

The SCOOP

Charles County's Senior Center News

Happy
Thanksgiving



NOVEMBER 2024
www.CharlesCountyMD.gov

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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: Brittany Arbin

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 November Sponsored/Hosted Activities & Events

Clark Senior Center Sunset Memorial Bingo <i>Special thanks to Mel Williams for woodwork.</i>	Indian Head Senior Center Day of Gratitude, All Clubs, and Shibashi	Nanjemoy Senior & Community Center Bingo Fundraiser	Waldorf Senior & Rec Center Bingo 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!

Like us on Facebook!!

How to scan 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!

Inclement Weather Postings

As we get into the cooler weather, be on the look out to follow our inclement weather postings. Here's a helpful guide before travel to the center:

Schools **CLOSED** = Centers **CLOSED**

Schools **DELAYED** = Centers **OPEN ON TIME**

Charles County Government **DELAYED** = Centers **DELAYED**

To see if VanGo is delayed:

- Call VanGO at 301-609-7917
- Call PGM Transit Division at 301-645-0642

Inclement Weather Hotline:

- 301-934-9305
- 301-870-3388, ext. 5197



November Closures

All Charles County Senior Centers will be closed on:

- Tuesday, November 5: Election Day
- Monday, November 11: Veterans Day
- Thursday, November 28: Thanksgiving Holiday
- Friday, November 29: Thanksgiving Holiday



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.

Eating at a Restaurant:

Going out to eat can be a welcome change, but it also poses some challenges. Below are some tips for eating out with a person who has Alzheimer's:

- Choose a restaurant that the person likes, is quiet, and has quick service and an understanding staff.
- Visit restaurants during "off hours" when they're less likely to be crowded.
- Consider going to the restaurant earlier in the day so the person is not too tired. Bring supplies such as utensils, a towel, and wipes that the person uses at home.
- At the restaurant, ask for a table near the bathroom.
- Help the person choose their meal, if needed. Read parts of the menu or show the person a picture of the food. Suggest food you know the person likes.
- Ask the server to fill glasses half full or leave the drinks for you to serve.
- Order some finger food or appetizers before the main meal to hold the attention of the person with Alzheimer's.

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



ALZHEIMER
awareness

Native American Heritage Month:

The Indigenous Peoples of the Chesapeake Region

The Chesapeake Bay region was home to a great diversity of people, dating back over 10,000 years. By the 1600s, there were three major language groups in the area, the Algonquin, Iroquois, and Siouan. These language speaking communities were made up of multiple tribes. A fourth major group is the Powhatan Confederacy, which was a political alliance composed of Algonquin-speaking tribes spanning from Maryland to the Carolinas.

Tribes present in the area that would later become Maryland include:

- **Algonquin:** Annemessex, Assateague, Choptico (Cecomocomoco), Choptank, Transquaking, Delaware (Lenni-Lenape), Doeg, Matapeake, Mattapanient, Mattawomen, Nacotchtank (Anacostan), Ozinie, Patuxent, Piscataway, Moyaone, Nanjemoy, Potapoco, Shawnee, Tockwogh, and Yoacomaco
- **Powhatan Confederacy:** Accohannock, Nentego (Nanticoke), Manokin, Wicomico, Pamunkey, and Pocomoke
- **Iroquois:** Massawomeck, Susquehannock, and Tuscarora
- **Siouan:** Tupelo and Saponi

Today, the Chesapeake region is home to tens of thousands of people of Native descent. These individuals have diverse backgrounds and experiences; some are members of state or federally recognized tribes, while others are descendants of tribes that once lived in or migrated through the area.

For more information and to see this map in larger scale, please visit the source website:

<https://towson.libguides.com/indigenous-peoples/maryland>

Map of Chesapeake Bay area from Native Land Digital, highlighting territories of native tribes and bands.



Celebrating the 100th Anniversary of the Charles County Fair

Senior Room was a HUGE SUCCESS!

The Charles County Fair celebrated 100 years in September, and our Seniors were exceptional! The Senior room was FULL of the talented artwork that our seniors have created over the past year. Knitted blankets, charcoal drawings, photos of animals, nature, and people, applique pillows, rolled paper doll families, cowgirl boot themed jewelry, adults clothing, wood crafted sword storage box, flower arrangements, stained glass flying pigs, and SO MUCH MORE! We thank each and every senior who submitted work into the Senior Room. We could not have had the best room at the fair without it.

Congratulations to all of our winners, and a special congratulations to our two Best in Show winners:

Crochet Blanket – Debra Harding

Stained Glass – Beverly Payne

A special thank you goes to the volunteers and staff who helped run the Senior Room.

Beth Fiske, Norma Baretincic, Sandy Rhode, Carol Facey, Tayloni Ricks, Kaci Hernandez, Taliyah Ricks, Amranda Mikell, Deb Hoefert, Cecelia Keller, John Keller, Brenda Williams, Debra Harding, Darlene Lutrell, Ed Lutrell, Carol Greenan, Allen Higgs, Carolyn Savoy, Debbie Butler-Penny, Lynn Moore, Sabrina Tanner, JT Willett, Stephanie Benjamin, and Melon Spriggs.

