

The SCOOP

Charles County's Senior Center News



NOVEMBER 2016

www.CharlesCountyMD.gov

The Charles County Fair was a Big Success



The fair celebrates Charles County's agricultural heritage and history. This year 55 artists from the senior community came out in force entering 151 exhibits divided into Needlework, Fine Arts, and Collections. We want to thank everyone who entered their projects and the many volunteers that manned the senior room. In addition, we want to offer a special thank you to Fair Superintendents Kay Krafchik and Helen Turgedon for their dedication in making the senior room look outstanding.

We hope you had a chance to visit the fair and encourage persons to begin planning projects for next year.

Confidential Memory Screenings

The National Memory Screening Program, an initiative of the Alzheimer's Foundation of America, provides free confidential memory screenings to individuals concerned about memory loss. It provides a valuable opportunity to learn more about healthy lifestyle choices for successful aging.

Screenings by Kim Sines (LGSW) and Beth Fiske (LCSW). Walk-ins accepted, or call to register: 301-638-4420. To learn more: call the Waldorf Senior Center or visit www.NationalMemoryScreening.org.

Location: Waldorf Senior Center
Tuesday, Nov. 22, 9:30 a.m.-Noon • Fee: FREE

CASH BINGO

Senior Services of Charles County Fundraiser

This last fundraiser of 2016 offers prizes of \$25, \$50, and a \$150 jackpot. All proceeds directly benefit the four senior centers.

Wednesday, Nov. 2 • 10 a.m.-1:30 p.m.

Waldorf Senior Center

ADMISSION

- \$20 for regular games and specials with additional packs for \$5/ea
- Early Birds: \$2 for one pack of four games
- Cover All for \$2/ea

Cash Bingo Dates for 2017:

- Wednesday, Feb. 1, Apr. 5, June 7,
- Sept. 6, and Nov. 1.



Christmas Connection

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

If you are interested in volunteering to prepare and deliver a holiday food basket for a senior, please call Senior I&A at 301-609-5712 or 301-934-9305, ext. 5737.

Seniors who are eligible for assistance and wish to receive a holiday food basket should call Senior I&A at 301-609-5712.

COUNCIL NEWS ITEMS

Clark Senior Center

Co-sponsored Veterans Day & Big Bang Dance Party, Turkeys for Thanksgiving Door Prizes

Indian Head Senior Center

A Visit with Miss Ella, Thanksgiving Party, Bus Trip Casino at Ocean Downs, Soup Bar

Waldorf Senior Center

Snack Bar, Bingo Supplies, Don't Worry... Be Thankful, 12 Days of Christmas Raffle, Co-sponsored Cash Bingo, Little Christmas Shoppe, Trip to National Harbor

SPONSORED/HOSTED ACTIVITIES & EVENTS

Baby Boomers, the Beatles, and Retirement

By: Robbie Loker, Licensed Reverse Mortgage Consultant

More than 10,000 individuals turn the age of 65 on a daily basis. The group now reaching their 60s, known as the Baby Boomers, is turning traditional retirement on its head.

Not content with sitting in a rocking chair, collecting social security, and wondering if those lyrics to that well-known Beatles song apply, “will you still need me, will you still feed me?” These men and women are redefining the golden years. Whether it is learning a new skill, a new sport, or taking time to find their passion in volunteer opportunities here and abroad, today’s retirees are on the move.

Any major milestone comes with an assessment. Time is taken to reflect on what the next phase of life will bring. Many will choose to continue working in their life’s work or explore an encore career in an exciting new field. Some will decide it’s time to relocate closer to the grandchildren, other family members, or to a climate more conducive to year-round outdoor activities. Others will take stock of their current surroundings and decide that some delayed renovations

are needed, particularly if they are adamant that they will stay in their home for as long as possible.

Plans are made, and the future is bright . . . then life happens. An aging parent becomes incapacitated and needs in-home care that the healthier parent can no longer provide or afford. A ruptured relationship results in an adult child with little ones moving back to the family home. The portfolio that seemed so promising now appears inadequate to meet these new demands. Retirement dreams get put on hold.

To fund these unexpected demands, one might look no further than their home sweet home. The federally insured reverse mortgage allows homeowners 62 and older to take out a percentage of the equity in their home. There are fees associated with the transaction, and interest is charged on the funds accessed. There is no monthly payment – an attractive feature to those living on a fixed income.

The owner is responsible for the taxes, insurance, and general upkeep.



Payment is deferred until the last surviving owner is no longer in the home. At that time the estate determines how to repay the loan, either through other funds or by selling the home, paying off the debt and keeping any excess funds from the sale.

