooms. Bring in your small items for a free appraisal.

Tuesday, November 23, 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.

Thursday, November 4 & 18, 10 a.m. Fee: FREE

Drop-In Sewing

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

Mondays, Wednesdays, and Thursdays, 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

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

Gospel Choir Group

Wednesdays, 2 p.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.

Wednesday, November 3 & 17, 10 a.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, November 4, 10 a.m. – Beginner

Thursday, November 18, 10 a.m. - Intermediate

Fee: \$5 per person

Power over Diabetes Workshop

Take charge of your health and learn how exercise can control diabetes. See page 14 for details.

Monday, November 22, 10:30 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

Senior Fitness

Total Body Conditioning

Overall body workout, emphasis on light weights and ther-a-bands

Mondays, 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, November 10 & 24, 10:00 a.m.

Fee: \$5

Small Group Fitness

See page 14 for more details.

Wednesdays, 9 a.m.

Fee: Fitness Card

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 Sewing Room9:30 Creative Coloring.....10:00 2N1 Social Club.....10:00 Duplicate Bridge10:00 Pokeno11:00 Fitness Total Body Conditioning.....9:00 Drums Alive.....1:00	Billiards.....9:30 Stained Glass9:30 Quilting Class.....9:30 Guitar10:00 Cards & Games10:00 Lunch12:00 Fitness Strength Training.....9:00 Flex & Stretch.....10:00 Line Dance1:00	Billiards.....9:30 Sewing Room OPEN9:30 Crochet/Knitting.....9:30 Acy Deucey10:00 Creative Coloring.....10:00 Lunch12:00 Fitness Powder Puff Billiards.....1:00 Gospel Choir.....2:00 Fitness Small Group Fitness9:00 Breathe Easy10:00 AFEP1:00	Billiards.....9:30 Sewing Room OPEN9:30 Guitar10:00 Pokeno11:00 Lunch12:00 Reflections.....1:00 Fitness Strength Training.....9:00 Zumba11:30 Flex & Stretch.....1:00	
1 Total Body Conditioning.....9:00	2 Guitar10:00	3 Jewelry Club Class.....10:00	4 Conversation & Trivia10:00 Hand & Foot Canasta10:00 Young at HeART.....10:00 Reflections.....1:00	5 Centers Closed
8 Widow to Widow1:00	9 Chat on Medicare10:00	10 Veteran's Day Celebration10:00 Fitness Orientation10:00 Clark Council Meeting.....1:00	11 Veteran's Day Holiday  Centers Closed	12 Centers Closed
15 Email Phishing11:00	16 Stained Glass9:30 McConchie One-Room School.....10:00	17 Medicare Open Enrollment Lab9:00 Jewelry Club Class.....10:00 History of Thanksgiving 10:30	18 Conversation & Trivia10:00 Young at HeART.....10:00 Step Plus10:00	19 Centers Closed
22 Creative Coloring.....10:00 Power over Diabetes ...10:30	23 Antiques & More.....10:00	24 Acy Deucey10:00 Fitness Orientation10:00 Caregivers Support Group2:00	25 Thanksgiving Holiday  Centers Closed	26 Thanksgiving Holiday Centers Closed
29 Billiards.....9:30	30 Strength Training.....9:00			

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 the real feel temperature is 40 degrees or lower.

Special Programs

Decorating with Plants

How's your "interior landscaping"? Houseplants offer physical and mental benefits, while adding a pop of green in your home. Join Cynthia as she shares her plants and surprising reasons to decorate with plants.

Wednesday, November 3, 11:15 a.m. Fee: FREE

Winter Checklist

Winter brings many challenges, especially when you have arthritis. As we approach the colder weather, join us in discussing tips from the Arthritis Foundation on how to prevent winter from knocking you off your feet.

Wednesday, November 3, 1 p.m. Fee: FREE

Thursday Theatre

As we celebrate National Native American Heritage Month, join us for our viewing of 'Smoke Signals' from the Heart by Stephen Hunter. This is the first Indian film, written, performed, and directed by American Indians.

Thursday, November 4, 11 a.m. Fee: FREE



Veteran's Day Ceremony w/the Town

Join the Town of Indian Head and local Veterans' Organization at the Pavilion for an opportunity to honor our men and women who served in the military.

