

The SCOOP

Charles County's Senior Center News



**June is Men's
Health Month**



JUNE 2016

www.CharlesCountyMD.gov



2016

WORLD ELDER ABUSE AWARENESS DAY

June 15 is World Elder Abuse Awareness Day (WEAAD). On that day, communities in the USA and all over the world will sponsor events to highlight the growing tragic issue of elder abuse.

The U.S. Administration on Aging estimates that as many as 1 in 10 older Americans are abused or neglected each year. Older adults are contributing members of American society and their abuse or neglect diminishes all of us. Elder abuse can be physical, emotional, financial and sexual. It also includes people who are neglected and those who neglect themselves (self-neglect). Elders who are abused are twice as likely to be hospitalized, four times as likely to go into nursing homes and three times as likely to die. While most abusers are family members, trusted professionals and complete strangers may also target older adults. Abuse can happen in any setting: in the older adult's own home, nursing homes, or assisted living facilities.

If you would like more information about this topic, please contact Linda Blake at 301-934-0109 or email at BlakeL@CharlesCountyMD.gov

Source: National Center on Elder Abuse's www.ncea.aoa.gov

June is Men's Health Month

There are many easy things men can do each day to improve and remain a healthy adult.

Get Good Sleep

Insufficient sleep is associated with a number of chronic diseases and conditions, such as diabetes, cardiovascular disease, obesity, and depression. Sleep guidelines from the National Sleep Foundation have noted that sleep needs change as we age. In general, an average adult needs between 7-9 hours of sleep.

Toss out the Tobacco

It's never too late to quit. Quitting smoking has immediate and long-term benefits.

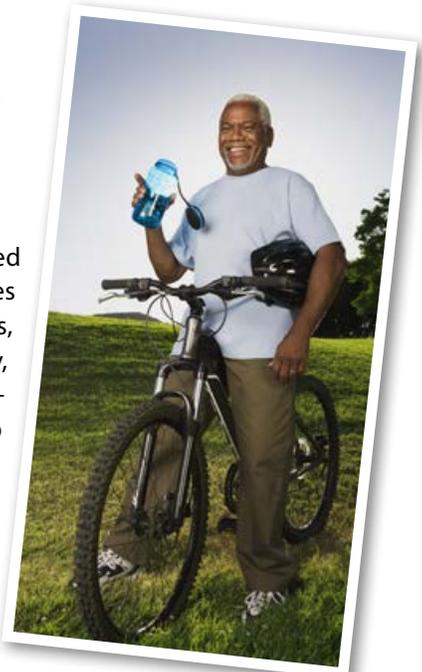
Move More

Adults need at least 2½ hours of moderate-intensity aerobic activity (such as brisk walking) every week, and muscle strengthening activities that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms) on two or more days a week.

Eat Healthy

Eat a variety of fruits and vegetables every day. They are sources of many vitamins, minerals, and other natural substances that may help protect you from chronic diseases. Limit foods and drinks high in calories, sugar, salt, fat, and alcohol. Choose healthy snacks. See your doctor or nurse for regular checkups. Certain diseases and conditions may not have symptoms, so checkups help diagnose issues early or before they can become a problem.

Pay attention to signs and symptoms such as chest pain, shortness of breath, excessive thirst, and problems with urination. If you have these or symptoms of any kind, be sure to see your doctor right away.



COUNCIL NEWS ITEMS		SPONSORED/HOSTED ACTIVITIES & EVENTS
<p>Clark Senior Center Fundraiser Bus Trip, and Annual July Yard Sale</p>	<p>Indian Head Senior Center Yard Sale, Father's Day Hot Dog Bar, Juneteenth Celebration, Harrington Bus Trip, and Market Day</p>	<p>Waldorf Senior Center Snack Bar, Bingo Supplies, Father's Day Breakfast, Potluck Cookout with True Blue Country, Co-sponsored CASH BINGO and Hands Only CPR</p>

CASH BINGO

Senior Services of Charles County Fundraiser

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

Subs from Nicks of Clinton will be available for individual purchase or you may add chips and a cold drink making a complete lunch package for \$5/each.



Wednesday, June 1 • 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



Annual Senior Picnic

Wednesday, June 15 • 10:30 a.m.-2 p.m.

