

The SCOOP

Charles County's Senior Center News

HAPPY

Labor
Day



SEPTEMBER 2024
www.CharlesCountyMD.gov

Get your Latest SCOOP online!

Welcome to the Charles County Senior Centers!

The Charles County Senior Center Mission is to connect older adults to an inclusive community that fosters healthy aging through programs that support independence, wellbeing, and self-expression.

Meet the Team!

- Director of Community Services**, Dina Barclay
- Deputy Director of Community Services**, Laura Gustafson
- Chief of Aging**, Lisa Furlow
- Centers Administrator**, Elizabeth Phipps
- Senior Center Supervisor**, Rachel Gould
- Health Promotion and Physical Fitness Coordinator**, Deborah Shanks
- Aging & Disability Resource Center Manager**, Ruth Anderson-Cole
- Aging & Disability Resource Center Coordinator**, Desiree Hodgson Williams
- Nutritionist**, Brittney Bolin

Come Visit!

Richard R. Clark Senior Center

1210 Charles St., La Plata, MD 20646 • 301-934-5423
Open 9 a.m. to 4 p.m., weekdays • Coordinator:

Indian Head Senior Center

100 Cornwallis Sq., Indian Head MD, 20640 • 301-743-2125
Open 9 a.m. to 3 p.m., Mon./Wed./Fri • Open 9 a.m. to 4 p.m., Tues. & Thurs.
Coordinator: Cynthia Simmons

Nanjemoy Senior & Community Center

4375 Port Tobacco Rd., Nanjemoy, MD 20662 • 301-246-9612
Open 8:30 a.m. to 4:30 p.m. (Senior Room open 9 a.m. to 3 p.m. only), weekdays.
Coordinator: Kimberly Wagner

Waldorf Senior and Recreational Center

90 Post Office Rd., Waldorf, MD 20602 • 240-448-2810, ext. 1
Open 9 a.m. to 4 p.m., weekdays • Coordinator: Ariana Shanks

Senior Center Eligibility Requirements

In accordance with the Older Americans Act, participants must be a resident of Charles County aged 60 or over. Spouses of those aged 60 or over are eligible to participate. Participants must be able to exhibit independence and be self-sufficient in basic needs including: *Restroom use, Eating independently, Move safely and independently throughout the center, Providing and maintaining personal assistive devices and medications without assistance of Senior Center staff.* Each participant must complete an annual center registration form that provides basic information and allows the Aging and Senior Programs Division to document facility usage for funding purposes. Participants must sign in at the Senior Center during each visit and detail the activities they are participating in that day. Disruptive and inappropriate behavior will not be tolerated in the Senior Centers.

Council News for September Sponsored/Hosted Activities & Events

Clark Senior Center N/A	Indian Head Senior Center Shibashi	Nanjemoy Senior & Community Center Senior Council Bingo Fundraiser	Waldorf Senior & Rec Center Bingo Line Dance Party Pokeno
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Credit Cards Now Accepted

You've asked and we've listened! You can now pay for programs with a credit or debit card at the Senior Center!

You can now get digital access to the SCOOP by scanning this QR code!

Never scanned a QR code before? Don't worry! Follow these simple steps!

1. Open the camera app on your phone.
2. Point the camera at the QR code.
3. Tap the banner/website that appear on the phone screen.



This will open the SCOOP webpage on your phone! The SCOOP is now at your finger tips!

Did Your Program Get Promoted

Can't find your weekly scheduled class in the SCOOP? It was there last month, and like magic, it vanished from its normal spot on the calendar? Not to worry! Your favorite weekly program got PROMOTED! That's right, you are now top of the calendar safely notated in the weekly program category. Your program isn't gone, it's made it to weekly rotation! Thanks to you and your dedication this program is now flourishing and is expected every week.

Fitness Card Reminder

Unless a class is noted as FREE, it is mandatory that fitness cards be punched PRIOR to taking a class. If you forgot your fitness card, then you will need to purchase a new card prior to class. Without a card punched prior to class you are not able to participate in the class for that session.

Fitness cards can be purchased from center staff:

10 classes for \$20 or 40 classes for \$60

We value our instructors experience and specialties that bring such top tier classes to our centers. The purchase and usage of these cards help support all our fitness programs at all four senior centers.



Labor Day Closure

All Charles County Senior Centers will be closed on Monday, Sept. 2 for Labor Day.



National Senior Center Month

Celebrated every year in September, National Senior Center Month is a time to shine a light on senior centers, showing the entire nation how vital they are to the health and well-being of a community.

Senior centers have evolved since their beginning in the 1940s, through their inclusion in the Older American's Act in 1973, and up to today. But the mission has remained: to be the local, trusted place in the community that connects people to the programs, services, and opportunities they need to age well.

Senior centers work with community partners to provide access to health, economic security, social engagement, purpose, creativity, mobility, nutrition—all in a social and fun environment. We want to celebrate all senior centers from the smallest to the largest and give you the opportunity to get the word out in ways that resonate with your community.

This September, visit your local senior and celebrate how to be part of Powering Connections.



Senior Center SPIRIT WEEK & Talent Show

As part of our celebration of National Senior Center Month, please join us in our celebration of Spirit Week for Monday, Sept. 23 - Friday, Sept. 27. Each day has a theme and both seniors and staff are encouraged to participate!

Monday, Sept. 23 – Jersey Day

Tuesday, Sept. 24 – Pajama Day

Wednesday, Sept. 25 – 70's Retro Day

Thursday, Sept. 26 – Crazy Hair/Hat Day

Friday, Sept. 27 – Center Colors Day

Richard R. Clark Senior Center – Burgundy

Indian Head Senior Center – Yellow/Gold

Nanjemoy Senior Center – Green

Waldorf Senior & Rec. Center - Purple

The finale to our Spirit Week will be an All-Senior Centers Talent Show held at the Nanjemoy Senior Center. Participants are able to sign up at their local center by completing talent show registration paperwork.

Space is limited. Sign up today!!

Share Your Senior Center Memories

Do you have pictures or a story that you would like to share on our Charles County Senior Center Facebook page?

During the month of September, we will be accepting submissions via email to share on our Facebook page through the end of 2024.

If you are interested in having your story and/or photos shared on our Facebook page, please email Rachel at gouldr@charlescountymd.gov.



Charles County Fair Turns 100! September 12 – 15, 2024

Join us for the 100th Charles County Fair at the Charles County Fair Grounds. It's not too late to register your artwork online too! The last day to register items online is September 8th.



Coming Next Month: Annual Updates

Starting Tuesday, Oct. 1, the senior centers will begin issuing registration paperwork to all attending participants to update their registration. This is a required, annual process needed to receive funds necessary to keep centers open. We appreciate your understanding and cooperation during this time!

Save the Dates: Autumn Fest & Heritage Day

Mark your calendars for both of these big events happening on the western side of Charles County.

Thursday, Oct. 3 - Autumn Fest @ Indian Head Senior Center

Saturday, Oct. 19 - Heritage Day @ Nanjemoy Senior Center

SAVE the DATE



Caregivers Corner

Caregiver Depression: A Silent Crisis

September is National Suicide Prevention Awareness Month, so we want to take some time to highlight important issues close to our caregivers. One of today's all-too silent health crises is caregiver depression. A conservative estimate reports that 20% of family caregivers suffer from depression, twice the rate of the general population.

Caregiving does not cause depression, nor will everyone who provides care experience the negative feelings that go with depression. But in an effort to provide the best possible care for a family member or friend, caregivers often sacrifice their own physical and emotional needs, and the emotional and physical experiences involved with providing care can strain even the most capable person.

