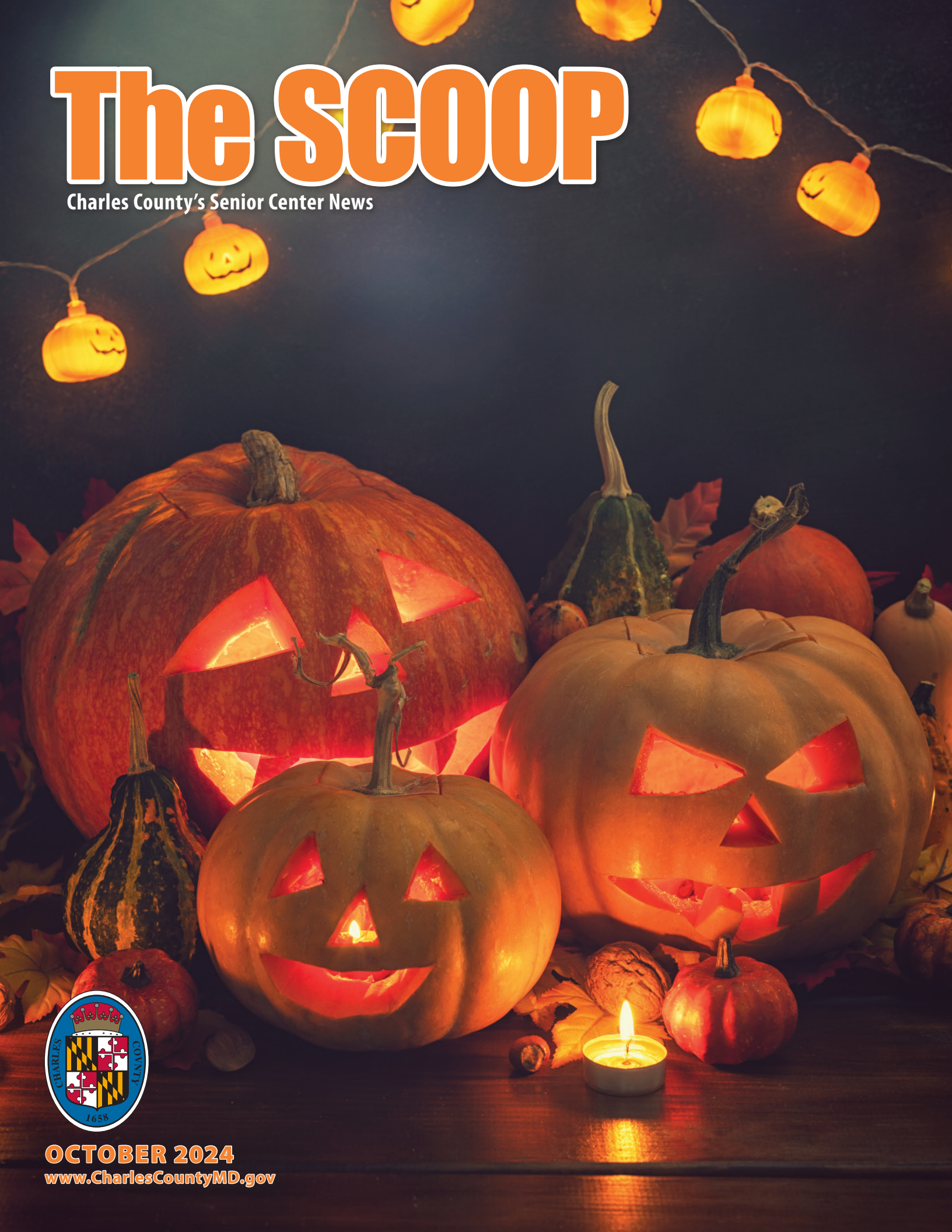


# The SCOOP

Charles County's Senior Center News



**OCTOBER 2024**  
[www.CharlesCountyMD.gov](http://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 October Sponsored/Hosted Activities & Events

<b>Clark Senior Center</b> Memorial Plaques Bingo	<b>Indian Head Senior Center</b> Shibashi All Clubs	<b>Nanjemoy Senior &amp; Community Center</b> Senior Council Bingo Fundraiser Sunflower Craft	<b>Waldorf Senior &amp; Rec Center</b> Bingo, Candle Making, Funds Collection 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!

## Save the Dates: Autumn Fest & Heritage Day

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

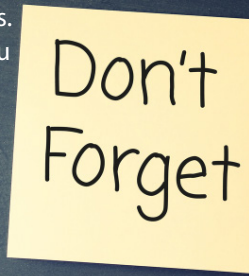
**Thursday, Oct. 3 - Autumn Fest @ Indian Head Senior Center**

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



## 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.

## Indigenous People's Day Closure

All Charles County Senior Centers will be closed on Monday, Oct. 14 for Indigenous People's Day.



## Caregivers Corner: Adapting Activities for People with Alzheimer's Disease

People with Alzheimer's need to be active and do things they enjoy. However, activities they used to enjoy may become challenging for them as the disease worsens. They may have trouble deciding what to do or starting tasks. As a caregiver, you can learn how to adapt activities to make them easier and more enjoyable. Over the next several issues of the SCOOP, follow along with us as we explore ways to make the activities we love most, more manageable for our loved ones.

### Going out:

Early in the disease, people with Alzheimer's may still enjoy the same kinds of outings they enjoyed in the past. Keep going out as long as you both are comfortable. Plan outings for the time of day when the person is at their best. Keep your time away from home from becoming too long so the person with Alzheimer's doesn't get too tired.

### Some places your loved one might enjoy visiting include a:

- Favorite restaurant
- Zoo or aquarium
- Park or nature trail
- Shopping mall
- Swimming pool (during a slow time of day at the pool)
- Museum, theater, or art exhibits for short trips

The person with Alzheimer's may also enjoy going to a senior center. This type of "going out" could also be considered a form of respite care because it provides an activity for the person with Alzheimer's and gives the caregiver a break.

Information from <https://www.nia.nih.gov/health/alzheimers-caregiving/adapting-activities-people-alzheimers-disease>



## New Website Helps Inform Charles County Voters

The Charles County Government has launched a new informational website to inform voters about an important 2024 General Election local ballot decision.

This November, county residents will choose whether to maintain the code home rule system of governance or transition to Charter under the proposed 2024 Charles County Charter.

