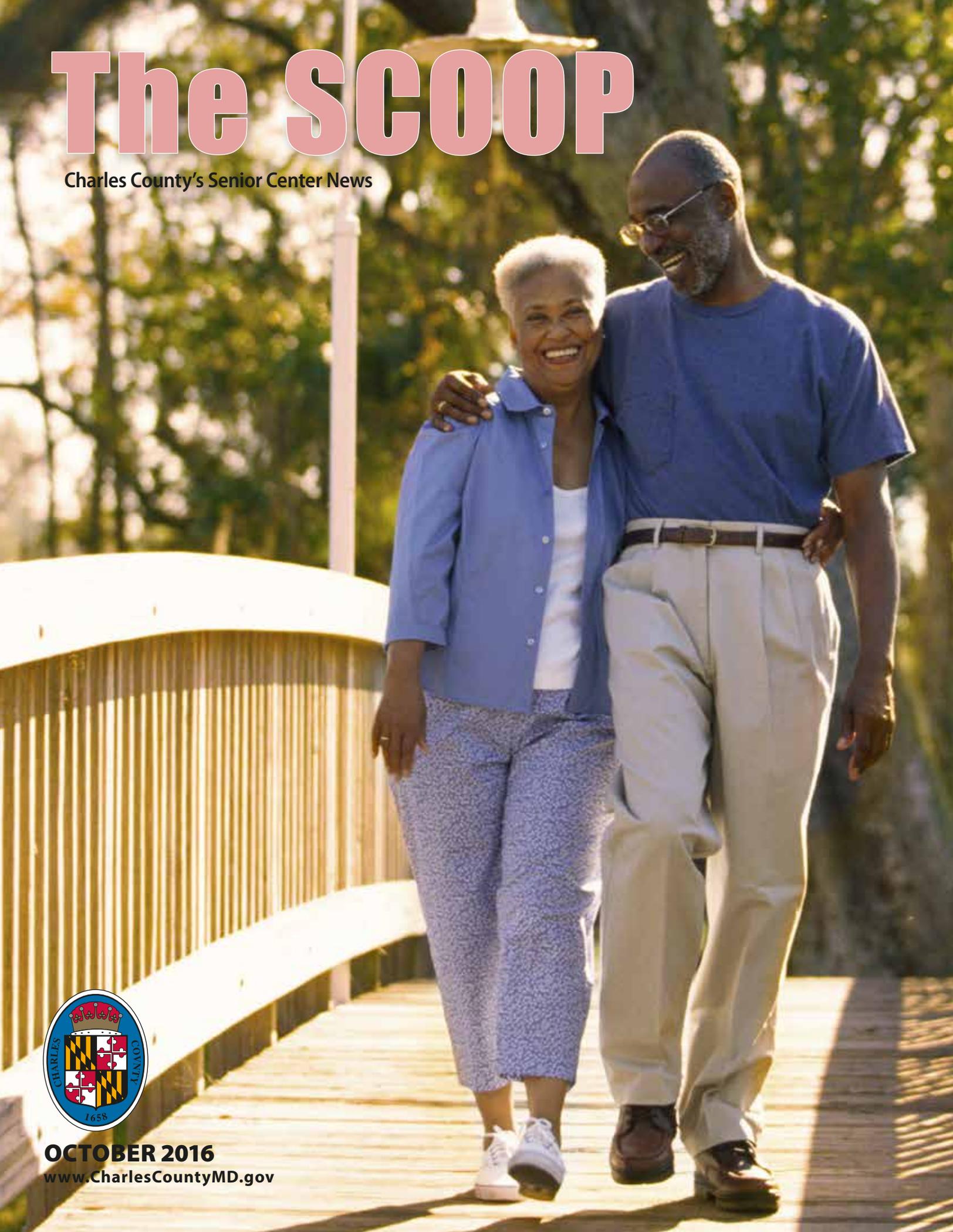


# The SCOOP

Charles County's Senior Center News



**OCTOBER 2016**

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

# Senior Services Annual Meeting

Tuesday, Nov. 8, 9-10 a.m.

Fee: FREE

Location: Richard R. Clark Senior Center

Senior Services of Charles County, Inc. was developed as a response to the need for an organization to assist senior citizens county wide. A major objective is to assist seniors, enhance their quality of life, support independence, and encourage involvement in the community.

Please plan to attend this annual membership meeting to elect the Board of Directors and to discuss intended goals for the upcoming year. Persons interested in becoming a board member may attend one of the monthly meetings at the Clark Senior Center.

Meetings are held the second Tuesday of each month at 9 a.m. There are no meetings in Dec. and August. One of their fundraising events is bingo which is held the first Wednesday of March, June, Sept., and Nov. The last bingo of this year will be held Wednesday, Nov. 2, 10 a.m.-1:30 p.m.

**County Wide Events**  
**WALK MARYLAND!**

Join us as we celebrate five months of activity and take a walk down the Rail Trail with this fun group. This will complete the **Walk A Million Miles Maryland** program! We want to congratulate everyone for their ongoing support and those who made a point to log in and count their miles!

Your determination helped to put Charles County on the map while working to improve your overall health and well being.

