

The SCOOP

Charles County's Senior Center News



JULY 2016

www.CharlesCountyMD.gov

Mark Your Calendar ! County Fair is Coming Sept. 15-18



The fair is approaching and everyone needs to finish their projects. Entries are always needed for the senior building at the Fair (age 60 and older) Two entry maximum per class.

Entry selections include: Needle Arts: crocheting, knitting, needlepoint, sewn garments, decorated baskets, pillows, embroidery, counted cross stitch, quilting, rugs, decorated accessories, dolls, and more. Arts & Crafts: watercolors, oils, acrylics, drawings, ceramics, pottery, woodcarving. Christmas decorations, toys, decorative items, photographs, calligraphy, jewelry, and more.

Collections: scrapbooks, stamps, coins, and more.

Entries must have been completed between Sept. 2015 and Sept. 2016 excluding collections with new additions. In August, Fair books will be available at senior centers or libraries.

Ten pairs of volunteers are needed to monitor the senior building. Each pair will commit to a block of time beginning at 5 p.m. on Thursday, Sept. 15, through 5 p.m. on Sunday, Sept. 18. Senior building volunteers will serve two purposes; to keep an eye on the projects and to promote the senior centers.

DETAILS: 301-638-4420.

How to Enter Your Fair Items

On Wednesday, Sept. 14 from 1-8 p.m., entries will be accepted in the senior building. Each exhibitor will be assigned an exhibitor number which is to be used throughout the Fair, regardless of the number of departments you are entering. Make sure you give your complete mailing address when you receive your exhibitor number. You can obtain your exhibitor number, entry forms, and tags as follows:

1) Sunday, September 11: The Fair office will be open from 10 a.m.-2 p.m. to issue exhibitor numbers and necessary entry materials. **DO NOT BRING YOUR EXHIBITS AT THIS TIME.** Exhibitors from the previous 3 years do not need to obtain a new number. You may also use blank entry forms from previous years.

2) Wednesday, September 14: Between 1-8 p.m. you may get your exhibitor number and entry forms/tags at the entry table at the fairgrounds, and complete these forms before taking your exhibit to the Senior Building.

3) July 15-September 11: Visit <http://charlescountyfair.com/exhibitor.html> and click the link in the "On the Web" box at the bottom of the page.

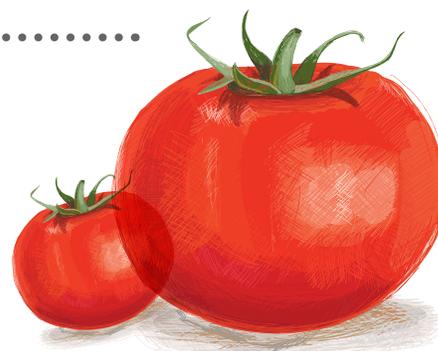
Senior Farmers Market Nutrition Program

Once again, this year we are excited to be able to offer senior farmers market coupons. This program provides free coupons to be used at any approved farmers markets for fresh fruits and vegetables. To be eligible to receive coupons you must be enrolled in one of the following Federal Programs:

- Qualified Medicare Beneficiary Program (QMB)
- Special Low-Income Medicare Beneficiary Program (SLMB)
- Maryland Energy Assistance Program (MEAP)
- Senior Prescription Drug Assistance Program (SPDAP)
- EXTRA HELP with Medicare D Prescription Drug Program
- Medicaid
- SSI
- Food Stamps
- Senior Employment Program

If you are not enrolled in any of these programs but make below \$1,287 a month in income, you may still be eligible. Verification of eligibility must be presented at time of pick-up. Participation in the program in past years, does not automatically qualify you for this year.

DETAILS: Lisa Furlow 301-934-0138 • 301-870-3388 ext. 5138



FARMERS MARKET PROGRAM DISTRIBUTION DATES

Indian Head Senior Center
July 7 • 9:30 a.m.

Nanjemoy Senior Center
July 14 • 9:30 a.m.

Waldorf Senior Center
July 21 • 9:30 a.m.

Clark Senior Center
July 28 • 9:30 a.m.

Walk Charles County— GET INVOLVED

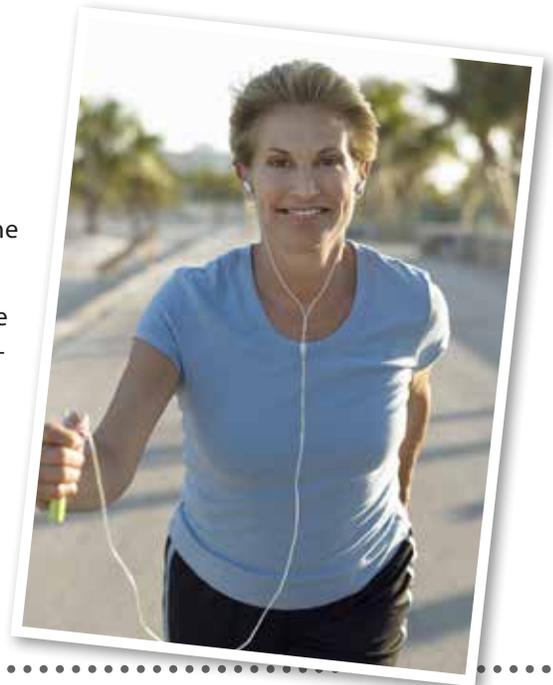
The Walk Charles County program began in June, asking persons to visit any of the four senior centers and pick up your exercise equivalent sheet and walking log.