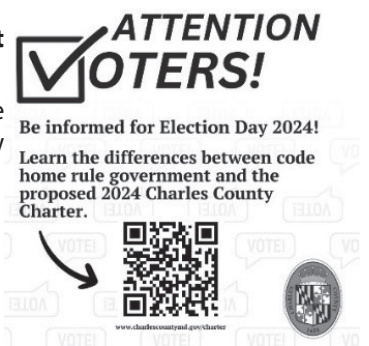
The new website features frequently asked questions, important dates, and other details to help residents prepare for the election and make an informed vote. It also explains why Charles County is voting on this issue, the structure of each government form, and how to cast your vote.

Be sure your voice is heard! Use the dates below to make your voting plan, and scan below or visit [charlescountymd.gov/charter](https://charlescountymd.gov/charter) for more information.

### [Scan With Your Phone to Visit the Website]

Never scanned a QR code before? Don't worry, just 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 appears on the phone screen.



### Election Day:

Tuesday, November 5, 2024, 7 AM to 8 PM

### Last Day to Register Online to Vote:

Tuesday, October 15, 2024

### Early Voting:

Thursday, October 24 through Thursday, October 31, 2024

Open all days, including Saturday and Sunday, from 7 AM to 8 PM

### Last Day to Request a Mail-in Ballot or Fax an Absentee Ballot:

October 29, 2024

### Return Mail-in Ballots Must Be Postmarked By:

November 5, 2024

## Information & Assistance

Information and Assistance offices are open to provide face-to-face services. Appointments are highly recommended!

### Richard R. Clark Senior Center

Hazel Conner or Barbara Joy  
at 301-609-5712

### Waldorf Senior & Recreation Center

Joyce Woodard at  
240-448-2810 ext. 4816

### Nanjemoy & Indian Head Senior Centers

Julie Hammonds at  
301-934-6737



## Self-Enrollment Assistance Labs

Do you need help searching for a 2024 Part D drug plan or considering a Medicare Advantage plan? Join us and we will show you how to create your Medicare.gov account, research your plan options and enroll for 2024. Please bring your Medicare card and list of prescriptions. **\*Must be able to use the computer independently\*** Appointments are encouraged to secure your spot, but walk-ins are welcome. Check with your library or senior center for a sign-up list or call SHIP at 301-609-5712.

### Charles County Public Libraries (9am -12pm):

Oct 30, 2024 --- La Plata Library

Nov 19, 2024 ---Waldorf West Library

### Senior Centers (9am – 12pm):

Oct 22, 2024--- Indian Head Senior Center

Oct 23, 2024 ---Waldorf Senior & Recreation Center

Nov 13, 2024 --- Waldorf Senior & Recreation Center

Dec 4, 2024--- Richard R. Clark Senior Center

## Ask SHIP

### What is Medicare’s Open Enrollment Period? What changes can I make during this time?

Medicare’s Open Enrollment Period (OEP) runs from October 15 through December 7 each year. During this time, you can make certain changes to your health insurance coverage, including adding, dropping, or changing your Medicare Advantage and Part D coverage. Even if you are happy with your current health and drug coverage, Medicare’s Open Enrollment Period is a good time to review what you have, compare it with other options, and make sure that your current coverage still meets your needs for the coming year.

The changes you can make include:

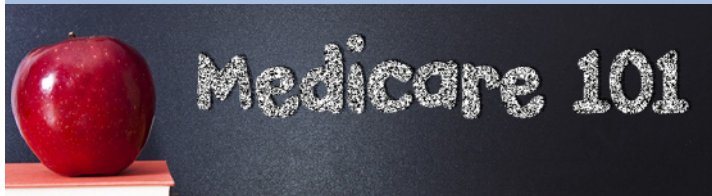
1. Joining a new Medicare Advantage Plan
2. Joining a new Part D prescription drug plan
3. Switching from Original Medicare to a Medicare Advantage Plan
4. Switching from a Medicare Advantage Plan to Original Medicare (with or without a Part D plan)

Regardless of how you receive your Medicare coverage, you should consider:

- Your access to health care providers you want
- Your access to preferred pharmacies
- Your access to benefits and services you need
- The total costs for insurance premiums, deductibles, and cost-sharing amounts
- The quality of the customer service you receive

If you have a Medicare Advantage Plan or a stand-alone Part D plan, read your plan’s Annual Notice of Change (ANOC) and/or Evidence of Coverage (EOC). Review these notices for any changes in a) the plan’s costs, b) the plan’s benefits and coverage rules, or c) the plan’s formulary (list of drugs your plan covers). Make sure that your drugs will still be covered next year and that your providers and pharmacies are still in the plan’s network. If you are unhappy with any of your plan’s changes or your plan’s performance, you can enroll in a new plan.

If you want assistance reviewing your options, Contact your State Health Insurance Assistance Program (SHIP) for unbiased counseling, at 301-609-5712 (La Plata area residents) or 240-448-2816 (Waldorf area residents).





## October is Breast Cancer Awareness Month

Breast Cancer Awareness Month can mean different things to different people. For some, it's a trigger — 31 days in the fall of pink-ribbon reminders of a disease that forever changed them. For others, it's a chance to show their support for the more than 2 million women around the world who are diagnosed with the disease each year. Understanding the goals behind the global campaign and the emotions felt by the many different people living with the disease may help you decide if and how you want to commemorate the month.

### What is Breast Cancer Awareness Month?

Breast Cancer Awareness Month is an international health campaign that's held every October. The month aims to promote screening and prevention of the disease, which affects 2.3 million women worldwide. Known best for its pink theme color, the month features a number of campaigns and programs — conducted by groups ranging from breast cancer advocacy organizations to local community organizations to major retailers — aimed at:

- Supporting people diagnosed with breast cancer, including those with metastatic breast cancer
- Educating people about breast cancer risk factors
- Encouraging women to go for regular breast cancer screening starting at age 40 or earlier, depending on personal breast cancer risk
- Fundraising for breast cancer research

Within the month of October, there are also specific dates designed to raise awareness of specific groups within the breast cancer community.

### Metastatic Breast Cancer Awareness Day (October 13)

October 13 is nationally recognized in the U.S. as Metastatic Breast Cancer Awareness Day. About 168,000 women in the U.S. are estimated to have metastatic breast cancer (cancer that spreads beyond the breast to other parts of the body).