**Wednesday, Oct. 5 • 10 a.m.**  
Location: White Plains Rail Trail  
Fee: FREE

## Time for your Flu Shot

An annual seasonal flu vaccine (either the flu shot or nasal spray flu vaccine) is the best way to reduce the chances that you will get seasonal flu and spread it to others. Vaccines can give broader protection during the flu season, but experts state not to delay getting your vaccine.

The flu vaccine has never been easier to get. You don't have to wait in long lines or make a future appointment. The Waldorf Senior Center and Clark Senior Center are offering flu shots this month. Check the calendar for dates and times.



Information by the Center for Disease Control (CDC)

## Matter of Balance Coaches Training

Help us spread the word on fall prevention! Matter of Balance is designed to reduce the fear of falling and increase activity levels among older adults. Teach others ways to prevent a fall and improve their balance. This is a great opportunity for interested staff or volunteers. Upon completion, you will be certified Lay Leader Coaches. Training includes materials and everything you need to lead your own class.

**Monday, Oct. 17, 9 a.m.-Noon & Wednesday, Oct. 19, 1-4 p.m.**

**Fee: FREE • Location: Richard R. Clark Senior Center**

**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 volunteer 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.

# Breast Cancer <sup>11<sup>th</sup> ANNUAL</sup> awareness Fitness Walk

**Saturday, October 8**  
**Indian Head Village Green**

The Indian Head Senior Center Council, The Town of Indian Head, and local businesses plan to paint the town PINK. Don't miss out on a great day benefitting the fight against breast cancer!

This event is open to the entire community. Festivities will take place on the Indian Head Village Green and the Indian Head Rail Trail. Cost is \$25/pp and includes healthy snacks, bottled water, and lunch. A free T-shirt will be available to the first 100 registrants. Proceeds stay in the county and will benefit Sisters At Heart, a local breast cancer support group.

**Details: Indian Head Senior Center, 301-743-2125**

## Residents' Rights Month 2016

# MY VOTE MATTERS

NATIONAL CONSUMER VOICE FOR QUALITY LONG-TERM CARE

Residents' Rights Month is an annual event designated by the Consumer Voice and is celebrated in October to honor residents living in all long-term care facilities, including nursing homes and assisted living facilities. It is a time for celebration and recognition offering an opportunity for every facility to focus on and celebrate awareness of dignity, respect, and the value of each individual resident. The theme for Residents' Rights Month 2016 is "My Vote Matters" with the goal of highlighting a resident's right to vote and participate in the political process.

This year's theme focuses on the right to vote and be engaged in the political process. Consumer engagement, including the right to vote, is a cornerstone in our society. Consumers receiving long-term services and support retain their voting rights no matter where they live or what type of care they receive. This year's Residents' Rights Month seeks to support the consumer's right to vote and participate in the political process.

The Long Term Care Ombudsman Program promotes resident rights for individuals in nursing and assisted living facilities. The program provides information on how to find a facility; conducts community education sessions; and supports residents, their families, and the public with one-on-one consultation regarding long-term care.

For more information, contact Linda Blake at 301-934-0109 or [BlakeL@CharlesCountyMD.gov](mailto:BlakeL@CharlesCountyMD.gov).

*Source: National Consumer Voice*

## FALL AQUATICS FOR SENIORS

**Classes run until Nov. 10**  
Register at any senior center

### Aqua Fitness

**Donald M. Wade Aquatic Ctr.**

Mon/Wed • 3:30-4:30 p.m.

Fee: \$45

No class on Oct. 10

### Lackey Indoor Pool

Tue/Thu • 3:30-4:30 p.m.

Fee: \$45

No class on Nov. 8



## COUNCIL NEWS ITEMS

### Clark Senior Center

Co-sponsored Octoberfest

### Indian Head Senior Center

Think Pink Days, 11<sup>th</sup> Annual Breast Cancer Awareness Fitness Walk  
Omelette Bar, Scrapbooking Crop, and Movie on the Green

### Waldorf Senior Center

Snack Bar, Bingo Supplies, CarFit  
Knitting Workshop, Fall Superfoods  
Halloween Button Craft, and  
Boo Bingo Bash

## SPONSORED/HOSTED ACTIVITIES & EVENTS

# CLARK SENIOR CENTER

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

Get your Latest SCOOP online!  
Visit [www.CharlesCountyMD.gov/CS](http://www.CharlesCountyMD.gov/CS)

## Oktoberfest

The Oktoberfest tradition started in 1810 to celebrate the marriage of Bavarian Crown Prince Ludwig to Princess Therese. Citizens of Munich were invited to the festivities which lasted five days. Anniversary celebrations occurred annually thereafter. Every year the tradition continues around the world, even at the Clark Center! Our Oktoberfest will feature the Arrow Band with selections of German music. Be prepared to Polka! Reserved seating.

**Thursday, Oct. 27, 10:30 a.m.-2 p.m.**

Fee: \$3 plus a generous lunch donation, 59 and younger: \$8

### Special Events & Daily Activities

#### Book Club

**October:** *All American Boys*, by Jason Reynolds & Brendan Kiely.



**November:** *The Escape*, by David Baldacci.

Thursday, Oct. 6, 1 p.m.  
Fee: FREE

#### Good News Bible Study

Non-denominational Bible study.

Friday, Oct. 7, 11 a.m. Fee: FREE

### Special Presentations

#### NEW! Widow to Widow

This support group will focus on issues that women face as they navigate through the grieving process after the loss of a loved one. Register at the Senior Center. Facilitators: Judy Tunney and Claudia Klueh.