Fee: FREE (ticket required)

Waldorf Jaycees Community Center

Don't miss out on this year's fun. Enjoy live music, word games, line dancing, door prizes, and a delicious luncheon provided by the Waldorf Jaycees. **Please bring a canned food item to share with needy families.**

Admission is free, but tickets are required. Check the four senior centers for available tickets.

Sponsored by the Greater Waldorf Jaycees.

Summer Aqua Aerobics for Seniors

Join us for a great time and workout in these shallow water exercise classes. For additional information, 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	Tue/Thu	Jun 21-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 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



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.

CLARK SENIOR CENTER

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

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Visit www.CharlesCountyMD.gov/CS

Special Events & Daily Activities

Charles County Show Troupe's Wild West Show

The talented stars perform another memorable show. Wear your cowboy duds, leave your six shooter at the ranch, and mosey on down to the best show in town. Singing, dancing, music, and loads of big city entertainment! Sign up for lunch on or before May 31.

Wednesday, June 1, 10:30 a.m.

Fee: Show – FREE, Lunch by generous donation

JUNETEENTH

Celebrate this special day in African-American history with us. Juneteenth, is also known as Freedom Day. The RRCSC Gospel Chorus will sing and perform in a play written especially for this event. Luncheon reservation must be called in by Wednesday, June 8. Stay for the Ethnic Attire Fashion Show after lunch.

Thursday, June 16, 10 a.m.

FREE: Program, Lunch by generous donation

Hurricane Season Information

Hurricane season: June 1 to Nov. 30. Discussion: 2016 names, how a hurricane is named, hurricane, ratings and a forecast for 2016.

Thursday, June 2, 11 a.m.

Fee: FREE

Book Club

June: *The Forgotten* by David Baldacci. July: *Catcher in the Rye* by J.D. Salinger

Thursday, June 2, 1 p.m.

Fee: FREE

The Marriage Custom Quiz

Fun quiz about various wedding customs, pitting one team against the other. Team that gets the most right will win a prize.

Thursday, June 9, 11 a.m.

Fee: FREE

National Ice Cream Soda Day

Treat yourself to this old time favorite.

Tuesday, June 21, 12:30 p.m.

Fee: \$1

Sisters at Heart

A Breast Cancer support group.

Monday, June 27, 11:30 a.m.

Fee: FREE

Special Presentations

The Grey Area

The Temple Scrolls... the sixth book of the Torah, lost for 25,000 years. Facilitated by Dr. Rollie Hower.

Tuesday, June 14, 11 a.m.

Fee: FREE

RRCSC Council Fundraiser

Bus Trip: Arundel Mills Mall & Maryland Casino LIVE

You'll have five hours to shop, enjoy lunch, play the slots, or do all three! See the back cover for additional details. Bus departs from the Clark Center at 9:15 a.m.

Sponsored by RCSCC.

Friday, June 17, 9 a.m.-5 p.m. • Fee: \$35/pp

Loving vs. Virginia

The 49th anniversary of the ruling that ended miscegenation in Virginia is celebrated every June 12 and celebrates the rights of all races to marry.

Tuesday, June 7, 11 a.m.

Fee: FREE

Coffee with a Cop

Your chance to ask questions and enjoy a cup of coffee with a local police officer.

Wednesday, June 8, 9 a.m.

Fee: FREE

Your Cell Phone: Connection to the World

Bring your phone, and Tiffany Lancaster will demonstrate the functions of a cell phone.

Wednesday, June 22, 10:30 a.m.

Fee: FREE

History of Marriage

From the dawn of history, up to modern times, how did marriage evolve?

Thursday, June 23, 11 a.m.

Fee: FREE

FREE Caption Phone

Do you, a family member, or friend have a hearing disability? Information will be provided about the federally funded program "Clear Caption." Persons need to have internet and their own phone line. The phone itself is free with no monthly charges. Refreshments served. Prize given to a lucky winner.

Tuesday, June 28, 11 a.m.

Fee: FREE

Classes

Beginner Sewing

Sew different craft items, such as tote bags and pillows. Facilitator: Amy Scoggins.

Each Monday, 10 a.m.

Fee: Your own materials

NEW! Beginner Quilting

Learn basics of quilting. Instructor: Gail Cavella.

Each Thursday, 10 a.m.

Fee: FREE

Creative Writing

This group meets the second Friday of each month for those who enjoy writing.

Friday, June 10, 1 p.m.