It takes a village to make this Fair a success and we are so thankful for all of you being a part of ours.

It's never too early to start crafting for the 2025 Charles County Fair! Happy Crafting!



Southern Maryland Stuffed Ham

Dishes don't stick around virtually unchanged for three centuries unless they are something truly special, and this Southern Maryland favorite certainly fits the bill. From the founders of the Maryland colony to the tables of today, Southern Maryland Stuffed Ham remains the hallmark of an unforgettable holiday feast.

Total time: 6 Hours Serves: 18

Ingredients:

- One 20- to 22-pound corned ham, boned
- 10 pounds cabbage
- 1 1/2 pounds kale
- 3 pounds onion 3 tablespoons crushed red pepper
- 2 tablespoons black pepper
- 1 package cheesecloth

Step 1: Making your first Southern Maryland Stuffed Ham can be intimidating, but each step is easy, the actual active prep time is really only about a half hour, and the results are simply stunning. So take your time and go for it! The first step, trim the excess fat from the ham and preheat the oven to 400°.

Step 2: To make the stuffing, wash the cabbage, kale and onions in cold water, then chop the vegetables and mix thoroughly in a large bowl with the red and black pepper.

Step 3: Cut slits all over the ham about 2 inches deep and the same across. Generously fill the slits and the cavity where the bone was with your stuffing. There are great videos online showing some techniques.

Step 4: Tie the ham with a string back in its original shape, wrap with cheese cloth and tie again. Cover the ham with aluminum foil and bake for five hours.

Step 5: Drain the ham and cool overnight in the refrigerator. Serve cold.

Reference: <https://www.visitmaryland.org/article/southern-maryland-stuffed-ham-recipe>



Ask SHIP:

I am a State of Maryland Retiree, do I need to enroll in a Medicare Drug Plan?

The State of Maryland’s prescription drug plan for Medicare-eligible retirees will end on December 31, 2024. Retirees **must** enroll in a Medicare Part D plan to have prescription coverage on January 1, 2025. If you are currently enrolled in the State’s prescription drug plan, you have a Special Enrollment Period October 1st – December 31st. If you **do not** currently have the State’s prescription drug plan, you need to enroll during the Medicare Open Enrollment Period October 15th – December 7th. This change can also affect Medicare-eligible spouses, surviving spouses, and Medicare-eligible dependent children of a state retiree.

The State has partnered with contractor Via Benefits to provide retirees with one-on-one counseling for the enrollment period. These counselors will review your current medications with you, help you understand your options, and assist you with selecting a new prescription plan under Medicare. In addition, both virtual and in-person information sessions are being offered.

For the most up-to-date information on the transition for State of Maryland Retirees please visit: www.dbm.maryland.gov/Benefits or contact the Department of Budget Management at 410-767-4775.

Retirees may contact Via Benefits to schedule an enrollment appointment by calling 1-855-556-4419.

MEDICARE OPEN ENROLLMENT | OCT. 15–DEC. 7



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.

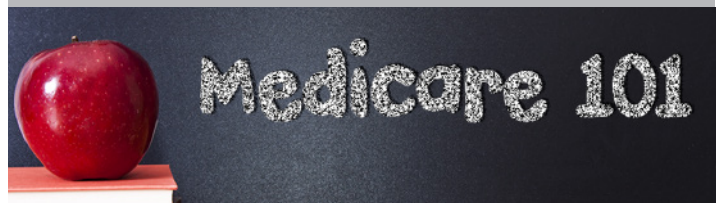
Charles County Public Libraries (9am -12pm):

Nov 19, 2024 ---Waldorf West Library

Senior Centers (9am – 12pm):

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

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



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 2025 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.



CLARK SENIOR CENTER

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

Get your Latest SCOOP online!

Program Highlights

History of Veterans Day & Our Armed Forces

Join Debi Scoggins to learn more about the history of Veterans Day and the branches of the armed forces. Prior signup encouraged. Tuesday, Nov. 7, 10:30 a.m. Fee: FREE

Movies

Join us for movies on Tuesdays during November. Titles include: Planes, Trains and Automobiles and Dutch. Space is limited. Prior signup required. Tuesdays, Nov. 12-26 at 10 a.m. Fee: FREE

Center Tours

To accommodate increased demand, center tours will be scheduled in advance for new participants. Offered weekly on two different dates/times. Space is limited. Prior signup required. Tuesdays, Nov. 12 & 26 at 2 p.m. Fee: FREE
Fridays, Nov. 8 & 22 at 10 a.m.