Monday, Oct. 3, 1-2:30 p.m. Fee: FREE

#### Hospice: How We Can Help

Hospice Care is a service of high quality, compassionate care that helps terminally ill loved ones live as fully as possible. Familiarize yourself with services Hospice provides.

Tuesday, Oct. 4, 11 a.m. Fee: FREE

#### Celiac Disease & Gluten Intolerance

Celiac disease can develop at any age. Left untreated, celiac disease can possibly cause other serious health concerns. Program by Lisa Furlow, Nutritionist.

Tuesday, Oct. 4, 1 p.m. Fee: FREE

#### CSM Wellness Clinic

CSM students will visit the center evaluating weight, blood pressure, body mass, and more.

Thursday, Oct. 6, 9 a.m.-Noon Fee: FREE

#### Fire Prevention

Refresh yourselves on fire prevention safety rules with Tom Hurchenson.

Thursday, Oct. 6, 11 a.m. Fee: FREE

#### The Grey Area

Gnostic Gospels: Dr. Rolli Hower

Tuesday Oct. 11, 11 a.m. Fee: FREE

#### Landmarks of Southern Maryland

We live in an area filled with history and famous sites. Facilitator: Debi Scoggins

Thursday, Oct. 13, 11 a.m. Fee: FREE

#### Breast Cancer Q&A

Nila Straka and Susan Maskeleris survived breast cancer and are members of the Sisters at Heart support group. Time will be spent answering your questions in a personal manner.

Thursday, Oct. 20, 11 a.m. Fee: FREE

#### Korean Art & Soul

This colorful cultural event includes special performing artists on tour from Korea. Bring a guest. Support for this event comes from the Korean American Association of Southern Maryland.

Monday, Oct. 24, Noon Fee: FREE

#### Maryland Hauntings

Many places in Southern Maryland are considered haunted, including the Dr. Mudd House, Port Tobacco (Blue Dog), Point lookout State Park, and the Moll Dyer Rock in Leonardtown. Presented by Tiffany Lancaster.

Tuesday, Oct. 25, 11 a.m. Fee: FREE

### Classes

#### Computer Help with Frank

Wednesday, Oct. 5 & 19, 11 a.m. Fee: FREE

#### Creative Writing

Group meets the 2<sup>nd</sup> Friday of each month.

Friday, Oct. 14, 1 p.m. Fee: FREE

### Services

#### Watch Repair

Wednesday, Oct. 5 & 19, 10 a.m.

Fee: Varies according to service

#### Reflexology

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

Friday, Oct. 14, 9:15 a.m. Fee: 50¢/min

#### Flu Shots

Preregistration required.

Flu shots provided by Safeway Pharmacist.

Tuesday, Oct. 18, 10 a.m.-Noon

Fee: Medicare, Medicaid

Flu shots provided by MSSMHC.

Wednesday, Oct. 26, 10 a.m.-Noon Fee: FREE

#### Hearing Professionals

Thursday, Oct. 20, 10 a.m. Fee: FREE

### Fitness

#### Fitness Orientation

Registration required.

Tuesday, Oct. 4, 3:30 p.m. Fee: \$2

Wednesday, Oct. 12 & 26, 1 p.m. Fee: \$2

#### Folk Line Dance

Celebrate Oktoberfest all month long!

Tuesday, Oct. 4-25, 1 p.m. Fee: Fitness Card

#### NEW! Boom Dance Cardio

Fun, easy moves to make your heart happy.

Each Wednesday, 2 p.m. Fee: \$2 Drop-In

#### Exercise for a Cause

Exercise while raising money for Sisters at Heart. Shirts also available to purchase ahead of event! Wear your PINK!

Thursday, Oct. 13, 8:30-10 a.m.

Fee: Donations for Sisters at Heart

#### Reiki

Thursday, Oct. 6 & 20, 10 a.m.-Noon, 1-4 p.m.

Fee: \$15/30 min

#### NEW! ZenGa Chair Pilates with Zoa

Each Friday, 12:30 p.m. Fee: Fitness Card

#### Hand Dancing with Louise

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

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

#### Guided Meditation

Friday, Oct. 7 & 21, 11:30 a.m. Fee: Free

# CLARK SENIOR CENTER

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

**Hours: 9 a.m.–4 p.m., Monday–Friday**

Luncheon at Noon—Reservation/Registration Required  
Reserve lunch by 10 a.m. the preceding day.  
Calendar items marked by an \* require reservation/appointment