People experience depression in different ways; the type and degree of symptoms vary by individual and can change over time. The following symptoms, if experienced for more than two consecutive weeks, may indicate depression:

- A change in eating habits resulting in unwanted weight gain or loss
- A change in sleep patterns—too much sleep or not enough
- Feeling tired all the time
- A loss of interest in people and/or activities that once brought you pleasure
- Becoming easily agitated or angered
- Feeling that nothing you do is good enough
- Thoughts of death or suicide, or attempting suicide

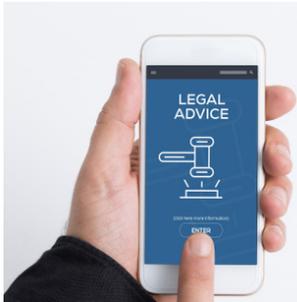
Ongoing physical symptoms that do not respond to treatment, such as headaches, digestive disorders, and chronic pain

The National Institute of Mental Health offers the following recommendations:

- Set realistic goals in light of the depression and assume a reasonable amount of responsibility.
- Break large tasks into small ones, set some priorities, and do what you can as you can.
- Try to be with other people and to confide in someone; it is usually better than being alone and secretive.
- Participate in activities that may make you feel better, such as mild exercise, going to a movie or ballgame, or attending a religious, social, or community event.
- Expect your mood to improve gradually, not immediately. Feeling better takes time.
- It is advisable to postpone important decisions until the depression has lifted. Before deciding to make a significant transition—change jobs, get married, or divorced—discuss it with others who know you well and have a more objective view of your situation.
- People rarely “snap out of” a depression. But they can feel a little better day by day.
- Remember, positive thinking will replace the negative thinking that is part of the depression.
- The negative thinking will be reduced as your depression responds to treatment.
- Let your family and friends help you.

Respite care relief, positive feedback from others, positive self-talk, and recreational activities are helpful in avoiding depression. Look for classes and support groups available through caregiver support organizations to help you learn or practice effective problem-solving and coping strategies needed for caregiving. For your health and the health of those around you, take some time to care for yourself.

Information from: <https://www.caregiver.org/resource/caregiver-depression-silent-health-crisis/>.



Legal Aid
Legal Aid: Sept 9th and Oct 7th
 By appointment **only** at the Richard Clark Senior Center, contact **301-609-5712** to schedule.

Energy Assistance
 The Office of Home Energy (OHEP) helps eligible Maryland residents pay their utility bills, minimize the strain when the cold weather sets in, and make energy costs more affordable by providing grants under the Maryland Energy Assistance Program (MEAP) and the Electric Universal Service Program (EUSP).
 **Applicants must re-apply every year after July 1 for their benefits to continue. ** Seniors age 60+ can obtain information, receive application assistance, or schedule an appointment to apply by contacting our I & A offices 240-448-2816 or 301-609-5712.

Medicare Training
 Are you turning 65 or over 65 and getting ready to retire, receiving Social Security Disability for two years, or caring for a Medicare-eligible loved one? Are you overwhelmed by the TV advertisements and mass amounts of Medicare literature from multiple insurance companies? Your local State Health Insurance Program (SHIP) can help you navigate the Medicare maze. Attend the next Medicare ABC's virtual presentation held through the Charles County Public Library. For questions contact SHIP: 240-448-2816 OR 301-609-5712. The presentation is virtual and the Sign up is available at <https://www.ccplonline.org/>
Wednesday, Sept. 12, 6pm
ABCD's of Medicare - Charles County Public Library
(libnet.info)



Ask SHIP
What is the difference between a denial, billing error, and Medicare fraud?
 Sometimes Medicare denials are the result of a mistake or billing error rather than a decision not to cover a service, item, or medication. If you receive a health service denial from Original Medicare or your Medicare Advantage Plan, always call your doctor's office to ensure they did not make a billing mistake before proceeding with an appeal. If you receive a drug denial, call your plan to check for potential errors before requesting a formal denial notice.
 If you do not recognize or remember receiving the service, item, or medication that was denied, call your provider or pharmacist to ensure a billing error did not take place. Help to protect yourself from Medicare fraud by only giving your information to trusted individuals, such as doctors and pharmacists. You also may want to keep a record/journal of all the medications you purchase and services you receive.
 You may detect fraud by reviewing your **Explanation of Benefits (EOB)**, if you have a Medicare Advantage or Part D plan, or **Medicare Summary Notice (MSN)**, if you have Original Medicare. Compare these notices to your records. Make sure there are no suspicious additional charges or claims for medications or services you never received. Also, be sure that you were not billed multiple times for an item or service.
Contact your Senior Medicare Patrol (SMP) & State Health Insurance Assistance Program (SHIP) at 301-609-5712 (La Plata area residents) or 240-448-2816 (Waldorf area residents) if you have more questions.



COMMON OPEN ENROLLMENT NOTICES



EARLY OCTOBER, YOU WILL START TO RECEIVE NOTICES WITH INFORMATION ABOUT ANY CHANGES TO YOUR COVERAGE FOR THE COMING YEAR.

READ THESE NOTICES SO YOU CAN DECIDE IF YOUR COVERAGE WILL CONTINUE TO MEET YOUR NEEDS OR IF YOU SHOULD CHANGE IT

CLARK SENIOR CENTER

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

Get your Latest SCOOP online!

Program Highlights

Cell Phones at a Glance

Need help with your smart phone? Join Rain Batie, Senior Planet representative, to get some of those questions answered.

Wednesday, Sept. 4, 10 a.m. Fee: FREE

Leaving a Legacy

This is a presentation for people who are interested in learning about tax-free methods to leave your children a legacy, the importance of having a will, final expense information, and how to tell the difference between different types of insurance. Light snacks will be provided.

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

Hypertension Workshop

This workshop is for people who have been diagnosed with hypertension, who want to learn how to better manage their condition. See page 14 for details.

Wednesday, Sept. 11, 10:30 a.m. Fee: FREE

Medicare & Mental Health

Join Barbara Joy to learn what coverage is available, how to stay mentally healthy, and the local resources available to you.

Monday, Sept. 16, 11 a.m. Fee: FREE



Let's Play Family Feud

Join Robin Henderson from Right at Home for a friendly game of Family Feud and learn about in-home care and assistance. Lunch will be provided for those who sign up by Sept. 12.

Tuesday, Sept. 17, 11 a.m. Fee: FREE

Things you need to know about buying & selling a home.

Join Teia Marshall to learn important facts about buying & selling a home.

Monday, Sept. 23, 10:30 a.m. Fee: FREE

Monarch Butterfly Season

Come learn about the beautiful Monarch Butterflies. Learn where to find them, how they migrate, lay eggs, etc.

Wednesday, Sept. 25, 10 a.m. Fee: FREE

Spirit Week & Talent Show

See pg. 3 for more details about the amazing Talent Show and see the front desk to register to compete!

Monday, Sept. 23 – Jersey Day

Tuesday, Sept. 24 – Pajama Day

Wednesday, Sept. 25 – 70's Retro Day

Thursday, Sept. 26 – Crazy Hair/Hat Day

Friday, Sept. 27 – Center Colors Day! Our color is BURGUNDY!

The week will end with a Talent Show at the Nanjemoy Community Center!

Friday, Sept. 27, 10:30 a.m. Fee: FREE

Ongoing Programs

Charles County Mobile Library

Visit the Charles County Mobile Library, located in our parking lot.

Tuesday, Sept. 3 & 24, 10 a.m.- Noon Fee: FREE

Beginners Jewelry Class

Mary Hemmingway will help you create beautiful pieces of beaded jewelry. No experience necessary. Class size is limited, please sign up!

Wednesday, Sept. 4 & 18, 10 a.m. Fee: FREE

Book Club

Led by Nancy Marquardt, Charles County Public Library. Covenant of Water by Abraham Verghese. Please sign up for the time slot of your choice.