Researchers estimate that about 30% of early-stage breast cancers eventually metastasize. The day, which began in 2009, is meant to educate the public about the need for more money to go to the study of metastatic breast cancer and the development of new metastatic cancer treatments.

### Men's Breast Cancer Awareness Week (October 17–23)

Although breast cancer is much more common in women, breast cancer affects men, too. In 2021, President Joe Biden designated October 17 to October 23 Men's Breast Cancer Awareness Week. According to the American Cancer Society, 2,790 men in the U.S. will be diagnosed with breast cancer in 2024, and about 530 are expected to die from the disease. But lack of awareness and stigma can be barriers to detection and care in men, trans men, and non-binary people.

This information is provided by Breastcancer.org.

## Breast Cancer Awareness Walk

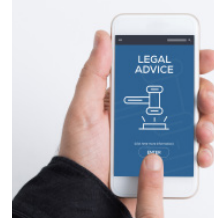
Saturday, Oct. 19 at 8:30 a.m.



## AARP Tax-Aide Volunteers & Training

Preparation for tax season is underway and once again the Senior Information and Assistance Office is partnering with AARP to assist seniors and moderate to low-income adults with income tax preparation. This is a FREE service through the AARP Foundation.

We are currently accepting Volunteers to assist in Tax coordination and preparation!! Training will take place the month of January. Individuals wishing to enroll in the AARP Income Tax Training Program for 2024 should apply directly to <https://www.aarp.org/volunteer/programs/tax-aide/> Click "Volunteer Now" then "Create Account". Once submitted, your application will be routed to the volunteer program coordinator in your jurisdiction.



## Legal Aid

**Legal Aid: Nov 4th and Dec 9th**

By appointment **only** at the Richard Clark Senior Center, contact **301-609-5712** to schedule.

# CLARK SENIOR CENTER

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

Get your Latest SCOOP online!

## Program Highlights

### Exercise for a Cause

See pg. 14 for details.

Tuesday, Oct. 8, Fee: Donation

### Flu Vaccination Clinic

Get your FREE flu vaccine here! Provided by Safeway, LaPlata. Please sign up by October 4, 2024.

Thursday, Oct. 10, 10 a.m. to Noon Fee: FREE

### Senior Council Bingo

Doors open at 9:15 a.m. Last call to purchase bingo card(s) at 10 a.m. Bingo games start at 10:30 a.m. One winner per game (high/low draw). No bills over \$10. Rules subject to change with advance notice. Special thanks to the Waldorf Senior Center Council. Interested in lunch? Call the Clark Senior Center before 10 a.m. the day prior to reserve a meal.

Fridays, Oct. 11 & 25, Doors open at 9:15 a.m.

Fee: \$4= 3 Face Card, \$8 for 6 Face Car

### Ceramic Pumpkin Decorating

Join staff to decorate your very own ceramic pumpkin, just in time for Fall decorating. All supplies provided. Class size limited. Please sign up!

Tuesday, Oct. 15, 10 a.m. Fee: FREE

### "Revive" Grief Counseling Program

#### Introduction

This is an introductory session to a new six-week grief counseling program to be offered in November. Please Sign Up!

Wednesday, Oct. 23, 11 a.m. Fee: FREE

### Daytime Star Party

Pamela Humbert, SMAS Program Coordinator will show you terrestrial views using a telescope. Please Sign Up!

Tuesday, Oct. 29, 10 a.m. Fee: FREE

### Musician's Club

Join a group of fun-loving musicians and singers that play covers and original music. All instruments and vocal styles welcome.

Opportunity to perform for fun in practice and for live audiences.

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

### Memorial Plaques

Enshrine the name of your family and friends on a Sunset Memorial Plaque at the Richard. R. Clark Senior Center. This tribute is a lovely way to preserve the memory of your loved ones. Plaques are available for purchase in two sizes, 3-1/2 x 1 inches for \$25 and 3-1/2 x 2 inches for \$30. To learn more about the Sunset Memorial Plaques, please visit the Clark Senior Center and complete a Sunset Memorial Plaque form located in our library.

Fee: \$25 for a small plaque & \$30 for a large plaque.

## Ongoing Programs

### Beginners Jewelry Class

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

Wednesday, Oct. 2 & 16, 10 a.m. Fee: FREE

### Book Club

Led by Nancy Marquardt, Charles County Public Library. One Maryland One Book – What Storm, What Thunder by Myriam Chancy. Please sign up for the timeslot of your choice.

Thursday Oct. 3, 1 p.m. & 2:15 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, Oct. 9, 11:30 a.m. Fee: FREE

### Charles County Mobile Library

Visit the Charles County Mobile Library, located inside our building.

Tuesday, Oct. 15, 10 a.m. Fee: FREE

### FREE Blood Pressure Checks

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

Wednesday, Oct. 16, 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, Oct. 17, 10:30 a.m. Fee: FREE

### Widow to Widow Support Group

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

Monday, Oct. 21, 1 p.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, Oct. 24, 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, Oct. 30, 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

### Guitar

Open to guitar players of all skill levels looking to practice their skills and meet other guitar enthusiasts! Want to learn to play? You are welcome too!!

Tuesdays & Fridays, 10 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, Oct. 2 & 16, 10 a.m. Fee: \$5

### Therapeutic Yoga

This class is a chair 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

### Yoga Flow

NEW! Envision a journey of movement, breathwork, flexibility, and meditation in this mat-based yoga class. All fitness levels welcome.