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
20/20/20 ..... 9:00 Billiards Drop In ..... 9:00-4:00 Beginner Tai Chi ..... 10:00 Beginner Sewing ..... 10:00 Spanish ..... 10:00-11:30 Duplicate Bridge ..... 10:00-2:00 Ceramics ..... 10:00-2:00 2N1 Club ..... 10:15-11:00 Good Time Gals Rehearsal ..... 11:00 Pilates ..... 12:00 World 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 Jam ..... 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 Tap Rehearsal ..... 1:00 Boom Dance Cardio ..... 2:00 Pinochle ..... 12:30-3:00 Powder Puff Billiards ..... 1:00-4:00	Flex & Stretch ..... 8:30 Beginner Quilt ..... 9:00-Noon Billiards Drop In ..... 9:00-4:00 Tai Chi ..... 9:30 Stained Glass ..... 10:00-2:00 AFEP ..... 10:30 Zumba Gold ..... 11:30 Canasta ..... 12:30 Reflections ..... 1:00-1:30 Beg Line Dancing ..... 1:00 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 Functional Fitness ..... 11:45 Canasta ..... Noon Silvertones ..... 12:30 ZenGa Chair Pilates ..... 12:30 Pinochle ..... 12:30-3:00 Hand Dancing ..... 1:30
<b>3</b> Photography Club ..... 1:00 Widow to Widow ..... 1:00-2:30	<b>4</b> Hospice: How We Can Help ..... 11:00 Celiac Disease & Gluten Intolerance ..... 1:00 Folk Line Dance ..... 1:00 Fitness Orientation ..... 3:30	<b>5</b> Walk Maryland (Rail Trail) .. 10:00 Blood Pressure/Sugar ..... 10:00 Watch Repair ..... 10:00 Jewelry Club Class ..... 10:00 Computer Help ..... 11:00 Boom Dance Cardio ..... 2:00	<b>6</b> CSM Wellness Clinic ..... 9:00 Lessons 5 ..... 10:00 Reiki ..... 10:00-Noon Fire Prevention ..... 11:00 Book Club ..... 1:00 Reiki ..... 1:00-4:00	<b>7</b> Hand & Foot ..... 10:00 Good News Bible Study ... 11:00 Guided Meditation ..... 11:30
<b>10</b> Senior Center Closed Columbus Day	<b>11</b> The Grey Area ..... 11:00 Folk Line Dance ..... 1:00	<b>12</b> RRCSC Council Mtg ..... 9:00 Genealogy ..... 10:00 Video: Columbus ..... 10:00 Jewelry Club Drop-in ..... 10:00 Fitness Orientation ..... 1:00	<b>13</b> Exercise for a Cause ... :8:30-10:00 Piano Lessons 6 ..... 10:00 Landmarks of Southern Maryland ..... 11:00	<b>14</b> Reflexology ..... 9:15 Functional Fitness ..... 11:45 Creative Writing ..... 1:00
<b>17</b> Matter of Balance Coaches Training ..... 9 a.m.-Noon Spanish ..... 10:00	<b>18</b> Safeway Flu Shots ..... 10:00 Folk Line Dance ..... 1:00	<b>19</b> Blood Pressure/Sugar ..... 10:00 Jewelry Club Class ..... 10:00 Watch Repair ..... 10:00 Computer Help ..... 11:00 Matter of Balance Coaches Training ..... 1-4 p.m.	<b>20</b> Piano Lessons 7 ..... 10:00 Hearing Professionals ..... 10:00 Reiki ..... 10:00-Noon Breast Cancer Q&A ..... 11:00 Reiki ..... 1:00-4:00	<b>21</b> Guided Meditation ..... 11:30 Hand Dancing ..... 1:30
<b>24</b> 2N1 Club ..... 10:15 Korean Art & Soul ..... Noon	<b>25</b> SOMD Hauntings ..... 11:00 Folk Line Dance ..... 1:00	<b>26</b> MSSMHC Flu Shots .... 10 a.m.-Noon Jewelry Club Drop-in ..... 10:00 Fitness Orientation ..... 1:00 Caregivers Support ..... 2:00 Boom Dance Cardio ..... 2:00	<b>27</b> Piano Lesson 8 ..... 10:00 Oktoberfest ..... 10:30	<b>28</b> Hand & Foot ..... 10:00
<b>31</b> Ceramics ..... 10:00	<i>The month of October</i>			

# 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)

## Poker Walk

Combine your love for gambling as we walk around the Green. There will be five stations, the more laps you make, the better poker hand you'll get. Prizes awarded at 11:30 a.m.

**Monday, Oct. 31, 9:30 a.m. • Fee: \$1/lap**



### Daily Activities

#### Piano Lessons with Michelle Mauck

Join Michelle for eight weeks of group piano lessons. Limited to the first eight paid students.

Tuesdays, Oct. 4-25, 10 a.m. Fee: \$20

#### 279<sup>th</sup> Day of the Year

Do you remember your New Year's resolution? The year is not over, start now, and finish strong.

Wednesday, Oct. 5, 9 a.m. Fee: FREE

#### Aging Resources Outreach

Schedule your appointment with staff.

Friday, Oct. 7, 10 a.m. Fee: FREE

#### Poet's Corner

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

Wednesday, Oct. 19, 10 a.m. Fee: FREE

#### Omelette Bar

An omelette is a quick healthy choice for any meal. Join Pastor Jacques' (former chef) from the Indian United Methodist Church as he whips up omelettes for lunch. Sponsored by the IHSCC. Registration required.

Friday, Oct. 21, 11:30 a.m. Fee: FREE

#### Trip to Sotterley Plantation

Join us for a fall excursion to St. Mary's County to tour the grounds of Sotterley. After a box lunch, enjoy an old fashioned hay ride. Sotterley is a National Historic Landmark. Bus transportation available.

Tuesday, Oct. 25, 9:30 a.m.-3:30 p.m.