Thursday Sept. 5, 1 p.m. & 2:15 p.m. Fee: FREE

Widow to Widow Support Group

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

Monday, Sept. 9, 1 p.m. Fee: FREE

Free Lunchtime Music with Will!

Join us at lunchtime to listen to the acoustic guitar tunes provided by Will Yeckley!

Wednesday, Sept. 11, 11:30 a.m. Fee: FREE

FREE Blood Pressure Checks

Come out and see Khenae Pearson, Nursing Assistant, and get your blood pressure checked.

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

Free Karaoke Day

Tune up those vocal cords and join us for some karaoke fun with DJ Psyborg from Mosquito Cove Digital Magic Entertainment.

Thursday, Sept. 19, 10:30 a.m. Fee: FREE

Easy Listening with Frank

Bring a snack and join us for some relaxing easy listening music provided by DJ Psyborg from Mosquito Cove Digital Magic Entertainment.

Thursday, Sept. 26, 10:30 a.m. Fee: FREE

Greeting Card Making Class

Join Teresa Wearmouth to learn to make your own beautiful greeting cards. Each participant will make 2 complete cards in this class. Sign up and payment required in the program office.

Wednesday, Sept. 25, 10 a.m. Fee: \$5/PP

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. If you are new, we can teach you.

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

Project Linus

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

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

Health & Fitness

Clark Center Fitness Room Orientation

Mandatory before first use of fitness room. Sign up and payment required in the program office. Limited to 6.

Wednesday, Sept. 4 & 18, 10 a.m. Fee: \$5

Therapeutic Yoga

This class is a chair/mat class aimed at improving strength, posture, balance, and freedom of movement. Breathing practices will also be included.

Mondays, 11 a.m. Fee: Fitness Card

Tai Chi

This easy to follow, slow moving form of exercise is excellent for balance, and strengthening the entire body. All fitness levels are welcome in this moving meditation class.

Tuesdays, 2 p.m. Fee: Fitness Card

Wednesdays, 10 a.m. Fee: Fitness Card

Arthritis Foundation Exercise Program (AFEP)

This class focuses on range of motion and gentle exercise for all types of arthritis. Seated and standing exercises done with the use of light weights and thera bands.

Wednesdays, 1 p.m. Fee: FREE

Fridays, 11:30 a.m. Fee: FREE

CLARK SENIOR CENTER

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

Hours: 9 a.m.–4 p.m., Monday–Friday

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards.....9:30 Sewing Room OPEN.....9:30 Coloring & Puzzles.....9:30 2N1 Social Club.....10:00 Duplicate Bridge.....10:00 Fitness Total Body Conditioning.....9:00 Walking at Laurel Springs.....9:00 Pilates.....10:00 Therapeutic Yoga.....11:00 African Dance.....12:00 Drums Alive.....1:00	Billiards.....9:30 Quilting Class.....9:30 Coloring & Puzzles.....9:30 Guitar.....10:00 Cards & Games.....10:00 Stained Glass.....12:00 Lunch.....12:00 Spiritual Enrichment.....1:00 Fitness Strength Training.....9:00 Flex & Stretch.....10:00 Zumba.....11:30 Line Dance.....1:00 Tai Chi.....2:00 Yoga Flow.....3:00	Billiards.....9:30 Sewing Room OPEN.....9:30 Crochet/Knitting.....9:30 Coloring & Puzzles.....9:30 Mah Jong.....10:00 Cards & Games.....10:00 Pokeno.....11:00 Lunch.....12:00 Powder Puff Billiards.....1:00 Gospel Choir.....2:00 Fitness Basic Fitness Training.....9:00 Tai Chi.....10:00 Dance Aerobics.....11:00 Yoga Flow.....12:00 AFEP.....1:00 Core & More.....1:45	Billiards.....9:30 Sewing Room OPEN.....9:30 Coloring & Puzzles.....9:30 Lunch.....12:00 Reflections.....1:00 Fitness Strength Training.....9:00 Step Plus.....10:00 Zumba.....11:30 Pilates.....1:00	Billiards.....9:30 Project Linus.....9:30 Coloring & Puzzles.....9:30 Open Paint Session.....10:00 Guitar.....10:00 Lunch.....12:00 Fitness Total Body Conditioning.....9:00 Chair One Plus.....10:00 AFEP.....11:15 Chair Yoga.....12:00 Line Dance.....2:00
2 Centers Closed 	3 Mobile Library.....10:00 Line Dance.....1:00	4 Beginners Jewelry.....10:00 Fitness Orientation.....10:00 Cell Phones at a glance.....10:00	5 Book Club.....1:00 Book Club.....2:15	6 Hand & Foot Canasta.....10:00
9 Widow to Widow.....1:00	10 Hand & Foot Canasta.....10:00 Leaving a Legacy.....10:30	11 Hypertension Workshop.....10:30 Lunchtime Music with Will.....11:30 Council Meeting.....1:00	12 Hand Dance.....2:00	13 Project Linus Meeting.....9:30 Have Fun at The Fair!
16 Medicare & Mental Health.....11:00	17 Family Feud.....11:00	18 Blood Pressure Check.....10:00 Beginners Jewelry Class.....10:00 Fitness Orientation.....10:00 Buying & Selling a Home.....10:30	19 Free Karaoke Day.....10:30 Liturgical Dance.....2:00	20 Chair One Plus.....10:00 9/21 Walk to End Alzheimer's
23 Drums Alive.....1:00 SENIOR SPIRIT WEEK Jersey Day	24 Mobile Library.....10:00 Tai Chi.....2:00 SENIOR SPIRIT WEEK Pajama Day	25 Monarch Butterfly Season Presentation.....10:00 Greeting Card Class.....10:00 Caregivers Support.....2:00 SENIOR SPIRIT WEEK 70's Retro Day	26 AARP Tax Aide Meeting.....10:00 Free Easy Listening.....10:30 Hand Dance.....2:00 SENIOR SPIRIT WEEK Crazy Hair/Hat Day	27 Hand & Foot Canasta.....10:00 All Centers Talent Show at Nanjemoy.....10:30 SENIOR SPIRIT WEEK Clark Color Day - Burgundy
30 Sisters @ Heart Meeting.....11:00				

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

**Outdoor programs will be canceled due to inclement weather or the feel like temperature is 90 degrees or higher.*

**Indian Head Village Green -
100 Walter Thomas Rd, Indian Head, MD**

Program Highlights

Hypertension Workshop

This workshop is for people who have been diagnosed with hypertension, who want to learn how to better manage their condition. See page 14 for details.

Tuesday, Sept. 10, 9:30 a.m. Fee: FREE

Chair Craft

Join Mary to upgrade old metal folding chairs at the senior center. See staff for more information. All supplies are limited and will be provided.

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

Tuesday, Sept. 17, 9:30 a.m. Fee: FREE

Solo Aging - Benefits & Challenges

No partner or kids? Don't want to move into an assisted living facility or in with your kid? Learn skills to confidently live on your own as you age.

Wednesday, Sept. 18, 10:15 a.m. & 1 p.m.
Fee: FREE

Cooking for Two – Rotisserie Chicken

Join our Nutritionist, Brittney Bolin, as she shares how to prepare a healthy meal without a lot of leftovers. For solo agers cook once and eat twice. Learn how to turn a rotisserie chicken into some fun dinner and snack options.

Wednesday, Sept. 18, 11 a.m. Fee:

FREE Farmers Market with Herbert Farms
Herbert Farms will be onsite with fresh fruits and veggies. eFMNP will be accepted.

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

Fee: Your Purchases

Basket Making

Join Pamela King for a three-hour class of basketry with a lunch break. Leave with a six-inch basket made by you. All supplies will be provided, space is limited. Sign up with Staff.

