

# The SCOOP

Charles County's Senior Center News



**APRIL 2016**

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

# CASH BINGO

Senior Services of Charles County Fundraiser

Wednesday, April 6  
10 a.m.-1:30 p.m.  
Waldorf Senior Center



This fundraiser offers prizes of \$25, \$50, and a \$150 jackpot. 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.

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. All proceeds directly benefit the four senior centers.

## The Charles County Senior ShowTroupe Presents... **The Wild West**

Join us as we sing, dance, and laugh — taking you back Western style. Yee-haw!

- April 18 ... Genesis Waldorf ..... 10:30 a.m.
- April 20 ... Fenwick Landing ..... 11 a.m.
- April 25 ... Sagepoint ..... 10:30 a.m.
- April 27 ... Charlotte Hall Veterans Home ..... 10:30 a.m.
- May 2 ... Northern Senior Center (St. Mary's) ... 10:30 a.m.
- May 9 ... Bowie Senior Center ..... 10:30 a.m.
- May 11 ... Charleston ..... 10:30 a.m.
- May 19 ... Ripple Center ..... 10:30 a.m.
- United Methodist Church ..... 11 a.m.
- May 16 ... North Beach Senior Center ..... 10:30 a.m.
- May 18 ... Southern Pines (Lusby) ..... 10:30 a.m.
- May 23 ... Genesis LaPlata ..... 10:30 a.m.
- May 25 ... Cedar Lane ..... 10:30 a.m.
- June 1 ... Center Stars RRCSC ..... 10:30 a.m.

## AQUA AEROBICS

**Let's get that heart pumping!**

Cardiovascular exercise and strength building. Get strong, energize, and challenge yourself!

*Mar. 21-24, classes will meet from 11:30 a.m.-12:30 p.m.*

**Lackey**  
March 14-May 26 • Tue/Thu • 3:30 p.m. • Fee: \$50  
*No class Apr. 26.*

**Wade Aquatic Ctr. (St. Charles High School)**  
March 14-May 26  
Mon/Wed • 3:30 p.m.  
Fee: \$50



## Tax Time Reminder!

**Free Income Tax Preparation for Seniors and Moderate/Low-Income Adults**

The deadline to file your income taxes is April 15. There's still time to take advantage of the free tax program.

The annual income tax preparation service for taxpayers with low/moderate incomes is underway and will continue each Monday and Friday, until April 18.

This is a free service for persons who meet the eligibility requirements.

For eligibility or to schedule an appointment, call 301-609-5704.



### COUNCIL NEWS ITEMS

**Clark Senior Center**  
Planning a day trip fundraiser  
Annual Flea Market

**Indian Head Senior Center**  
April Fools Bingo Party, Scrapbook Crop  
Caramel Popcorn Day, Lip Sync Contest  
Earth Day

**Waldorf Senior Center**  
Snack Bar, Bingo Supplies  
Co-Sponsors CASH BINGO Fundraiser  
Rock 'n Roll Is Here to Stay

# Physical Activity & Arthritis Overview

## Physical Activity: The Arthritis Pain Reliever

Long gone are the days when health care providers told people with arthritis to “rest their joints.” In fact, physical activity can reduce pain and improve function, mobility, mood, and quality of life for most adults with many types of arthritis including osteoarthritis, rheumatoid arthritis, fibromyalgia, and lupus. Physical activity can also help people with arthritis manage other chronic conditions such as diabetes, heart disease, and obesity. Most people with arthritis can safely participate in a self-directed physical activity program or join one of many programs available in communities across the country.

### What are the benefits of physical activity for adults with arthritis?

Regular physical activity is just as important for people with arthritis or other rheumatic conditions as it is for all children and adults. Scientific studies have shown that participation in moderate-intensity, low-impact physical activity improves pain,

function, mood, and quality of life without worsening symptoms or disease severity.

Being physically active can also delay the onset of disability if you have arthritis. But people with arthritis may have a difficult time being physically active because of symptoms (e.g., pain, stiffness), their lack of confidence in knowing how much and what to do, and unclear expectations of when they will see benefits. Both aerobic and muscle strengthening activities are proven to work well, and both are recommended for people with arthritis.



# PROJECT LINUS DAY

The Charles County Board of Commissioners proclaimed Friday, February 19, as "Project Linus – Make a Blanket Day," held at the Richard R. Clark Senior Center. Approximately 40 "blanketeers" participated with a completed total of 393 blankets to be donated to sick, injured, and/or traumatized children in Charles County and beyond.



The ladies worked hard and socialized even harder while cutting, measuring, sewing, birthing, stitching, crocheting, stringing, tying, labeling, tagging, folding, stacking, counting, listing, and then bagging the blankets in preparation for delivery to many organizations.