Intro to Alzheimer's & Healthy Living for your Brain and Body

Learn the impact of Alzheimer's, risk factors, warning signs, and resources on how you can join the fight against this disease. Learn tips on healthy living to support mental and physical health. Tuesday, Nov. 12, 10:30 a.m. Fee: FREE

"Revive" Grief Counseling Program

A new six-week grief counseling program session to help learn coping skills for those who have lost a loved one. Wednesdays, Nov. 13, 20, & 27, 11 a.m. Fee: FREE

Veterans Day Celebration

Celebrate our senior veterans with musical entertainment, lunch, and friends. Event is free to veterans, and \$5 for others. Signup is required to obtain a ticket. This event is sponsored in part by the Charles County Arts Alliance. Thursday, Nov. 14, 10:30 a.m. Fee: \$5 OR FREE for Veterans

Ceramic Coaster Decorating

Decorate coasters just in time for Thanksgiving! Use in your home for your guests or as a host gift!! Space is limited and prior signup is required. Tuesday, Nov. 19, 10 a.m. Fee: FREE

Ceramic Ornament Decorating

Trim up the tree with your custom ceramic Christmas ornament. Space is limited and prior signup is required. Thursday, Nov. 21, 10 a.m. Fee: FREE

Save the Date

Let's Mingle and Jingle Christmas Party sponsored by the Clark Senior Center Council on Wednesday, Dec. 18th. Christmas carols, DJ, \$20 drawings, 50/50 raffle, and a raffle for a Christmas centerpiece with \$200 in gift cards.

Ongoing Programs

Widow to Widow Support Group

Women's group focusing on grief. Facilitated by Fran Bryner. Monday, Nov. 4, 1 p.m. Fee: FREE

Beginners Jewelry Class

Mary Hemmingway will help you create beautiful pieces of beaded jewelry. No experience necessary. Class size limited, please sign up! Wednesdays, Nov. 6 & 20, 10 a.m. Fee: FREE

Book Club

Led by Nancy Marquardt, Charles County Public Library. This month's book is "Frozen River" by Ariel Lawhon. Please sign up for the timeslot of your choice. Thursday, Nov. 7, 1 p.m. & 2:15 p.m. Fee: FREE

Senior Council Bingo

Doors open at 9:30 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. **Free hotdogs and chips.**

Fridays, Nov. 8, Doors open at 9:30 a.m. Fee: \$4= 3 Face Card, \$8 for 6 Face Card

Charles County Mobile Library

Visit the Charles County Mobile Library, located inside our building. Tuesday, Nov. 26, 10 a.m. Fee: FREE

Learn to Quilt

Quilting is a great way to unwind. Join Gale Cavella to learn new quilting techniques. Must provide your own supplies. Tuesdays, 9:30 a.m. Fee: FREE

Knit & Crochet Group

This is an open session for you to come together and work on your own projects. 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

Chair Yoga

This class is a chair class aimed at improving strength, posture, balance, and freedom of movement. Breathing practices will also be included. Mondays, 12 p.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

Thanksgiving Luncheon

We are so thankful for you! We would love for you to join us at our Thanksgiving Luncheon featuring live guitar music provided by Will Yeckley. Prior signup is required no later than 10 a.m. on Tuesday, Nov. 19.

Wednesday, Nov. 20, 11:30 a.m.
Fee: Lunch Donation



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 OPEN9:30 Coloring & Puzzles9:30 2N1 Social Club10:00 Duplicate Bridge10:00 Fitness Total Body Conditioning.....9:00 Pilates.....10:00 Chair Yoga11:00 African Dance.....12:00 Drums Alive1:15	Billiards.....9:30 Quilting Class.....9:30 Coloring & Puzzles9:30 Guitar10:00 Cards & Games10:00 Stained Glass12:00 Lunch12:00 Spiritual Enrichment.....1:00 Fitness Strength Training.....9:00 Flex & Stretch.....10:00 Zumba11:30 Line Dance1:00 Tai Chi2:00 Yoga Flow.....3:00	Billiards.....9:30 Sewing Room OPEN9:30 Crochet/Knitting.....9:30 Coloring & Puzzles9:30 Mah Jong10:00 Cards & Games10:00 Pokeno11:00 Lunch12:00 Powder Puff Billiards.....1:00 Gospel Choir.....2:00 Fitness Basic Fitness Training9:00 Tai Chi10:00 Dance Aerobics11:00 Yoga Flow.....12:00 AFEP1:00 Core & More.....1:45	Billiards.....9:30 Sewing Room OPEN9:30 Coloring & Puzzles9:30 Lunch12:00 Reflections.....1:00 Fitness Strength Training.....9:00 Step Plus.....10:00 Zumba11:30 Pilates12:30	Billiards.....9:30 Project Linus9:30 Coloring & Puzzles9:30 Open Paint Session10:00 Guitar10:00 Lunch12:00 Fitness Total Body Conditioning.....9:00 Chair One Plus10:00 AFEP11:15 Chair Yoga12:00 Line Dance2:00
				1 Hand & Foot Canasta10:00
4 Widow to Widow1:00 Legal Aid1:00	5 Closed for  Election Day	6 Fitness Orientation10:00 Beginners Jewelry.....10:00 Council Meeting1:00	7 History of Veteran's Day & the Armed Forces.....10:30 Book Club.....1:00 Liturgical Dance.....2:00 Book Club.....2:15	8 Senior Council Bingo9:15 Center Tour.....10:00
11 Closed for  Veterans Day	12 Hand & Foot Canasta10:00 Movies10:00 Intro to Alzheimer's10:30 Prime Timer Theatre Group...2:00 Center Tour.....2:00	13 Bread Making10:00 "Revive" Grief Counseling.....11:00 All Senior Centers Close at 2 p.m.	14 AARP Tax Aide Meeting9:30 Veterans Day Program . .10:30 Hand Dance2:00	15 Project Linus Meeting.....9:30
18 Chair Yoga11:00	19 Decorate Your Own Coaster10:00 Movies10:00	20 Fitness Orientation10:00 Beginners Jewelry.....10:00 Blood Pressure Check10:00 "Revive" Grief Counseling.....11:00 Thanksgiving Luncheon 11:30	21 Ceramic Ornament Decorating.....10:00 Liturgical Dance.....2:00	22 Senior Council Bingo9:15 Center Tour.....10:00 Hand & Foot Canasta10:00
25 Sisters @ Heart Tree Decorating10:00	26 Mobile Library.....10:00 Movies10:00 Center Tour.....2:00	27 "Revive" Grief Counseling.....11:00 Caregivers Support2:00	28 Closed for  Thanksgiving Holiday	29 Closed for  Thanksgiving Holiday