Many parents of today’s 50 and 60 year olds are finding their own retirement years less golden than anticipated as they see the cost of living eating away at their retirement nest egg. Many are ill-prepared for the expense of a major home repair or extensive in-home care.

These parents are proud and do not want to become a burden to their children. Perhaps the greatest comfort a child can give their parent is to suggest that they explore the option to use some of their home’s equity via a reverse mortgage. It can be a life changing, life enhancing experience for all involved, whether you are 64 or 94.

Annual Christmas Party

Charles County seniors, age 60 and older, are invited to attend this annual event. Join us for delicious food, fellowship, and entertainment. Vocalist Ellis Woodward will put you in the holiday spirit with sing-alongs and dancing galore. Santa will visit to hand out door prizes donated by senior clubs, councils, and organizations. Please bring a canned food item to share with needy families. Tickets are available at all four senior centers beginning **Thursday, Nov. 10.**

Thursday, Dec. 8, 10:30 a.m.-2 p.m.

Fee: FREE (ticket required) • Location: Waldorf Jaycees Community Center
Sponsored by the Greater Waldorf Jaycees

Senior Centers Holiday Schedule

All senior centers will be closed on:

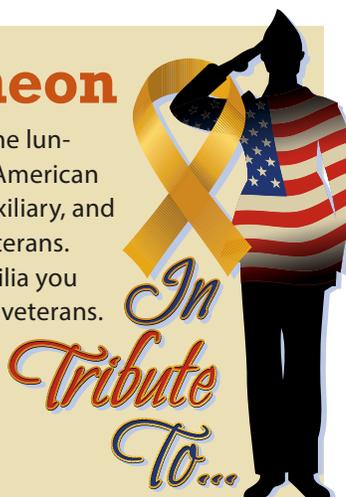
- Election Day
Tuesday, Nov. 8
- Veterans Day
Friday, Nov. 11
- Thanksgiving
Thursday-Friday, Nov. 24-25

Veterans Day Luncheon

Show our veterans how much you appreciate them! The luncheon is donated by Chick-fil-A and co-sponsored by American Legion Post 82's Veterans, Sons of Veterans, Ladies Auxiliary, and the RRCSC Council. This special event is FREE for all veterans. Bring a picture of yourself in uniform or any memorabilia you wish to display. Special recognition will be given to all veterans. Entertainment will be a USO type show performed by Jennifer Cooper (Go-Diva Productions).

Thursday, Nov. 10, 10:30 a.m.-1 p.m.

Fee: Veterans: FREE • Guests: \$5



Special Events & Daily Activities

Veggie Delight for Lunch Day

We do the gettin', you do the eatin'. . . of a 6" Subway veggie sub, potato chips, drink, and dessert.

Tuesday, Nov. 1, Noon Fee: \$4
Pre-order (programmers office) by Oct. 28

Funny Epitaphs

Some people carry their sense of humor forever. We will share epitaphs taken from actual headstones.

Wednesday, Nov. 2, 11 a.m. Fee: FREE

Name that Tune

Join us for our version of *Name that Tune* for fun and prizes.

Thursday, Nov. 3, 11 a.m. Fee: FREE

Book Club

November: *The Escape*, by David Baldacci
December: *The Pearl*, by John Steinbeck

Thursday, Nov. 3, 1 p.m. Fee: FREE

Widow to Widow

Support group focuses on issues that women face as they navigate through the grieving process after the loss of a loved one. You are invited to attend regardless of how long ago you lost your loved one. Register at the center.

Monday, Nov. 7, 1-2:30 p.m. Fee: FREE

Trivia Game

A just-for-fun trivia game. See how much you know about the trivial things in life.

Wednesday, Nov. 16, 11 a.m. Fee: FREE

Big Bang Dance Party

Refreshments will be served, and all types of dance music will fill the room. Listen to your favorite music and dance while having an enjoyable time with friends. Music by D.J. Swagg. Event sponsored by RRCSC Council.

Tuesday, Nov. 22, 10:30 a.m.-Noon Fee: FREE

Special Presentations

Looking Back in Time:

The Rich History of Rich Hill

The Bel Alton home of Dr. Gustavus Brown who cared for President Washington on his deathbed, is also home to Samuel Cox, Jr. who aided John Wilkes Booth. Facilitator: Debi Scoggins.

Wednesday, Nov. 9, 11 a.m. Fee: FREE

Diabetes

Lisa Furlow (Nutritionist) discusses diabetic menu planning and how to count carbohydrates.

Tuesday, Nov. 15, 11 a.m. Fee: FREE

Squanto: A Warriors Tale

A true story of a young warrior abducted from his homeland in colonial America.