It's not too late to start and you are encouraged to take part in this statewide endeavor. Stop by any senior center to get your very own walking log and an exercise equivalent form. This form explains how to convert routine physical activities into the required format of number of steps/miles.

Once you begin tracking your steps you are on your way to helping the State of Maryland achieve our Million Mile goal by October 5. Help us put Charles County on the map and improve your overall health and wellbeing.

June-October 5 • Fee: FREE

Location: Any of the four senior centers



Many Happy Returns!

The Department of Community Services Aging and Senior Centers Division wishes to extend a heartfelt thank you to the income tax program volunteers who dedicated their time this past tax season to assist over 591 senior citizens and low income adults with completing and filing their 2015 income tax returns.

Thanks to the cheerful and efficient volunteers, tax season may have just been a little more pleasant for everyone.

This year's hard working volunteers included: Richard Aldridge, Richard Avery, Paul Flynn, Clayton Hashimoto, Vera Merritt, Jim Pester, Elaine Reynolds, Maurice Scott, Deborah Storey, Helen Turgeon, Robert Turgeon, Barbara Wimbush, Joyce Woodard, and staff support provided by Hazel Conner and Joan Woodland.

In addition, we want to acknowledge Janice Hamby (staff) and Jim Pester for their technical support to help keep the computer lab maintained, ensuring ongoing service operations without interruption which is imperative to everyone.

Senior Golf Tournament Results

Thank you to everyone who came out for the Senior Golf Tournament on May 12 at the White Plains Golf Course. It was a great day enjoyed by everyone. We want to thank the White Plains Golf Course for hosting this annual event and appreciate their ongoing support of senior programs in Charles County.

Women • 1st – Alice Plater

Men age 50-59

1st – Ken Barnes

Men age 60-69

1st – William Flowers

2nd – Greg Woodward

3rd – Wayne Knode

4th – Hank Kinnaman

Men age 70-79

1st – Jerry Dorrance

2nd – Frank Alling

3rd – Doug Walls

4th – Larry Gandee

Men age 80+

1st – Ken Stormer

Congratulations!

COUNCIL NEWS ITEMS

Clark Senior Center

The Council is holding their annual Yard Sale on Saturday, July 16. Start collecting your donations! Arrive at 8 a.m. for the best selection.

Indian Head Senior Center

Scrapbooking Crop, Dance Day
Taco Bar, Fabulous as
We Mature Fashion Show

Waldorf Senior Center

Snack Bar, Bingo Supplies
Road Trip! Franciscan Monastery
Summer Fun

SPONSORED/HOSTED ACTIVITIES & EVENTS

Looking Back in Time: Summer in Charles County

Charles County has so many folks who are originally from another county, but what about those who are Charles County natives? Debi Scroggins will facilitate the program highlighting the summertime doings of your youth. A thriving Aqualand, Marshall Hall, Chapel Point...do you remember? Come to this interactive program and share your memories.

Thursday, July 21, 11 a.m. • Fee: FREE



Special Events & Daily Activities

Book Club

Facilitated by the Charles County Public Library. All books are provided.

July: *Catcher in the Rye*, by J.D. Salinger

August: *Set a Watchman*, by Harper Lee

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

Sisters at Heart

This support group is going on its tenth anniversary. It is specifically geared towards those who have or have had breast cancer. If you are newly diagnosed, or have weathered the storm, come and share with others.

Monday, July 25, 11:30 a.m. Fee: FREE

Summertime Bingo

Your chance to win useful, cute, summertime prizes and have fun.

Thursday, July 28, 11 a.m. Fee: FREE

Special Presentations

Important Dates in July

July is much more than a hot summer month! Learn about the month of July and important events that have occurred throughout history.

Tuesday, July 5, 11 a.m. Fee: FREE

Zika Virus Information

Mosquitoes are the deadliest animals on the planet. They carry diseases such as West Nile Virus, Dengue Fever, Malaria, and Zika. Learn ways to protect yourself and reduce the mosquito population.

Thursday, July 7, 11 a.m. Fee: FREE

The Grey Area with Dr. Rollie Hower

The Isaiah Scroll, then and now.

Tuesday, July 12, 11 a.m. Fee: FREE

AARP Fraud Watch Network

The AARP Fraud Watch Network gives you access to information about how to protect yourself and your family. Non-members and members alike can get Watch Dog Alerts, stay up on con artist tricks, and find out what to do if you have been victimized. Facilitator: Clayton Hashimoto (AARP).

Wednesday, July 13, 11 a.m. Fee: FREE

What Does Your Paper Money Tell You?

There is a wealth of information right on your paper money, you just have to know what the codes stand for. Former Treasury employee, Amy Scroggins will facilitate the program.

Thursday, July 14, 11 a.m. Fee: FREE

National Lollipop Day

Learn the history of lollipops and trivia facts about your favorite candy. Reminisce about the penny candy jar and best of all, get a lollipop!

Wednesday, July 20, 11 a.m. Fee: FREE

Your Sensational Taste Buds

Identify different tastes with this fun game. Facilitator: Vicki Rehm.

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

Buying or Selling Your Home 101

Thinking about relocating? Michael Pheulpin (Exit Landmark Realty) will discuss various steps to take when putting your house on the market and when buying your new home.

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

Classes

Beginner Sewing

Learn to sew different craft items, such as tote bags and pillows. Facilitator: Amy Scroggins.

Each Monday, 10 a.m. Fee: Your own materials

Creative Writing

Enjoy writing, meeting new people, learning new techniques, and having fun. This group meets the second Friday of each month.