Fee: FREE

Services

Watch Repair

Wednesday, June 1, 10 a.m.

Fee: varies according to service

Reflexology

Registration is necessary. Services are provided by Becky Lugardo, Certified Reflexologist.

Friday, June 10 & 24, 9:15 a.m.

Fee: 50¢/minute

Hearing Professionals

Hearing Screenings provided, minor hearing aid adjustments and batteries for sale.

Thursday, June 16, 10 a.m.

Fee: FREE

Fitness

Pickle Ball

Learn the basics of this fun game! Like tennis, but with paddles and a waffle like ball. Rotate partners and playtime.

Each Friday, 1-3 p.m.

Fee: FREE

Fitness Orientation

Class is mandatory. Registration required.

Tuesday, June 7, 3:30 p.m.

Fee: \$2

Wednesday, June 8, 22, 1 p.m.

Fee: \$2

The Longest Day...

NuStep to End Alzheimer's

Reserve your Nu Step time and donate, as we partner with NuStep and the Alzheimer's Association for this yearly event to raise money and awareness of this disease.

Monday, June 20, 9 a.m.-4 p.m.

Fee: \$1/minute



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 Pilates Noon 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 Class 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 Belly Dancing Noon Pinochle 12:30-3:00 Powder Puff Billiards ... 1:00-4:00	Flex & Stretch 8:30 Billiards Drop In 9:00-4:00 Tai Chi 9:30 Beginner Quilting 10:00 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	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 Pinochle 12:30-3:00 Canasta Noon Pickle Ball 1:00-3:30
<h2 style="color: #A52A2A;">The month of June</h2>		1 Jewelry Club Class 10:00 Watch Repair 10:00 Center Stars Show Troupe 10:30	2 Zoo Trip 8:30 Hurricane Season Information 11:00 Book Club 1:00	3 Video: Longest Day 10:00 Who Are You 11:00 Guided Meditation 11:30 Pickle Ball 1:00-3:00
6 Ceramics 10:00 Photography Club 1:00	7 Loving vs. Virginia 11:00 Fitness Orientation 3:30	8 RRCSC Council Mtg 9:00 Coffee with a Cop 9:00 Jewelry Club Drop-in 10:00 Genealogy 10:00 Fitness Orientation 1:00	9 Marriage Quiz 11:00	10 Video: Midway 10:00 Reflexology 11:30 Creative Writing 1:00 Pickle Ball 1:00-3:00
13 Spanish 10:00	14 The Grey Area 11:00	15 Senior Center Closed Summer Picnic Waldorf Jaycees	16 Juneteenth Celebration 10:00 Hearing Professionals.. 10:00	17 RRCSC Council Fundraiser Trip 9:15 Video: Discover America's Natural Parks 10:00 Who Are You? 11:00 Guided Meditation 11:30
20 2N1 Club 10:15 Longest Day of the Year Challenge in the Fitness Room 9:00-4:00	21 National Ice Cream Soda Day 12:30	22 Jewelry Club Drop-in 10:00 Your Cellphone: Connection to the World 10:30 Fitness Orientation 1:00	23 The History of Marriage 11:00	24 Reflexology 9:15 NewComers Coffee 10:00 Pickle Ball 1:00-3:00
27 Ceramics 10:00 Sisters at Heart 11:30	28 Power Yoga 9:30 FREE Caption Phone Power 11:00	29 Caregivers Support 2:00	30 Beginner Quilting 10:00 Reflections 1:00-1:30	

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

Annual Yard Sale

Find that one of a kind item at the annual Indian Head Senior Center Council Yard sale.

Thursday & Friday, June 2-3, 9 a.m.-3 p.m.

Saturday, June 4, 8 a.m.-Noon

Fee: Cost of Item

Aging Resources Outreach

See staff to schedule an appointment.

Friday, June 3, 10 a.m.

Fee: FREE

Clear Captions

Join Rupali Dewan as she shares options for caption phones for the hearing impaired.

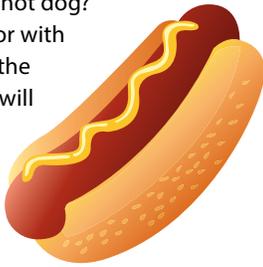
Thursday, June 9, 11:15 a.m.

Fee: FREE

Father's Day Hot Dog Bar

How do you like your hot dog?