Tuesdays, 3 p.m. Fee: Fitness Card

Wednesdays, 12 p.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 <b>Fitness</b> Total Body Conditioning.....9:00 Walking at Laurel Springs .....9:00 Pilates.....10:00 Therapeutic Yoga .....11:00 African Dance.....12:00 Drums Alive .....1:15	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 Musician's Club .....1:00 Spiritual Enrichment.....1:00 <b>Fitness</b> 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 <b>Fitness</b> 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 <b>Fitness</b> 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 Musician's Club .....1:00 <b>Fitness</b> Total Body Conditioning.....9:00 Chair One Plus .....10:00 AFEP .....11:15 Chair Yoga .....12:00 Line Dance .....2:00
	<b>1</b> Line Dance .....1:00	<b>2</b> Beginners Jewelry.....10:00 Fitness Orientation .....10:00 <b>Walk Maryland @ Chapel Point Park.....10:00</b>	<b>3</b> <b>Book Club.....1:00</b> Liturgical Dance.....2:00 <b>Book Club.....2:15</b> <b>Autumn Fest @ IHSC—9:30 a.m.</b>	<b>4</b> Hand & Foot Canasta .....10:00
<b>7</b>	<b>8</b> Hand & Foot Canasta .....10:00 <b>Exercise for a Cause</b> <b>*WEAR YOUR PINK*</b>	<b>9</b> <b>Lunchtime Music with Will .....11:30</b> Council Meeting .....1:00	<b>10</b> <b>Flu Vaccine Clinic.....10:00</b> Hand Dance .....2:00	<b>11</b> <b>Senior Council Bingo ....9:15</b> <b>Project Linus Meeting.... 9:30</b>
<b>14</b> <b>Indigenous People's Day</b>  <b>All Centers Closed</b>	<b>15</b> <b>Ceramic Pumpkin Decorating.....10:00</b> Mobile Library.....10:00	<b>16</b> Beginners Jewelry.....10:00 Fitness Orientation .....10:00 <b>Blood Pressure Check...10:00</b> Diabetes Graduation.....10:00	<b>17</b> <b>Free Karaoke Day .....10:30</b> Liturgical Dance.....2:00	<b>18</b> Chair One Plus .....10:00
<b>21</b> Widow to Widow .....1:00	<b>22</b> <b>How Storms Get Their Names .....10:30</b>	<b>23</b> <b>Introduction to "Revive" Grief Counseling .....11:00</b>	<b>24</b> AARP Tax Aide Meeting ....10:00 <b>Free Easy Listening.....10:30</b> Hand Dance .....2:00	<b>25</b> <b>Senior Council Bingo ....9:15</b> Hand & Foot Canasta .....10:00
<b>28</b> Sisters @ Heart Meeting.....11:00	<b>29</b> <b>Daytime Star Party.....10:00</b>	<b>30</b> <b>Greeting Card Class.....10:00</b> Caregivers Support .....2:00	<b>31</b> <b>Halloween Party.....10:30</b>	

# INDIAN HEAD SENIOR CENTER

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

Get your Latest SCOOP online!

## Program Highlights

### Understanding the Blue Zone

A healthier Charles County starts with you. Learn how eat and live like the world's healthiest people.

Tuesday, Oct. 8, 10:30 a.m. Fee: FREE

### Aging Solo – Solo Aging

Learn more practical ways make your home safe so you can enjoy aging alone.

Wednesday, Oct. 9, 1 p.m. Fee: FREE

### Building Better Caregivers Workshop

A six-week workshop designed to help individuals caring for family member who are unable to care for themselves.

Thursdays, Oct. 10 – 31, 9:30 a.m. Fee: FREE

### Facts about Vaping

Is vaping and e-cigarettes the same? How harmful are these products? MaryBeth Klick, Certified Tobacco Treatment Specialist from CCHD will be available to give us the facts.

Tuesday, Oct. 15, 10:30 a.m. Fee: FREE

### Dr. Cook – More about the Blue Zone

Dr. Cook will talk about Dr. Abney push to make Charles County a Blue Zone. Submit questions in advance. Sponsored by the Indian Head Senior Center Council (IHSCC). Virtual link via MS Teams: Meeting #278-957-640-671 Passcode: 5YZs6z Or Call (audio only) 240-673-0212, 989857801.

Friday, Oct. 18, 10:30 a.m. Fee: FREE

### Maryland Insurance Administration (MIA)

Did you know the MIA is a State Agency designed to help you understand all your insurance policies? The MIA can help with auto, home, life and health insurance.

Thursday, Oct. 24, 11 a.m. Fee FREE

### Freedom Hearing – Hearing Evaluation

Impaired hearing is the cause of 80% of falls. Join Dr. Becky Guy for a hearing evaluation. Signup as space is limited.

Tuesday, Oct. 29, 9:30 a.m. Fee: FREE

### Masked Senior

A twist on Halloween. Who is that masked senior. Wear costumes, just for fun as you try to guess the senior behind the mask.

Wednesday, Oct. 30, 10:45 a.m. Fee: FREE

## Ongoing Programs

### Senior Tech

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

Friday, Oct. 4, 11 a.m. Fee: \$1

### Bingo

Mondays, Oct. 7 & 21, 9:30 a.m. Fee: 5¢ per card

Wednesday, Oct. 16, 9:30 a.m. Fee: 5¢ per card

### Singing Group

Love to sing, this is the group for you.

Mondays, Oct. 7 & 21, 1 p.m. Fee: FREE

### Widow & Widower Support Group

Peer support group facilitated by Brenda Dubose.

Wednesday, Oct. 9, 10 a.m. Fee: FREE

### Green Thumb Club with Home Horticulturalist

Meet Julia Rycyna as she inspects our beds and talks about the insects that help our plants grow.

Friday, Oct. 11, 10:30 a.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, Oct. 22, 9:30 a.m. Fee: FREE

### Book Club: Boys in the Boat

A non-fiction novel based during the Depression era of how hope and determination, real true grit, led nine working class boys to win the 1936 Olympics in front of Adolf Hitler.

Wednesday, Oct. 23, 1 p.m. Fee: FREE

### Project Linus/ Sewing 101

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

Monday, Oct. 28, 9:30 a.m. Fee: FREE

### Tea Club

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

Tuesday, Oct. 29, 1 p.m. Fee: FREE

## Health & Fitness Programs

### 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

### Tai Chi for Arthritis II

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

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

### Dance Fit w/ Sha'Meca

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

Monday, 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.

Wednesday, 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

Shop the truck, from toiletries to frozen meats for your entire family. Sponsored by Maryland Food Bank.

Wednesday, Oct.23, 11 a.m. Fee: FREE



**Autumn Fest**  
A Taste of the Senior Centers

Fourth Autumn Fest (previously Fall Fest) on the Indian Head Village Green. Start the day at 9:30 a.m. with a walk, lawn games and coffee and pastries from Clarity Coffee House. Welcome Herbert's Farms for fall veggies at 10 a.m. and groups from the centers. DJ Swagg Money will bring us music at 11 a.m. Chic-Fil-A chicken sandwiches will be available to purchase. Bring your own chair, water, and lunch. Expect door prizes, a 50/50, and loads of fun. No Rain date. This event is sponsored in part by the Indian Head Senior Center Council, CCHD, UMCRC and CC Senior Centers.