INDIAN HEAD SENIOR CENTER

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

Get your Latest SCOOP online!

Program Highlights

Stress Awareness Day

Everyone has stress, some stress is good for us. How we respond to stressors determines how stress harms our health. Join staff as we talk about tools to help with stress.

Wednesday, Nov. 6, 11:30 a.m. Fee: FREE

Holiday Swaps w/ Brittney Bolin

November is diabetes awareness month, Join Nutritionist Brittney Bolin to learn how to make those healthy swaps as you enjoy the holidays.

Tuesday, Nov. 12, 10:30 a.m. Fee: FREE

Meditation with Debi

Join our Fitness and Health Coordinator, Debi Shanks as she guides us in meditation, a tool to relieve stress.

Wednesday, Nov. 13, 1 p.m. Fee: FREE

Deck the Halls

Christmas is right around the corner. Help us decorate the center for our Jazzy Christmas celebration.

Wednesday, Nov. 27, 11 a.m. Fee: FREE

Ongoing Programs

Bingo

Fridays, Nov. 1 & 22, 9:30 a.m.

Fee: 5¢ per card

Choir Group

Join us as we prepare for Day of Gratitude

Wednesday, Nov. 6, 1 p.m. Fee: FREE

Tuesday, Nov. 12, 9:30 a.m.

Widow & Widower Support Group

Peer support group facilitated by Brenda Dubose.

Wednesday, Nov. 13, 10 a.m. Fee: FREE

Green Thumb Club

Thin out the kale and replant for the spring.

Friday, Nov. 15, 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, Nov. 19, 9:30 a.m. Fee: FREE

Book Club: Vera Wong's Unsolicited Advice for Murderers

In a society where age determines your visibility, 60-year-old Vera Wong uses her invisibility to catch a killer. Enjoy this cozy mystery with a cup of tea.

Wednesday, Nov. 20, 1 p.m. Fee: FREE

Project Linus/ Sewing 101

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

Monday, Nov. 18 & 25, 9:30 a.m. Fee: FREE

Tea Club

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

Tuesday, Nov. 19, 1 p.m. Fee: FREE

Shibashi

Gentle, flowing movements and breathing techniques that help to improve health and balance the body, mind, and spirit.

Tuesday, Nov. 19, 3 p.m. Fee: Donation

Health & Fitness Programs

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

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

Fitness 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- 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

Veterans Day Celebration

Annual Veterans Day celebration at the Village Green Pavilion. Open to the public. Hosted by the Town of Indian Head, local military and veteran organizations. For more information check the Town's website or email ALAUnit233md@gmail.com.

Friday, Nov. 8, 11 a.m. Fee: FREE

DAY OF GRATITUDE

Thanksgiving is more than the turkey, dressing, pumpkin pie and football. This is the day to be thankful and grateful for all our blessings. The air that we breathe, the knowing that the sun will rise when we do, the kindness of others. Join the Indian Head Choir group with songs and poems of gratitude as we celebrate a day of gratitude. Sponsored by the Indian Head Senior Center Council.

Wednesday, Nov. 20, 10:45 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 Room9:00 Billiards.....9:00 Cards/Games.....9:00 Fitness 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 Fitness w/ Veronica.....10:15 Beginner's Tai Chi1:00 Fitness Orientation2:00	Fitness Room.....9:00 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
				1 Bingo9:30 Day of Memories.....11:30.
4 Affirmations of Gratefulness.....9:30	5 Closed for  Election Day	6 Council Meeting9:30 Stress Awareness Day. . . 11:30 Choir Group1:00	7 Canvas Painting.....12:30 Learn how to use Kettlebells ..2:15	8 Veteran's Day Celebration with the Town Pavilion11:00
11 Closed for  Veterans Day	12 Holiday Food Swaps with Brittney.....10:30 Pastor Chris1:00	13 Widow & Widower Support .10:00 Meditation with Debi. . . 1:00 No Fitness Orientation. All Senior Centers Close at 2 p.m.	14 Herbert Farms9:30 Canvas Painting.....12:30. Kettlebell2:15	15 Green Thumb Club10:30
18 Project Linus/Sewing 101 ...9:30 Choir Group1:00	19 Information & Assistance with Julie9:30 Tea Club1:00 Shibashi3:00	20 Day of Gratitude10:45 Book Club.....1:00 Fitness Room Closed	21 Learn how to use Kettlebells ..2:15	22 Deck the Halls10:30 Bingo9:30
25 Project Linus/Sewing 101 ...9:30	26 Jazzy Christmas Craft10:30	27 Deck the Halls11:00	28 Closed for  Thanksgiving Holiday	29 Closed for  Thanksgiving Holiday

NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest SCOOP online!