With a little mustard or with coleslaw, onions and the works. Don't worry it will be on the bar to fill your bun. Wear blue as we recognize and learn more about Men's Health Week.



Thursday, June 16, 11:30 a.m.

Fee: \$3

Juneteenth Celebration

Join us as we learn about Freedom day. Enjoy outdoor activities around the center.

Friday, June 17, 10:30 a.m.-1 p.m.

Fee: Lunch Donation

The Longest Day of the Year

On *The Longest Day*®, June 20, teams will join forces to honor the strength, passion and endurance of those facing Alzheimer's with a sunrise-to-sunset day of activity. Join the Charles county senior centers as we raise funds and awareness to help end Alzheimer's. Wear purple to show your support and sign up for non-stop Nu-Step and/or Phase 10.

Monday, June 20, 9 a.m.-3 p.m.

Participation Fee: Donation to the Alzheimer's Association

Vacation in Portugal with Maria Stewart

Join Maria as she shares the flavors of Portugal and the Island of Terceira through music, food, and dance.

Tuesday, June 21, 11:15 a.m.

Fee: FREE

Book Club: *Everything I Never Told You*

By: Celeste Ng

Family relationships are difficult. Add the death of your favorite child and family dynamics begin to crumble. Join the book club as they discuss dreams unfilled by the Lees, a Chinese American family living in a small town in Ohio.

Wednesday, June 22, 11 a.m.

Fee: FREE

Harrington Raceway and Slots Bus Trip

This fundraising trip has something for everyone. Enjoy four hours for lunch and playing slots. This fun-filled day includes \$7 towards a buffet lunch, \$15 "play cash," handicap accessible transportation, WI-FI, snacks and bottled water. Support your council while having fun. See flier for more information.

Friday, June 24, 7:45 a.m. Fee: \$35/pp by June 3

Bus departs Waldorf at 7:45 a.m. and Bryans Road at 8:30 a.m.

Health & Nutrition

Seated Massage

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

Friday, June 10, 9 a.m.

Fee: 50¢/minute

Elder Abuse Awareness Day

Shhh! No one wants to talk about the neglect and abuse that affect the elderly. Join Linda Blake as she helps us understand and spread the awareness of abuse in our communities.

Monday, June 13, 9 a.m.

Fee: FREE

Cucumber Delight

Only eight calories for one-half cup, count me in. Share your favorite cucumber recipe as we talk about the health benefits of cucumbers.

Tuesday, June 14, 11:15 a.m.

Fee: FREE

Visit the Nurse

Blood pressure screening and private consultation with local nurses.

Monday, June 27, 9 a.m.

Fee: FREE

TRY-IT Series 2016

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

Walk with Us Wednesday

Join a staff member as we take advantage of the warm weather and walk around the Village Green.

Each Wednesday, 1 p.m.

Fee: FREE

Home Composting 101

Learn how to make your own rich soil by vermi-composting. Check bulletin board for supplies needed or your trash can.



Thursday, June 2, 11:15 a.m.

Fee: Check supply list

Pickleball

One of the fastest growing sports in America, pickleball is a combination of badminton, tennis and ping pong. Join the fun.

Tuesday, June 14, 10:30 a.m.

Fee: FREE

Classes

Circuit Training

This 45-minute workout incorporates cardio and resistance training exercises at designated stations.

Friday, June 10, 1 p.m. & June 24, 10 a.m.

Fee: Fitness Card

Personal Electronic Device Lab (PED)

Wednesday, June 8 & Thursday, June 30, 11 a.m.

Fee: \$5

Fitness Training

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

Fee: Fitness Card

Chair Pilates with Brenda

Improve balance by working spinal flexion, extension and side bending through stretching positions.

Each Tuesday & Thursday, 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, line dancing or hand dancing, check the bulletin board.

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 is a seated exercise program.

Each Tuesday & Thursday 10:30 a.m.

Fee: FREE

INDIAN HEAD SENIOR CENTER

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

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

Jazzing UP JUNE Party

Back by popular demand, relax and enjoy the eclectic repertoire of John Lewis, which includes elements of Jazz, R&B and Brazilian grooves which he performs in English, French, and Portuguese.

Tuesday, June 28, 10:30 a.m.-1 p.m.