Fee: Generous lunch donation

#### Book Club:

##### *Girl on the Train*, by Paula Hawkins

Have you ever wanted to jump into a book to give advice to the protagonist? This book will have you asking, "Why would you do that?"

Wednesday, Oct. 26, 11 a.m. Fee: FREE

#### Movie on the Green

Join the IHSCC and the town of Indian Head for the 2<sup>nd</sup> *Movie on the Green*. Start the evening with trunk 'n treat and stay on the Green with your trick or treaters for the family friendly movie *Hocus Pocus*. Show starts at 6:30 p.m. or dusk.

Monday, Oct. 31, 6:30 p.m. Fee: Your snacks

### Health & Nutrition

#### Visit the Nurse

Blood pressure screening and private consultation with local nurses.

Thursday, Oct. 6, Wednesday, Oct. 19 & Monday, Oct. 31, 9 a.m. Fee: FREE



#### Stop Bullying Day

Bullying in the senior center? Never. Did you know 15% of seniors have experienced verbal intimidation? Join the discussion about causes and strategies.

Wednesday, Oct. 12, 11:30 a.m. Fee: FREE

#### Soup for the Soul

Join Lorna Davis, owner of Jason's Haven Assisted Living, and her staff as she talks about the health benefits of soup.

Thursday, Oct. 13, 11:15 a.m. Fee: FREE

#### Seated Massage

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

Friday, Oct. 14, 9 a.m. Fee: 50¢/min

#### Visit the Pharmacist

Join James Chen (Indian Head Pharmacy) as he talks about the services they offer and drug interactions.

Tuesday, Oct. 18, 11:15 a.m. Fee: FREE

#### Soy & Breast Cancer

Join nutritionist, Lisa Furlow, as she explains the link of soy to breast cancer.

Thursday, Oct. 20, 11:15 a.m. Fee: FREE

### Classes

#### Tai Chi: For Health (Advance)

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

#### Computer/Smart Phone Lab

Mondays, Oct. 3 & 17 & Friday, Oct. 21, 1 p.m.

Fee: \$5

#### Arthritis Foundation Exercise Program (AFEP)

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

#### Line Dancing with Pat

Thursday, Oct. 13, 1 p.m. Fee: Fitness Card

#### Dance with Anna

From American belly dancing to world dance, join Anna Vermillion as she introduces you to different dance styles.

Thursday, Oct. 20, 1 p.m. Fee: Fitness Card

#### Circuit Training

Cardio and resistance training exercises.

Thursday, Oct. 27, 1 p.m. Fee: Fitness Card

#### Seated Yoga

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



## Scrapbooking Crop

Join the Scrapbook Mafia and others as they learn to organize pictures and memorabilia in albums. This fundraiser benefits the IHSCC. Space is limited, meals and snacks provided.

**Saturday, Oct. 29, 9 a.m.-9 p.m.  
Fee: \$25**

# INDIAN HEAD SENIOR CENTER

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Hours: 9 a.m.–3 p.m., Monday–Friday

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

## Breast Cancer <sup>11<sup>th</sup></sup> ANNUAL awareness Fitness Walk

Walk for the women and men in your life. The three-mile walk starts at the Indian Head Village Green and continues on the Indian Head Rail Trail. First 100 paid participants receive a FREE T-shirt! DJ, exercise warm up, vendors, door prizes, and raffles! Proceeds stay in the county to support Sisters at Heart.

Saturday, Oct. 8, 8:30 a.m.-1 p.m. • Fee: \$25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tai Chi Advance ..... 8:30 Billiards/Cards ..... 9:00 Fitness Training ..... 9:15 Bingo ..... 9:30 Tai Chi Quan: MBB ..... 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 Piano Lessons ..... 10:00 AFEP ..... 10:30	Tai Chi Advance ..... 8:30 Billiards/Cards ..... 9:00 Fitness Training ..... 9:15 Hooked on Yarn ..... 9:30 Tai Chi Quan: MBB ..... 10:30	Billiards/Cards ..... 9:00 Chair Pilates ..... 9:15 Canvas Painting ..... 10:00 AFEP ..... 10:30	Billiards/Cards ..... 9:00 Seated Yoga ..... 9:00 Ceramics ..... 9:30 Book of Revelation ..... 1:00 Guitar Lesson & Jam ..... 1:00
<b>3</b> Think Pink Week ..... 9:00 PED Lab ..... 1:00	<b>4</b> Think Pink Week ..... 9:00 Pastor Chris & Betty ..... 1:00	<b>5</b> Think Pink Week ..... 9:00 279 <sup>th</sup> Day ..... 9:00	<b>6</b> Think Pink Week ..... 9:00 Visit the Nurse ..... 9:00 Council Meeting ..... 9:30	<b>7</b> Think Pink Week ..... 9:00 Aging Resource Outreach ..... 10:00  ▶ Breast Cancer Walk tomorrow
<b>10</b> <b>Senior Center Closed Columbus Day</b>	<b>11</b> Humane Society Bingo ..... 11:00	<b>12</b> Committee Meeting ..... 9:30 Stop Bullying Day ..... 11:30	<b>13</b> <b>CarFit – WSC ..... 10:00</b> Soup for the Soul ..... 11:15 Line Dancing ..... 1:00	<b>14</b> Seated Massage ..... 9:00 Scrabble ..... 10:00
<b>17</b> Mocha Monday ..... 10:00 PED Lab ..... 1:00	<b>18</b> Visit the Pharmacist ..... 11:15	<b>19</b> Visit the Nurse ..... 9:00 Poet’s Corner ..... 10:00 Pokeno ..... 12:30	<b>20</b> Soy and Breast Cancer ..... 11:15 Dance with Anna ..... 1:00	<b>21</b> Omelette Bar ..... 11:30 PED Lab ..... 1:00
<b>24</b> Dominoes/Scrabble ..... 10:00	<b>25</b> Trip to Sotterley Plantation ..... 9:30  Center will be open	<b>26</b> Pumpkin Day ..... 10:15 Book Club ..... 11:00 Wisdom Wednesday ..... 1:30	<b>27</b> Circuit Training ..... 1:00	<b>28</b> Flapjack Friday ..... 9:00–10:00 Caregiver Support Group ..... 10:00 Pokeno ..... 11:30  ▶ Scrapbooking Crop tomorrow
<b>31</b> Visit the Nurse ..... 9:00 Poker Walk ..... 9:30 Movie on the Green ..... 6:30  No exercise programs or bingo today				