Wednesday, Nov. 23, 10:30 a.m. Fee: FREE

Piscataway Conoy History & Culture

November is National Native American Month in the United States. The day after Thanksgiving is Native American Heritage Day in Maryland. The Piscataway Indian Nation was once constituted as the most populous and powerful group in the Chesapeake Bay region. Presented by Mervin Savoy.

Tuesday, Nov. 29, 11 a.m. Fee: FREE

Classes

AARP

Comprehensive course to improve driving skills. Sponsored by UMCRCM. Instructor: Wes Henson.

Tuesday, Nov. 15, 10 a.m.-3 p.m. Fee: FREE

Preregistration Required: 301-609-5706

Lunch: By donation - age 60+; (59/younger: \$5.75)

Computer Help with Frank

Wednesday, Nov. 16 & 30, 11 a.m. Fee: FREE

Services

Watch Repair

Have your batteries replaced.

Wednesday, Nov. 9 & 23, 10 a.m. Fee: Varies

Fitness

Hand Dancing with Louise

Learn moves and steps to feel confident on the dance floor. Beginners welcome.

Each Friday, 1:30-3 p.m. Fee: \$5/class

Fitness Orientation

Registration required.

Tuesday, Nov. 1, 3:30 p.m. Fee: \$2

Wednesday, Nov. 9 & 23, 1 p.m. Fee: \$2

Reiki

Reiki therapy sessions are now being offered. Reiki therapy is known to improve a persons spiritual, physical, and emotional well-being. It has the power to initiate deep relaxation. Sign up to reserve a space.

Thursday, Nov. 3 & 17, 9:30 a.m.-Noon & 1-4 p.m.
Fee: \$15/30 min

Thanksgiving Celebration

Gather for a day of feasting, friends, and entertainment. This day continues to be a celebration when Americans come together around the table, grateful for our many blessings. Enjoy a great performance by vocalist ShortCut Sunny. The JROTC from La Plata High School will serve your lunch. Stay for a game of bingo.

Thursday, Nov. 17, 10:30 a.m.

Fee: \$3 plus generous lunch donation (60 and older); \$8 (59 and younger)



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 Good Time Gals Rehearsal 11:00 Pilates 12:00 Pinochle 1:00-3:00 World Dance 1:00 Circuit Training 2:30	Flex & Stretch 8:30 Project Linus 9:00-Noon Billiards Drop In 9:00-4:00 Yoga 9:30 GuitarJam 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 Hi-Steppers Rehearsal 2:00 SOMD Woodcarvers 1:00-3:00 SOMD Pitch 1:00-4:00 Primetimers 3:00 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 Chair Tai Chi 9:30 Quilting Etc 9:30-Noon Breathe Easy 10:20 Chair Pilates 11:00 Bridge 11:00-3:15 Clogging Rehearsal Noon Pinochle 12:30-3:00 Tap Rehearsal 1:00 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 RRCSC Gospel Singers 2:00 Pickle Ball 2:00	Project Linus 9:00-Noon Billiards Drop In 9:00-4:00 Strength Training 9:15 Guitar Jam 10:00-11:00 Oil Painting/Acrylics 10:00-2:00 Gentle Yoga 10:30 Good News Bible Study 11:00 Handbells 11:30 Tai Chi 11:45 Canasta Noon Silvertones 12:30 Zen*Ga Chair Pilates 12:30 Pinochle 12:30-3:00 Hand Dancing 1:30
	1 Veggie Delight for Lunch Day Noon Fitness Orientation 3:30	2 Blood Pressure & Blood Sugar Testing 10:00 Jewelry Club Class 10:00 Funny Epitaphs 11:00 Computer Help 11:00	3 Piano Session 1 (#1) 9:00 Reiki 9:30-Noon & 1:00-4:00 Piano Session 2 (#1) 10:00 Name that Tune 11:00 Book Club 1:00	4 Guitar Jam 10:00 Video: Trail of Tears 10:00 Guided Meditation 11:00 Hand Dancing 1:30
7 Widow to Widow 1:00-2:30 Sisters at Heart Anniversary Luncheon...off site	8 Senior Center Closed Election Day	9 RRCSC Council Mtg 9:00 Genealogy 10:00 Jewelry Club Drop-in 10:00 Watch Repair 10:00 The Rich History of Rich Hill 11:00 Fitness Orientation 1:00	10 Piano Session 1 (#2) 9:00 Piano Session 2 (#2) 10:00 Veterans Day Luncheon 10:30	11 Senior Center Closed Veterans Day
14 Spanish 10:00	15 Senior Services Annual Meeting 9:00 AARP Safe Driving Class 10:00 Diabetes 11:00	16 Blood Pressure & Blood Sugar Testing 10:00 Jewelry Club Class 10:00 Trivia Game 11:00 Computer Help 11:00	17 Piano Session 1 (#3) 9:00 Reiki 9:30-Noon & 1:00-4:00 Piano Session 2 (#3) 10:00 Thanksgiving Celebration 10:30	18 Reflexology 9:15 Guided Meditation 11:00 Video: Black Indians: An American Story 11:00 Crystal Energy 11:00
21 2N1 Club 10:15	22 Big Bang Dance Party 10:30	23 Jewelry Club Drop-In 10:00 Watch Repair 10:00 Squanto: A Warriors Tale 10:30 Fitness Orientation 1:00	24 Senior Center Closed Thanksgiving	25 Senior Center Closed Thanksgiving
28 Ceramics 10:00	29 Piscataway Conoy History & Culture 11:00	30 Computer Help 11:00 Caregivers Support 2:00	<i>The month of November</i>	