Fee: \$5, includes lunch donation

Sponsored in part by the Charles County Arts Alliance, Inc. and Senior Services of Charles County.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards/Cards..... 9:00 Fitness Training..... 9:15 Bingo 9:30 Tai Chi For Health 10:30 Exercise Hour with Anna 10:30 Jewelry with Martha & Vern 9:30- 1:00 Bingo 1:00	Billiards/Cards..... 9:00 Chair Pilates..... 9:15 Quilt N’ Chicks 9:00 AFEP 10:30	Billiards/Cards..... 9:00 Fitness Training..... 9:15 Hooked on Yarn..... 9:30 Tai Chi For Health 10:30 Chess..... 1:00-3:00	Billiards/Cards..... 9:00 Chair Pilates..... 9:15 Canvas Painting 10:00 AFEP 10:30 Dancing 1:00	Billiards/Cards..... 9:00 Seated Yoga..... 9:00 Ceramics..... 9:30 Phase 10..... 10:00 Senior Services 11:30 Book of Matthew 1:00 Guitar Lesson & Jam..... 2:00
<h2>The month of June</h2>		1 Say Something Nice Day 9:00 National Olive Day 11:30 TRY-IT:Walk with Us Wednesday 1:00	2 IHSCC Yard Sale 9:00 TRY-IT:Home Compost 11:15	3 IHSCC Yard Sale 9:00 National Doughnut Day..... 9:15 Aging Resource Outreach 10:00 
6 All Day Bingo..... 9:30	7 Humane Society Bingo – Coyotes..... 11:00 Pastor Chris & Betty..... 1:00	8 Committee Meeting..... 9:30 PED Lab 11:00 Walk with Us Wednesday 1:00	9 Council Meeting 9:30 Clear Captions..... 11:15 Tea Time Thursday 12:45 No Canvas Painting Today	10 Seated Massage 9:00 Circuit Training 1:00 No Yoga Today
13 World Elder Abuse Awareness Day 9:00 Weed the Garden Day 9:30 Men’s Health Week	14 TRY-IT: Pickle Ball 10:30 Cucumber Delight..... 11:15 Flag Day 1:00	15 Senior Center Closed Summer Picnic Waldorf Jaycees	16 Father’s Day Hot Dog Bar 11:30 Wear Blue Day	17 Juneteenth Celebration 10:30-1:00
20 Longest Day of the Year - End Alzheimer’s 9:00 Wear Purple Day	21 Vacation in Portugal with Maria Stewart..... 11:15	22 Book Club: Everything I Never Told You, By Celeste NG 11:00 Walk with Us Wednesday 1:00	23 National Think Pink Day..... 9:00 Pokeno 11:00 Wear Pink	24 Harrington Bus Trip 7:45 Circuit Training 10:00
27 Visit the Nurse..... 9:00	28 Jazzing Up June Party .. 10:30 No AFEP Today	29 Camera Day 10:00 Walk with Us Wednesday 1:00 Wear a Smile	30 Market Day 9:00 PED Lab 11:00	

WALDORF SENIOR CENTER

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

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Visit www.CharlesCountyMD.gov/CS

Special Events & Daily Activities

CASH BINGO

Fundraiser for Senior Services

OPEN to the public – \$150 jackpot. Directly benefits the four senior centers. Additional packs, early birds, and coveralls are extra. 50/50 raffle and door prizes. \$5 lunch is available.

Wednesday, June 1, 10 a.m.-1:30 p.m. Fee: \$20 admission for regular games and specials.

No Preregistration Necessary

Afternoon Book Club: Heartwood by Belva Plain

Facilitator: Julie Brasher

Wednesday, June 1, 1 p.m. Fee: FREE

Charles County Literary Council

More than 15,000 Charles County residents struggle to read. Find out how you can help. Susan Petroff, Outreach Coordinator.

Tuesday, June 7, 11:15 a.m. Fee: FREE

Charlotte Hall Veteran's Home

Are you a Veteran, a spouse, or a caregiver? This talk will help you understand VA benefits and affordable options for Assisted Living and Long Term Care. Speaker: Carole Lewis, Director of Marketing.

Wednesday, June 8, 10:30 a.m. Fee: FREE

NEW! 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, June 8, 11 a.m.-1 p.m. Fee: FREE

AARP Smart Driver Course

Refresh what you know about the rules of the road. Valid AARP card required for discount. Lunch break at noon, bring your lunch or order take-out. For lunch from the senior center please order by 10 a.m. June 13. Instructor: Wes Henson. Preregistration is required.