**Thursday, Oct. 3, 9:30 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**  
**Reserve lunch by 10 a.m. the preceding day.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness Room .....9:00 Billiards.....9:00 Cards/Games.....9:00 <b>Fitness</b> Tai Chi for Arthritis II.....9:00 Dance Fit.....10:30 Beginner's Tai Chi .....1:00	Fitness Room .....9:00 Billiards.....9:00 Cards/Games.....9:00 <b>Fitness</b> Mobility & Balance .....9:15 AFEP .....11:15	Fitness Room .....9:00 Billiards.....9:00 Cards/Games.....9:00 <b>Fitness</b> Tai Chi for Arthritis II.....9:00 Fitness Class.....10:15 Beginner's Tai Chi .....1:00 Fitness Orientation .....2:00	Fitness Room.....9:00 Billiards.....9:00 Card/Games.....9:00 Canvas Painting.....11:00 <b>Fitness</b> Fitness Surprise.....9:30 AFEP.....11:15 Fitness w/Lamont.....1:00	Card/Games.....9:00 Fitness Room.....10:15 Billiards.....10:15 <b>Fitness</b> Chair Yoga .....9:00
	<b>1</b> Council Meeting .....9:30	<b>2</b> Walk Maryland @ Chapel Point Park .....10:00	<b>3</b> <b>Autumn Fest .....9:30</b> <b>DJ Swagg Money.....11:00</b>  <b>No Morning Fitness Classes</b>	<b>4</b> Senior Tech.....11:00
<b>7</b> Bingo .....9:30 Singing Group .....1:00	<b>8</b> <b>Blue Zone.....10:30</b> Pastor Chris .....1:00	<b>9</b> Widow & Widower Support.....10:00 Ageism Awareness Day .....11:30 Aging Solo – Solo Aging .....1:00	<b>10</b> <b>Building Better                      Caregivers .....9:30</b> Kettlebell .....2:15	<b>11</b> <b>Green Thumb Club w/Home                      Horticulturalist.....10:30</b>
<b>14</b> <b>Indigenous People's Day</b>  <b>All Centers Closed</b>	<b>15</b> Facts about Vaping .....10:30 Crafts w/ Pat Butler.....1:00	<b>16</b> Bingo .....9:30	<b>17</b> Building Better Caregivers...9:30 Kettlebell .....2:15	<b>18</b> <b>Dr. Cook – Blue Zone ...10:30</b>  <b>Heritage Days 10/19 NCC</b>
<b>21</b> Bingo .....9:30 Singing Group .....1:00	<b>22</b> Medicare Open Enrollment Lab .....9:00 Information & Assistance with Julie.....9:30 Shibashi .....3:00	<b>23</b> Yard Sale.....9:30 Mobile Market.....11:00 Book Club.....1:00	<b>24</b> Building Better Caregivers...9:30 Intro to Pickleball .....9:30 <b>Maryland Insurance . . . 11:00</b> Kettlebell .....2:15	<b>25</b> Skinny Pumpkin Spice Frappe.....11:00
<b>28</b> Project Linus/Sewing 101 . . .9:30	<b>29</b> Freedom Hearing – Hearing Evaluation .....9:30 Tea Club .....1:00	<b>30</b> <b>Masked Senior.....10:45</b>  <b>No Fitness Classes</b>	<b>31</b> Building Better Caregivers...9:30 Kettlebell .....2:15	

# NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest SCOOP online!

## Program Highlights

### Diabetes Informational Presentation

1 out of 3 American adults has prediabetes. If you have prediabetes, you can make changes now to improve your health and prevent type 2 diabetes. Learn ways to prevent type 2 diabetes and help make a healthy lifestyle change.

Wednesday, Oct. 9, 10 a.m. Fee: FREE

### Managing Stress as a Caregiver

This discussion will include a caregiver stress test, best practices and tips for caregivers and suggestions for coping with the holidays as a caregiver.

Thursday, Oct. 10, 11 a.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, Oct. 11, 5-7 p.m. Fee: 5¢ per card

### Friday Films

Grab your wand and come watch Harry Potter. Delve into the wizarding world while enjoying some Harry Potter themed snacks.

Friday, Oct. 18, 11 a.m. Fee: FREE

### Let's Take a Trip

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

Tuesday, Oct. 22, 1 p.m. Fee: FREE

### Vaping Information Presentation

What are vapes? Do you know what is in e-cigarettes? Do you know they are tobacco products? There are 10 reasons why you should never try vaping, and this will be shared with you during a tobacco and e-cigarette/vaping educational presentation provided by MaryBeth Klick of the Charles County Department of Health.

Tuesday, Oct. 29, 10 a.m. Fee: FREE

## 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.,

Glass Ghost, Oct. 7 Fee: \$5

Casual Crafting, Oct. 21 Fee: FREE

Leaf Bowl, Oct. 28 Fee: \$5

### I&A Services

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

Thursday, Oct. 17, 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

### 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, Oct. 4 & 18, 9 a.m.-4 p.m. Fee: FREE

### Mobile Library

Borrow books, movies, tech every three weeks.

Tuesdays, Oct. 8 & 29, 10:30 a.m. Fee: FREE

### Community Day

The Department of Social Services and Maryland Insurance Administration will have representatives at the center to assist and answer questions.

Wednesday, Oct. 16, 10 a.m.-1 p.m. Fee: FREE

### Mobile Food Market

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

Wednesday, Oct. 16, 12-2 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, Oct. 16, 5 p.m. Fee: FREE

### 22nd Annual Nanjemoy Heritage Day

Celebrate 22 years of history, family, and fun at our 22nd Annual Nanjemoy Heritage Day. Event features a parade and car show, entertainment, vendors, food and more.

Saturday, Oct. 19, 11:30 a.m. – 3 p.m.

Fee: Prices set by vendors, FREE admission.

### Billiard/Game Room

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

### Computer Lab

Print, copy, fax services available.

Monday-Friday, 8:30 a.m.-4:30 p.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, 3-4 p.m. Fee: FREE

### Shop the Rack – Community Closet

New and gently use clothing items for free.