Friday, July 8, 1 p.m. Fee: FREE

AARP

Improve driving skills through this comprehensive course. Lunch available by donation for senior citizens 60 and older. Sponsored by UMCRCM. Instructor: Wes Henson.

Tuesday, July 12, 10 a.m.-3 p.m. Fee: FREE

Age 59 or younger may receive lunch for \$5.75.

Preregistration required: 301-609-5706

Services

Watch Repair

Batteries replaced, or purchase a refurbished watch on site.

Wednesday, July 6 & 20, 10 a.m.

Fee: Varies according to service

Reflexology

Massage provided by Becky Lugardo, a certified reflexologist. Registration is necessary, slots fill up quickly. Please limit your sign up to once a month. Sign-up sheet in the lobby.

Friday, July 8 & 22, 9:15 a.m. Fee: 50¢/min

Fitness

Fitness Orientation

Class is mandatory for those using the fitness room. Registration required.

Tuesday, July 5, 3:30 p.m. Fee: \$2

Wednesday, July 13 & 27, 1 p.m. Fee: \$2

Celebrate National Dance Day

Attend free classes and demonstrations.

Monday, July 25

11 a.m. BOOM/Cardio Dance Demo. Fee: FREE

1 p.m. World Dance Fee: FREE

Tuesday, July 26

Noon Zumba Fee: \$3

1 p.m. Line Dance Fee: FREE

Wednesday, July 27

Noon Cardio Shimmy Fee: FREE

1 p.m. Boom/Dance & Fee: FREE

Cardio Kickbox Demo

Thursday, July 28

11:30 a.m. Zumba Fee: \$3

1 p.m. Line Dance 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.
Calendar items marked by an * require reservation/appointment

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
20/20/20 9:00 Billiards Drop In 9:00-4:00 Beginner Tai Chi 10:00 Beginner Sewing 10:00 Spanish 10:00-11:30 Duplicate Bridge 10:00-2:00 Ceramics 10:00-2:00 2N1 Club 10:15-11:00 World Dance 11:00-1:00 Pilates 12:00 Photography Club 1:00 Pinochle 1:00-3:00 Circuit Training 2:30	Flex & Stretch 8:30 Project Linus 9:00-Noon Billiards Drop In 9:00-4:00 Yoga 9:30 Guitar 10:00-11:00 Happy Hookers 10:00-Noon Fine Arts 10:00-Noon AFEP 10:30 Bridge 10:00-3:15 Zumba Gold Noon Line Dancing 1:00-2:00 S. MD. Woodcarvers 1:00-3:00 So. MD. Pitch 1:00-4:00 Weekly Workout 5:00	Mah Jong 9:00-Noon Billiards Drop In 9:00-4:00 Strength Training 9:15 Crochet & Knitting Club 9:00-Noon Seated Tai Chi 9:30 Quilting Etc. 9:30-Noon Breathe Easy 10:20 Chair Pilates 11:00 Bridge 11:00-3:15 Cardio Shimmy Noon Pinochle 12:30-3:00 Powder Puff Billiards ... 1:00-4:00	Flex & Stretch 8:30 Beginner Quilt 9:00-Noon Billiards Drop In 9:00-4:00 Tai Chi 9:30 Stained Glass 10:00-2:00 AFEP 10:30 Zumba Gold 11:30 Canasta 12:30 Reflections 1:00-1:30 Beg Line Dancing 1:00	Project Linus 9:00-Noon Billiards Drop In 9:00-4:00 Strength Training 9:15 Guitar: 10:00-11:00 Oil Painting/Acrylics ... 10:00-2:00 Gentle Yoga 10:30 Pinochle 12:30-3:00 Canasta Noon Pickle Ball 1:00 Silversneakers 11:45
<h2>The month of July</h2>				1 Who Are You 11:00 Guided Meditation 11:30
4 Senior Center Closed Independence Day	5 Fitness Orientation 3:30 Important Dates in July 11:00	6 Jewelry Club Class 10:00 Watch Repair 10:00 Blood Pressure & Blood Sugar Testing 10:00	7 Book Club 1:00 Zika Virus Information .. 11:00	8 Reflexology 9:15 Creative Writing 1:00
11 Spanish 10:00 Bring in yard sale donations today through Friday.	12 AARP Safe Driving Class 10:00 The Grey Area 11:00 Yard Sale Donations	13 RRCSC Council Mtg 9:30 Jewelry Club Drop-in 10:00 Genealogy 10:00 AARP Fraud Watch Network 11:00 Fitness Orientation 1:00 Yard Sale Donations	14 What Does Your Paper Money Tell You? 11:00 Yard Sale Donations	15 Who Are You? 11:00 Guided Meditation 11:30 ► Yard Sale tomorrow at 8 a.m.!
18 2N1 Club 10:15	19 Nanjemoy Joint Council Meeting 10:30 Pocahontas Biography Video 11:00	20 Jewelry Club Class 10:00 Blood Pressure & Blood Sugar Testing 10:00 Watch Repair 10:00 National Lollipop Day ... 11:00	21 Looking Back in Time: Summer in Charles County 11:00	22 Reflexology 9:15
25 Ceramics 10:00 BOOM/Cardio Dance Demo 11:00 Sisters at Heart 11:30 World Dance 1:00	26 Power Yoga 9:30 Your Sensational Taste Buds 11:00 Line Dance 1:00	27 Jewelry Club Drop-in 10:00 Fitness Orientation 1:00 Buying or Selling Your Home 101 11:00 Computer Help 11:00 Cardio/Shimmy 12:00 Cardio-Kickbox Demo ... 1:00 Caregivers Support 2:00	28 Farmer's Market 9:30 Summertime Bingo 11:00 Line Dance 1:00	29 Power Yoga 9:30 NewComers Coffee 10:00 Guided Meditation 11:30

INDIAN HEAD SENIOR CENTER

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

Get your Latest SCOOP online!
Visit www.CharlesCountyMD.gov/CS

Daily Activities

Aging Resources Outreach

Schedule your appointment with Staff.