Tuesday, June 14, 10 a.m.-3 p.m.

Fee: Cash or check made payable to AARP/ \$15 members, \$20 non-members

The Longest Day of the Year

Show your support to the Alzheimer's Association and meet the challenge; you might want to wear Purple any day from June 13-20, making a minimum donation of \$5, and/or Bowl for a Cause, make a minimum donation of \$10, in addition to individual pledges per pin.

Monday, June 20, 9 a.m.-3 p.m.

Participation Fee: Your donation to the Alzheimer's Association

Father's Day Breakfast

Sausage gravy, biscuits, eggs, orange juice and coffee.

Tuesday, June 21, 9:30-10:30 a.m.

Fee: Men eat FREE, Women \$3

Register by June 20 • NO WALK-INS ACCEPTED

For Your Health

FREE DEMO: Seated Cardio Kickboxing

Meet Tara Scott in the senior activity room for the free demo!

Tuesday, June 7, 10:15 a.m. Fee: FREE

Aging Resources Outreach

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

Thursday, June 16, 10 a.m.-Noon Fee: FREE

World Elder Abuse Awareness Day

Abuse in later life (ALL) is the willful abuse, neglect, or financial exploitation of an older adult.

Learn about different types of abuse and how to protect yourself with Linda Blake, Charles County Ombudsman who will be available for two hours if you need more information.

Thursday, June 30, 10 a.m.-Noon

Fee: FREE

Reflexology

Reflexologist Becky Lugardo 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, June 29, 9 a.m.-3 p.m.

Fee: \$15/30 minutes

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 and Dance

Strength Training with LaMont

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

Core Strengthening Pilates with Zoa

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

Fee: Fitness Card (one punch > 2 classes, 2 p.m.)

Gentle/Chair Yoga with Zoa

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

Fee: Fitness Card (one punch for 2 classes)

Total Body Conditioning with Clairisa

Each Tuesday & Thursday, 9 a.m.

Fee: Fitness Card

Beginner Belly Dancing with Cyra (Anna)

Low impact dance, great workout, and a lot fun.

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

Hands Only CPR

Most people who survive a cardiac emergency are helped by a bystander. Hands Only CPR, you can be the bystander who provides life-saving care until professional responders arrive.

This training will give you confidence to act during a crisis. Instructor: Nakita Coleman, Heart N Sole CPR Instructor, BLS & Heartsaver.

Wednesday, June 22, 10 a.m.-Noon

Fee: \$5 • Preregister by June 20



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.



Potluck Cookout with True Blue Country

Our favorite **Billy Hill & True Blue Country** will make us forget about everything except having a good time! The council will cook hot dogs and burgers plus provide all the fixins' for them. Bring a dish because it's a potluck! *Entertainment sponsored by the Waldorf Senior Center Council.*

Thursday, June 23, 10:30 a.m.-1:30 p.m.
 Fee: \$7, or \$5 if you bring a dish • Reservation Deadline: Tuesday, June 21

Walk With Ease with Anna

Part of the time includes organized discussion, then walking around the center property. This is an Arthritis Foundation Program.

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

NEW! Seated Cardio Kickboxing with Tara Scott

Low impact upper and lower body workout including cardio combos, boxing punches, kicks and body weight exercises. Participants will use 1 to 2 lb. dumbbells. Class operates weekly until Aug 23.

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

Yoga with Zoa

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

Arthritis Foundation Program Exercise (AFEP)