A delicious lunch was donated and catered by Apple Spice Junction in La Plata. In addition, the blanketeers were treated with a very heartfelt visit from Charles County Commissioner President Peter Murphy, as well as visits from a number of our recipient organizations.

Congratulations to this great group of ladies that worked tirelessly throughout the year creating blankets for children whose lives are in crisis. This outpouring of love is passed on through the individual making the blanket and the organization, and then carries on to those who receive this handmade gift.

## Pickleball for All

204420-P2: Monday, Ongoing, Apr. 18-May 16  
204420-P3: Wednesday, Ongoing, Apr. 20-May 18  
11 a.m. at Port Tobacco Recreation Ctr.

Resident Fee: \$20; Non-Resident: \$25  
Drop-in Available: \$5/class

Pickleball is a fun sport for adults (age 18+) that combines many elements of tennis, badminton, and table tennis. The rules are simple, and the game is easy for beginners to learn. It can develop into a fast-paced, competitive game for experienced players. Class instructor and equipment provided. Registration is limited.

Details: 301-934-9305 or 301-870-3388.



## Prescription Do's & Don'ts

Allen Evans from the Department of Health will give helpful hints concerning prescription meds, including where to store them, as well as when and when not to take them.

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



### Special Events & Daily Activities

#### Spring Bead-A-Way

Make a necklace or bracelet. Supplies provided.

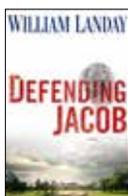
Thursday, Apr. 7, 11 a.m. Fee: FREE

#### Book Club:

**Defending Jacob, by William Landay**

Thursday, Apr. 7, 1 p.m.

Fee: FREE



#### Genealogy

Have you always wanted to find out about your roots? This class is open to everyone.

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

#### Poem in Your Pocket

In honor of National Poetry Day, bring in your favorite poem to share with others.

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

#### Save the Date! Senior Golf Tournament

White Plains Golf Course

Thursday, May 12 Fee: TBD

### Special Presentations

#### The Grey Area

The Importance of the Scrolls. Facilitated by Dr. Rollie Hower.

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

#### Maryland Relay

Maryland Relay is a free public service that enables people who are unable to use a standard telephone. Additionally, through the Maryland Accessible Technologies program, qualified candidates may also receive free equipment. Facilitator: Renate Buttrum

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

#### The Nose Knows: The Sense of Smell

The sense of smell adds to the taste of your food, but also protects you from danger.

Thursday, Apr. 21, 11 a.m. Fee: FREE

### Classes

#### Creative Writing

This group meets each second Friday for discussion, writing exercises, and creative thinking.

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

### Services

#### Reflexology

We have added another day each month. Please limit your appointments to one time per month. Registration required. Sign-up sheets available in the lobby. Services are provided by Becky Lugardo, Certified Reflexologist.

Friday, Apr. 1 & 15, 9:15 a.m. Fee: 50¢/min

#### Watch Repair

Have your batteries replaced, or purchase a refurbished watch on site.



Wednesday, Apr. 6 & 20, 10 a.m.  
Fee: varies according to service

#### Blood Pressure Screening

Blood pressure and glucose testing by 1 Corinthians Home Care Service. Fasting required.

Wednesday, Apr. 6, 9 a.m. Fee: FREE

#### Visit the Nurse

Wednesday, Apr. 13, 10 a.m.-Noon Fee: FREE

#### Hearing Professionals

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

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

### Players Needed!

#### So. Md. Pitch

Let's get this game going again. If you play or teach, or want to learn to play, contact Florence Robey, 301-609-5703.

#### Mah Jong Players

Wednesdays, 9 a.m.

### Videos

#### Grant: Warrior President

The greatest Union hero of the Civil War was a brilliant military strategist whose ruthlessness earned him the nickname, "Unconditional Surrender."

Friday, Apr. 1, 9 a.m. Fee: FREE

#### Robert E. Lee

This video traces his brilliant campaigns still studied in military academies today, and reveals the personal tragedies that ultimately defeated the "Marble Man."

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

#### Killing Lincoln

Based on the best-selling novel, *Killing Lincoln* is the suspenseful, eye opening story of the events surrounding the assassination of President Lincoln.

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

#### Sarah's Key

April is Holocaust Remembrance Month. Be sure to view this video based on the true events of the notorious Vel' d'Hiv Roundup of Jews in France, by the French.

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

### Fitness

#### Senior Softball League Now Forming!

It's your chance to get outside and play softball again. Interested? — please contact Debi Shanks.

Each Monday, 11 a.m. Fee: FREE

Location: Laurel Springs Park

#### Guided Meditation

Let's quiet the mind and look within for healing and peace. Facilitator: Debi Shanks

Friday, Apr. 8, 11:30 a.m. Fee: FREE

Thursday, Apr. 21, 11:30 a.m. Fee: FREE

#### Fitness Orientation

Class is mandatory. Registration required.