INDIAN HEAD SENIOR CENTER

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

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Visit www.CharlesCountyMD.gov/CS

Thanksgiving with the RRCSC Gospel Singers

We are so thankful and grateful to have the Clark Senior Center Gospel Singers join us to start the holiday season. Join us as they lift their voices up in thanksgiving for the many blessings in our lives. Be ready to sing familiar songs and learn a new one! Enjoy a hearty Thanksgiving meal after the performance. Sponsored by the IHSCC.

Thursday, Nov. 17, 10:45 a.m. • Fee: Generous lunch donation



Daily Activities

The Importance of Your Nails

As we get older we need to make sure we have healthy nail hygiene. Join Charlotte Stringer as she shares how to properly care for our nails and cuticles. Space is limited.

Wednesday, Nov. 2, 11:30 a.m.

Fee: \$15 for manicure/pedicure

Aging Resources Outreach

Schedule your appointment with staff to speak with Julie Hammonds (ADRC Program Specialist).

Friday, Nov. 4, 10 a.m.

Fee: FREE

ABC's of Open Enrollment

A local vendor shares options available.

Thursday, Nov. 10, 11 a.m.

Fee: FREE

Poet's Corner

Join Dorothy Simms and other poets as you share and improve your gift of poetry.

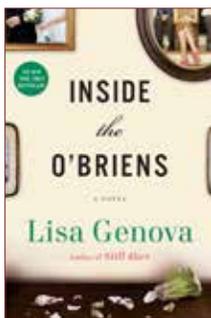
Wednesday, Nov. 16, 10 a.m.

Fee: FREE

Book Club:

Inside the O'Briens by Lisa Genova

We are defined by our jobs, family life, and social standings. Joe O'Brien is a 44 year old respected police officer who is also a husband and father of four. He finally decides to see a neurologist after too many unexplained bouts of temper outbursts and involuntary movements. Once diagnosed he tries to redefine his life.



Wednesday, Nov. 23, 11 a.m.

Fee: FREE

Soup Bar

Don't miss out on the hearty soup bar. Nothing is better than bread dumped in a hearty bowl of soup. Sponsored by the IHSCC. Sign-up required.

Wednesday, Nov. 23, Noon

Fee: FREE

Health & Nutrition

Visit the Nurse

Blood pressure screening and private consultation with local nurses.

Thursday, Nov. 3

Wednesday, Nov. 16

Monday, Nov. 28, 9 a.m.

Fee: FREE



ABC's of Diabetes

November is Diabetes Awareness Month. According to the American Diabetes Association, almost 30 million in the United States have diabetes. Join staff as we review the ABC's of diabetes.

Monday, Nov. 14, 10:15 a.m.

Fee: FREE

Holiday Food Safety Bingo

Tis' the season for holiday parties and food poisoning. Join Professor Lorraine Harley as she shares the importance of food safety during the holidays with an interactive bingo.

Tuesday, Nov. 15, 11 a.m.

Fee: FREE

Seated Massage

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

Friday, Nov. 18, 9 a.m.

Fee: 50¢/min

Fall Super Foods

Join Lisa Furlow (Nutritionist) as she shares how to incorporate fall super foods like kale and winter squash into your diet. Dishes will be prepared and recipes will be shared.

Tuesday, Nov. 22, 11 a.m.

Fee: FREE

Classes

Tai Chi: For Health (Advanced)

Each Monday & Wednesday, 8:30 a.m.

Fee: Fitness Card

Fitness Training

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

Fee: Fitness Card

Tai Ji Quan: MBB

New and advanced students learn Yang style Tai Ji for better balance.

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

Fee: Fitness Card

Arthritis Foundation Exercise Program (AFEP)

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

Circuit Training

This workout incorporates cardio and resistance training exercises at designated stations.

Thursday, Nov. 3, 1 p.m.