Wednesday, November 10, 11 a.m.

Fee: Donation

Holiday Stress Game

Actually, this game will give you tips to destress during the holidays. Stay for our holiday lunch (sign up required for lunch).

Thursday, November 18, 11:15 a.m. Fee: FREE

Health & Fitness Programs

Fitness Orientation

Schedule time with staff to learn how to use fitness machines and equipment.

Wednesday, November 10, 1 p.m. Fee: \$2

FITNESS

Fitness w/Brittany

Join Brittany as she shares a great workout and health benefits. This class replaces Nate's today only.

Wednesday, November 17, 10:15 a.m.

Fee: Fitness Card

Healthy Holiday Tips from Debi

You really don't have to deny yourself the holiday delicacies. Join Debi as she shares tips that will not tip your scales.

Wednesday, November 24, 1 p.m. Fee: FREE

Jinjer & Total Body Conditioning

Ready for a fun work-out that includes dance steps? Join Jinjer for a total workout guaranteed to give you a good night's sleep.

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

Ongoing Programs

Bingo

Join Allen, our bingo caller, on the first, third and fifth Mondays for nickel bingo. New cage and new supplies provided by the Indian Head Senior Center Council.

Monday, November 1, 15 & 29, 9:30 a.m.

Fee: Nickel/card



Grocery Bag Distribution

New Hope Community Church will be bringing blessings of groceries for your holiday. One bag per household.

Thursday, November 4, 11:30 a.m. Fee: FREE

Sewing 101

Join Martha and Jennifer as they share how you can make a difference in a child's life by making blankets for Project Linus. More projects are planned for the community. Project Linus blankets are donated to the Howard University Medical Center pediatric ward. We also support the Project Linus Chapter at the Clark center. No sewing experience is necessary, just an attitude of sharing and caring.

Monday, November 8 & 22, 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 additional assistance, by making an appointment. See staff or call 301 937-6737 for appointment.

Tuesday, November 9 & 30, 10 a.m. Fee: FREE

Pastor Chris and Friends

Join Pastor Chris for devotionals and singing along with hymns we all know.

Tuesday, November 9, 1 p.m. Fee: FREE

Jewelry Club

We will be making jewelry for the Christmas holiday. Jewelry to keep or jewelry to give as gifts.

Tuesday, November 16, 9:30 a.m.

Fee: Your project

Tough Topic Thursday

No Tough Topic Thursday this month. Enjoy your holiday with your family. I double dog dare you to tell your family how thankful you are for them using specific examples.

Outdoor Programs

Tai Chi for Health

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

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

Outdoor Game Circuit

Bundle up and let's play like children. Parachute, bocce ball, cornhole and more.

Monday, November 1, 15, & 29, 1:15 p.m.

Fee: FREE

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	Billiards/Cards 9:00 Tai Chi for Health 9:00 Fitness w/Nate 10:15	Billiards/Cards 9:00 Canvas Painting 10:00 AFEP 10:00 Fitness w/Lamont 1:00	
1 Bingo 9:30 Outdoor Game Circuit 1:15	2 Council Meeting 9:30	3 Decorating w/Plants 11:15 Winter Checklist 1:00	4 Thursday Theatre 11:00 Grocery Distribution 11:30	5 Centers Closed Send a card to a Veteran.
8 Sewing 101 9:30	9 Information & Assistance w/Julie 10:00 Pastor Chris & Friends 1:00	10 Veteran's Day Celebration with the Town 11:00 Fitness Orientation 1:00	11 Veteran's Day Holiday  Centers Closed	12 Centers Closed Take a Veteran to Lunch
15 Bingo 9:30 Outdoor Game Circuit 1:15	16 Jewelry Club 9:30	17 Fitness Day w/Brittany 10:15	18 Holiday Stress Game 11:15 Holiday Lunch 12:00	19 Centers Closed Plan Your Holiday Meal
22 Sewing 101 9:30	23 Gratitude Reflections 1:00	24 Native American Trivia 11:15 Healthy Holidays Tips from Debi 1:00	25 Thanksgiving Holiday  Centers Closed	26 Thanksgiving Holiday Centers Closed
29 Bingo 9:30 Outdoor Game Circuit 1:15	30 Information & Assistance w/Julie 10:00	 November <i>November is a reflective time of year, To give thanks for those who we hold dear.</i>		

Gratitude Reflections

Gratitude is more than pausing once a year to offer thanks, it's more than a rhyme with attitude. Gratitude creates joy, hope and power. As we prepare our homes, menu, and shopping for our visiting family and friends, let's share ways to consciously do everything with a grateful heart and attitude.