*The month of October*

# WALDORF SENIOR CENTER

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

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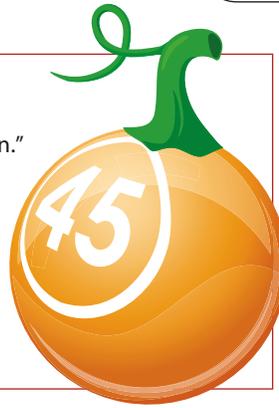
## Boo Bingo Bash

Bingo winners get extra cash that has been added to the "cauldron." Halloween gift bag for everyone who attends. Preregister for Popeye's box lunch. Wear your costume for a costume contest! Sponsored by the Waldorf Senior Center Council.

**Thursday, Oct. 27 • 10 a.m.-1:30 p.m.**

Fee: \$6 Bingo and fried chicken lunch/\$5 fried chicken lunch only.

Registration Deadline: Tuesday, Oct. 25



## Special Events & Daily Activities

### Afternoon Book Club:

#### *The Witches Journal*

Join the author, Mary Ann Jenkins as she discusses her ancestor Sadie Ferguson's will to overcome life's struggles far from home, in *The Witches Journal*.

Wednesday, Oct. 5, 1 p.m. Fee: FREE

### Reverse Mortgage

Jackie Harvey, Fairway Independent Mortgage Specialist answers your questions about reverse mortgages.

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

### iPhone Help with Ann

Thursday, Oct. 20, 10:30 a.m. Fee: FREE

## For Your Health

### BP Checks at Kaiser

Walk across the parking lot to the Kaiser Mobile Unit for a visit with a nurse, BP check or a for a small fee, a cholesterol screening.

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

### CSM Wellness Clinic

The CSM Nursing Students screen your blood pressure, pulse oximetry (oxygen saturation levels), vision, body mass index, body fat content, height and weight.

Tuesday, Oct. 4, 10 a.m.-12:30 p.m. Fee: FREE

### Safeway Flu Clinic

Flu and pneumonia vaccines are covered by Medicare Part B. Let the senior center know if you would like a shingles or whooping cough with tetanus vaccine. Please check with your insurance company to see if your plan covers them. A discount on groceries for anyone who receives a flu shot today.

Thursday, Oct. 6, 9 a.m.-Noon

Fee: Free to Medicare beneficiaries, \$25 all others

### 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, Oct. 19, 10 a.m.-Noon Fee: FREE

### Kidney Smart Class

Kidney Smart is your source for kidney disease education. Learn from Meredith MacDougall, RD (Kidney Smart Educator) how kidneys function and the common causes of chronic kidney disease; how medications, diet and nutrition work together to keep you healthy; and available potential treatments. Sign-up is required.

Monday, Oct. 24, 9:30-11 a.m. Fee: FREE

### Reflexology

Reflexologist Becky Lugardo uses trigger points in your feet which tie into many organs and body parts. Sign-up is required.

Wednesday, Oct. 26, 9 a.m. - 3 p.m.

Fee: \$15/30 min

## Art

### Open Studio

Pat Arnold assists with any media.

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

### Watercolors Drop-In

Material list provided. Instructor: Pat Arnold.

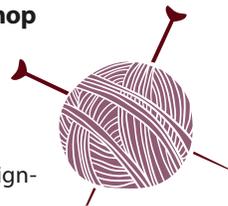
Each Thursday, 10 a.m. Fee: \$30/6 week class

### NEW! Knitting Workshop

Impress your friends! Learn how to knit a scarf. Bring your own yarn and needles. Instructor: Laura Lisak. Sign-up is required.

Wednesdays, Oct. 5 & 12, 10 a.m.-Noon

Fee: \$5



### NEW! Portrait Drawing

Instructor Tara Scott will teach you how to draw portraits using pastels, graphite, and charcoal. All supplies included. Sponsored in part by the Charles County Arts Alliance. Minimum requirement is six students.

Wednesdays, Oct. 5-19, 10:30 a.m.-1 p.m.

Fee: \$35

### Halloween Button & Salt Shaker Bouquet

Use repurposed salt shakers, festive buttons, and doo-dads to create a one-of-a-kind decoration. Preregister.