Each Wednesday & Thursday, 10 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 Beginner Belly Dance 10:15 Walk with Ease 11:15 Card Games 10:30 Inspirations 12:30	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
<i>The month of June</i>		1 CASH BINGO! Senior Services Fundraiser 10:00 Afternoon Book Club: Heartwood by Belva Plain 1:00	2 iPhone Help 11:00
6 St. Charles Senior Club 10:00	7 FREE DEMO: Seated Cardio Kickboxing 10:15 Charles County Literary Council 11:15 Open Studio 11:30	8 Charlotte Hall Veterans Home 10:30 NEW: Computer Instruction 11:00-1:00	9 Lunchtime Trivia with Prizes 12:15
13 St. Charles Senior Club 10:00	14 AARP Driver Safety Course 10:00-3:00 No Inspirations Today	15 Senior Center Closed Summer Picnic Waldorf Jaycees	16 Aging Resources Outreach 10:00-Noon
20 Senior Council Meeting 9:30 St. Charles Senior Club 10:00 The Longest Day of The Year Challenge 9:00-3:00	21 Father's Day Breakfast . . . 9:30 NEW: Seated Cardio Kickboxing 10:15	22 Hands Only CPR . . . 10:00-Noon	23 Visit the Nurse 9:45 Potluck Cookout with True Blue Country . 10:30-1:30 Canceled: Total Body Conditioning
27 St. Charles Senior Club 10:00	28 NEW: Seated Cardio Kickboxing 10:15 Take Out Tuesday from Chili's Noon	29 Reflexology 9:00-3:00	30 Elder Abuse Awareness 10:00-Noon

The Longest Day Challenge

The Longest Day is a spring team event to raise funds and awareness for the Alzheimer's Association®. This unique event is held annually, on or near, the summer solstice. The Summer Solstice marks the day with the most sunlight in one day, referred to as the longest day of the year. The Alzheimer's Association for several years takes this unique day to honor those living with Alzheimer's and their caregivers, for whom every day is the longest day.

Last Spring, 2,307 teams raised over \$3.5 million to help end Alzheimer's simply by doing something they love. Teams planned their own unique fundraising activity leading up to the summer solstice and then united in spirit on the longest day of the year to honor those facing Alzheimer's.

Senior centers participating this year are Clark, Indian Head, and Waldorf. Register before event day. Wear PURPLE any day from June 13-20, or play badminton for Alzheimer's, making a minimum donation of \$1 to participate.

Monday, June 20 • 9 a.m.-3 p.m.

Fee: Donation to the Alzheimer's Association

Walk Charles County

You are invited to participate in this club that will inspire you to engage in regular physical activity. This is a FREE, long-term walking/exercise program designed to help persons begin or maintain a daily fitness workout. Every type of exercise counts, all you need to do is: Register at a senior center, pick up your Activity Log and Get Moving! The statewide goal is a million miles! Help us put Charles County on the map!! Register your miles beginning June 1-October 5. Thank you in advance for your support.

The Zika Virus

With the latest medical news about the Zika Virus, it is important to understand what it is, even though we are not yet in mosquito season. The symptoms of Zika virus are fever, rash, muscle and joint pain and conjunctivitis (red eyes). If you have recently traveled, tell your health care provider when and where you traveled. About one in five people infected with Zika virus will become ill. The incubation period (time from exposure to symptoms) is likely to be a few days to a week. People usually don't get sick enough to go to the hospital and very rarely die of Zika.



Take steps to avoid mosquito bites and if you think you have Zika, contact your health provider. Zika is primarily transmitted through the bite of infected Aedes mosquitoes. These mosquitoes are aggressive daytime biters and they can also bite at night. They become infected when they bite a person already infected with the virus and they can spread the virus to others through bites. There has been one case of the virus spread through blood transfusion and possible spread of the virus through sexual contact.

The best way to prevent Zika virus infection is to avoid mosquito bites. Currently, there is no vaccine to prevent Zika virus infection.

- Use insect repellents containing DEET, picaridin or IR3535 on exposed skin. Apply insect repellents after applying sun-screen. Pregnant women can and should choose an EPA-registered insect repellent and use it according to the product label.
- Wear long-sleeved shirts and long pants when possible.
- Use air conditioning or window/door screens to keep mosquitoes outside, or sleep under a mosquito net.
- Empty all standing water from containers such as buckets, bowls, flower pots, wheelbarrows, children's outdoor toys.

Compiled from current CDC Center for Disease Control



A Trip to the Zoo!

Pull out the pedometers and lets go WALKING and what a better place to do it than at the ZOO! The zoo has lots of hills so be sure to wear comfortable shoes and be ready for a lot of walking!! Registration required. A box lunch is included in the fee. Registration required, transportation will be provided by a school bus.

Thursday, June 2

Fee: \$10 (Includes lunch) • Details: Debi Shanks, 301-609-5711
Bus departs Clark Senior Center at 8:30 a.m.
Est. Return: 3 p.m.