Program Highlights

Senior Council Thanksgiving Luncheon

The Nanjemoy Senior Council will host a Thanksgiving themed lunch. Please see the Nanjemoy Senior Council to register in advance. Last day to register is Wednesday, Nov. 6.

Tuesday, Nov. 12, 11 a.m. Fee: Donation

Healthy Holiday Swap

Come get some healthy ideas and tips to swap out some unhealthy options to get through the holidays with our nutritionist Brittney.

Wednesday, Nov. 13, 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, Nov. 15, 5-7 p.m. Fee: 5¢ per card

Let's Take a Trip

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

Tuesday, Nov. 19, 1 p.m. Fee: FREE

Warning Signs of Alzheimer's

Learn to recognize common signs of the disease and next steps to take, including how to talk to your doctor.

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

Bingocize

Please join Laura for a new 10-week health promotion program that combines bingo with fun, inclusive exercises for everyone!

Mondays, 11 a.m. Fee: FREE

Ongoing Programs

Artistic Aesthetics

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

Mondays, 1 p.m.,
Casual Crafting, Nov. 4, Fee: FREE
Pressed Flower Frames, Nov. 18, Fee: \$5
Casual Crafting, Nov. 25, 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, Nov. 14, 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

(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, Nov. 8 & 22, 9 a.m.-4 p.m. Fee: FREE

Mobile Library

Borrow books, movies, tech every three weeks.

Tuesday, Nov. 19, 10:30 a.m. Fee: FREE

Community Day

The Southern Maryland Food Bank will be offering free giveaways of prepackaged meals and hygiene products.

Wednesday, Nov. 20, 12 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, Nov. 20, 12-2 p.m. Fee: FREE

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

Pizza & Painting

Pizza and Painting is back! Open to all ages. Activity will consist of a fall inspired pre-sketches 8 x 10 canvas with painting supplies provided. Pizza meal consists of two slices of pizza, pepperoni or cheese, seasonal fruit and a bottle of water. Pizza selection made at signup with payment. Design will be shared on our Facebook page. Limited availability.

Friday, Nov. 8, 12:30 p.m. Fee: \$8

Recreation Programs

Date Night Cuisine

Hands on cooking class that will teach you how to make a meal that is Instagram worthy. Classes will cover a variety of cooking aspects. Best part, you get to eat what you cook. November's selection is Thanksgiving Show Stoppers. Register with the link below.

Friday, Nov. 22, 12 p.m. Fee: \$40

https://charlescountymd.myrec.com/info/activities/program_details.aspx?ProgramID=31015

DIY Etching

We will teach you how to take stencils and ordinary glasses and create two unique masterpieces. All supplies included or bring your own glassware.

**No pyrex or plastic.

Tuesday, Nov. 26, 5 p.m. Fee: \$20

residents/\$25 non-residents



FRIDAY FILMS

Start preparing for the holiday fun with this heartwarming film, Instant Family while enjoying snacks.

Friday, Nov. 15, 11 a.m. • Fee: FREE

NANJEMOY SENIOR/COMMUNITY CENTER

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

Senior Center Hours: 9 a.m.–3 p.m., Mon–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 Pickleball (weather permitting) 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
				1 Shop the Rack 8:30
4 Senior Council Meeting 10:00 Bingocize 11:00 Artistic Aesthetics: Casual Crafting 1:00	5 Closed for  Election Day	6 Dominos 10:00 <u>Community Program</u> Vaccine/Flu Clinic 9:00	7 Total Body Conditioning 11:00 Bingo 12:45	8 Senior Tech Appts 8:30 <u>Community Program</u> WIC Services 9:00 Pizza & Painting 12:30
11 Closed for  Veterans Day	12 Senior Council Thanksgiving Luncheon 11:00	13 Billiards 8:30 Nutrition Presentation 11:00 All Senior Centers Close at 2 p.m.	14 I & A Services 9:30	15 Friday Films 11:00 Sr. Council Bingo 5:00
18 AFEP/Balance 10:00 Bingocize 11:00 Artistic Aesthetics: Pressed Flower Frames 1:00	19 Shop the Rack 1:00 Let's Take a Trip 1:00 <u>Community Program</u> Mobile Library 10:00	20 Games and Puzzles 1:00 <u>Community Program</u> MobileFoodMarket 12:00 So Md Food Bank 12:00	21 Bingo 12:45	22 AFEP 10:00 <u>Community Program</u> WIC 9:00 Date Night Cuisine 12:00
25 Alzheimers Presentation 10:00 Bingocize 11:00 Artistic Aesthetics: Casual Crafting 1:00	26 Computer Lab 8:30 <u>Community Program</u> DIY Glass Etching 5:00	27 Fitness Room 8:30	28 Closed for  Thanksgiving Holiday	29 Closed for  Thanksgiving Holiday

WALDORF SENIOR & RECREATIONAL CENTER

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

Get your Latest SCOOP online!