Tuesday, Oct. 25, 11:15 a.m.

Fee: FREE

## Fitness & Dance

All of our fitness classes are designed so anyone can participate. Participants can work at their own level and we guide them as needed. We focus on strength building, flexibility, conditioning, and endurance.

### What is a FITNESS CARD?

Each card costs \$15 and pays for fifteen classes. It can be used at all senior centers. Present your card to the instructor at the start of each class.

### Strength Training with LaMont

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

Each Tuesday & Wednesday, 2 p.m.

Fee: Fitness Card

### Flex & Stretch with Cindy

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.

## CarFit in Charles County

Created and sponsored by AAA, AARP, and the American Occupational Therapy Association. Please sign up today for your personal CarFit session. A trained team – including occupational therapy practitioners – will assist you with: Clear line-of-sight over the steering wheel; Safe space between the front air bag steering wheel and the driver’s breastbone; Properly adjusted head restraints; Proper seatbelt use and fit; Safe positioning of mirrors to minimize blinds spots. Sign-up required, call 301-638-4420.

Also sponsored by Waldorf Senior Center Council and Waldorf Toyota.



**Thursday, Oct. 13, 10 a.m.-2 p.m. • Fee: FREE**

## Fall Super Foods

Nutritionist Lisa Furlow will get you excited about these amazing superfoods that are hitting their peak in the garden or can be found at the grocery store or farmers market. Apple gorgonzola salad with maple dressing and acorn squash, and kale over penne dishes will be prepared.

**Tuesday, Oct. 18**  
**11:15 a.m.**  
**Fee: FREE**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Strength Training ..... 9:15 Double Deck Pinochle ..... 11:00 Chair Yoga ..... 2:00	Total Body Conditioning ..... 9:00 BP Checks at Kaiser ..... 10:00 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
<b>3</b> Bingo & St. Charles Senior Club ..... 10:00	<b>4</b> CSM Wellness Clinic . . . 10:00-12:30 Open Studio ..... 11:30	<b>5</b> Knitting Workshop . . . . 10-Noon Portrait Drawing . . . . . 10:30-1:00 Afternoon Book Club: <i>The Witches Journal</i> ..... 1:00	<b>6</b> Safeway Flu Clinic . . . . 9:00-Noon
<b>10</b> <b>Senior Center Closed</b> <b>Columbus Day</b>	<b>11</b> Reverse Mortgage ..... 11:15	<b>12</b> Knitting Workshop . . . . 10-Noon Portrait Drawing . . . . . 10:30-1:00 Computer Instruction . . . . 11:00-1:00	<b>13</b> <b>CARFIT! . . . . . 10:00-2:00</b>
<b>17</b> Senior Council Meeting ..... 9:30 Bingo & St. Charles Senior Club ..... 10:00	<b>18</b> <b>Fall Super Foods . . . . . 11:15</b> Open Studio ..... 11:30	<b>19</b> Aging Resources Outreach ..... 10:00-Noon Portrait Drawing ..... 10:30-1:00	<b>20</b> iPhone Help ..... 10:30
<b>24</b> Bingo & St. Charles Senior Club ..... 10:00 <b>Kidney Smart Class . . . 9:30-11:00</b>	<b>25</b> Pinterest Craft: Halloween Button & Salt Shaker Bouquet ..... 11:15  <b>First Day to purchase the 12 Days of Christmas Raffle Tickets</b>	<b>26</b> Reflexology ..... 9:00-3:00	<b>27</b> <b>Boo Bingo Bash . . . . . 10:00-1:30</b>  <b>Total Body Conditioning will be in another room today</b>
<b>31</b> Bingo & St. Charles Senior Club ..... 10:00	<i>The month of October</i>		

# Reinvent Yourself

Engaging in social and productive activities you enjoy... like taking an art class or becoming a volunteer in your community, or at your place of worship... may help to maintain your well-being while you are reinventing yourself into this new phase of life. There are many things you can do to help yourself age well. Exercise, being physically active, and making healthy food choices are some of those, but did you know participating in activities you enjoy may also help support healthy aging?



As people get older, they often find themselves spending more and more time at home alone. The isolation can lead to depression and depression is not good for your health. If you find yourself spending a lot of time alone, try adding a volunteer or social activity to your routine. Research tells us that older people with an active lifestyle **are less likely to develop certain diseases**. Participating in hobbies and other social and leisure pursuits may lower your risk for developing some health problems, including dementia.

One study showed that older adults who reported taking part in social activities (such as playing games, belonging to social groups, or traveling) or meaningful, productive activities (such as having a paid or unpaid job, or gardening) lived longer than people who did not. Studies suggest that older adults who participate in what they believe are meaningful activities, like volunteering in their communities, exhibit long-term benefits such as lowering the older adults' risk of developing disability, dependency, and dementia in later life. They have shown to be better prepared to cope with loss.

Studies suggest that volunteering can help with stress and depression from the death of a spouse. Among people who experienced a loss, those who took part in volunteer activities felt more positive about their own abilities and were able to cope better with their changing lives.