Monday, Sept. 23, 10 a.m.

Fee: Generous Donation

Candle Making

Back by popular demand. Please sign up with Staff, space is limited.

Tuesday, Sept. 24, 1 p.m.

Fee: Generous Donation

Spirit Week & Talent Show

See pg. 3 for more details about the amazing Talent Show and see the front desk to register to compete!

Monday, Sept. 23 – Jersey Day

Tuesday, Sept. 24 – Pajama Day

Wednesday, Sept. 25 – 70's Retro Day

Thursday, Sept. 26 – Crazy Hair/Hat Day

Friday, Sept. 27 – Center Colors Day! Our color is YELLOW/GOLD!

The week will end with a Talent Show at the Nanjemoy Community Center!

Friday, Sept. 27, 10:30 a.m. Fee: FREE

Ongoing Programs

Bingo

Wednesday, Sept. 4, 9:30 a.m. Fee: 5¢ per card

Mondays, Sept. 16 & 30, 9:30 a.m.

Fee: 5¢ per card

Green Thumb Club

Friday, Sept. 6, 10:30 a.m. Fee: FREE

Project Linus/ Sewing 101

Make a difference in a child's life. No sewing experience necessary.

Monday, Sept. 9, 9:30 a.m. Fee: FREE

Widow & Widower Support Group

Peer support group facilitated by Brenda Dubose.

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

Senior Tech

Sign up with a description of your needs and the PED you need help with.

Wednesday, Sept. 11, 11 a.m. Fee: \$1

Choir Group

Love to sing, this is the group for you.

Mondays, Sept. 16 & 30, 1 p.m. Fee: FREE

Tea Club

Learn about different herbal teas and health benefits. Don't forget your notebook.

Tuesday, Sept. 17, 1 p.m. Fee: FREE

Information & Assistance w/Julie

Meet privately with Aging & Disability Resource Specialist, Julie Hammonds. Make an appointment by calling 301-934-6737.

Tuesday, Sept. 24, 9:30 a.m. Fee: FREE

Book Club – Exiles by Christina Baker Kline

This historical fiction follows three women imprisoned in London unfairly in the early 1900s who are then sent to "the land beyond the seas," Australia. The novel embraces grace through hardship, unbreakable friendships, and a lasting legacy.

Wednesday, Sept. 25, 1 p.m. Fee: FREE

Health & Fitness Programs

Sound Bath

Bathe yourself in sounds that will soothe and relax you.

Friday, Sept. 20, 10:30 a.m. Fee: Donation

Shibashi w/Randi

Practice 18 movements that combines Tai Chi and Qigong. Sponsored by the Indian Head Senior Center Council.

Tuesday, Sept. 24, 3 p.m. Fee: Donation

Pelvic Floor Exercise Part II – Women Only

Enhanced movements for bladder control.

Thursday, Sept. 26, 9:30 a.m. Fee: Donation

Tai Chi for Arthritis II

Outside for students practicing 41 movements while incorporating tai chi principles.

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

Mobility & Balance w/Nieda

Join Nieda as she incorporates functional movement for every-body.

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

AFEP (Arthritis Foundation Exercise Program)

Low-impact exercise program focuses on range of motion while reducing stiffness.

Tuesdays & Thursdays, 11:15 a.m. Fee: FREE

Dance Fit w/ Sha'Meca

Dance your way into weight loss, strong bones, better posture, balance, and de stress!

Mondays, 10:30 a.m. Fee: Fitness Card

Tai Chi for Arthritis: Beginner's Class

Tai Chi for Arthritis using Sun style Tai Chi, focusing on muscle control, stability, balance, and flexibility.

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

Fitness Class w/Veronica

Exercise to promote strength with some laughter.

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

Fitness Orientation

Required before using fitness equipment.

Wednesdays, 2 p.m. Fee: \$5

Fitness Surprise

Games, drums, walks, Cynthia teaching- it's a surprise!

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

Fitness w/Lamont

Cardio, circuit, and strength training.

Thursdays, 1 p.m. Fee: Fitness Card

Kettle Bell

Geared for all levels of fitness to stay strong and agile.

Thursdays, 2:15 p.m. Fee: Fitness Card

Chair Yoga

This gentle form of yoga is encouraged for those who have mobility challenges.

Fridays, 9 a.m. Fee: Fitness Card

Community Programs

Mobile Market Truck

Wednesday, Sept. 25, 11 a.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., Mon./Wed./Fri
9 a.m. to 4 p.m., Tues. & Thurs.

Luncheon at Noon–Reservation/Registration Required
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Fitness Room9:00 Billiards.....9:00 Cards/Games.....9:00 Fitness Tai Chi for Arthritis II.....9:00 Dance Fit.....10:30 Beginner's Tai Chi1:00	Fitness Room9:00 Billiards.....9:00 Cards/Games.....9:00 Fitness Mobility & Balance9:15 AFEP11:15	Fitness Room9:00 Billiards.....9:00 Cards/Games.....9:00 Fitness Tai Chi for Arthritis II.....9:00 Fitness Class.....10:15 Beginner's Tai Chi1:00 Fitness Orientation2:00	Fitness Room9:00 Billiards.....9:00 Card/Games.....9:00 Canvas Painting.....11:00 Fitness Fitness Surprise.....9:30 AFEP11:15 Fitness w/Lamont.....1:00	Card/Games.....9:00 Fitness Room.....10:15 Billiards.....10:15 Fitness Chair Yoga9:00
2 Centers Closed  for Labor Day	3 Council Meeting9:30 Card Making.....1:00	4 Bingo9:30 Paper Dolls.....1:00	5 Paper Airplane Contest.....10:30 Kettle Bell.....2:15	6 Green Thumb Club10:30 Paper Mache Bowls.....11:00 Building Better Caregivers...12:30
9 Project Linus/Sewing 101 ...9:30	10 Hypertension Workshop .9:30 Pastor Chris1:00	11 Widow & Widower Support .10:00 Senior Tech.....11:00	12 Security Day – How Safe Are You?10:30 Chair Craft1:00 Kettle Bell.....2:15 No AFEP	13 Yoga Therapy.....10:30 Have Fun at The Fair!
16 Bingo9:30 Choir Group1:00	17 Chair Craft9:30 Tea Club1:00	18 Solo Aging – Benefits ..10:15 Cooking for Two Rotisserie Chicken11:00 Solo Aging – Challenges ..1:00	19 Herbert Farms.....9:30 Kettle Bell.....2:15	20 Sound Bath10:30 9/21 Walk to End Alzheimer's
23 Basket Making10:00 Fall Prevention Week SENIOR SPIRIT WEEK Jersey Day	24 Information & Assistance with Julie9:30 Candle Making1:00 Shibashi3:00 SENIOR SPIRIT WEEK Pajama Day	25 Yard Sale.....9:30 Mobile Market.....11:00 Book Club.....1:00 SENIOR SPIRIT WEEK 70's Retro Day	26 Pelvic Floor Exercise Part II9:30 Kettle Bell.....2:15 SENIOR SPIRIT WEEK Crazy Hair/Hat Day	27 Center Closed: Report to Nanjemoy All Centers Talent Show at Nanjemoy10:30 SENIOR SPIRIT WEEK IHSC Color Day – Yellow/Gold
30 Bingo9:30 Choir Group1:00				

Security Day - How Secure Are You?

September is National Disaster Preparedness month, but how prepared are we when we don't get an advisory warning? Join Terence McCants, Department of Community Service Building Security Officer, as he explains the importance of our Code of Conduct, remind us of procedures for an active shooter and more. All of this is to keep us informed and mostly safe. Sponsored by the Indian Head Senior Center Council.

Thursday, Sep. 12, 10:30 a.m. • Fee: FREE



NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest SCOOP online!