Tuesday, November 23, 1 p.m. • Fee: FREE

thankful

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. – 4p.m.

Recreation Programs

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, November 3 & 17, 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, November 3 & 17, 11 - 11:45 a.m.
Fee: FREE

Intergenerational Programs

McConchie Schoolhouse Presentation

Learn about the McConchie one-room schoolhouse and local history from presenter Charlotte Weirich. All ages are welcome!

Wednesday, November 3, 2 p.m. Fee: FREE

Turkey Treat Bag

It's an early dismissal day! Why not bring your grand kiddos into the senior center for an afternoon craft?! Make turkey treat bags and stuff them with goodies. Prior registration required. Limited availability.

Wednesday, November 10, 2 p.m. Fee: FREE

Senior Center Programs

Medicare Open Enrollment

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. Reminder to bring your Medicare card and list of prescriptions. Appointment is required. Contact the SHIP office to schedule at 301-934-0118.

Tuesday November 9, 10 a.m.- 1 p.m.

Fee: FREE

Wednesday November 10, 10 a.m.- 1 p.m.

Fee: FREE

Power Over Diabetes

See page 14 for more details.

Wednesday, November 17, 1 p.m. Fee: FREE

I & A with 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 additional assistance, by making an appointment. See staff or call 301-937-6737 for an appointment.

Thursday, November 18, 10 a.m. -12 p.m.

Fee: FREE

New Hope Community Grocery Giveaway

Stock your pantry with groceries. Available first come, first serve.

Thursday, November 18, 11:30 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 project to express your creativity. Fee due at registration. Prior registration required. Limited availability. For project information call 301-246-9612.

Mondays, 1 p.m.

Fee: Project Specific

Coloring Group

The Coloring Group is 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

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

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

Walking Club at Friendship Landing Park

Centers closed on Fridays? Join us at Friendship Landing Park for Walking Club. Get your steps with pals as we enjoy the beauties of nature.

Fridays, 10 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-Thur

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards.....8:30 Computer Lab.....8:30 Fitness Room.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles.....1:00	Billiards.....8:30 Computer Lab8:30 Fitness Room.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00	Billiards.....8:30 Computer Lab8:30 Fitness Room.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00	Billiards.....8:30 Computer Lab8:30 Fitness Room.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00	Centers are closed on Fridays in November
1 Senior Tech.....9:00 Senior Council Meeting...10:00 Tai Chi11:00 Artistic Aesthetics.... 1:00	2 Coloring Group.....9:00 Flex & Stretch.....10:00 Mobile Library11:00 What's the Word1:00	3 AFEP10:00 Lunch12:00 McConchie Schoolhouse Presentation 2:00 PreK Programs Moving and Grooving 10:00 Story Time 11:00	4 Total Body Conditioning .. 10:00 Nickel Bingo 1:00	5 Walking Club @ Friendship Landing Park10:00 Centers Closed
8 Senior Tech.....9:00 Tai Chi11:00 Artistic Aesthetics.... 1:00	9 Coloring Group.....9:00 Flex & Stretch.....10:00 Medicare Open Enrollment Lab 10:00 What's the Word1:00	10 AFEP10:00 Medicare Open Enrollment Lab 10:00 Health Matters.....1:00 Turkey Treat Bag 2:00	11 Veteran's Day Holiday  Centers Closed	12 Walking Club @ Friendship Landing Park10:00 Centers Closed
15 Senior Tech.....9:00 Tai Chi11:00 Artistic Aesthetics.... 1:00	16 Coloring Group.....9:00 Flex & Stretch.....10:00 What's the Word1:00	17 AFEP10:00 Power Over Diabetes . 1:00 PreK Programs Moving and Grooving 10:00 Story Time 11:00	18 Total Body Conditioning .. 10:00 I & A with Julie.....10:00 Grocery Distribution 11:30 Nickel Bingo.....1:00	19 Walking Club @ Friendship Landing Park10:00 Centers Closed
22 Senior Tech.....9:00 Tai Chi11:00 Artistic Aesthetics.... 1:00	23 Coloring Group.....9:00 Flex & Stretch.....10:00 Mobile Library11:00 What's the Word1:00	24 AFEP10:00 Health Matters.....1:00	25 Thanksgiving Holiday  Centers Closed	26 Thanksgiving Holiday Centers Closed
29 Senior Tech.....9:00 Tai Chi11:00 Artistic Aesthetics.... 1:00	30 Coloring Group.....9:00 Flex & Stretch.....10:00 What's the Word1:00			