Fee: Fitness Card

Computer/Smart Phone Lab

Mondays, Nov. 7 & 28, & Friday, Nov. 18, 1 p.m.

Fee: \$5

Line Dancing with Pat

Thursday, Nov. 10, 1 p.m.

Fee: Fitness Card

Seated Yoga

Each Friday, 9 a.m.

Fee: Fitness Card

Ocean Downs Bus Trip

This fundraiser getaway is a bargain for only \$35! This bus leaves Waldorf at 7 a.m. and Bryans Road at 7:30 a.m. Arrival time is estimated at 11 a.m. The coach bus will have Wi-Fi, snacks, and bottled water.

Each paid guest will receive \$30 in "slot dollars" by the casino. Make your reservation today. Sponsored by the IHSCC.

Saturday, Nov. 19

Fee: \$35



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.



A Visit of Gratitude with Miss Ella

How can you measure gratitude? When you hear of a young lady who was born number thirteen out of seventeen siblings, who started working in the cotton fields of South Carolina at the age of nine, who ran away from an abusive employer, and is thankful for this path that led her to Mother Theresa. Join the program to hear the rest of Ella Edward's story.

Tuesday, Nov. 1, 11:15 a.m. • Fee: FREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tai Chi Advance 8:30 Billiards/Cards 9:00 Fitness Training 9:15 Bingo 9:30 Tai Ji Quan: MBB 10:30 Watch Repairs 9:15 Jewelry w/Martha 9:30-Noon	Billiards/Cards 9:00 Flex & Stretch 9:15 AFEP 10:30	Tai Chi Advance 8:30 Billiards/Cards 9:00 Fitness Training 9:15 Hooked on Yarn 9:30 Tai Ji Quan: MBB 10:30 Chess 1:00-3:00	Billiards/Cards 9:00 Flex & Stretch 9:15 Canvas Painting 10:00 AFEP 10:30	Billiards/Cards 9:00 Seated Yoga 9:00 Ceramics 9:30 Book of Matthew 1:00 Guitar Lessons & Jam 2:00
	1 Piano Lessons 10:00 Miss Ella 11:15 Pastor Chris & Betty 1:00	2 Nails w/Charlotte Stringer 11:30	3 Visit the Nurse 9:00 Council Meeting 9:30 Circuit Training 1:00	4 Aging Resource Outreach 10:00 Pokeno 10:00
7 Card Games 9:30 Jonathan 12:30 Computer/Smart Phone Lab 1:00	8 Senior Center Closed Election Day	9 Committee Meeting 9:30	10 ABC's of Open Enrollment 11:00 Line Dancing 1:00	11 Senior Center Closed Veterans Day
14 ABC's of Diabetes 10:15	15 Holiday Food Safety Bingo 11:00	16 Visit the Nurse 9:00 Poet's Corner 10:00	17 Thanksgiving Party 10:45 No Stretch & Flex, AFEP or Canvas Painting Today	18 Seated Massage 9:00 Computer/Smart Phone Lab 1:00 ▶ Casino Trip Saturday 11/19
21 Pumpkin Surprise 9:15 Minute to Win It 11:00	22 Dominoes/Scrabble 10:00 Fall Super Foods 11:00	23 Book Club 11:00 Hot Soup Bar Noon	24 Senior Center Closed Thanksgiving	25 Senior Center Closed Thanksgiving
28 Visit the Nurse 9:00 Computer/Smart Phone Lab 1:00	29 TOPS 11:00	30 Gifts for the Holidays 11:00		

The month of November

WALDORF SENIOR CENTER

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

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Christmas at the National Harbor

Take pictures under the huge lighted tree, explore the Gaylord's Christmas on the Potomac, go through the attraction ICE! featuring Christmas Around the World, shop the fun stores, and eat at one of the trendy restaurants.

ICE! exhibit: \$29; school bus transportation: \$5;
Capital Wheel: \$13.50. Lunch is on your own.

Thursday, Dec. 1 • 10 a.m.-3 p.m.

Fee: See center for more information



Special Events & Daily Activities

Afternoon Book Club:

The Journal Reopened

Local author Mary Ann Jenkins writes the sequel to *The Witches Journal* which features her grandmother Sadie Crowe. Facilitator: Julie Brasher.

Wednesday, Nov. 16, 1 p.m. Fee: FREE

Computer Instruction

Hands-on training covers the basics. You can bring your own laptop. Instructor: Russ Russell.

Wednesday, Nov. 9 & 23, 11 a.m.-1 p.m. Fee: FREE

Little Christmas Shoppe

Pick up a new treasure!

Thursday, Nov. 10, 10 a.m.-1:30 p.m.

Fee: Your purchase

Charles County Quilters Guild

Local quilters teach how to begin making your own quilt. Learn the unique history and meaning of quilt patterns. Finished quilts will be on display. Feel free to bring a family quilt to share or one that you made.