Program Highlights

Let's Take a Trip

This month let's learn about Japan including historical, geographical, and other interesting facts. We will also sample some Japanese cuisine. Prior signup is required.

Tuesday, Sept. 10, 1 p.m. Fee: FREE

Hypertension Workshop

This workshop is for people who have been diagnosed with hypertension, who want to learn how to better manage their condition. See page 14 for details.

Monday, Sept. 16, 10 a.m. Fee: FREE

Active Shooter Drill

Building Security officer Terence McCants will be here to share and review safety procedures and actions that can be taken in various emergency situations including active shooter scenarios.

Thursday, Sept. 19, 10 a.m. Fee: FREE

Medicare Presentation

Julie Hammonds will be here to provide and answer questions about the current updates for Medicare. I&A appointments start at 9:30 a.m.

Thursday, Sept. 19, 12:30 p.m. Fee: FREE

Senior Council Bingo Fundraiser

Evening nickel bingo with the Nanjemoy Senior Center Council. Food sales at the event to benefit the senior council on behalf of the Nanjemoy Senior and Community Center.

Friday, Sept. 20, 5 p.m. Fee: 5¢ per card

Senior Center Spirit Week:

Decades Luncheon and Talent Show

Join us for a fun filled, spirited week to celebrate National Senior Centers Month. Show your spirit for your center by participating in themed days. The week will finish with an all-centers talent show at 10:30 a.m.

Monday-Friday, Sept. 23-27 Check the calendar for each day's events. See pg. 3 for more information.

Ongoing Programs

Artistic Aesthetics

Weekly project to express your creativity. Fee due at registration. Prior signup is required. Limited space available.

Mondays, 1 p.m.,

Fall Topiary, Sept. 9 Fee: \$5

Casual Crafting, Sept. 16 Fee: FREE

Fabric Pumpkins, Sept. 23 Fee: \$5

Casual Crafting, Sept. 30 Fee: FREE

I&A Services

Meet privately with Aging & Disability Resource Specialist, Julie Hammonds. See Staff or call 301-934-6737 for an appointment.

Thursday, Sept. 19, 9:30 a.m. Fee: FREE

Nickel Bingo

Join us for bingo every week!

Thursdays, 12:45 p.m. Fee: 5¢ per card

Health & Fitness Programs

Arthritis Foundation Exercise Program (AFEP)

Evidence-based exercise program. Gentle all go with cardio and strength training exercises. Designed to get a full body workout with consideration given to those with mobility impairments. Video may be used as needed.

Mondays & Fridays, 10 a.m. Fee: FREE

Pickleball

Are you new to pickleball and looking to learn about the necessary skills of this fun sport? Join us for our pickleball group and gain an understanding of the rules while practicing basic skills in a non-competitive environment.

Tuesdays, 9 a.m. Fee: FREE

Flex & Stretch

Body movement, balance, stretching and mobility.

Tuesdays, 10 a.m. Fee: FREE

Core Fitness

Core work, muscle work, and flexibility.

Tuesdays, 11:15 a.m. Fee: Fitness Pass

Tai Chi

Yang Style Tai Chi 24 form. This style uses upright movements and covers 20 different postures.

Thursdays, 10 a.m. Fee: Fitness Pass

Total Body Conditioning

Whole-body workout, standing and sitting, using free weights.

Thursdays, 11 a.m. Fee: FREE

Community Programs

Age restrictions for drop-in use of Community Rooms are 13-17 with adults 18+ independent use. Like us on Facebook!!

WIC Services

Fridays, Sept. 6 & 20, 9 a.m.-4 p.m. Fee: FREE

Southern Maryland Food Bank

The Southern Maryland Food Bank will be giving away free hot meals, first come, first served with a family limit of 7 meals. Meals will be served out of a food truck in front parking lot. The center will not be indoor accessible after hours.

Wednesday, Sept. 11, 5 p.m. Fee: FREE



Mobile Library

Borrow books, movies, tech every three weeks.

Tuesday, Sept. 17, 10:30 a.m. Fee: FREE

Mobile Food Market

Maryland Food Bank is giving away free fresh and shelf-stable food distribution. Open to the public.

Wednesday, Sept. 18, 12:00 p.m.-2:00 p.m.

Billiard/Game Room

Monday-Friday, 8:30 a.m. Fee: FREE

Computer Lab

Print, copy, fax services available.

Monday-Friday, 8:30 a.m. Fee: 10¢ per side

Fitness Room

Open to those who have already completed the Fitness Room Orientation.

Monday-Friday, 8:30 a.m.-4:30 p.m. Fee: FREE

Narcotics Anonymous

Tuesdays, 3:00 p.m. Fee: FREE

Shop the Rack - Community Closet

New and gently use clothing items for free.

Tuesdays, 1 p.m. & Fridays, 8:30 a.m.

Fee: FREE

Recreation Programs

Register for Recreation Programming online at:

Charles County Recreation, Parks & Tourism: (myrec.com)

Future/Toddler Chef

Wednesday, Sept. 25. 3:30-4:30

Save the Date - Saturday, Oct. 19th



NANJEMOY SENIOR/COMMUNITY CENTER

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards 8:30 Computer Lab 8:30 Fitness Room 8:30 Senior Tech Appts 8:30 Lunch 12:00 Dominos 1:00 Games/Puzzles 1:00 Fitness AFEP 10:00	Billiards 8:30 Causal Crafting 8:30 Computer Lab 8:30 Fitness Room 8:30 Senior Tech Appts 8:30 Lunch 12:00 Dominos 1:00 Games/Puzzles 1:00 Shop the Rack 1:00 Narcotics Anonymous 3:00 Fitness Flex & Stretch 10:00 Core Fitness 11:15	Billiards 8:30 Causal Crafting 8:30 Computer Lab 8:30 Fitness Room 8:30 Senior Tech Appts 8:30 Lunch 12:00 Dominos 1:00 Games/Puzzles 1:00 Fitness Walking Club 11:00	Billiards 8:30 Causal Crafting 8:30 Computer Lab 8:30 Fitness Room 8:30 Senior Tech Appts 8:30 Lunch 12:00 Nickel Bingo 12:45 Dominos 1:00 Games/Puzzles 1:00 Fitness Tai Chi 10:00 Total Body Conditioning 11:00	Billiards 8:30 Causal Crafting 8:30 Computer Lab 8:30 Fitness Room 8:30 Shop the Rack 8:30 Senior Tech Appts 8:30 Lunch 12:00 Dominos 1:00 Games/Puzzles 1:00 Fitness AFEP 10:00 Walking Club 1:00
2 Centers Closed 	3 Pickleball 9:00 Core Fitness 11:15	4 Games/Puzzles 1:00	5 Tai Chi 10:00	6 <u>Community Program</u> WIC Services 9:00
9 Senior Council Meeting 10:00 Artistic Aesthetics: Fall Topiary 1:00	10 Pickleball 9:00 Flex and Stretch 10:00 Let's Take a Trip 1:00	11 Dominos 1:00 <u>Community Program</u> Southern Maryland Food Bank 5:00	12 Total Body Conditioning 11:00 <u>Community Program</u> Charles County Fair	13 Have Fun at The Fair! <u>Community Program</u> Charles County Fair
16 Hypertension Workshop 10:00 Artistic Aesthetics: Casual Crafting 1:00	17 Pickleball 9:00 Core Fitness 11:15 <u>Community Program</u> Mobile Library 10:30	18 Billiards 8:30 <u>Community Program</u> Mobile Food Market 12:00	19 I & A Services 9:30 Active Shooter Drill 10:00 Medicare Presentation 12:30	20 Council Bingo 5:00 <u>Community Program</u> WIC Services 9:00 9/21 Walk to End Alzheimer's
23 AFEP/Balance 10:00 Artistic Aesthetics: Fabric Pumpkins 1:00 SENIOR SPIRIT WEEK Jersey Day	24 Pickleball 9:00 Shop the Rack 1:00 SENIOR SPIRIT WEEK Pajama Day	25 Decades Luncheon 11:00 <u>Recreation Program</u> Future/Toddler Chef 3:30 SENIOR SPIRIT WEEK 70's Retro Day	26 Bingo 12:45 SENIOR SPIRIT WEEK Crazy Hair/Hat Day	27 Registration Deadline for Heritage Day 8:30 All Centers Talent Show ... 10:30 SENIOR SPIRIT WEEK Nanjemoy Center Color Day - Green
30 Artistic Aesthetics: Casual Crafting 1:00				

Program Highlights

Watercolor Workshop with Olga

This is a 4-day course where you will be taught by the wonderful Olga Herrera.