WALDORF SENIOR & RECREATIONAL CENTER

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

Get your Latest SCOOP online!

Special Events

12 Days of Christmas Raffle

12 Days of Christmas Raffle is coming soon! Be on the lookout for more details. Proceeds benefit the Waldorf Senior Center Council.

Center Orientation

Curious about the Waldorf Senior Center? Join us for a center tour and overview of programs. Monday, November 1, 10 a.m. Fee: FREE

November Birthday Celebration

Join us to celebrate those born in the month of November. Another rotation around the sun calls for cupcakes, singing and fellowship! All are welcome. Sponsored by the Waldorf Senior Center Council.

Thursday, November 4, 12:30 p.m. Fee: FREE

Power Over Diabetes

Take charge of your health and learn how exercise can control diabetes through exercise. You will take part in a 30-minute exercise program. Wear comfortable clothing. Facilitator: Debi Shanks

Monday, November 8, 10 a.m. Fee: FREE

Safe Driving Tips

Attending this presentation will raise awareness on how to stay safe while driving and may add some tips you had not thought of.

Wednesday, November 10, 10 a.m. Fee: FREE

Hot Cocoa Bar

Warm your heart and soul by joining us for a hot beverage. We'll have coffee, tea, and hot chocolate, toppings too! Sponsored by the Waldorf Senior Center Council.

Thursday, November 18, 10 a.m. Fee: FREE

Classes & Community

Let's Play Spades

Ever heard of Deluxe Spades? Come learn how to play! Please sign-up so we can gauge interest.

Tuesday, November 2, 10:30 a.m. Fee: FREE

Pastor Chris & Friends

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

Tuesday, November 2, 1 p.m. Fee: FREE

Basketball Shoot Around

Love basketball? Need others to shoot hoops with? Join Robert Wingo, Program Assistant, as he leads everyone through shooting hoops.

Wednesday, November 3, 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, November 9 & 30, 9:30 a.m.

Fee: FREE

Inspirations

Wednesday, November 10, 1 p.m. Fee: FREE

Widow to Widow Support Group

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

Monday, November 22, 10 a.m. Fee: FREE

Tech Time

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

Monday, November 29, 10:30 a.m. Fee: FREE

Senior Fitness

Zumba w/ Cali

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

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

Enhance Fitness

Mondays & Wednesdays, 1 p.m. Fee: FREE

Line Dancing

No line dance experience necessary.

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

Total Body Conditioning

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 at risk of falling and people with balance disorders.

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, 10:30 a.m. Fee: FREE

Small Group Fitness

See page 14 for more details.

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

Fitness Room Orientation

Mandatory before first use of fitness room. Registration required.

Thursday, November 4 & 18, 11:15 a.m. Fee: \$5

WSRC Fitness Room

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

Weekdays, 9 a.m. – 4 p.m.

Arts & Music

Fall Wreath Craft

Join Rebecca as she helps you create a beautiful fall wreath that can be kept up all season long! All supplies included. Sponsored by the Charles County Arts Alliance. Space limited.

Tuesday, November 16, 10 a.m. Fee: FREE

Open Studio Art

Space available to work on any media of art without instruction. Coloring books and pencils available for use.

Tuesdays, 10 a.m. Fee: FREE

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

Line Dance Party w/ D. & Soul

We'll be grooving to the music with Dee and Reggie! Join us to learn choreographed line dances, no previous experience necessary. This event is sponsored by the Waldorf Senior Council. Lunch is not included in the \$5 fee for the Line Dance Party. Lunch available by donation for those who reserve one by 10 a.m. on Wednesday, November 10. Boxed lunch will be available on this day.