Friday, July 1, 10 a.m. Fee: FREE

Farmer's Market

See pg. 2 for details.

Thursday, July 7, 9:30 a.m. Fee: Cost of Item

Scrapbooking Crop

Join the Scrapbook Mafia and others as they learn to organize pictures and memorabilia in lifetime albums. This fundraiser benefits the Indian Head Senior Center Council. Space is limited, meals and snacks provided.

Saturday, July 9, 9 a.m.-9 p.m. Fee: \$25

Would Have, Could Have, Should Have

"The saddest summary of life contains three descriptions: could have, might have, and should have." ~ Unknown. Lost opportunities still seem to come up in conversation or thoughts? Join staff for a series of exercises to get rid of could haves, should haves, and would haves.

Thursday, July 14, 12:45 p.m. Fee: FREE

Moon Day

On this day in 1969, many Americans were glued to their televisions as Apollo 11 landed humans on the moon. Join Vern Smith, who was part of the NASA teaching from space program, as we relive this memorable event.

Wednesday, July 20, 10 a.m. Fee: FREE

Newcomer's Day

Join staff as we review the SCOOP, SineUP, and lunch programs.

Thursday, July 21, 9 a.m. Fee: FREE

Poet's Corner

Dorothy Simms returns to help you create poetry. Take this opportunity to read your poetry.

Thursday, July 21, 10 a.m. Fee: FREE

Back Pack School Program

Support the Arnold House as they work to end hunger in Western Charles County. Check the bulletin board for a list of items needed to prepare weekend food back packs for local students.

Tuesday, July 26, 1 p.m. Fee: FREE

Book Club: *Defending Jacob*, By: William Landay

Assistant District Attorney, Alan Barber is shocked to learn his shy, awkward teenage son, Jacob is accused of stabbing a young boy to death. How far would you go to protect your (innocent) child? This unpredictable novel is a page turner.

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

Caregiver's Support Group

Don't try to do it alone. This new group will help make your role as a caregiver easier.

Friday, July 29, 10 a.m. Fee: FREE

Health & Nutrition

National Blueberry Month

Blueberries are a little taste of sunshine. Join staff for snacks, nutritional facts, and fun.

Wednesday, July 6, 11 a.m. Fee: FREE

My Econ: Nutritional Lotion

Join Ruthie Lucas as she shares how the combination of nourishing nutrients, such as Vitamin A, C, E, and soothing natural oils will moisturize and promote a look of silky, smooth, and healthy skin.

Thursday, July 7, 11:15 a.m. Fee: FREE

Seated Massage

Let Joan Posey relieve tension in your back and shoulders. Sign up required.

Friday, July 8, 9 a.m. Fee: 50¢/min

Visit the Nurse

Blood pressure screening and private consultation with local nurses.

Monday, July 25, 9 a.m. Fee: FREE

TRY-IT Series 2016

Activities are little to no charge. Just TRY-IT!

Golf on the Green

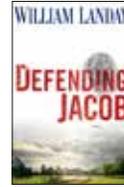
Always wanted to try a swing? Join Bill Grow as he teaches the basic golf swing.

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

Smoothie 101

Smoothies are thick beverages made from blended raw fruit and/or vegetables, with other ingredients added. Learn how to make the perfect summer smoothie.

Thursday, July 28, 11:15 a.m.
Fee: Check supply list



Classes

Walk with Us Wednesdays

Incorporating Walk with Ease techniques. Join a staff member and walk the Green.

Each Wednesday, 1 p.m. Fee: FREE

Circuit Training

Incorporates cardio and resistance training exercises at designated stations.

Friday, July 22, 1 p.m. Fee: Fitness Card

Personal Electronic Device Lab (PED)

Wednesday, July 6 & Friday, July 22, 1 p.m.

Fee: \$5

Fitness Training

Each Monday & Wednesday, 9:15-10:15 a.m.

Fee: Fitness Card

Tai Chi: For Health

Each Monday & Wednesday, 10:30-11:30 a.m.

Fee: Fitness Card

Dancing

Zumba, belly dancing, or line dancing. Check dance schedule.

Each Thursday, 1 p.m. Fee: Fitness Card

Seated Yoga with Randi

Each Friday, 9 a.m.

Fee: Fitness Card

Arthritis Foundation Exercise Program (AFEP)

Each Tuesday & Thursday, 10:30 a.m. Fee: FREE

Workshop with Lorraine Harley

Professor Lorraine Harley is a senior agent at the University of Maryland Extension Service. Lorraine is an inspirational speaker and has a four day workshop covering personal hygiene, food safety, and social wellness. We will be ending the workshop with a fashion show. Contact Mae Robinson for more information.

Let's Clean it Up

Tuesday, July 12, 11 a.m. • Fee: FREE

Food Safety – Part I

Thursday, July 14, 11 a.m. • Fee: FREE

Food Safety – Part II

Tuesday, July 19, 11 a.m. • Fee: FREE

Fabulous as We Mature Fashion Show

Tuesday, July 26, 11 a.m. • Fee: FREE

INDIAN HEAD SENIOR CENTER

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

Hours: 9 a.m.–3 p.m., Monday–Friday

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



Taco Bar

Soft shell, hard shell, flour, corn, salsa, guacamole...have tacos your way!
Join the Indian Head Senior Center Council for a taco bar with a variety of toppings to please your palate.