Tuesdays, 1-4:30 p.m. &

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



**Halloween Bingo**

Enjoy a Halloween themed bingo. Wear your costume and earn extra bingo cards. Snacks provided.

Thursday, Oct. 31, 12:45 p.m.  
Fee: \$.5 per card

# 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 <p style="text-align: center;"><b>Fitness</b></p> 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 <p style="text-align: center;"><b>Fitness</b></p> 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 <p style="text-align: center;"><b>Fitness</b></p> 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 <p style="text-align: center;"><b>Fitness</b></p> 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 <p style="text-align: center;"><b>Fitness</b></p> AFEP ..... 10:00 Walking Club ..... 1:00
	<p><b>1</b></p> Core Fitness ..... 11:15	<p><b>2</b></p> Walk Maryland @ Chapel Point Park ..... 10:00	<p><b>3</b></p> Tai Chi ..... 10:00  Autumn Fest @ IHSC – 9:30 a.m.	<p><b>4</b></p> <a href="#">Community Program</a> WIC Services ..... 9:00
<p><b>7</b></p> Senior Council Meeting ..... 10:00 Artistic Aesthetics: Glass Ghost ..... 1:00	<p><b>8</b></p> Flex and Stretch ..... 10:00  <a href="#">Community Program</a> Mobile Library ..... 10:30	<p><b>9</b></p> Dominos ..... 10:00	<p><b>10</b></p> Total Body Conditioning ..... 11:00 <b>Caregivers Presentation ..... 11:00</b>	<p><b>11</b></p> Senior Tech Appts ..... 8:30 <a href="#">Community Program</a> Sr. Council Bingo ..... 5:00–7:00
<p><b>14</b></p> <b>Indigenous People's Day</b>  <b>All Centers Closed</b>	<p><b>15</b></p> Core Fitness ..... 11:15	<p><b>16</b></p> Billiards ..... 8:30  <a href="#">Community Program</a> Dept. of SS ..... 10:00 MD Insurance Admin ..... 10:00 Mobile Food Market ..... 12:00 So MD Food Bank ..... 5:00	<p><b>17</b></p> I & A Services ..... 9:30	<p><b>18</b></p> Friday Films ..... 11:00  <a href="#">Community Program</a> WIC Services ..... 9:00  <b>22nd Annual Heritage Day Saturday, Oct. 19th 11:30–3:00</b>
<p><b>21</b></p> AFEP/Balance ..... 10:00 Artistic Aesthetics: Casual Crafting ..... 1:00	<p><b>22</b></p> Shop the Rack ..... 1:00 <b>Let's Take a Trip ..... 1:00</b>	<p><b>23</b></p> Games and Puzzles ..... 1:00	<p><b>24</b></p> Bingo ..... 12:45	<p><b>25</b></p> AFEP ..... 10:00
<p><b>28</b></p> Artistic Aesthetics: Leaf Bowl ..... 1:00	<p><b>29</b></p> Computer Lab ..... 8:30 <b>Vaping Presentation ... 10:00</b> <a href="#">Community Program</a> Mobile Library ..... 10:30	<p><b>30</b></p> Fitness Room ..... 8:30	<p><b>31</b></p> Halloween Bingo ..... 12:45	

## Program Highlights

### Breast Cancer Awareness Bingo

Wear pink and play bingo in support of Sister's at Heart! Fundraisers will be taking place during bingo. Sponsored by the Waldorf Senior Center Council.

Thursday, Oct. 10, 10:30 a.m.

Fee: Your Purchase

### Exercise for a Cause

See pg. 14 for details.

Thursday, Oct. 10,

Fee: Donation

### Pelvic Floor Exercises – Women ONLY

Join Dr. Donna for exercises that will strengthen the pelvic muscles to help with bladder control.

Friday, Oct. 11, 10:30 a.m.

Fee: \$2

### What is Vaping?

Is vaping and e-cigarettes the same? How harmful are these products? MaryBeth Klick, Certified Tobacco Treatment Specialist from CCHD will be available to give us the facts.

Tuesday, Oct. 16, 10 a.m.

Fee: FREE

### Candle Making

Join Jennifer Bullard of Small Great Things for a candle making workshop. Supplies provided, space is limited, sign up by Oct. 16. Sponsored in part by the Waldorf Senior Center Council.

Friday, Oct. 18, 10:30 a.m.

Fee: \$15 paid at start of class to Senior Council

### Spooky Snack Spectacular

Healthy food can give quite the fright, learn how to create spooky snacks that aren't so scary! Brittney has dusted off the spell book, brought out the cauldron and is ready to teach all the ghouls and gals some new tricks or treats.

Monday, Oct. 21, 10 a.m.

Fee: FREE

### Self-Enrollment Assistance Labs

See pg. 5 for details.

Wednesday, Oct. 23, 10 a.m.

Fee: FREE

### Monster Mash DANCE Party

Dress up for Halloween and dance the morning away! Music provided by DJ Rockin' Rogers. Prizes will be given for the best costumes in the categories of Spookiest, Most Creative, and Funniest! Pre-Registration required.

If interested in lunch, you must sign-up separately on the daily lunch sign-up sheet.

Wednesday, Oct. 30, 10:30 a.m.

Fee: \$5

## 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, Oct. 1 & 8, 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, Oct. 4, 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, Oct. 9, 10 a.m.

Fee: \$3/pp

### Bible Study

Facilitated by Minister Yvonne' Wilson. All are welcome!

Tuesday, Oct. 15, 11 a.m.

Fee: FREE

### Book Club

This month's book is Dr. Jekyll and Mr. Hyde by Rober Louis Stevenson. Please come prepared with your thoughts on this book and join in the discussions.

Thursday, Oct. 17, 1 p.m.

Fee: FREE

### Widow & Widower Support Group

Facilitated by Brenda Dubose.

Monday, Oct. 28, 9:30 a.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

### Gospel Chior

Sing or listen, all are welcome.

Thursdays, 9:30 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

### Crochet Club

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

Fridays, 10 a.m.

Fee: FREE

### Paper Crafting

Fellow paper crafter, Julia Bengel, will be onsite to offer ideas to get you started in paper crafting. All paper crafting supplies will be provided, but feel free to bring your own.

Fridays, 1 p.m.

Fee: FREE

## Health & Fitness

### Fitness Room Orientation

Mandatory before first use of fitness room. Registration required.

Wednesdays, Oct. 9 & 23, 10:30 a.m.