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

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

#### Hand Dancing

Grab your partner or come solo! Louise Pyles will teach you all you need to know!

Each Friday, 1:30-2:30 p.m. Fee: \$5 Drop-in

# 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 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 ..... 11:00 Pilates ..... 12:00 African Dance ..... 1:00 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 Easy Craft ..... 1:00-1:45 Line Dancing ..... 1:00-2:00 S. MD.Woodcarvers ..... 1:00-3:00 So. MD. Pitch ..... 1:00-4:00 Hi-Steppers ..... 2:00 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 Quilting Etc. .... 9:30-Noon Breathe Easy ..... 10:20 Chair Pilates ..... 11:00 Bridge ..... 11:00-3:15 Clogging ..... Noon Belly Dancing ..... Noon Pinochle ..... 12:30-3:00 Tap ..... 1:00 Powder Puff Billiards ... 1:00-4:00	Flex & Stretch ..... 8:30 Beginner Quilters ..... 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	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 Silver Sneakers ..... 11:45 Pinochle ..... 12:30-3:00 Canasta ..... Noon Hand Dancing ..... 1:30
<h2>The month of April</h2>		<p><b>Upcoming: Older Americans Month Open House &amp; Art Exhibit</b>                      Artists: Have your framed work submitted by Wednesday, May 4.                      Pieces will remain the entire month of May.</p>		<p><b>1</b>                      Income Tax ..... 10:00                      Reflexology ..... 9:15                      Video: Grant: Warrior President ..... 9:00                      Who Are You? ..... 11:00</p>
<p><b>4</b>                      Income Tax ..... 10:00                      Ceramics ..... 10:00</p>	<p><b>5</b>                      Income Tax ..... 10:00                      Fitness Orientation ..... 3:30</p>	<p><b>6</b>                      Jewelry Club Class ..... 10:00                      Watch Repair ..... 10:00                      Blood Pressure ..... 9:00</p>	<p><b>7</b>                      Spring Bead-A-Way ..... 11:00                      Book Club ..... 1:00</p>	<p><b>8</b>                      Income Tax ..... 10:00                      Video: Robert E. Lee... 10:00                      Guided Meditation ..... 11:30                      Creative Writing ..... 1:00</p>
<p><b>11</b>                      Brother Jay's Car Detailing ..... 9:00</p>	<p><b>12</b>                      Income Tax ..... 10:00                      The Grey Area: ..... 11:00</p>	<p><b>13</b>                      RRCSC Council Meeting .. 9:30                      Visit the Nurse ..... 10:00                      Genealogy ..... 10:00                      Jewelry Club Drop-in ..... 10:00                      Fitness Orientation ..... 1:00</p>	<p><b>14</b>                      Prescription Do's &amp; Don'ts ..... 11:00</p>	<p><b>15</b>                      Reflexology ..... 9:15                      Income Tax ..... 10:00                      Video: Killing Lincoln... 10:00                      Who Are You ..... 11:00</p>
<p><b>18</b>                      Ceramics ..... 10:00</p>	<p><b>19</b>                      Income Tax ..... 10:00</p>	<p><b>20</b>                      Jewelry Club Class ..... 10:00                      Watch Repair ..... 10:00                      Maryland Relay ..... 11:00</p>	<p><b>21</b>                      Hearing Professionals.. 10:00                      The Nose Knows: The Sense of Smell ..... 11:00                      Guided Meditation ..... 11:30</p>	<p><b>22</b>                      Caregiver's Conference Senior Center Closed                      See page 10 for full description.</p>
<p><b>25</b>                      Sisters at Heart ..... 11:00</p>	<p><b>26</b>                      Spring Bingo ..... 11:00</p>	<p><b>27</b>                      Jewelry Club Drop-in ..... 10:00                      Caregivers Support ..... 2:00                      Fitness Orientation ..... 1:00</p>	<p><b>28</b>                      Poem in Your Pocket .... 11:00</p>	<p><b>29</b>                      Video: Sarah's Key ..... 10:00</p>

# 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](http://www.CharlesCountyMD.gov/CS)

## SCRAPBOOKING CROP

Not sure what to do with all the pictures you have sorted? Join other scrapbookers as they share their organizational skills. This is a fundraiser benefiting the Indian Head Senior Center. Space is limited. Meals and snacks provided.

**Saturday, Apr. 2, 9 a.m.-9 p.m. • Fee: \$25**



### Daily Activities

#### New Day! Aging Resources Outreach

See staff to schedule an appointment with an outreach staff member.

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

#### Coffee & Canvas

Have you always wanted to do a paint nite? Join artist, Nora Eicholz for a day event. Enjoy a coffee bar as you paint on a canvas bag (supplied). Space is limited. Sponsored by the Charles County Art Alliance, Inc.