Program Highlights

Wills & Estates

Join Loraine Hennessey, Register of Wills, to learn all you need to know about your Will(s) and Estate(s).

Friday, Nov. 8, 10 a.m. Fee: FREE

Showstoppers

After a 5-year hiatus, the South County Showstoppers are back in action and ready to give our members an amazing performance!

Tuesday, Nov. 12, 12 p.m.

Fee: Veterans Free/Non-Veterans \$5

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

Self-Enrollment Assistance Labs

See pg. 5 for details.

Wednesday, Nov. 13, 10 a.m. Fee: FREE

Healthy Future Initiatives

Join Equi Health Solutions for a series of wellness sessions focused on increasing awareness and protection against COVID-19, flu, and RSV. Learn how to protect yourself and your loved ones with valuable information and practical tips.

Friday, Nov. 15, 10 a.m. Fee: FREE

Jazz Appreciation

Join fellow jazz enthusiasts in our multi-purpose room to listen to some amazing Jazz. This will take place every third Friday of the month.

Friday, Nov. 15, 2 p.m. Fee: FREE

Understanding Alzheimer's & Dementia

Learn the difference between Alzheimer's and dementia, stages, risk factors, research and FDA-approved treatments.

Monday, Nov. 18, 10:30 a.m. Fee: FREE

Exercise & The Diabetic

See pg. 14 for details

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

Thanksgiving Party

Let's be thankful for life, friends, and parties! Bring your dancing shoes and enjoy entertainment by DJ Rockin' Rogers.

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

Wednesday, Nov. 20, 10:30 a.m. Fee: \$5

Pop-Up Farmers Market

Herbert Farms will be on site with locally grown, fresh produce! Stop in and shop local for ingredients for all your favorite Thanksgiving fishes. Senior Farmers Market Nutrition Coupons accepted.

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

Fee: Your Purchase(s)

Senior Rangers

Learn more about the Senior Ranger program and what it offers. This program is geared toward senior citizens with an interest in learning more about our parks and nature so they can get active, visit their local state parks, and sharpen their sense of wonder!

Friday, Nov. 22, 10:30 a.m. Fee: FREE

Gratitude Meditation w/ Debi Shanks

This is the time to reflect on what you are thankful for while taking a moment to meditate and focus on your wellbeing.

Tuesday, Nov. 26, 11 a.m. Fee: FREE

Ongoing Programs

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, Nov. 1, 11 a.m. Fee: FREE

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, Nov. 12, 10 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, Nov. 13, 10 a.m. Fee: \$3/pp

Bible Study

Facilitated by Minister Yvonne' Wilson. All are welcome!

Tuesday, Nov. 19, 11 a.m. Fee: FREE

Book Club

This month's book "Still Life by Louise Penny." Please come prepared with your thoughts on this book and join in the discussions.

Thursday, Nov. 21, 1 p.m. Fee: FREE

Widow & Widower Support Group

Facilitated by Brenda Dubose.

Monday, Nov. 25, 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

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

Paper Crafting

Fellow paper crafter, Julia Benge, 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

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

Fitness Room Orientation

Mandatory before first use of fitness room. Registration required.

Monday, Nov. 4 & 18, 11:30 a.m. Fee: \$5

Wednesdays, Nov. 13, 10:30 a.m. Fee: \$5

Core & More

This full-body workout emphasizes the abdominals and back, incorporating some floor exercises to engage all major muscle groups.

Fridays, 12:30 p.m. Fee: Fitness Card

Dynamix Yoga

This yoga flow proceeds through calming movements to increase your practice, while renewing your mind. It also strengthens your flexibility, your balance, and resets your focus.

Fridays, 3 p.m. Fee: Fitness Card

Instructor: Viola McRae

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 Walking Club12:30 Basketball1:00 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 Pinochle11:00 Level 1 Pickleball11:00 Lunch12:00 Walking Club12:30 Basketball1:00 Guitar Club1:00 Mah Jong1:00 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 Paper Crafting1:00 Fitness Chair Dance Aerobics9:30 Gentle Stretching10:30 AFEP11:30 Core and More12:30 Dynamix Yoga3:00
				1 Poetry Club11:00
4 Fitness Orientation11:30	5 Closed for  Election Day	6 National Basketball Day Drop by and shoot some hoops10:00	7 Bingo10:30	8 Wills & Estates10:00
11 Closed for  Veterans Day	12 Mobile Library (Mini Koi Ponds)9:00 Payer Group10:00 Showstoppers12:00	13 Jewelry Club10:00 Self-Enrollment Assistance Labs10:00 Fitness Orientation10:30 All Senior Centers Close at 2 p.m.	14 ACA Meeting9:30 Bingo10:30 Veteran's Day Party @ Clark	15 Healthy Future Initiatives10:00 Jazz Appreciation2:00
18 WSC Council Meeting9:30 Understanding Alzheimer's & Dementia10:30 Fitness Orientation11:30	19 Exercise & The Diabetic10:00 Bible Study11:00	20 Thanksgiving Party10:30	21 Pop-Up Farmers Market10:00 Bingo10:30 Book Club1:00	22 Senior Rangers10:30
25 Widow & Widower Support Group9:30	26 Pokeno10:30 Gratitude Meditation11:00	27 AFEP10:30	28 Closed for  Thanksgiving Holiday	29 Closed for  Thanksgiving Holiday