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 June</i>		1 Orange Juice Mac & Cheese (1 cup) Malibu Blend Vegetables Stewed Tomatoes Peaches	2 Cranberry Juice Meat Lasagna Green Beans Garden Salad w/Dressing Dinner Roll Cantaloupe	3 Grape Juice Chicken Cacciatore Cheesy Mashed Potatoes Fiesta Bean Salad Whole Wheat Bread (2) Applesauce
		6 Fruit Blend Juice Pork Chop Sauerkraut AuGratin Potatoes Cornbread Pineapple Chunks	7 BOXED LUNCH Orange Juice Turkey/Cheese/Lettuce/ Tomato Sandwich Broccoli Salad Cucumber Onion Vinaigrette Pears Cookie	8 Apple Juice Quiche Hash Browns Turkey Sausage Stewed Tomatoes Muffin Orange Slices
13 Cranberry Juice Asian Chicken Fluffy Rice Asian Blend Vegetables Dinner Roll Mandarin Oranges	14 Grape Juice Spaghetti w/Meatballs & Mozzarella California Blend Vegetables Breadstick Peaches	15 Cranberry Juice Baked Tilapia Buttered Tri-Color Pasta Chuckwagon Vegetables Dinner Roll	16 Apple Juice Oven Fried Chicken Seasoned Greens Cheesy Mashed Potatoes Cornbread Deluxe Fruit Salad Apple Crisp	17 Orange Juice Sweet & Sour Pork Chop Green Beans Bow Tie Pasta Salad Whole Wheat Bread (2) Banana
20 Pineapple Juice LS Ham Slice Mashed Sweet Potato Succotash Whole Wheat Bread (2) Peaches	21 Apple Juice Chophouse Burger Sandwich Orange Glazed Carrots Seasoned Corn Fruit Cocktail	22 Fruit Blend Juice Meatloaf w/Gravy Mashed Potatoes Scalloped Tomatoes Whole Wheat Bread (2) Fruited Jell-O	23 BIRTHDAY CELEBRATION Grape Juice Chicken Parmesan Noodles Creamy Cucumber Salad Breadstick Applesauce Birthday Cake	24 Apple Juice Fish Sandwich w/Cheese Carrots Sweet Peas Citrus Salad
27 Pineapple Juice Sloppy Joe Sandwich Green Beans Pickled Beets Pears	28 SOUP OF THE DAY Grape Juice Chicken Salad Sandwich Cranberry Salsa Salad Pasta Salad Deluxe Fruit Salad	29 Apple Juice Honey Lemon Chicken Parsley Potatoes Asian Blend Vegetables Onion Roll Honeydew	30 Fruit Blend Juice Beef w/Gravy Fluffy Rice Collard Greens Biscuit Fresh Oranges	

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

Ingleside Winery & Rappahannock River Cruise

Tappahannock, VA

Rappahannock River Cruise departs from Tappahannock, bound for Ingleside Winery. After a buffet lunch, take a guided tour of the vineyard's massive warehouse and bottling plant. The tour concludes with a special tasting designed just for Rappahannock River Cruise patrons. We depart the winery by coach and continue on to Westmoreland Berry Farm.

Thursday, July 28

Trip Fee: \$95 303020-TR

Registration Deadline: June 22

Departure: Waldorf Jaycees 7 a.m., Clark Senior Center 7:20 a.m.

Est. Return: 6:30 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



Senior Center Council Fundraiser Trips

JUNE BUS TRIPS

Harrington Raceway & Slots

This trip has something for everyone. Enjoy four hours for lunch and playing slots. This fun-filled day includes \$7 towards a buffet lunch, \$15 "play cash," handicap accessible transportation, WI-FI, snacks, and bottled water. Support your council while having fun. Sponsored by the Indian Head Senior Center Council.

Trip Date: Friday, June 24

Bus Departs Waldorf at 7:45 a.m.; and

Bryans Road at 8:30 a.m.

Register by June 3

Trip Fee: \$35/pp

Arundel Mills Mall & Maryland Casino LIVE

You'll have five hours to shop, enjoy lunch, play the slots, or do all three! This is an activity-filled day for a bargain price, including a \$20 incentive from the casino. Fee includes transportation, tip for driver, snacks, and bottled water. Sponsored by the Clark Senior Center Council.

Trip Date: Friday, June 17, 9 a.m.-5 p.m.

Bus Departs Clark Senior Center at 9:15 a.m.

Trip Fee: \$35/pp