Tuesday & Wednesday, Sept. 3, 4, 10, & 11, 11 a.m.
Fee: \$20

MIA Pop-Up Table

The Maryland Insurance Administration (MIA) is the state agency that can help you better understand your policies, address your insurance and concerns, and help you compare rates for home and auto insurance.

Wednesday, Sept. 4, 10 a.m. Fee: FREE

Cooking for Two – Rotisserie Chicken

Join our Nutritionist, Brittney Bolin, as she shares how to prepare a healthy meal without a lot of leftovers. For solo agers cook once and eat twice. Learn how to turn a rotisserie chicken into some fun dinner and snack options.

Friday, Sept. 6, 10 a.m. Fee: FREE

Conversational Sign Language

Are you interested in learning some tips and tricks on how to converse using sign language? Then this fun and interactive class is for you!

Mondays, Sept. 9-30, 10:30 a.m. Fee: \$10

Hypertension

This workshop is for people who have been diagnosed with hypertension (high blood pressure) who want to learn how to better manage their condition.

Tuesday, Sept. 17, 10 a.m. Fee: FREE

Line Dance Party

Join us for a fun filled Line Dancy party, sponsored by our very own and amazing Senior Center Council! Registrations are done through Council Members on September 5th and 12th from 10:30 a.m.-12 p.m.

Friday, Sept. 20, 10:30 a.m.

Fee: \$5 paid to Senior Center Council.

Lunch is not included with this program. If you would like lunch after the party, you must sign-up separately on our lunch lists. Lunch is a suggested donation fee of \$3.

Stability Ball Fitness for Fall Prevention

Join Nate Schultz to learn how Stability Ball Fitness can aid you in Fall Prevention.

Monday, Sept. 23, 10:30 a.m. Fee: FREE

Meditation with Debi Shanks

Do you need a moment to clear & cleanse your mind and soul? Then this meditation session is right for you.

Tuesday, Sept. 24, 10 a.m. Fee: FREE

Waldorf Senior Center Council - Open House

Do you know who and what the Waldorf Senior Center Council is? Drop in to their Open House where you will meet the Council Members, learn about what the Council does to enhance our programs, and see how you can get involved.

Wednesday, Sept. 25, 10 a.m. Fee: FREE

Matter of Balance/Fall Prevention

Join Debi Shanks to learn how Matter of Balance can aid you in Fall Prevention.

Thursday, Sept. 26, 10:30 a.m. Fee: FREE

Spirit Week & Talent Show

See pg. 3 for more details about the amazing Talent Show and see the front desk to register to compete!

Monday, Sept. 23 – Jersey Day

Tuesday, Sept. 24 – Pajama Day

Wednesday, Sept. 25 – 70's Retro Day

Thursday, Sept. 26 – Crazy Hair/Hat Day

Friday, Sept. 27 – Center Colors Day! Our color is PURPLE!

The week will end with a Talent Show at the Nanjemoy Community Center!

Friday, Sept. 27, 10:30 a.m. Fee: FREE

Ongoing Programs

Prayer Group

We are praying at the Center! All are invited to join our new Prayer Group. We will be meeting every first and second Tuesday of the month.

Tuesday, Sept. 3 & 11, 10 a.m. Fee: FREE

Poetry Club

Join the Poetry Club at the Waldorf Senior Center! Local poets come together to share their beautiful pieces of work with others.

Friday, Sept. 6, 11 a.m. Fee: FREE

Widow & Widower Support Group

Facilitated by Brenda Dubose.

Monday, Sept. 9 & 23, 9:30 a.m. Fee: FREE

Bible Study

Facilitated by Minister Yvonne' Wilson. All are welcome!

Tuesday, Sept. 17, 11 a.m. Fee: FREE

Jewelry Club

You will make beautiful pieces of jewelry in this class. All supplies will be provided. Sign up and payment required at front desk.

Wednesday, Sept. 18, 10 a.m. Fee: \$3/pp

Book Club

This month's book is "The Mysterious Affair at Styles by Agatha Christie." Please come prepared with your thoughts on this book and join in the discussions.

Thursday, Sept. 19, 1 p.m. Fee: FREE

Basic Sewing

Join instructor, Melon Spriggs, and learn basic sewing techniques. Please bring your own sewing supplies (fabrics, thread, etc.)

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

Guitar Club

Bring your guitar/instrument to the center and play some tunes while learning new skills from peers.

Mondays, 10 a.m. & Thursdays, 1 p.m. Fee: FREE

Leather Crafting

Please bring your own materials, including a piece of leather suitable for your project and some general leather crafting tools. Any materials needed moving forward will be discussed during your first class.

Tuesdays, 12 p.m. Fee: FREE

Crafter's Corner

Join fellow crafters while creating your own special pieces of art.

Fellow paper crafter, Julia Bengel, will be on site to offer ideas to get you started in paper crafting. All paper crafting supplies will be provided.

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

Gospel Chior

Sing or listen, all are welcome.

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

Crochet Club

Join Vicki Eichhorn and learn about basic crochet techniques while working on projects.

Fridays, 11 a.m. Fee: FREE

BINGO How it Works:

Players must purchase sheets the day of and can only be used on date of purchase. There are 25 games to play, winnings are determined by number of purchased players. Bingo card sales run from 9:30 a.m. to 10:15 a.m. **Bingo cards will not be sold after 10:15 a.m.** Bills used to purchase bingo cards must be \$10 or less. Bingo play begins at 10:30 a.m. on Thursdays unless otherwise noted in the SCOOP.

Thursdays, 10:30 a.m. Fee: Your Purchase

Health & Fitness

Fitness Room Orientation

Mandatory before first use of fitness room. Registration required.

Thursdays, Sep. 5 & 19, 10:30 a.m.

Wednesdays, Sep. 11 & 25, 10:30 a.m. Fee: \$5

Level 1 Pickleball

Are you new to pickleball and looking to learn about the necessary skills of this fun sport and gain an understanding of the rules? Then Level 1 Pickleball is for you!

Tuesdays, 11 a.m. & 2:30 p.m. &

Thursdays, 2:30 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. &

Fridays, 11:30 a.m. Fee: FREE

Chair One Plus

This dance-based workout comes unique with extra exercises that any fitness level can do.