Friday, July 15, 11:45 a.m. • Fee: FREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards/Cards 9:00 Fitness Training 9:15 Bingo 9:30 Tai Chi For Health 10:30 Jewelry with Martha & Vern 9:30-Noon Bingo 1:00	Billiards/Cards 9:00 Flex & Stretch 9:15 Quilt N' Chicks 9:30 AFEP 10:30	Billiards/Cards 9:00 Fitness Training 9:15 Hooked on Yarn 9:30 Tai Chi For Health 10:30 Walk with Us Wednesday 1:00 Chess 1:00-3:00	Billiards/Cards 9:00 Flex & Stretch 9:15 Canvas Painting 10:00 AFEP 10:30 Dancing 1:00	Billiards/Cards 9:00 Seated Yoga 9:00 Ceramics 9:30 Senior Services 11:30 Book of Matthew 1:00 Guitar Lessons & Jam 2:00
<h2>The month of July</h2>			<div style="background-color: #0056b3; color: white; padding: 10px; border-radius: 5px;"> No Chair Pilates this month </div>	1 Aging Resource Outreach ... 10:00 Pokeno 10:00 Mission of Mercy 12:30
4 Senior Center Closed Independence Day	5 Council Meeting 9:30 Pastor Chris & Betty 1:00	6 Vacation with Fruit: Blueberry 11:00 PED Lab 1:00	7 Farmer's Market 9:30 My Econ: Nutritional Lotion 11:15	8 Seated Massage 9:00 Dance Day 1:00 <div style="color: #0056b3;">▶ Scrapbooking tomorrow!</div>
11 Blueberry Muffin Day 9:30 Crafternoon 12:45 Free Slurpee Day at 7-11	12 Let's Clean It Up 11:00 Dominoes 1:00	13 Committee Meeting 9:30 TRY-IT Series: Golf 10:00 Crafternoon 1:00	14 Food Safety – Part I 11:00 Would have...Should have... 12:45	15 Taco Bar 11:45
18 Hand Massage 10:00 Blueberry Delight 1:00	19 Food Safety – Part 2 11:00 Joint Council Meeting	20 Moon Day 10:00 No Tai Chi	21 Newcomer's Day 9:00 Poet's Corner 10:00 Tea Time Thursday 1:00	22 Circuit Training 1:00 PED Lab 1:00
25 Visit the Nurse 9:00 Fashion Show Review 10:45	26 Fabulous as We Mature Fashion Show 11:00 Back Pack School Program 1:00	27 Pokeno 10:00 Book Club: <i>Defending Jacob</i> by William Landay 11:00	28 TRY-IT Series: Smoothie 101 11:15	29 Caregiver's Support 10:00 Blue about Blueberries 11:00 Bunko 12:45

WALDORF SENIOR CENTER

3092 Crain Hwy (Jaycees Bldg) • Waldorf, MD 20601 • 301-638-4420

Get your Latest SCOOP online!
Visit www.CharlesCountyMD.gov/CS

Special Events & Daily Activities

Afternoon Book Club: *Firefly Lane* By: Kristin Hannah

A story of a generation of women who were both blessed and cursed by choices. Facilitator: Julie Brasher

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

Computer Instruction

Hands-on training will cover the basics such as starting and shutting down, using email, uploading pictures, saving documents, social media, etc. Space is limited to two students. Windows PCs and laptops only. Feel free to bring your own laptop. Instructor: Russ Russell.

Wednesday, July 6 & 20, 11 a.m.-1 p.m. Fee: FREE

iPhone Help

Your iPhone has so many features that it becomes intimidating. Let us help you understand all the interesting uses.

Thursday, July 14, 11 a.m. Fee: FREE

Summer Fun

Dogs 'n Beans

Come 'n get your "Dogs 'n Beans." See center staff for approved add-on items if you wish to bring something to share. Sponsored by the Waldorf Senior Council. Sign up for a dog by July 5.

Wednesday, July 6, Noon Fee: \$1

Badminton (active game)

Thursday, July 7, 10-10:30 a.m. Fee: FREE

Patriotic Trivia with Prizes

Thursday July 7, 12:15 p.m. Fee: FREE

The Movie: *Frozen*

Disney's animated movie that will have you singing, its catchy song, "Let It Go!" Break for lunch with "frozen" treats, then finish the movie.

Tuesday, July 12, 11:15 a.m.-1:30 p.m. Fee: FREE

Popeye's Box Lunch

Order by Tuesday July 12, 11 a.m.

Wednesday, July 13, Noon Fee: \$5

Corn Hole (active game)

Thursday, July 14 & 28, 10-10:30 a.m. Fee: FREE

Hot Potato (active game)

Thursday, July 21, 10-10:30 a.m. Fee: FREE

Chinese Take Out

Tuesday, July 26, Noon Fee: \$7 (approx.)

Ice Cream Sundaes

Wednesday, July 27, 12:30 p.m. Fee: \$1

For Your Health

Aging Resources Outreach

Walk-ins accepted from 10-11 a.m. For appointments after 11 a.m., 301-934-6737.

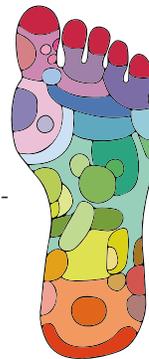
Wednesday, July 20, 10 a.m.-Noon Fee: FREE

Reflexology

Reflexologist Becky Lugarido focuses on your feet for optimal health. Reflexology uses trigger points in the feet which tie into many organs and body parts. Sign-up is required.