Exercise and Diabetes

Learn how utilizing the muscles in your body can lower A1C numbers within the blood. Through basic exercise and movement, we will understand how strength can greatly help with diabetics and people with pre-diabetes. Lecture followed with exercises.

Waldorf Senior & Rec. Center:
Tuesday, Nov. 19, 10 a.m.



Liturgical Dance

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

Thursdays, Nov. 7 & 21, 2 p.m., FREE
Richard R. Clark Senior Center



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: Thursday, Nov. 14, 2 p.m., FREE

Alzheimer's Educational Series

Understanding Alzheimer's and Dementia can be confusing. These workshop classes break everything down to help educate and create awareness when it comes to brain health.

Intro to Alzheimer's & Healthy Living for brain & Body:
Richard R. Clark Senior Center: Tuesday, Nov. 12, 10:30 a.m.

Understanding Alzheimer's & Dementia:
Waldorf Senior & Rec. Center: Monday, Nov. 18, 10:30 a.m.

10 Warning Signs of Alzheimer's:
Nanjemoy Senior Center: Monday, Nov. 25, 10 a.m.

**See full class description on center page*

Prime Timer Theatre Group

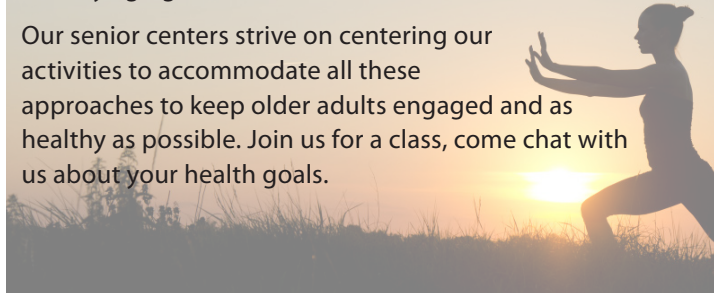
It's that time for rehearsals. If interested in acting in our Valentines play, contact Debi Shanks 301-609-5711

Richard R. Clark Senior Center: Tuesday, Nov. 12, 2 p.m., FREE

Body, Mind & Spirit

In a holistic approach to wellness and health related issues, we want to make sure you not only take care of you body but also the brain and spirit. Finding joy in your day and keeping your brain healthy is crucial in healthy aging.

Our senior centers strive on centering our activities to accommodate all these approaches to keep older adults engaged and as healthy as possible. Join us for a class, come chat with us about your health goals.



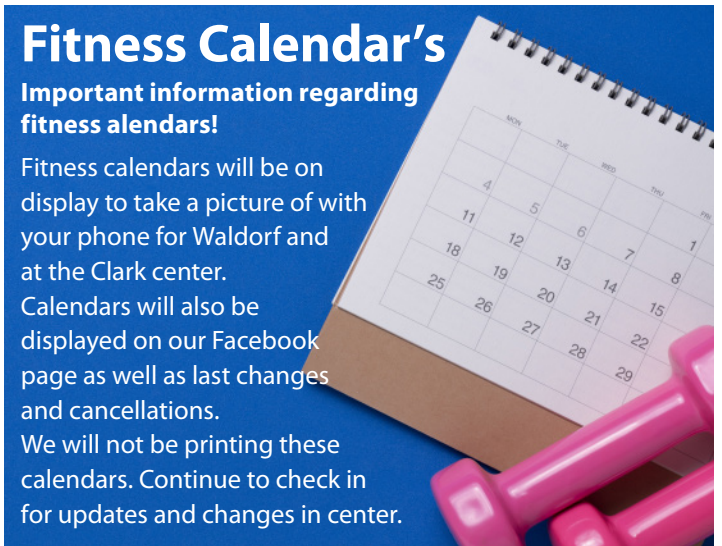
Fitness Calendar's

Important information regarding fitness alendars!

Fitness calendars will be on display to take a picture of with your phone for Waldorf and at the Clark center.

Calendars will also be displayed on our Facebook page as well as last changes and cancellations.

We will not be printing these calendars. Continue to check in for updates and changes in center.



River Clean Up!

Attention Seniors! Join us on November 14, 10 a.m. for a river clean up at Chapel Point State Park. Trash bags and gloves will be provided. To sign up or for more information, contact Debi Shanks at 301-609-5711.