Tuesday, Apr. 5, 10 a.m. Fee: Check supply list

#### Biggest Loser Finale

Healthy eating, getting a good night's sleep, drinking water, and daily exercising were a few of the challenges that 22 seniors faced during the last three months. Today we will recognize the top three winners.

Thursday, Apr. 7, 8:30-9:15 a.m. Fee: FREE

#### Think Pink

On Saturday, Oct. 8, we will host our 11th Annual Breast Cancer Awareness Fitness Walk. This year we will be support a local group, Sisters At Heart. Join us as we start planning.

Friday, Apr. 8, 9 a.m. Fee: FREE

#### National Pet Day

To honor your pet, bring in a photo and share how this furry creature enriches your life. Don't have a furry friend? Bring in old towels or blankets to donate to the Humane Society. A collection box will be available all week.

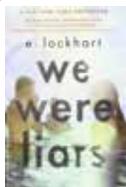
Monday, Apr. 11, 9 a.m. Fee: FREE

#### Book Club:

##### *We Were Liars*, by E. Lockhart

Join this diverse book club as we learn what happens to Cadence Sinclair, the teenage narrator in this suspenseful novel.

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



### Health & Nutrition

#### World Health Day – Prescription Drug Use

Join Allen Evans from the Department of Health as he shares important information about prescription drug use, and questions to ask your health care provider concerning medications.

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

#### Hearing Professionals

Join Hearing Professionals at 11 a.m. for a discussion on how hearing impacts our quality of life. Screenings will be done before and after the discussion. Please sign up in advance.

Tuesday, Apr. 12, 10 a.m.-1 p.m. Fee: FREE

#### Stress Awareness

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

#### My Econ: Vitamins

Join Ruthie Lucas, My Econ Executive VP, as she shares the health benefits of organic vitamins.

Thursday, Apr. 14, 11:15 a.m. Fee: FREE

#### Health Benefits of the Egg

Today is National Eggs Benedict day. Join Lisa Furlow, Nutritionist, as she shares the nutrients found in eggs.

Monday, Apr. 18, 11 a.m. Fee: FREE

#### Visit the Nurse

Blood pressure screening and private consultation with Nurse Erica.

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



### Classes

#### Circuit Training

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

Fridays, Apr. 1, 15 & 29, 10 a.m.  
Fee: Fitness Card



## TRY-IT Series 2016

Ready to try something new? Just TRY-IT! Rewards given at the end of the year.

#### Electronic Lab

Let us help make the most out of your smart phone or electronic device.

Monday, Apr. 4, 1 p.m. Fee: FREE

#### Photography

Bring your camera or borrow one and join photographer, Mary Mangino as she helps transform what you see through the camera lens into a print.

Monday, Apr. 11, 10 a.m. Fee: FREE

#### Hat Making

Just in time for the Kentucky Derby. Make a hat to showcase next month at our Mother's Day event.

Tuesday-Wednesday, Apr. 26 & 27, 12:45 p.m.  
Fee: FREE

#### Personal Electronic Device Lab (PED)

Is your PED confusing? Let staff help!

Thursday, Apr. 21, 1 p.m. Fee: \$5

#### Fitness Training

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

#### Chair Pilates

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

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

#### Line Dancing

Learn the newest line dances.

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

#### Seated Yoga with Randi

Seated Yoga or on a mat. Gentle class with Qi Gong movements and breathing techniques.

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

#### Arthritis Foundation Exercise Program (AFEP)

Seated exercise.

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.



## April Fool's Bingo Party

No fooling! All activities including bingo and lunch will be FREE. Bring your favorite April fool's story to share.  
 Hosted by the Indian Head Senior Center Council.