Tuesday, Nov. 15, 11:15 a.m. Fee: FREE

Scams: What You Need to Know

Learn about popular scams to watch out for and how to avoid becoming a victim. Presenter: Jeannine Robinson (MPS, Maryland Office of the Attorney General, Consumer Protection Division).

Wednesday, Nov. 16, 10:15-11:15 a.m. Fee: FREE

Pizza Delivery for Lunch

Visit the office for details.

Wednesday, Nov. 23, Noon Fee: Your order

Charles County Senior Show Troupe: Christmas Spirit

See pg. 10 for details.

Wednesday, Nov. 30, 10:30 a.m. Fee: FREE

For Your Health

BP Checks at Kaiser

Visit the Kaiser Mobile Unit for a visit with a nurse, a free BP check, or a cholesterol screening for a small fee.

Each Tuesday, 9 a.m.-1 p.m. Fee: Free

High Street Pharmacy

Mr. Dipan Patel (Pharmacist) will provide a Medicare consultation during open enrollment, Oct. 15 to Dec. 7. If you have a Medicare health or drug plan, you can make changes each year to meet your needs. High Street Pharmacy is a unique neighborhood drug store that offers delivery and blister packs.

Thursday, Nov. 3, 10:30 a.m. Fee: FREE

Tuesday, Nov. 22, 11:15 a.m. Fee: FREE

Reflexology

Reflexologist Becky Lugardo uses trigger points in the feet. Sign-up is required.

Wednesday, Nov. 16, 9 a.m.-3 p.m. Fee: \$15/30 min

Aging Resources Outreach

Meet privately with Julie Hammond. Walk-ins accepted from 10-11 a.m. For appointments after 11 a.m., please call: 301-934-6737.

Wednesday, Nov. 16, 10 a.m.-Noon Fee: FREE

Memory Screenings

See pg. 2.

Tuesday, Nov. 22, 9:30 a.m.-Noon Fee: FREE

Arts & Crafts

Open Studio

Pat Arnold assists with any media.

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

Pinterest Crafts:

An Ornament Assortment

Tuesday, Nov. 29, 10:30 a.m. Fee: \$2/all

Christmas Ukrainian Pysanky Eggs

You will receive a kit with a stylus, beeswax, a work candle, two design samples, and a set of six unmixed dyes. Instructor: Mary Whitmore.

Wednesday, Nov. 23, 9:30 a.m. Fee: \$10

Registration Deadline: Nov. 16

Watercolors Drop-In

Material list provided. Instructor: Pat Arnold.

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

Fitness & Dance

Fitness Card: \$15 = 15 classes!

Your card can be used at all senior centers. Present your card to the instructor at the start of each class.

Circuit Training with Lamont

Circuit training is a form of body conditioning or resistance training.

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

Chair Yoga with Laura

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

Total Body Conditioning with Clairisa

Active class using weights, bands, and cardio. No floor exercises.

Each Tuesday & Thursday, 9 a.m.

Fee: Fitness Card

Line Dancing

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

Yoga with Cindy M.

Each Tuesday & Wednesday, 2 p.m.

Fee: Fitness Card

Flex & Stretch with Cindy M.

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

Arthritis Foundation Program Exercise (AFEP)

Each Wednesday & Thursday, 10 a.m. Fee: FREE

Tai Chi Demo

This moving meditation class is perfect for body awareness, strength, and balance.

Wednesday, Nov. 9, 10:15 a.m. Fee: FREE



Don't Worry...Be Thankful

Be thankful for good music, happy times, excellent food, and wonderful friends. Billy Hill and True Blue Country are back to help kick off the holiday season. Thanksgiving turkey and all the trimmings by Chef Bruce.

Thursday, Nov. 17, 10:30 a.m. • Fee: \$9
 Reservations required by Monday, Nov. 14

The 12 Days of Christmas Raffle

For 12 days beginning Nov. 28, there will be a drawing for a \$25 gift card from a local store or restaurant. Your chances don't decrease even if you have already won! Tickets are \$5 each and will be sold until **Wednesday, Nov. 23**. You do not to be present to win.