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
				1 Apple Juice Chicken Parmesan w/ Whole Wheat Spaghetti Noodles Garlic Texas Toast Raw Veggies & Ranch Dip Jello
4 Grape Juice Honey Lime Chicken Roasted Red Potatoes Green Beans Dinner Roll Pineapple	5 Election Day  Centers Closed	6 Pineapple Juice Turkey & Swiss on Rye Bread 3 Bean Salad Baked Chips Mandarin Oranges	7 Fruit Blend Juice Lemon Pepper Tilapia Fluffy Rice Dinner Roll Broccoli Peaches	8 Orange Juice Veggie Beef Soup Grilled Cheese Sandwich Apricots
11 Veterans Day  Centers Closed	12 Grape Juice Seasoned Pork Chop Au Gratin Potatoes Collard Greens Corn Bread Pineapple Chunks	13 Fruit Blend Juice Seasoned Ground Turkey Spanish Rice Black Beans & Corn Jello Cup	14 Orange Juice Chicken Salad on Croissant Pasta Salad Creamy Cucumber Salad Mandarin Oranges	15 Pineapple Juice Chicken w/ Mushroom Gravy Brown Rice Malibu Veggie Blend Dinner Roll Peaches
18 Grape Juice Chicken Fajitas Tortilla (2) Fire Roasted Corn Tomato Salsa Fruit Cup	19 Apple Juice Cheese Omelet Turkey Sausage Links Cheesy Potato Casserole Roasted Tomatoes Banana	20 THANKSGIVING MEAL Pineapple Juice Roasted Turkey Mashed Potatoes & Gravy Stuffing Green Beans Cranberry Sauce Dinner Role Pumpkin Pie	21 Fruit Blend Juice Tomato Soup Grilled Cheese Sandwich Raw Veggies and Ranch Apple Slices	22 Orange Juice Fish Filet Sandwich w/ Cheese Roasted Carrots Mandarin Oranges
25 Fruit Blend Juice Ham & Cheese on Potato Roll Cole Slaw Baked Chips Pineapple Chunks	26 Birthday Celebration Orange Juice Beef Chili Served w/ Sour Cream & Cheese Cornbread Fire Roasted Corn Apple Slices Birthday Cake	27 Thanksgiving Holiday  No lunches served in Centers	28 Thanksgiving Holiday  Centers Closed	29 Thanksgiving Holiday  Centers Closed
Charles County Luncheon Program				<i>Available at Noon • Days Vary By Center</i>
<p>Open to any Charles County resident, age 60 or older, for a donation. The suggested meal donation is \$6, actual cost is \$10.75 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 \$10.75. 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.</p>				
Clark Senior Center Tuesday–Friday Indian Head Senior Center Monday–Friday		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 Travels Tours 301-645-1770.

With the Summer in our rear view mirror and a mug of apple cider in our hand....It's time to turn our thoughts to last minute holiday trips and our 2025 travel bucket list. 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 Capital Christmas Tree and Light Display. I can't think of a better way to spend a day around the holidays.

December 11-13, 2024: 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. Call to see if we have any space remaining for the best Christmas Show on the planet.

March 20-27, 2025: American Music Cities.

Collette Vacations presents America's music capitals of New Orleans, Memphis and Nashville. New Orleans is the Jazz Capital of the world. Visit the French Quarter and the Grammy Museum. Memphis is the birthplace of the Blues, Rock n Roll and Soul. Tour Graceland and follow the route of Dr. Martin Luther King Jr.'s last march with several stops and a visit to the Civil Rights Museum. Then on to the Country Music Capital with a visit to the Ryman and the Country Music Hall of Fame.

April 5-16, 2025: Netherlands, Belgium and

France. Spring has sprung in Europe...experience the tulip fields in all their glory. Cruise the Amsterdam canals, tour the storied Holland Windmills, visit Keukenhof Tulip Gardens, visit Bruges, Reims and Route du Champagne and dine in the Eiffel Tower in Paris.

May 8, 2025: Spring Blooms at Nemours Mansion and Longwood Gardens.

A great daytrip for Mom. Resembling a French chateau, the Nemours Estate includes a 47,000 square-foot home – with 77 rooms – and is quite grand, incorporating many European design elements as well as furnishings. The grounds and gardens are just as magnificent. Then on to Longwood gardens to embrace the season of renewal as their gardens awaken. Walk through sweeping blankets of color of brilliant tulips, fragrant wisteria, bleeding hearts, and lilies that will delight as they sway in time with the sun.

SAVE THE DATE – June 9-13, 2025: 38th Annual Mystery Trip. Travel with new friends and old to destinations unknown but guaranteed to be fun.

August 7-20, 2025: The Plains of Africa. Book before January 8 to save \$200 per person. Clients call trips to Africa, "Life Changing". Enjoy Kenya's scenic vistas and magnificent wildlife as you traverse the African plains on an intimate safari adventure. In Swahili, "Safari" means Journey; to you, it will mean that – and so much more. Tour Highlights: Nairobi, Shaba National reserve, Samburu National Reserve, Sundowner, Lake Nakuru, Masai Mara, Karen Blixen Home, Amboseli National Park, 13 Game Drives, seeing Africa's.