Mondays, 11:30 a.m. &

Thursdays, 10:30 p.m. Fee: Fitness Card

WALDORF SENIOR & RECREATIONAL CENTER

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

Hours: 9 a.m.–4 p.m., Monday–Friday
Luncheon at Noon–Reservation/Registration Required
Reserve lunch by 10 a.m. the preceding day.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness Room9:00 Racquetball9:00 Guitar Club10:00 Pinochle11:00 Lunch12:00 Basic Sewing1:00 Cornhole1:00 Table Tennis2:30 Fitness Chair Dance Aerobics9:30 Stability Ball Fitness10:30 Chair One Plus11:30 Kettlebell Fitness12:30 Enhance Fitness1:30	Fitness Room9:00 Racquetball9:00 Cards & Games10:30 Pokeno10:30 Tech Time10:30 Level 1 Pickleball11:00 Leather Crafting12:00 Lunch12:00 Basketball12:30 Crafter's Corner1:00 Level 1 Pickleball2:30 Fitness Total Body Conditioning9:30 Gentle Stretching10:30 Line Dancing11:30 Tai Chi for Health1:00	Fitness Room9:00 Racquetball9:00 Basketball10:00 Bridge Club10:00 Lunch12:00 Basic Sewing1:00 Table Tennis2:30 Fitness Chair Dance Aerobics9:30 AFEP10:30 Basic Fitness Training11:30 Enhance Fitness1:00	Fitness Room9:00 Racquetball9:00 Gospel Choir9:30 Watercolors10:30 Basketball11:00 Pinochle11:00 Lunch12:00 Walking Club12:30 Guitar Club1:00 Level 1 Pickleball2:30 Fitness Total Body Conditioning9:30 Line Dancing11:30 Tai Chi for Health1:00	Fitness Room9:00 Racquetball9:00 Chess Club10:30 Crochet Club11:00 Lunch12:00 Crafter's Corner1:00 Cornhole1:00 Fitness Chair Dance Aerobics9:30 Gentle Stretching10:30 AFEP11:30 Core & More12:30 Yoga Dynamix3:00
2 Centers Closed  for Labor Day	3 Prayer Group10:00 Watercolors w/Olga11:00	4 MIA10:00 Watercolors w/Olga11:00	5 Bingo10:30 Fitness Orientation10:30	6 Cooking for Two – Rotisserie Chicken.....10:00 Poetry Club11:00 NO CHAIR DANCE NO GENTLE STRETCHING
9 Widow & Widower Support Group9:30 Conversational Sign Language.....10:30	10 Prayer Group10:00 Watercolors w/Olga11:00	11 Fitness Orientation10:30 Watercolors w/Olga11:00	12 ACA Meeting9:30 Bingo10:30	13 Have Fun at The Fair!
16 WSC Council Meeting9:30 Conversational Sign Language10:30	17 Hypertension10:00 Bible Study11:00	18 Jewelry Club10:00	19 Bingo10:30 Fitness Orientation10:30 Book Club1:00	20 Line Dance Party.....10:30 9/21 Walk to End Alzheimer's
23 Widow & Widower Support Group9:30 Conversational Sign Language.....10:30 Stability Ball Fitness for Fall Prevention10:30 SENIOR SPIRIT WEEK Jersey Day	24 Meditation W/ Debi10:00 SENIOR SPIRIT WEEK Pajama Day	25 WSC Council Open House10:00 Fitness Orientation10:30 SENIOR SPIRIT WEEK 70's Retro Day	26 Bingo10:30 Matter of Balance/Fall Prevention w/ Debi.10:30 SENIOR SPIRIT WEEK Crazy Hair/Hat Day	27 All Centers Talent Show at Nanjemoy10:30 SENIOR SPIRIT WEEK WSRC Color Day - Purple
30 Conversational Sign Language.....10:30				

Falls Prevention Week

The week of September 23-27 we focus on preventing falling.

Talk to your healthcare provider about having a falls prevention plan, current medications, health conditions, and falls history.

Do physical activity to improve your balance, flexibility, and strength. Wear shoes that fit well and are anti-slip and light-weight. Keep your home and floors clear of clutter, boxes, cords, and loose area rugs. Install and use assistive devices like hand-rails and grab bars. Join us in our centers for some fall prevention information and classes.

Sept. 23 Nanjemoy Senior Center:

Exercise and Falls 10 a.m.

Sept. 23 Waldorf Senior & Rec. Center:

Stability Ball exercises for Fall Prevention 10:30 a.m.

Sept. 24 Richard R. Clark Senior Center:

Basic Line Dance for Fall Prevention 1 p.m.

Sept. 25 Indian Head Senior Center:

Tai Chi for Fall Prevention 9 a.m. - (Outside Event)

Sept. 26 Waldorf Senior & Rec. Center:

Matter of Balance/Fall Prevention 10:30 a.m.

FREE Hypertension Workshops

This workshop is for anyone who has been diagnosed with hypertension (High blood pressure) and who want to better manage their condition.

Richard R. Clark Senior Center	Sept. 11: 10 a.m.-12 p.m.
Indian Head Senior Center	Sept. 10: 9:30-11:30 a.m.
Nanjemoy Senior Center	Sept. 16: 10 a.m.-12 p.m.
Waldorf Senior & Rec. Center	Sept. 17: 10 a.m.-12 p.m.

Walk to End Alzheimer's

On Sept 21st, join us as we take our flowers and walk/raise money to fight against Alzheimer's.

Registration at 8:30 a.m. | Ceremony at 9:30 a.m. | Walk at 10 a.m.
Register at: www.endalz.org

Team: Charles County Senior Centers
Captain: Debi Shanks



Biking with Nate

Fridays, Sept. 6 & 20 @ 9:30 a.m.

Indian Head Rail Trail (White Plains) Grab your water and meet Nate at the beginning of the trail for an hour round trip ride. • Fee: FREE



DANCE, DANCE, DANCE!

Waldorf Senior & Rec. Center invites you to attend their fall line dance party sponsored by the council.

Friday, Sept. 20, 10:30 a.m. • Fee: \$5 paid to Senior Center Council

Hand Dancing

All skill levels welcome to learn this fun partner dance.

Richard R. Clark Senior Center: Sept. 12 & 26 • Fee: FREE

Liturgical Dance

This Christian dance group movement using flags for expression of adoration and thanks to celebrate life, love & God.

Richard R. Clark Senior Center: Sept. 19

Fee: FREE

Intro to Kayaking & Group Kayaking

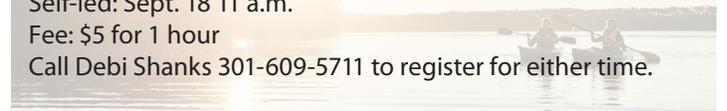
Gilbert Run Regional Park is the perfect place to learn. Calm waters and beautiful scenery make for a great experience Kayaks are provided.

Beginner: Sept. 18 10 a.m.

Self-led: Sept. 18 11 a.m.

Fee: \$5 for 1 hour

Call Debi Shanks 301-609-5711 to register for either time.



Water Aerobics

Classes begin Sept. 9 - Oct. 31

Donald M. Wade Aquatic Center (St Charles HS)
Mon/Wed 3 p.m. Fee: \$45

Donald M Wade Aquatic Center (St Charles HS)
Tue/Th 3 p.m. Fee: \$45

No Class Oct. 24th

Thank you for your continued dedication to improving your health and fitness.