Wednesday, November 17, 10:30 a.m. - Noon Fee: \$5

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 Racquetball9:30 Cards & Games10:30 Pinochle11:00 Lunch12:00	Fitness Room.....9:00 Racquetball9:00 Open Studio Art.....10:00 Cards & Games10:30 Lunch12:00	Fitness Room.....9:00 Racquetball9:30 Cards & Games10:30 Lunch12:00	Fitness Room.....9:30 Racquetball9:30 Cards & Games10:30 Pinochle11:00 Lunch12:00	
1 Zumba9:30 Center Orientation10:00 Chair Yoga10:30 Enhance Fitness.....1:00	2 Total Body Conditioning.....9:30 Open Studio Art.....10:00 Yoga10:30 Let's Play Spades.....10:30 Line Dancing11:30 Pastor Chris & Friends ...1:00 Tai Ji Quan1:00	3 Basketball Shoot Around10:00 AFEP10:30 Small Group Fitness11:30 Enhance Fitness.....1:00	4 Total Body Conditioning.....9:30 Watercolors10:00 Bingo10:30 Intro to Pickleball.....11:00 Fitness Room Orientation11:15 November Birthday Celebration12:30 Tai Ji Quan1:00	5 Centers Closed
8 Zumba9:30 Power Over Diabetes ...10:00 Chair Yoga10:30 Enhance Fitness.....1:00	9 Mobile Library.....9:30 Total Body Conditioning.....9:30 Open Studio Art.....10:00 Yoga10:30 Line Dancing11:30 Tai Ji Quan1:00	10 Safe Driving Tips.....10:00 AFEP10:30 Small Group Fitness11:30 Enhance Fitness.....1:00 Inspirations1:00	11 Veteran's Day Holiday  Centers Closed	12 Centers Closed
15 Zumba9:30 Waldorf Senior Center Council9:30 Chair Yoga10:30 Enhance Fitness.....1:00	16 Total Body Conditioning.....9:30 Fall Wreath Craft10:00 Yoga10:30 Line Dancing11:30 Tai Ji Quan1:00	17 Line Dance Party.....10:30 AFEP10:30 Small Group Fitness11:30 Enhance Fitness.....1:00	18 Total Body Conditioning.....9:30 Watercolors10:00 Hot Cocoa Bar10:00 Bingo10:30 Fitness Room Orientation11:15 Tai Ji Quan1:00	19 Centers Closed
22 Zumba9:30 Widow to Widow10:00 Thanksgiving Trivia.....10:00 Chair Yoga10:30 Enhance Fitness.....1:00	23 Total Body Conditioning.....9:30 Open Studio Art.....10:00 Yoga10:30 Line Dancing11:30 Tai Ji Quan1:00	24 AFEP10:30 Small Group Fitness11:30 Enhance Fitness.....1:00	25 Thanksgiving Holiday  Centers Closed	26 Thanksgiving Holiday Centers Closed
29 Zumba9:30 Chair Yoga10:30 Tech Time.....10:30 Enhance Fitness.....1:00	30 Mobile Library.....9:30 Total Body Conditioning.....9:30 Open Studio Art.....10:00 Yoga10:30 Line Dancing11:30 Tai Ji Quan1:00			

Diabetes & Fitness

Taking control over your health requires some effort on your part. Obesity and lack of physical activity are major risk factors for the development of diabetes. Not only eating well but getting the right amount of exercise is extremely important. Doing something is better than doing nothing at all. Even if you can do 10 minutes of exercise a day, you can build this into a healthy habit that will have a positive effect for many years to come.

Join Debi Shanks as she goes over the top exercises and helps you design your own fitness routine in this workshop. We will discuss diet and mental health too.

Registration required for this free class.

Waldorf Senior & Rec Center • November 8, 10 a.m.

Nanjemoy Senior Center • November 17, 1 p.m.

Richard R. Clark Senior Center • November 22, 10:30 a.m.



Biking with Nate

Friday, November 12, 10 a.m.

Indian Head Rail Trail (White Plains side)

Park Walks

Join us on the first Monday & Friday of the month at 9 a.m. for a guided group walk at Laurel Springs Park in La Plata.