Wednesday, July 27, 9 a.m.-3 p.m.

Fee: \$15/30 min



Art

Open Studio

Pat Arnold assists with any media.

Each 1st & 3rd Tuesday, 11:30 a.m. Fee: \$5/class

Watercolors Drop-In

Material list provided. Instructor: Pat Arnold.

Each Thursday, 10 a.m. Fee: \$30/6 week class

Fitness & Dance

Strength Training with LaMont

Each Monday, 9:15 a.m. Fee: Fitness Card

Core Strengthening Pilates with Zoa

One punch for both Monday 2 p.m. classes

Each Monday, 1:30 p.m. (45 min)

Fee: Fitness Card

Gentle/Chair Yoga with Zoa

Each Monday, 2:15 p.m. (45 min)

Fee: Fitness Card (one punch for two classes)

Total Body Conditioning with Clairisa

Weights, bands, cardio. No floor exercises.

Each Tuesday & Thursday, 9 a.m. Fee: Fitness Card

World Dance with Anna

Low impact dance workout, and a lot of fun.

Each Tuesday, 10:15 a.m. Fee: Fitness Card

Zumba Gold with Laura

Based on the same dance moves used in the original Zumba, but designed for older adults.

Each Wednesday, 9 a.m. Fee: Fitness Card

Walk with Ease

Organized discussion and walking at the center. This is an Arthritis Foundation Program.

Each Wednesday, 9:30 a.m. Fee: FREE

Seated Cardio Kickboxing with Tara

Low impact upper and lower body workout. Participants will use 1 lb to 2 lb dumbbells. Class runs until Aug. 23.

Each Tuesday, 10:15-11 a.m. Fee: \$30/10 classes.

Yoga with Laura

Increase your blood flow, improve your bone health, and protect your spine.

Each Wednesday, 2 p.m. Fee: Fitness Card

Arthritis Foundation Program Exercise (AFEP)

Each Wednesday, 10 a.m. Fee: FREE

FREE Screening: Veins & Arteries

Dr. Meghal Antani from the Center for Interventional Medicine will screen for varicose veins and spider veins, caused by the absence or weakening of valves in the veins which then leads to Venous Reflux Disease. He will also screen for Peripheral vascular disease (PVD) known as peripheral artery disease (PAD), or leg artery disease.

Tuesday, July 26, 11:15 a.m. • Fee: FREE



Upcoming! WEEK LONG YARD SALE

All proceeds benefit the Waldorf Senior Center Council.

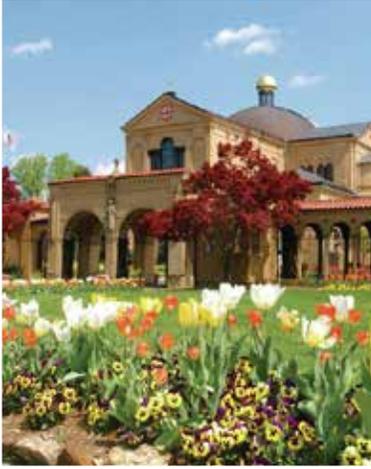
Monday-Thursday
Aug. 1-4

Fee: Your purchase

WALDORF SENIOR CENTER

3092 Crain Hwy (Jaycees Bldg) • Waldorf, MD 20601 • 301-638-4420

Hours: 9 a.m.–3 p.m., Monday–Thursday
 Luncheon at Noon–Reservation/Registration Required
 Reserve lunch by 10 a.m. the preceding day.



Franciscan Monastery

ROAD TRIP Travel by coach bus to D.C. to see Franciscan Monastery, catacombs, and gardens built in the late 1800s. The tour begins with a video followed by a walking tour of replicas of the Annunciation in Nazareth, birthplace of Jesus in the Church of the Nativity (Bethlehem), Crucifixion at the Calvary, and the burial in the Holy Sepulchre (Jerusalem). Visit the Roman Catacombs and the cubicles of early martyrs, St. Cecilia and St. Sebastian.

Trip is only partially handicap accessible. Transportation is sponsored in part by Senior Services of Charles County, Inc. and the Waldorf Senior Center Council. A turkey or ham box lunch is available to order by July 26 for a donation, otherwise bring a bag lunch.

Thursday, July 28
9 a.m.-3 p.m.

Fee: \$10–12 (includes transportation, driver tip and monastery donation)

WHATCHA GOT GRILLIN'?

Learn the nutritional values of ground chicken or turkey; beef, veggie, or turkey franks. Which choice is best for your body, easiest on your wallet, or most satisfying for your taste buds? Presented by center staff.

Tuesday, July 19
11:15 a.m.