**Friday, Apr. 1, 11 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 Chair Pilates..... 9:15 Quilt N' Chicks..... 9:30 AFEP ..... 10:30	Billiards/Cards..... 9:00 Fitness Training..... 9:00 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 Line Dancing ..... 1:00	Billiards/Cards..... 9:00 Seated Yoga..... 9:00 Ceramics..... 9:30 Card Games ..... 10:00 Senior Services ..... 11:30 Book of Matthew ..... 1:00 Guitar Lessons & Jam..... 2:00
<i>The month of April</i>				<b>1</b> Aging Resource Outreach ... 10:00 Circuit Training ..... 10:00 <b>April Fools Bingo Party .. 11:00</b>
<b>4</b> Game – Wii ..... 11:30 <b>TRY-IT: PED Lab Intro ..... 1:00</b>	<b>5</b> <b>Chair Pilates ..... 9:00-9:45</b> Council Meeting ..... 9:30 Coffee & Canvas ..... 10:00 Pastor Chris & Betty ..... 1:00 <b>No AFEP today</b>	<b>6</b> Caramel Popcorn Day..... 11:00 National Walking Day ..... 1:00	<b>7</b> Biggest Loser Finale & Awards..... 8:30 World Health Day - Prescription Drug Use..... 11:15	<b>8</b> Think Pink ..... 9:00
<b>11</b> National Pet Day..... 9:00 <b>TRY-IT Series: Photography..... 10:00</b>	<b>12</b> Hearing Professionals..... 10:00-1:00 Bean Bag Toss ..... 1:00	<b>13</b> Committee Meeting..... 9:30 Stress Awareness ..... 11:00	<b>14</b> My Econ: Vitamins ..... 11:15	<b>15</b> Circuit Training ..... 10:00 Movie: Titanic ..... 11:30
<b>18</b> Health Benefits of the Egg .. 11:00	<b>19</b> Humane Society Bingo ..... 11:00	<b>20</b> Lip Sync Contest ..... 11:00	<b>21</b> Earth Day Craft ..... 10:00 PED Lab – Wi-Fi ..... 1:00	<b>22</b> Earth Day Craft ..... 11:00
<b>25</b> Indian Head Hug Day ..... 9:00 Visit the Nurse..... 9:00 Game Day..... 10:00	<b>26</b> Card Factory ..... 10:00 Hat Making ..... 12:45	<b>27</b> <b>Book Club: We Were Liars ..... 11:00</b> Hat Making ..... 12:45	<b>28</b> Going Green..... 10:00	<b>29</b> Nature Walk with Marc ..... 9:00 Circuit Training ..... 10:00 Movie ..... 11:45

# WALDORF SENIOR CENTER

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

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

## Road Trip! Arlington National Cemetery & 9/11 Pentagon Memorial

Fee covers transportation, cemetery admission, and driver tip. Afterward we'll stop by the food court at Pentagon City for lunch. Coach bus is sponsored by Senior Services of Charles County. Registration open until filled.

**Thursday, Apr. 28, 9 a.m.-3 p.m. • Fee: \$15**

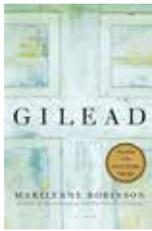


## Special Events & Daily Activities

### Afternoon Book Club:

#### **Gilead, by Marilynne Robinson**

Three generations of fathers and sons, and the spiritual battles that still rage at America's heart. Facilitator: Julie Brasher



Wednesday, Apr. 6, 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 features.

Wednesday, Apr. 20, 10:30 a.m. Fee: FREE

### French Cooking Lesson

Local Chef and Café des Artistes Restaurant owner Chef Loic, loves to share his knowledge and passion for food and cooking, especially in the basic art of Classic French! Learn how to prepare your favorites at home. He will demonstrate a simple French meal consisting of cream of spinach soup, rice pilaf with poached salmon and a poire belle helene (pear). Bon appetit!

Wednesday, Apr. 27, 10 a.m.-Noon Fee: \$15

Reservations are required, and minimum class size must be met.

### Toby's Dinner Theater Trip: Broadway Musical Peter Pan

See pg. 10 for details.

Thursday, May 25, 9 a.m.-4:30 p.m.  
Fee: \$61 or \$62 depending on bus size

## For Your Health

### Women & Heart Disease

Keeping your heart healthy requires healthy lifestyles and regular medical care. Speaker: Mun K. Hong, MD, Cardiologist with MedStar Southern Maryland.

Tuesday, Apr. 19, 11:15 a.m. Fee: FREE

### Aging Resources Outreach

Walk-ins from 10-11 a.m. Appointments after 11 a.m. Please call 301-934-6737.

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

### Balance Screening Workshop

Occupational Therapist from Communicare, Family of Companies.

Tuesday, Apr. 26, 11:15 a.m. Fee: FREE

### Reflexology

Reflexologist Becky Lugardo will focus on your feet for optimal health. Sign-up required.



Wednesday, Apr. 27, 9:15 a.m.-3 p.m.  
Fee: \$15/30 min

## Art

### Open Studio

Pat Arnold will assist with any media.

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

### How to "Antique" a Frame

Make a new frame look vintage, or an old worn frame look valuable! Supplies needed: one inch brush, wooden frames (width one-inch or greater), rags, and lunch. Sponsored by Charles County Arts Alliance. Instructor: Pat Arnold. Preregistration required.



Tuesday, Apr. 12, 10:30 a.m.-2 p.m. Fee: \$7

### Watercolors Drop-In

Material list provided. Instructor: Pat Arnold.  
Each Thursday, 10 a.m. Fee: \$30/6 week class

## Fitness & Dance

Fitness classes are designed so anyone can participate in the class of their choice. Participants are encouraged to work at their own level and we guide them as needed. Classes strive to help persons improve strength, flexibility, conditioning, and endurance levels.

### What is a fitness card?

A fitness card is the form of payment for most fitness classes. Each card costs \$15 and pays for fifteen classes. Present your card to the instructor who "punches" the card. Fitness cards can be used at all senior centers.

### Strength Training with LaMont

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

### Core Strengthening Pilates with Zoa

Taking Monday's afternoon classes together offers a great overall workout.