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
2	3	4	5	6
<p>Centers Closed</p>  <p>for Labor Day</p>	<p>Grape Juice Herb Roasted Chicken Garlic Herb Bow Tie Pasta Squash Dinner Roll Pears</p>	<p>Apple Juice Korean Beef, Fluffy Rice Stir Fry Veggies, Citrus Salad Cold: Tuna Salad on Rye Bread, Cucumber & Tomato Salad, Bow Tie Pasta Salad, Citrus Salad</p>	<p>Orange Juice Kielbasa w/ Peppers & Onions Hoagie Roll Bow Tie Pasta Salad Cantaloupe</p>	<p>Cranberry Juice Chicken Parmesan w/ Whole Wheat Spaghetti Noodles Garlic Texas Toast Raw Veggies & Ranch Dip Jello</p>
9	10	11	12	13
<p>Apple Juice Teriyaki Glazed Salmon Brown Rice Oriental Veggie Blend Whole Wheat Dinner Roll Peaches</p>	<p style="color: red;">Brunch for Lunch</p> <p>Cranberry Juice Chicken & Waffles w/ Maple Syrup Carrot Raisin Salad Mandarin Oranges Cold: Ham & Swiss on Potato Roll, Potato Chips, Carrot Raisin Salad, Mandarin Oranges</p>	<p>Cranberry Juice Grilled BBQ Chicken Mac & Cheese Green Beans Biscuit Fruit Salad</p>	<p>Grape Juice Philly Cheese Steak Sandwich w/ Onions & Peppers on Hoagie Roll Whipped Potatoes Glazed Carrots Fresh Fruit</p>	<p>Pineapple Juice Chef Salad Veggie Pasta Blend Bread Stick Apple Slices</p>
16	17	18	19	20
<p>Fruit Blend Juice Pork Chop Garlic Butter Tri-Color Pasta 3 Bean Salad Cornbread Baked Apples</p>	<p>Grape Juice Turkey w/ Gravy Mashed Potatoes Stuffing Green Beans Fruit Blend Cold: Italian Sub, Cole Slaw, Pasta Salad, Citrus Salad</p>	<p style="color: red;">Brunch for Lunch</p> <p>Apple Juice Quiche Turkey Sausage Links Hashbrowns Roasted Tomatoes Banana</p>	<p>Fruit Blend Juice Spaghetti w/ Meatballs & Mozzarella Side Salad Breadstick Raisins Apricots</p>	<p>Apple Juice Oven Fried Chicken Mac & Cheese Seasoned Collard Greens Cornbread Apricots</p>
23	24	25	26	27
<p>Fruit Blend Juice Taco Seasoned Ground Beef Spanish Rice Fiesta Blend Veggies Cornbread Pineapple Chunks</p>	<p>Cranberry Juice Liver & Onions Mashed Potatoes Sweet Peas, Biscuit Seedless Grapes Cold: Roast Beef & Cheddar Cheese on Croissant Roll, Potato Chips, Carrot Raisin Salad, Seedless Grapes</p>	<p>Grape Juice Hot Dogs w/ Bun Baked Beans Coleslaw Mixed Berry Blend</p>	<p style="color: red;">BIRTHDAY CELEBRATION</p> <p>Pineapple Juice Vegetable Lasagna Broccoli Pineapple Bean Salad Breadstick Fruited Jello</p>	<p>Fruit Blend Juice Chophouse Burger Sandwich w/ cheese (Whole Wheat Bun) Bronco Beans Creamy Cucumber Salad Fruit Cocktail</p>
30				

Charles County Luncheon Program

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–Friday
Indian Head Senior Center Monday–Friday

Available at Noon • Days Vary By Center

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

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

The SCOOP

The information contained in this monthly publication has been brought to you as a public service by the Charles County Department of Community Services. For more information about news for Charles County senior citizens, please contact the Richard R. Clark Senior Center at 301-934-5423.



www.CharlesCountyMD.gov



Department of Community Services

8190 Port Tobacco Road, Port Tobacco, MD
301-934-9305 • MD Relay: 711 (Relay TDD: 1-800-735-2258)

About Charles County Government

The mission of Charles County Government is to provide our citizens the highest quality service possible in a timely, efficient and courteous manner. To achieve this goal, our government must be operated in an open and accessible atmosphere, be based on comprehensive long- and short-term planning and have an appropriate managerial organization tempered by fiscal responsibility. We support and encourage efforts to grow a diverse workplace. Charles County is a place where all people thrive and businesses grow and prosper; where the preservation of our heritage and environment is paramount; where government services to its citizens are provided at the highest level of excellence; and where the quality of life is the best in the nation.

It is the policy of Charles County to provide equal employment opportunity to all persons regardless of race, color, sex, age, national origin, religious or political affiliation or opinion, disability, marital status, sexual orientation, genetic information, gender identity or expression, or any other status protected by law.

AMERICANS WITH DISABILITIES – The Department of Community Services welcomes the participation of individuals with disabilities. As with all County Government, we comply fully with the Americans With Disabilities Act in making reasonable accommodations to encourage involvement. If you require special assistance and would like to participate in our programs, please contact the Department of Community Services.

Publication Changes & Cancellations

Programs and activities have been confirmed at the time this publication goes to press. However, changes or cancellations can occur. For information, check with the Senior Center that has scheduled the program.

Senior Center Inclement Weather Policy

When Charles County Public Schools are closed due to inclement weather, Charles County's Senior Centers will also be closed. Senior Centers do not necessarily open late or close early as with Charles County Public Schools. Please tune your radio to 1560AM or 98.3FM for closing announcements. Community Services will also provide closing information as soon as possible through the Inclement Weather Hotline 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.

Travel Bucket List!

Trips sponsored by Action Travel Tours 301-645-1770

Summer is on the horizon in Southern Maryland....So it must be time to enjoy our amazing blue crabs, our local beaches and turn our thoughts to Fall and Winter travel. Call or email the office for pricing and detailed itineraries.

If a trip is cancelled by Action Travel or the vendor, a refund or future credit will always be issued. Trip cancellations are usually 60-45 days prior to travel based on the number of people signed up. The below listed trips were all scheduled with availability at the time this list was sent for publication. All tours are on a first come basis. Please call to verify trip dates, prices and stated details.

December 5, 2024 - Christmas Tea and Tour at the Hillwood Estate and DC Christmas Lights: Welcome to the home of Marjorie Merriweather Post, where every guest is greeted with an experience inspired by the life of its founder and her passion for excellence, gracious hospitality, art, history and gardens. We will be treated to a delicious Christmas Tea and private tour of the mansion, showcasing her amazing French and Russian collections. As we leave Hillwood, we will tour our Nation's Capitol Christmas Tree and Light Display. I can't think of a better way to spend a day around the holidays.

December 11-13, 2024 (Tentative): 2 Night NYC Christmas Spectacular. This has become a holiday tradition for Action Travel. We spend two nights in the heart of the action at the Hotel Edison on the edge of Time Square and a couple of blocks from Rockefeller Center. You will have time to take in the city sights, shop till you drop and book tickets for two Broadway shows if you would like. To secure Rockette tickets, reservations must be in by August 15th.

Cruise Corner

March 21 – 29, 2025: RCCL Vision of the Seas – 8Nt SE Coast and Bahamas from Baltimore. Escapes the unpredictable weather of March and sail the South East Coast to the Bahamas from your own backyard of the Port of Baltimore. Make port calls in Charleston, Orlando, Grand Bahama Island and Nassau. Ocean View Guar, from \$835pp and Balcony Guar from \$1,445 pp. Rates and promotions are subject to change: group space is not being held.

May 10 – 17, 2025: Norwegian Pride of America – 7 Night Hawaiian Islands. Experience 3 Hawaiian Islands and only unpack once. Enjoy Oahu, Maui and Kauai as you sail the Pacific. Ocean View (obst) from \$2,414 pp and Balcony from \$3,122 pp with Free at Sea Amenities. Air, transfers and trip protection are additional. Add an extension in Oahu and make sure to see Pearl Harbor and the Polynesian Cultural Center. Rates and promotions are subject to change: group space is not being held.

July 3 – 13, 2025: Norwegian Prima – 10 Nt Northern European Cruise; Iceland, Norway and Belgium. Begin this amazing sailing from the Land of Fire and Ice in Reykjavik, Iceland, sail on to the Fjords of Norway making 3 port calls, then continue to Amsterdam, Brussels and end in Southampton, England. Ocean view from \$2,429 pp and Balcony from \$3,087 pp with the Free at Sea Amenities. Air, transfers and trip protection are additional. Add an extension stay in London for a truly inclusive tour of the North Atlantic. Rates and promotions are subject to change: group space is not being held.