Fee: FREE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Strength Training 9:15 Double Deck Pinochle 11:00 Core Strengthening Pilates 1:30 Gentle/Chair Yoga 2:15	Total Body Conditioning 9:00 World Dance 10:15 Card Games 10:30 Walk with Ease 11:15 Inspirations 12:30	Zumba Gold 9:00 Walk with Ease 9:30 AFEP 10:00 Bingo 10:30 Card Games 10:30 Yoga 2:00	Total Body Conditioning 9:00 Watercolors 10:00 Bingo 10:30 Card Games 10:30 Double Deck Pinochle 11:00
4 Senior Center Closed Independence Day	5 Seated Cardio Kickboxing ... 10:15 Open Studio 11:30	6 Computer Instruction 11:00-1:00 Dogs n' Beans Noon Afternoon Book Club: <i>Firefly Lane</i> by Kristin Hannah 1:00	7 Badminton 10:00 Patriotic Trivia with prizes 12:15
11 St. Charles Senior Club 10:00	12 Seated Cardio Kickboxing ... 10:15 Movie: Frozen pt.1 11:15 Lunch with "frozen" Treats Noon Frozen pt.2 12:30-1:30	13 Popeye's Box Lunch Noon	14 Corn Hole 10:00 iPhone Help 11:00
18 Senior Council Meeting 9:30 St. Charles Senior Club 10:00	19 Seated Cardio Kickboxing ... 10:15 Whatcha Got Grillin'? 11:15 Open Studio 11:30	20 Aging Resources Outreach 10:00-Noon Computer Instruction 11:00-1:00	21 Farmer's Market 9:30 Hot Potato 10:00
25 St. Charles Senior Club 10:00	26 Seated Cardio Kickboxing ... 10:15 Free Screening: Veins & Arteries 11:15 Chinese Take Out Tuesday Noon	27 Reflexology 9:00-3:00 Ice Cream Sundaes 12:30	28 Corn Hole 10:00 ROAD TRIP! Franciscan Monastery 9:00-3:00 ▶ Yard Sale Next Week!

CarFit Fact Sheet Maryland

Waldorf Senior Center is hosting Charles County's FIRST CarFit event on Thursday, October 13!



As we age changes in flexibility and strength, range of motion and even size and height may make us less comfortable and reduce our control behind the wheel. CarFit is a FREE educational program that offers older adults the opportunity to check how well their personal vehicles "fit" them. The CarFit program will provide information and materials on community-specific resources that could enhance your safety as a driver, and/or increase your mobility in the community.

CarFit was created by AAA, AARP and the American Occupational Therapy Association. Each trained team will assist you with:

- Clear line-of-sight over the steering wheel
- Safe spaces between the front air bags/steering wheel and the driver's breastbone
- Properly adjusted head restraints
- Proper seat belt use and fit, and safe positioning of mirrors to minimize blind spots

Why is CarFit important?

Older drivers are often the safest drivers in that they are more likely to wear their seatbelts, and less likely to speed or drink and drive. However, older drivers are more likely to be killed or seriously injured when a crash does occur due to the greater fragility of their aging bodies.

Driver safety programs improve adult driver safety by addressing cognitive abilities and skills, however, older drivers can also improve their safety by ensuring their cars are properly adjusted for them. A proper fit in one's car can greatly increase not only the driver's safety but also the safety of others.

How is a CarFit check completed?

At a CarFit event, a team of trained technicians and occupational therapists work with you to ensure that you "fit" into your vehicle properly for maximum comfort and safety. A CarFit check takes approximately 20-30 minutes to complete.

If you or someone you know is interested in driver safety and would like to volunteer and become trained as a CarFit Technician please call Waldorf Senior Center at 301-638-4420. Ten to fifteen volunteers are needed to help run this event. The training is Friday, September 30, from 8-11 a.m. at The Loffler Senior Center in St. Mary's County.

For an appointment to be "fit" into your vehicle call the Waldorf Senior Center at 301-638-4420.

Chronic Disease Self-Management

Do you suffer from a chronic condition? Diabetes, arthritis, high blood pressure, heart disease, chronic pain or anxiety? If so, the "Living Well with Chronic Conditions" workshop can help you take control of your life again. Learn how to deal with pain and fatigue, and how to make better nutrition and exercise choices. Also, learn how to communicate more effectively with your physician and try new techniques to deal with stress.

Through a partnership with the Maples and Charles County Department of Aging we are pleased to offer this beneficial program at the Maples. Anyone may attend, but think how convenient it will be for those of you who live in the Maples.

Lunch will be served at Noon, the program will begin at 12:30 p.m. This FREE 2.5 hour Chronic Disease Workshop, will be held each week for 6 weeks. It is offered on Mondays beginning July 11. This class is open to adults with chronic conditions and/or caregivers. Space is limited to 20 maximum.

To register contact Lisa Furlow at 301-934-0138, or 301-870-3388 ext 5138.

**Each Monday, July 11-Aug. 15
12:30-3 p.m. (Lunch at Noon)**

Fee: FREE • Location: Maples Senior Community

SUMMER AQUA AEROBICS FOR SENIORS

Join us for a great time and workout in these shallow water exercise classes. For details, please contact Debi Shanks, 301-609-5711.

Class size is limited – register early at any senior center. No class July 4.



Wade Aquatic Ctr.

Mon/Wed Jun 20-Aug 11 . . . 8:20-9:20 a.m. . . Fee:\$40

North Point

Mon/Wed Jun 20-Jul 28 . . . 8:20-9:20 a.m. . . Fee: \$35

Lackey

Tue/Thu Jun 21-Aug 11 . . . 8:20-9:20 a.m. . . Fee: \$40

La Plata (Outdoor)

Tue/Thu Jun 21-Aug 25 . . . 10:30-11:30 a.m. Fee: \$50

SENIOR CENTER MENU

Lunch Cancellation Policy

If you have a lunch reservation and cannot dine at the Center, please call the Senior Center PRIOR to the reservation day to cancel your meal. If the meal is not cancelled, the County must still pay for the meal.