Each Monday, 1:30 p.m. (45 min)  
Fee: Fitness Card (one punch for two classes)

### 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

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

### Line Dancing

Tuesdays, Apr. 5 & 12, 10:15 a.m.  
Fee: Fitness Card

### NEW! Beginner Belly Dancing with Cyra Khurren

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

Tuesday, Apr. 19 & 26, 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

# 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.



## Rock & Roll Is Here To Stay

Stroll to the best place to Hand Jive, Jitterbug, Swing, and Bop!

Celebrate the 50s and 60s with your favorite tunes. Chuck Fisher will sing some tunes from the era, then we will spend the rest of the day dancing to the oldies. Wear whatever makes you happy from any decade, because Rock & Roll is here to stay! Hamburgers, fries, and ice cream sodas for lunch. 50/50's and raffles. Sponsored by Waldorf Senior Center Council.

**Wednesday, Apr. 13, 10:30 a.m.-1:30 p.m. • Fee: \$5**

Reservations by Apr. 7

### CASH BINGO Fundraiser for Senior Services of Charles County

Open to the public. Payouts of \$25, \$50, and a \$150 jackpot. Proceeds directly benefit the four senior centers. Additional packs for \$5 each; early birds and coverall are \$2 each. 50/50 raffle and door prizes. \$5 lunch is available.

**Wednesday, Apr. 6**  
 10 a.m.-1:30 p.m.

Fee: \$20 admission for regular games and specials. No pre-registration necessary.



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 Card Games ..... 10:30 Inspirations ..... 12:30 Yoga ..... 2:00	Flex & Stretch ..... 9:00 AFEP ..... 10:00 Card Games ..... 10:30 Yoga ..... 2:00	Total Body Conditioning ..... 9:00 AFEP ..... 10:00 Watercolors..... 10:00 Card Games ..... 10:30 Double Deck Pinochle ..... 11:00
<i>The month of April</i>			
<b>4</b> St. Charles Senior Club ..... 10:00	<b>5</b> Line Dancing ..... 10:15 Open Studio..... 11:30	<b>6</b> <b>CASH BINGO: Senior Services of Charles County, Inc. .... 10:00</b> Afternoon Book Club: Gilead by Marilynne Robinson..... 1:00	<b>7</b> Bingo ..... 10:30 Lunchtime Trivia ..... 12:15
<b>11</b> St. Charles Senior Club ..... 10:00	<b>12</b> Line Dancing ..... 10:15 <b>How To: Antique a Frame..... 10:30</b> No Inspirations today.	<b>13</b> <b>Rock &amp; Roll Is Here To Stay!..... 10:30</b> <b>No Bingo Today</b>	<b>14</b> Bingo ..... 10:30 Love Your Mother Earth Popcorn Balls ..... 12:15
<b>18</b> Waldorf Senior Council Meeting ..... 9:30 St. Charles Senior Club ..... 10:00	<b>19</b> <b>NEW! Belly Dance Class .. 10:15</b> <b>Women &amp; Heart Disease..... 11:15</b> Open Studio..... 11:30	<b>20</b> Aging Resources Outreach ..... 10:00-Noon Bingo ..... 10:30 iPhone Help..... 10:30	<b>21</b> <b>Bingo ..... 10:30</b>
<b>25</b> St. Charles Senior Club..... 10:00	<b>26</b> <b>Belly Dance Class ..... 10:15</b> Meeting in the Militia Room <b>Balance Screening Workshop ..... 11:15</b>	<b>27</b> Reflexology ..... 9:15-3:00 <b>French Cooking Lesson ..... 10:00</b> Bingo ..... 10:30	<b>28</b> <b>Road Trip! Arlington National Cemetery, Pentagon Memorial &amp; Lunch ..... 9:00-3:00</b> Bingo ..... 10:30

## Parkinson's Disease

Parkinson's disease does not affect everyone the same way. Symptoms of the disorder and the rate of progression differ among people with the disease. Sometimes people dismiss early symptoms of Parkinson's as the effects of normal aging. There are no medical tests to definitively diagnose the disease, so it can be difficult to diagnose accurately.

### Early Symptoms

Early symptoms of Parkinson's disease are subtle and occur gradually. For example, affected people may feel mild tremors or have difficulty getting out of a chair. They may notice that they speak too softly or that their handwriting is slow and looks cramped or small. This very early period may last a long time before the more classic and obvious symptoms appear.

### As the Disease Progresses

As the disease progresses, symptoms may begin to interfere with daily activities. The shaking or tremor may make it difficult to hold utensils steady or read a newspaper. Tremor is usually the symptom that causes people to seek medical help. People with Parkinson's often develop a so-called Parkinsonian gait that includes a tendency to lean forward, small quick steps as if hurrying forward (called festination), and reduced swinging of the arms. They also may have trouble initiating or continuing movement, which is known as freezing. Symptoms often begin on one side of the body or even in one limb on one side of the body. As the disease progresses, it eventually affects both sides. However, the symptoms may still be more severe on one side than on the other.