**First Drawing:
 Monday, Nov. 28
 11 a.m.**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Circuit Training 9:15 Double Deck Pinochle 11:00 Chair Yoga 2:00	Total Body Conditioning..... 9:00 BP Checks at Kaiser..... 9:00 Seated Cardio Kickboxing 10:15 Line Dancing 10:15 Card Games 10:30 Inspirations 12:30 Yoga 2:00	Flex & Stretch 9:00 AFEP 10:00 Bingo 10:30 Card Games 10:30 Yoga 2:00	Total Body Conditioning..... 9:00 AFEP 10:00 Watercolors 10:00 Bingo 10:30 Card Games 10:30 Double Deck Pinochle..... 11:00
	1 Open Studio..... 11:30	2 CASH BINGO!: Senior Services of Charles County, Inc. 10:00	3 Word Scramble..... 10:15 High Street Pharmacy 10:30
7 Bingo & St. Charles Senior Club 10:00	8 Senior Center Closed Election Day	9 Computer Instruction..... 11:00-1:00	10 Little Christmas Shoppe..... 10:00-1:30
14 Bingo & St. Charles Senior Club..... 10:00	15 Charles County Quilters Guild 11:15 Open Studio..... 11:30	16 Reflexology 9:00-3:00 Scams..... 10:15-11:15 Bingo begins..... 11:30 Aging Resources Outreach..... 10:00-Noon Afternoon Book Club 1:00	17 Don't Worry...Be Thankful Party 10:30
21 Senior Council Meeting 9:30 Bingo & St. Charles Senior Club..... 10:00	22 Memory Screening ... 9:30-Noon High Street Pharmacy 10:30	23 Christmas Ukrainian Pysanky Eggs 9:30 Computer Instruction..... 11:00-1:00 Pizza Delivery for Lunch... Noon	24 Senior Center Closed Thanksgiving
28 Bingo & St. Charles Senior Club..... 10:00 Raffle Drawing: Giant 11:00	29 Pinterest Craft: Ornament Assortment..... 10:30 Raffle Drawing: Outback 11:00	30 Senior Show Troupe: 10:30 Bingo after the show Raffle Drawing: Safeway Noon	▶ Dec. 1. Trip to the National Harbor 10:00-3:00

The month of November

Energy Assistance

Do you need help paying your electric and heating bills?

The Office of Home Energy (OHEP) helps eligible Maryland residents pay their utility bills, minimize the strain when the cold weather sets in, and make energy costs more affordable by providing grants under the Maryland Energy Assistance Program (MEAP) and the Electric Universal Service Program (EUSP).

Applicants must reapply for this program every year after July 1 for benefits to continue.

Seniors age 60 and older can receive application assistance, obtain information, or schedule an appointment to apply.

Aging & Disability Resource Center
1-855-843-9725 • 301-609-5712



Volunteer Tax Preparers Needed

We are looking for compassionate and friendly individuals to join our volunteer team for this upcoming tax season. The AARP Tax-Aide program provides free tax preparation for senior citizens, low-income individuals, and families. Individuals wishing to enroll in the AARP Income Tax Training Program should contact Joan Woodland (Senior I&A Program Assistant) at 301-609-5712 or WoodlanJ@CharlesCountyMD.gov

FREE training is provided and will be held Mondays, Wednesdays, and Fridays beginning in January 2017. Upon completion of the training program, persons must complete a test before receiving certification.

Get Ready for Medicare D Open Enrollment

Open enrollment is the time for Medicare beneficiaries to review their prescription drug plan and make necessary changes. New beneficiaries can select a plan and learn how the plan works, and existing enrollees can change and updates their plans.

Open enrollment began Oct. 15 and will end Dec. 7. Senior Health Insurance Counselors (SHIP) will be available to assist you during the enrollment period. Please call the SHIP office at 301-609-5712 to schedule an appointment.

The Charles County Senior Show Troupe Presents...

Christmas Spirit

Celebrate the holidays with dance, laughter, and good cheer.

- Monday, Nov. 14 10:30 a.m. . . . Charlotte Hall Veterans Home
- Wednesday, Nov. 16 . . 10:45 a.m. . . . Fenwick Landing
- Monday, Nov. 21 10:30 a.m. . . . Genesis, La Plata
- Monday, Nov. 28 10:30 a.m. . . . Sagepoint, La Plata
- Wednesday, Nov. 30 . . 10:30 a.m. . . . Waldorf Senior Center
- Monday, Dec. 5 10:30 a.m. . . . North Beach Senior Center
- Wednesday, Dec. 7 . . . 10:30 a.m. . . . Center Stars, RRCSC
- Monday, Dec. 12 10:30 a.m. . . . Northern Senior Center
- Wednesday, Dec. 14 . . 10:30 a.m. . . . SOMD Lusby
- Monday, Dec. 19 10:30 a.m. . . . Bowie Senior Center
- Wednesday, Dec. 21 . . 10:30 a.m. . . . The Charleston, Waldorf

Central Registration Ongoing

Central registration for 2017 began in October and is ongoing. If you have not registered, please stop by the front desk. Staff will assist you with the registration process. Participating in an annual registration process allows our senior centers to keep up-to-date information on all participants. This enables us to better serve you in the event of an emergency. Donations received are placed back into programs to benefit the centers.