1% milk is offered with all meals.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>The month of July</i>				1 Cranberry Juice Hot Dogs w/ Bun Baked Beans Coleslaw Peaches
4 Independence Day No Meal Service	5 Fruit Blend Juice Tuna Noodle Casserole California Blend Vegetables 3 Bean Salad Biscuit Fruit Cocktail	6 Pineapple Juice Vegetable Lasagna Broccoli Pineapple Bean Salad Dinner Roll Banana	7 Grape Juice ¼ Baked Chicken Mashed Sweet Potatoes Squash Rice Pudding Raisins	8 Orange Juice BBQ Pork Sandwich Seasoned Corn Green Beans Tropical Fruit Salad
11 Orange Juice Mac & Cheese (1 cup) Malibu Blend Vegetables Stewed Tomatoes Peaches	12 Apple Juice Oven Fried Chicken Company Potatoes Sweet Peas Cornbread Apricots	13 Orange Juice Chophouse Burger Cheese/Hamburger Roll Baked Beans Coleslaw Watermelon	14 SOUP OF THE DAY Cranberry Juice Crab Salad on Kaiser Roll Pickled Beets Garden Salad w/ Dressing Cantaloupe	15 Grape Juice Chicken Cacciatore Cheesy Mashed Potatoes Fiesta Bean Salad Whole Wheat Bread (2) Applesauce
18 Fruit Blend Juice Pork Chop Sauerkraut AuGratin Potatoes Cornbread Pineapple Chunks	19 Orange Juice Open Faced Turkey Sandwich Orange Glazed Carrots Party Hearty Beans Fruit Cocktail	20 Apple Juice Quiche Hash Browns Turkey Sausage Stewed Tomatoes Muffin Orange Slices	21 SOUP OF THE DAY Fruit Blend Juice Grilled Chicken Salad on Bed of Greens Cranberries, Walnuts, Apple Slices, Blue Cheese Crumbles Amish Macaroni Salad Biscuit Fresh Oranges	22 Pineapple Juice Salmon Cake w/ Herb Sauce Squash Spinach Salad Biscuit Fruited Jell-O
25 Apple Juice Beef Tamale Pie Broccoli Cucumber Onion Vinaigrette Pears	26 Grape Juice Spaghetti w/ Meatballs & Mozzarella California Blend Vegetables Breadstick Peaches	27 Cranberry Juice Baked Tilapia Buttered Tri Color Pasta Chuckwagon Vegetables Dinner Roll Deluxe Fruit Salad	28 BIRTHDAY CELEBRATION Orange Juice Pepper Steak Seasoned Corn Bow Tie Pasta Salad Whole Wheat Bread (2) Banana Birthday Cake	29 Pineapple Juice Curry Chicken Noodles Mixed Vegetables Dinner Roll Tangy Cherry Salad

Charles County Luncheon Program

Available at Noon • Days Vary By Center

Open to any Charles County resident, age 60 or older, for a donation. The suggested meal donation is \$3, actual cost is \$5.75 per person. All donations are used to provide meals for Charles County seniors. Guests (anyone age 59 or younger, or a non-county resident) may order lunch, but must pay the full price of \$5.75. Lunch reservations must be made by 10 a.m. the preceding day. We appreciate your assistance in keeping costs down. Party & special event meal prices may vary.

Clark Senior Center..... Tuesday–Friday
 Indian Head Senior Center..... Monday–Friday

Nanjemoy Senior Center..... Monday–Thursday
 Waldorf Senior Center..... Monday–Thursday

On days where potatoes, corn, beans, &/or peas are used for the meal's starch component, an additional starch such as bread, crackers, or muffins is 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 or 301-870-2015.

Charles County Commissioners



Equal Opportunity County

Learn more at...

www.CharlesCountyMD.gov



Department of Community Services

8190 Port Tobacco Road • Port Tobacco, MD
301-934-9305 • 301-870-3388
MD Relay: 711 • Relay TDD: 1-800-735-2258

MISSION STATEMENT – 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.

VISION STATEMENT – 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.

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. Call 301-934-9305 or 301-870-3388 and immediately press extension 5197 for delays and cancellation listings.

Trips Offered by Parks & Recreation

Details: 301-934-9305 or 301-870-3388, ext. 5159



The Crooners - American Music Theater

Lancaster, PA

The Crooners... those suave gentlemen and sophisticated ladies who define musical cool with their smoothly sentimental, top-notch singing styles. In this all-new AMT Original Show, our cast of multi-talented performers will celebrate the most popular and enduring songs from the 1920s through the 1950s, along with recent hits from today's modern, soulful musicians. Join us on a five-star musical journey and travel from the infamous evenings when classic crooners owned Las Vegas, to today, when the soothing sounds of our contemporary crooners still help us to escape our stresses and soothe our spirits. Lunch included at the Bird-In-Hand Restaurant, dinner on your own at Cracker Barrel.

Thursday, Sept. 15

Trip Fee: \$120 403123-TR Registration Deadline: August 1
Departure: Clark Center 8 a.m., Waldorf Jaycees 8:20 a.m.
Est. Return: 9:30 p.m.

Trips Offered by Senior Services

Details/Reservations: 301-645-2800

Royal Caribbean Cruise Grandeur of the Seas

13 Days • 12 Nights

Board the Grandeur in Baltimore, Md., and head out for a round trip tour of the Southern Caribbean. Included sites: Charlotte Amalie, St. Thomas, St. Johns, Antigua, Bridgetown, Barbados, Castries, St. Lucia, Philipsburg, and St. Maarten. Passport required. Those who book early get the best prices, best cabin locations, and preferred dining times.

Trip Date:

October 31-November 12, 2016

Cabin Range: \$993-\$2,153 pp/dbl