### Four Primary Symptoms

The four primary symptoms of Parkinson's are tremor, rigidity, slowness of movement (bradykinesia), and impaired balance (postural instability).

Brain scans of people with Parkinson's usually appear normal. Since many other diseases have similar features but require different treatments, it is very important to make an exact diagnosis as soon as possible to ensure proper treatment.

*Information provided by seniorhealth@nih.com*

## The 24<sup>th</sup> Annual Southern Maryland Caregivers Conference

Friday, April 22 • 8 a.m.-2:30 p.m.  
Clark Senior Center, La Plata

Whether you are assisting with the care of a frail spouse, parent, friend, or other relative – caring for an older adult is a labor of love. Designed for the family caregiver, this one-day event is a wonderful opportunity to enrich one's knowledge and skills in caring for older people. The \$30 conference fee includes a continental breakfast, lunch, conference materials, exposure to service providers in the exhibition area, and the opportunity to attend professionally presented educational sessions on a wide array of elder care topics.

Advance registration is required by April 8. There will be no on-site registration available the day of the conference.

The conference is co-sponsored by the Charles County Aging and Senior Programs Division and the Geriatrics and Gerontology Education and Research Program at the University of Maryland Baltimore.

For additional information, or to receive a registration brochure, please contact Cindy Olmsted at 301- 934-0128 or e-mail at: [OlmstedC@CharlesCountyMD.gov](mailto:OlmstedC@CharlesCountyMD.gov).

## Get a Break on Your Property Taxes

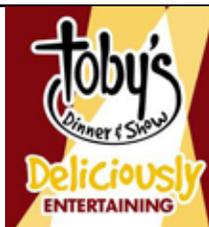
Did you know that the state of Maryland provides a tax credit for homeowners and renters who qualify on the basis of gross household income? Many seniors qualify for this tax credit, so don't let this opportunity pass you by. Beginning April 1, 2016 applications will be available. Any person submitting this tax credit application will receive one of the following:

1. A credit directly on your July property tax bill if the application is properly completed and received before May 1, 2016.
2. A tax credit certificate to be used towards payment of the tax bill or for a refund if the bill has already been paid; or
3. A credit that is paid as a direct check to the applicant if you are an eligible renter; or
4. A written letter of denial stating the reason for ineligibility.

Anyone who files after May 1, 2016, should not expect to receive the credit in time to take advantage of any discounts for early payment. Senior citizens age 60 and older, or disabled persons of any age, can obtain an application by calling the 301-609-5712 or 301-870-3388, ext 5143.

### Toby's Dinner Theater of Columbia

Wednesday, May 25 • 9 a.m.-4:30 p.m.  
Fee: \$62/pp for the 55 passenger bus  
\$61/pp for the 39 passenger bus



Don't miss this chance to see the Broadway Musical *Peter Pan!* Fee covers buffet lunch, live show, and all gratuities. Senior Services of Charles County is sponsoring part of the transportation fee. Trip hosted by the Waldorf Senior Center. To register please call Ann Walter 301-638-4420.

# 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 April</i>				<b>1</b> Apple Juice Fish Sandwich w/ Cheese Carrots Sweet Peas Citrus Salad
<b>4</b> Pineapple Juice Sloppy Joe Sandwich Green Beans Pickled Beets Pears	<b>5</b> <b>Soup of the Day</b> Grape Juice Tuna Salad Sandwich Cranberry Salsa Salad Pasta Salad Deluxe Fruit Salad	<b>6</b> Apple Juice Honey Lemon Chicken Parsley Potatoes Asian Blend Vegetables Onion Roll Honeydew	<b>7</b> Fruit Blend Juice Beef w/ Gravy Fluffy Rice Collard Greens Biscuit Fresh Oranges	<b>8</b> Cranberry Juice Hot Dogs w/ Bun Baked Beans Coleslaw Peaches
<b>11</b> Fruit Blend Juice Tuna Noodle Casserole California Blend Vegetables 3 Bean Salad Biscuit Fruit Cocktail	<b>12</b> Cranberry Juice Salisbury Steak w/ Gravy Mashed Sweet Potatoes Squash Whole Wheat Bread (2) Seedless Grapes	<b>13</b> Pineapple Juice Vegetable Lasagna Broccoli Pineapple Bean Salad Dinner Roll Banana	<b>14</b> Grape Juice ¼ Baked Chicken Mashed Sweet Potatoes Squash Rice Pudding Raisins	<b>15</b> Orange Juice BBQ Pork Sandwich Seasoned Corn Carrot Raisin Salad Tropical Fruit Salad
<b>18</b> Orange Juice Open Faced Turkey Sandwich w/ Gravy California Blend Vegetables Citrus Salad	<b>19</b> Apple Juice Oven Fried Chicken Company Potatoes Sweet Peas Cornbread Apricots	<b>20</b> <b>Soup of the Day</b> Orange Juice Macaroni & Cheese Malibu Blend Vegetables Stewed Tomatoes Peaches	<b>21</b> Cranberry Juice Meat Lasagna Green Beans Garden Salad w/ Dressing Dinner Roll Cantaloupe	<b>22</b> Grape Juice Chicken Cacciatore Cheesy Mashed Potatoes Fiesta Bean Salad Whole Wheat Bread (2) Applesauce
<b>25</b> Fruit Blend Juice Pork Chop Sauerkraut AuGratin Potatoes Cornbread Pineapple Chunks	<b>26</b> Orange Juice Beef Tamale Pie Broccoli Cucumber Onion Vinaigrette Pears	<b>27</b> Apple Juice Quiche Hash Browns Turkey Sausage Stewed Tomatoes Muffin Orange Slices	<b>28</b> <b>Birthday Celebration</b> Pineapple Juice Salmon Cake w/ Herb Dressing Squash Spinach Salad Biscuit Fruited Jell-O Birthday Cake	<b>29</b> LS Tomato Juice Liver and Onions Mashed Potatoes Collard Greens Whole Wheat Bread (2) Seedless Grapes