Thursdays, Oct. 3 & 17, 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.

Fee: FREE

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.

Fee: FREE

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.

Fee: Fitness Card

## Community

### Community Resource Day

Deep Launching, a local 501(c)3 Non-Profit Organization, will be on site handing out toiletry items, clothing, and small household items to those in need!

Saturday, Oct. 26, 11a.m.-2p.m.

Fee: FREE

# 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 Room .....9:00 Racquetball .....9:00 Guitar Club .....10:00 Pinochle .....11:00 Lunch .....12:00 Basic Sewing .....1:00 Cornhole .....1:00 Table Tennis .....2:30 <b>Fitness</b> Chair Dance Aerobics .....9:30 Stability Ball Fitness .....10:30 Chair One Plus .....11:30 Kettlebell Fitness .....12:30 Enhance Fitness .....1:30	Fitness Room .....9:00 Racquetball .....9:00 Cards & Games .....10:30 Pokeno .....10:30 Tech Time .....10:30 Level 1 Pickleball .....11:00 Leather Crafting .....12:00 Lunch .....12:00 Basketball .....12:30 Crafter's Corner .....1:00 Level 1 Pickleball .....2:30 <b>Fitness</b> Total Body Conditioning .....9:30 Gentle Stretching .....10:30 Line Dancing .....11:30 Tai Chi for Health .....1:00	Fitness Room .....9:00 Racquetball .....9:00 Basketball .....10:00 Bridge Club .....10:00 Lunch .....12:00 Basic Sewing .....1:00 Table Tennis .....2:30 <b>Fitness</b> Chair Dance Aerobics .....9:30 AFEP .....10:30 Basic Fitness Training .....11:30 Enhance Fitness .....1:00	Fitness Room .....9:00 Racquetball .....9:00 Gospel Choir .....9:30 Watercolors .....10:30 Basketball .....11:00 Pinochle .....11:00 Lunch .....12:00 Walking Club .....12:30 Mah Jong .....1:00 Guitar Club .....1:00 Level 1 Pickleball .....2:30 <b>Fitness</b> Total Body Conditioning .....9:30 Line Dancing .....11:30 Tai Chi for Health .....1:00	Fitness Room .....9:00 Racquetball .....9:00 Crochet Club .....10:00 Chess Club .....10:30 Lunch .....12:00 Cornhole .....1:00 Paper Crafting .....1:00 <b>Fitness</b> Chair Dance Aerobics .....9:30 Gentle Stretching .....10:30 AFEP .....11:30 Dynamix Yoga .....3:00
	<b>1</b> Mobile Library (Falling into Crafts) .....9:00 Prayer Group .....10:00	<b>2</b> <b>National Smarties Day!</b> Stop by the front desk and ask for a Smarties candy. Walk Maryland @ Chapel Point Park .....10:00	<b>3</b> Bingo .....10:30 Fitness Orientation .....10:30  <b>Autumn Fest @ IHSC – 9:30 a.m.</b>	<b>4</b> Poetry Club .....11:00
<b>7</b> Chair One Plus .....11:30	<b>8</b> Prayer Group .....10:00 <b>Mixed Media .....10:00</b>	<b>9</b> <b>Jewelry Club .....10:00</b> Fitness Orientation .....10:30	<b>10</b> ACA Meeting .....9:30 <b>Breast Cancer Awareness Bingo .....10:30</b>  Exercise for a Cause	<b>11</b> <b>Pelvic Floor Exercises . . .10:30</b>  <b>NO GENTLE STRETCHING</b>
<b>14</b> <b>Indigenous People's Day</b>  <b>All Centers Closed</b>	<b>15</b> Bible Study .....11:00	<b>16</b> <b>What is Vaping? .....10:00</b>	<b>17</b> Bingo .....10:30 Fitness Orientation .....10:30 <b>Book Club .....1:00</b>	<b>18</b> <b>Candle Making .....10:30</b> Jazz Appreciation .....2:00
<b>21</b> WSC Council Meeting .....9:30 <b>Spooky Snacks .....10:00</b>	<b>22</b> Mobile Library (Falling into Crafts) .....9:00	<b>23</b> <b>Self-Enrollment Assistance Labs .....10:00</b> Fitness Orientation .....10:30	<b>24</b> Bingo .....10:30	<b>25</b> <b>Community Resource Day: Saturday, Oct. 26, 11 a.m.-2 p.m.</b>
<b>28</b> Widow & Widower Support Group .....9:30	<b>29</b> Pokeno .....10:30	<b>30</b> <b>Monster Mash Dance Party .....10:30</b>	<b>31</b> Bingo .....10:30	

## Exercise for a Cause

Join us as we support Sisters at Heart, a local breast cancer support group, in their efforts to create awareness, educate, and inspire women and men through their outreach efforts.  
**WEAR YOUR PINK!**

All fitness classes, ALL Day will be a donation to Sisters at Heart. T-shirts available for purchase

Richard R. Clark Senior Center	Oct. 8
Waldorf Senior & Rec. Center	Oct. 10




## Hand Dancing

Learn the basics as Merv guides you through all the steps. All skill levels welcome to learn this fun partner dance.

**Richard R. Clark Senior Center**  
**Oct. 10 & 24 @ 2 p.m. • 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**  
**Oct. 3 & 17 @ 2 p.m. • Fee: FREE**



## Walk Maryland Day

Take a walk with us! Meet up in the parking lot at Chapel Point State Park to celebrate Maryland's State exercise, **WALKING!**


Warm up promptly begins 10 a.m. and then we walk.

Contact Debi Shanks 301-609-5711 or Nate Schultz 240-448-2817, ext. 4817 for more information and to register.

## Biking with Nate

**Friday, Oct. 4th & 18th @ 1 p.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**



## Intro to Kayaking & Group Kayaking

Last one for the year. Fall scenery will be **BEAUTIFUL & Gilbert Run Regional Park is the perfect place to be and take it all in. Calm waters and vivid foliage make for a great experience. Kayaks are provided.**

Beginner:	Oct. 16, 10 a.m.
Self-led:	Oct. 16 11 a.m.

Fee: \$5 for 1 hour

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



## Autumn Fest Fun

Let's bring in the season with some dance and catching up with friends. **Music by: DJ Swagg Money**

Indian Head Village Green • Thursday, Oct 3 9:30 a.m.