To register, you must live in Charles County, and you or your spouse must be 60 years of age or older.

For details or to renew your membership, visit any of the four senior centers.

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
	1 Pineapple Juice Salmon Cake w/Herb Sauce Glaze Carrots Spinach Salad Biscuit Fruited Jell-O	2 Soup of the Day Cranberry Juice Hot Dogs w/Bun Baked Beans Coleslaw Peaches	3 Fruit Blend Juice Beef w/Gravy Brown Fluffy Rice Collard Greens Biscuit Fresh Oranges	4 Apple Juice Honey Lemon Chicken Parsley Potatoes Asian Blend Vegetables Onion Roll Honeydew
7 Cranberry Juice Salisbury Steak w/Gravy Mashed Sweet Potatoes Squash Whole Wheat Bread (2) Seedless Grapes	8 Election Day No Meal Service	9 Pineapple Juice Vegetable Lasagna Broccoli Pineapple Bean Salad Whole Wheat Dinner Roll Banana	10 Grape Juice ¼ Baked Chicken Mashed Sweet Potatoes Squash Rice Pudding Raisins	11 Veterans Day No Meal Service
14 Orange Juice Open Faced Turkey Sandwich w/Gravy (whole wheat bread) California Blend Vegetables Citrus Salad	15 Apple Juice Oven Fried Chicken Company Potatoes Sweet Peas Cornbread Apricots	16 Soup of the Day Orange Juice Mac & Cheese (1 cup) Malibu Blend Vegetables Stewed Tomatoes Peaches	17 THANKSGIVING PARTY Cranberry Juice Sliced Turkey & Gravy Mashed Potatoes Stuffing Cranberry Sauce Green Bean Casserole Dinner Roll Pumpkin Pie	18 Grape Juice Chicken Cacciatore Cheesy Mashed Potatoes Fiesta Bean Salad Whole Wheat Bread (2) Applesauce
21 Fruit Blend Juice Pork Chop Sauerkraut AuGratin Potatoes Cornbread Pineapple Chunks	22 LS Tomato Juice Liver & Onions Mashed Potatoes Collard Greens Whole Wheat Bread (2) Seedless Grapes	23 Thanksgiving No Meal Service	24 Thanksgiving No Meal Service	25 Thanksgiving No Meal Service
28 Grape Juice Spaghetti & Meatballs w/ Mozzarella California Blend Vegetables Breadstick Peaches	29 Apple Juice Chophouse Burger Sandwich (whole wheat bun) Orange Glazed Carrots Party Hearty Beans Fruit Cocktail	30 Cranberry Juice Baked Tilapia Buttered Tri Color Pasta Chuckwagon Vegetables Dinner Roll Deluxe Fruit Salad	<i>The month of November</i>	

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 Employer

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.

Senior Services Annual Meeting

Tuesday, Nov. 15, 9-10 a.m. • Fee: FREE

Location: Richard R. Clark Senior Center

Senior Services of Charles County, Inc. is a not-for-profit 501(3)(c) organization formed in 1995 to assist Charles County senior citizens with programs and services to enhance their quality of life, support their independence, and encourage involvement in the community.

We accomplish this through a number of fundraising events and activities with assistance from our supporters, generous donors, and community organizations. We are an approved United Way of Charles County, Inc. partner agency. We receive no government subsidies but continue to welcome donations from individuals, businesses, the Charles County Arts Alliance, the combined Federal Campaign (member number #74449), and other organizations that support Charles County seniors and our endeavors on their behalf.

Plan to attend this annual meeting to show your support for this organization and older adults of Charles County.

CHARLES COUNTY DRUG TAKE BACK



The **Drug Take Back** service provides our community with a safe, convenient, and responsible means of disposing of all medications.

The Drug Take-Back service addresses a crucial public safety and public health issue. According to the 2014 National Survey on Drug Use and Health, 6.5 million Americans abused controlled prescription drugs. That same study showed that a majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet. – Drug Enforcement Agency

Drug Take Back Locations:

Family Meds, Inc.
12114 Old Line Ctr, Unit R-7A
Waldorf, MD 20602

Hanson Pharmacy
2110 Crain Highway
Waldorf, MD 20601

La Plata Pharmacy
6501 Crain Highway
La Plata, MD 20646

High Street Discount Pharmacy
Smallwood Village Center
30 High Street
Waldorf, MD 20602

Indian Head Care Pharmacy
4115 Indian Head Hwy
Indian Head, MD 20640

Northgate Pharmacy
3973 St. Charles Parkway
Waldorf, MD 20602

LEARN MORE: 301-645-0550