### 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 and 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, and/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](http://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

For information, 301-934-9305 or 301-870-3388, ext. 5159.

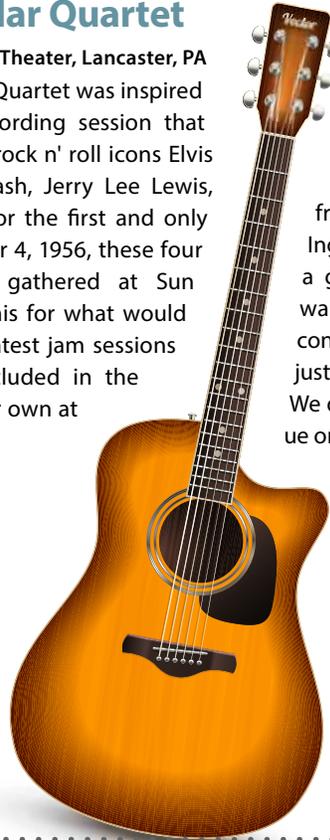
### Million Dollar Quartet

**Dutch Apple Dinner Theater, Lancaster, PA**

The Million Dollar Quartet was inspired by the famed recording session that brought together rock n' roll icons Elvis Presley, Johnny Cash, Jerry Lee Lewis, and Carl Perkins for the first and only time. On December 4, 1956, these four young musicians gathered at Sun Records in Memphis for what would be one of the greatest jam sessions ever. Lunch is included in the fee, dinner on your own at Cracker Barrel.

#### Thursday, May 19

Trip Fee: \$109  
203103-TR  
Registration  
Deadline: Apr. 19  
Departure: Clark Senior Center 7:45 a.m., Waldorf Jaycees 8:15 a.m.  
Est. Return: 9 p.m.



### Ingleside Winery & Rappahannock River Cruise

**Tappahannock, VA**

Rappahannock River Cruise departs from Tappahannock, VA, 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.

#### Wednesday, July 27

Trip Fee: \$ 95      303020-TR  
Registration Deadline: Jun. 22  
Departure: Waldorf Jaycee's 7 a.m., Clark Center 7:20 a.m.  
Est. Return: 6:30 p.m.

## Trips Offered by Senior Services

For reservations or more information please call 301-645-2800

### Kentucky's Moonshine, Mountains, & Music

**5 Days • 4 Nights**

Eastern Kentucky is the heart of Appalachia. On this tour, you'll discover the great scenic and cultural beauty of the foothills of the Appalachian Mountains. Your meals consist of 4 breakfasts, 2 lunches, and 3 dinners, including an outdoor BBQ. You will be treated to great musical entertainment such as the Swingin' Sensations and the Big Sandy River Boat Band. In addition, you will tour the U.S. Country Music Highway Museum, Van Lear Coal Camp Museum, and Heritage Farm Museum. A special treat will be visiting Loretta Lynn's homeplace and other points of interest in Kentucky.

#### Trip Date: Jun. 5-9, 2016

Trip Fee: \$790/pp, dbl occupancy  
Deposit: \$250 due with reservation  
Balance Due: Apr. 11, 2016

### 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:

**Oct. 31-Nov. 12, 2016**

Cabin Range:  
\$993-\$2,153 pp/dbl  
Deposit: \$550/pp  
dbl occupancy or  
\$1,100/pp single is  
required to secure  
reservations and  
assign cabins.  
Balance Due:  
July 17, 2016