\*See page 8 for more details



## Welcome new Instructors!

### Viola McRae & Miriam Hilliard

Both are amazing yoga instructors who are teaching classes at Waldorf Senior & Rec. Center and the Richard R Clark Senior Center. Their classes will be a mat, vinyasa flow type yoga challenging, yet geared for the older adults looking to build strength, practice meditation, and improve balance and flexibility in their exercise routine. Check center schedules for days and times.

## Group Fitness Etiquette

We love to see you in classes and hope you are enjoying our instructors and the variety of classes we offer. Please be mindful of the following:

- Punch your cards if required
- Refrain from wearing excessive perfumes
- Wear appropriate footwear to avoid tripping and falls
- Some classes are very full. To make everyone feel welcome, please do not save a spot for anyone.



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	
	<b>1</b> Cranberry Juice Roasted Pork Loin w/ Gravy Penne Alfredo Pasta California Blend Veggies Baked Apples <b>Cold:</b> Turkey & Cheese on Potato Roll, Pasta Salad & Cucumber Salad, Baked Apples	<b>2</b> Pineapple Juice Taco Salad (Lettuce, Tomato, Shredded Cheese & Seasoned Ground Turkey Meat) Black Bean Salsa Fire Roasted Corn, Fruit Cup	<b>3</b> Grape Juice Hot Dogs w/ Bun Baked Beans Coleslaw Diced Pineapple	<b>4</b> Cranberry Juice Grilled BBQ Chicken Mac & Cheese Green Beans Biscuit Fruit Salad	
<b>7</b> Fruit Blend Juice Sloppy Joe Sandwich (Whole Wheat Bun) Roasted Sweet Potatoes Pickled Beets Apple Slices	<b>8</b> Apple Juice Liver & Onions Mashed Potatoes Side Salad, Biscuit Seedless Grapes <b>Cold:</b> Roast Beef & Cheddar Cheese on Croissant Roll, Potato Chips, Side Salad, Seedless Grapes	<b>9</b> Fruit Blend Juice Lemon Pepper Tilapia Rice Pilaf Honey Glazed Carrots Dinner Roll Sliced Peaches	<b>10</b> Grape Juice Herb Roasted Chicken Garlic Herb Bow Tie Pasta Steamed Broccoli Dinner Roll Pears	<b>11</b> <b>Brunch for Lunch</b> Orange Juice Pancakes w/ Syrup Turkey Sausage Patty Hashbrown Potatoes Mixed Veggies Banana	
<b>14</b> <b>Indigenous People's Day</b>  <b>All Centers Closed</b>	<b>15</b> Pineapple Juice BBQ Pork Sandwich (Whole Wheat Bun), Coleslaw Three Bean Salad Fresh Melon <b>Cold:</b> Turkey & Cheese on Potato Roll, Coleslaw & Three Bean Salad, Fresh Melon	<b>16</b> <b>Brunch for Lunch</b> Apple Juice Cheese Omelet Biscuit w/ Country Gravy Sliced Tomatoes Pears	<b>17</b> Pineapple Juice Vegetable Lasagna Tomato Cucumber Salad French Bread Fruit Cup	<b>18</b> Fruit Blend Juice Spaghetti w/ Meatballs & Mozzarella Side Salad Dinner Roll Apricots	
<b>21</b> Grape Juice Orange Chicken Fluffy Rice Stir Fry Veggie Blend Fruit Cocktail	<b>22</b> Pineapple Juice Meatloaf w/ Gravy Mashed Potatoes Garlic Green Beans Dinner Roll, Jello <b>Cold:</b> Seafood Salad on Brioche Bun, Potato Chips, Pasta Salad, Orange Slices	<b>23</b> Apple Juice Salmon w/ Dill Sauce Brown Rice Oriental Veggie Blend Whole Wheat Dinner Roll Peaches	<b>24</b> Orange Juice Chicken Parmesan w/ Whole Wheat Spaghetti Noodles Garlic Texas Toast Raw Veggies & Ranch Dip Jello	<b>25</b> Fruit Blend Juice Taco Seasoned Ground Turkey Spanish Rice Fiesta Blend Veggies Cornbread Pineapple Chunks	
<b>28</b> Pineapple Juice Crispy Chicken Sandwich w/ Cheese (Whole Wheat Bun) Mac & Cheese Chuckwagon Veggies Chocolate Chip Cookie Peaches	<b>29</b> <b>Brunch for Lunch</b> Grape Juice Quiche Turkey Sausage Links Hashbrowns Roasted Tomatoes Banana	<b>30</b> Spooky Spectacular Witches Brew – Apple Juice Graveyard Chili Creepy Crawler Carrots Candy Cornbread Ghostly grapes	<b>31 HAPPY HALLOWEEN</b> Orange Juice Lemon Pepper Chicken Candied Sweet Potatoes Fire Roasted Veggies Biscuit, Pineapple <b>Birthday Cake</b>		
<b>Charles County Luncheon Program</b>				Available at Noon • Days Vary By Center	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.
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		Nanjemoy Senior Center.....Monday–Friday Waldorf Senior Center.....Monday–Friday	

# The SCOOP

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



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



## Department of Community Services

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

### About Charles County Government

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

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

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

### Publication Changes & Cancellations

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

### Senior Center Inclement Weather Policy

When Charles County Public Schools are closed due to inclement weather, Charles County's Senior Centers will also be closed. Senior Centers do not necessarily open late or close early as with Charles County Public Schools. Please tune your radio to 1560AM or 98.3FM for closing announcements. Community Services will also provide closing information as soon as possible through the Inclement Weather Hotline and Charles County Senior Center Facebook Page. Call 301-934-9305 or 301-870-3388 and immediately press extension 5197 for delays and cancellation listings.

# Travel Bucket List!

*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.

**October 9-18, 2025: RCCL Vision of the Seas – 9 Nt Canada and New England Fall Foliage Cruise.** BOOK NOW for 2025. These cruises sell out more than a year in advance. Just a short drive to the Port of Baltimore to board your ship to cruise New England and the Maritime Provinces of New Brunswick and Nova Scotia. The fall colors should be vibrant and the wind-swept coastline of Canada awe inspiring. Ocean View Guar, from \$1,220 pp and Balcony Guar from \$2,500 pp. Rates and promotions are subject to change: group space is not being held.