Small Group Fitness

Attention beginner exercisers!!

Is your body not moving like you want it to? Been inside too long? This class is perfect to get back to the swing of things or for someone new to fitness! The group is small which is intended for personal attention and to focus on you and your path to wellness.

John Lewis is your instructor and is encouraged and motivated to get you moving and strong!

Fee: Fitness Card

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

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

Water Aerobics

November 16 - December 9

Tuesday/Wednesday/Thursday, 9:30 a.m. • Fee: \$30

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, November 4, 11 a.m.

Waldorf Senior & Rec Center

Breathe Easy

Build lung capacity and relax!

This class takes breathing to a whole new level. Specific exercises designed to enhance lung performance and air volume. Accompanied with some stretches your body will thank you for.



Richard R. Clark Senior Center • Wednesdays, 10 a.m.

Fee: FREE

Look at what we are offering!

We have so many fitness opportunities for all fitness levels.

- Aquatics
- Arthritis Foundation Exercise Program (AFEP)
- Breathe Easy
- Enhance Fitness
- Flex & Stretch
- Line Dancing
- Strength Training
- Total Body Conditioning
- Walking
- Drums Alive
- Fitness with...
- Fitness Room
- Pickle Ball
- Tai Chi
- Yoga
- Zumba

Plus, workshops and specialty pop up classes!
What are you waiting for?

Debi & Nate



SENIOR CENTER MENU

1% or skim Milk is offered with all meals
All Juice is 100% Juice

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Salmon Cake Brown Rice Zucchini Blend Biscuit Mandarin Oranges Pineapple Juice	2 Tuna Salad Sandwich on Whole Wheat Bun Cranberry Salsa Salad Pasta Salad Mandarin Oranges Apple Juice	3 Meat Lasagna Green Beans Seasoned Corn Garlic Breadstick Grapes Orange Juice	4 Swedish Meatballs w/ Gravy Egg Noodles Sautéed Spinach w/ Garlic Breadstick Mixed Fruit Cup Fruit Punch Juice	5 Senior Centers Closed No Lunch Service
8 Teriyaki Chicken Brown Rice Stir-fry Vegetables Whole Wheat Dinner Roll Mandarin Oranges Apple Juice	9 BBQ Beef Cubes Sweet Potato Casserole Roasted Broccoli Whole Wheat Bread (2) Fruit Cocktail Orange Juice	10 Chicken Parmesan Herb Noodles Roasted Brussel Sprouts Breadstick Diced mango Fruit Punch Juice	11 Veteran's Day  Senior Centers Closed	12 Senior Centers Closed No Lunch Service
15 Honey Lime Chicken Roasted Redskin Potatoes Herb Green Beans Whole Wheat Bread (2) Apricots Orange Juice	16 Chophouse Burger w/ Lettuce & Tomato Whole Wheat Bun Orange Glazed Carrots Party Harty Beans Pineapple Chucks Apple Juice	17 Curry Chicken Brown Rice Carrots and Green Beans Naan Flatbread Tangy Cherry Salad Pineapple Juice Birthday Cake	18 Thanksgiving Dinner Sliced Turkey + Gravy Mashed Potatoes Stuffing Seasoned Green Beans Whole Wheat Dinner Roll Cranberry Sauce Apple Juice Pumpkin Pie	19 Senior Centers Closed No Lunch Service
22 BBQ Baked Chicken Mashed Potatoes + gravy Roasted Squash Whole Wheat Bread (2) Raisins Grape Juice	23 BIRTHDAY LUNCH Liver and Onions Brown Rice Stewed Tomatoes Cornbread Mandarin Oranges Apple Juice Birthday Cake	24  Thanksgiving No meal service.	25  Thanksgiving No meal service. Senior Center Closed	26  Thanksgiving No meal service. Senior Center Closed
29 Lemon Garlic Baked Cod Roasted Tomatoes Seasoned White Rice Whole Wheat Dinner roll Raisins Fruit Punch Juice	30 Chicken Mushroom Gravy Brown Rice Malibu Blend Vegetables Whole Wheat Dinner Roll Diced Mangos Orange 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....Monday–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



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.

Looking Towards 2022

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.

NEWJuly 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.



NEWAugust 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.