*Article provided by NIH.*

## 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 cost 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 their benefits to continue.*

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

**Aging and Disability Resource Center**

1-855-843-9725  
301-609-5712



## Get ready for Medicare D Open Enrollment

Open enrollment is the time for Medicare beneficiaries to review their Medicare Prescription Drug Plan and make any 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 begins October 15 and will end December 7. Senior Health Insurance Counselors (SHIP) will be available to assist you during this enrollment period. Please call the SHIP office at 301-609-5712 to schedule an appointment.

### Central Registration Begins October 1

It's time to update our central registration for 2016. Please renew your membership at any of the four senior centers so that we may better serve and assist you in the event of an emergency. To register, you must live in Charles County, and you or your spouse must be 60 years of age or older. Donations received will be placed back into programs to benefit your centers.

For more information, please visit a nearby senior center.

# 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
<b>3</b> Orange Juice Open Faced Turkey Sandwich w/Gravy (whole wheat bread) California Blend Vegetables Citrus Salad	<b>4</b> Apple Juice Oven Fried Chicken Company Potatoes Sweet Peas Cornbread Apricots	<b>5</b> Orange Juice Mac & Cheese (1 cup) Malibu Blend Vegetables Stewed Tomatoes Peaches	<b>6</b> Cranberry Juice Meat Lasagna Green Beans Garden Salad w/Dressing Dinner Roll Cantaloupe	<b>7</b> Grape Juice Chicken Cacciatore Cheesy Mashed Potatoes Fiesta Bean Salad Whole Wheat Bread (2) Applesauce
<b>10</b> <b>Columbus Day No Meal Service</b>	<b>11</b> Grape Juice Chicken Parmesan Noodles Creamy Cucumber Salad Breadstick Applesauce	<b>12</b> Apple Juice Quiche Hash Browns Turkey Sausage Stewed Tomatoes Muffin Orange Slices	<b>13</b> LS Tomato Juice Liver & Onions Mashed Potatoes Collard Greens Whole Wheat Bread (2) Seedless Grapes	<b>14</b> Pineapple Juice Salmon Cake w/Herb Sauce Black Beans Spinach Salad Biscuit Fruited Jell-O
<b>17</b> Apple Juice Chophouse Burger Sandwich (whole wheat bun) Orange Glazed Carrots Party Hearty Beans Fruit Cocktail	<b>18</b> Grape Juice Spaghetti w/Meatballs & Mozzarella California Blend Vegetables Breadstick Peaches	<b>19</b> Cranberry Juice Baked Tilapia Buttered Tri Color Pasta Chuckwagon Vegetables Dinner Roll Deluxe Fruit Salad	<b>20</b> <b>BIRTHDAY CELEBRATION</b> Orange Juice Sweet & Sour Chicken Seasoned Corn Bow Tie Pasta Salad Whole Wheat Bread (2) Banana <b>Birthday Cake</b>	<b>21</b> Pineapple Juice Curry Chicken Noodles Mixed Vegetables Whole Wheat Dinner Roll Tangy Cherry Salad
<b>24</b> Pineapple Juice LS Ham Slice Mashed Sweet Potato Succotash Whole Wheat Bread (2) Peaches	<b>25</b> Cranberry Juice Asian Chicken Fluffy Rice Asian Blend Vegetables Whole Wheat Dinner Roll Mandarin Oranges	<b>26</b> Fruit Blend Juice Meatloaf w/Gravy Mashed Potatoes Scalloped Tomatoes Whole Wheat Bread (2) Fruited Jell-O	<b>27</b> <b>OKTOBERFEST</b> Orange Juice Pork Chops in Apple Cider Sauerkraut Buttered Carrots Potato Salad Warm Cinnamon Apples German Chocolate Cake	<b>28</b> Apple Juice Fish Sandwich w/Cheese Carrots Sweet Peas Citrus Salad
<b>31</b> Pineapple Juice Sloppy Joe Sandwich (whole wheat bun) Green Beans Pickled Beets Pears	<i>The month of October</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](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.

## Department of Recreation, Parks & Tourism

# SENIOR TRIPS

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



Enjoy this wonderful musical version of the film *A Christmas Story*. The story takes place in the 1940s in Indiana and focuses on a child named Ralphie, who wants a Red Ryder BB Gun for Christmas.

**Wednesday, November 30 • At Riverside Dinner Theater (Fredericksburg, VA)**

Trip Fee: \$98 • 403125-TR • Registration Deadline: October 17

Departure: Waldorf Jaycees 9:45 a.m., Clark Senior Center 10 a.m. • Est. Return: 6 p.m.

# Ocean Downs Bus Trip

**Saturday, Nov. 19**

Enjoy four hours at the Ocean Downs Casino sponsored by the IHSCC. The cost is \$50/pp and includes \$30 worth of slot dollars. Handicap accessible transportation, wifi, snacks, and bottled water. Bus departs Waldorf at 7 a.m. and Bryans Road at 7:30 a.m. To register or for more information, call 301-743-2125.



# 16th Annual Nanjemoy HERITAGE DAY

**Saturday, Oct. 8 • Noon-3 p.m.**

Join us to celebrate the amazing heritage of Nanjemoy. The day will begin with a lively parade starting at the Nanjemoy Fire Department, ending at the Community Center. Events at the Center include live music, crafts for the kids, face painting, area artist, local heritage displays, classic cars, games and much more.

Plan to attend this fun-filled day with local area businesses, organizations, family farms, fire department, and churches. Refreshments and souvenir T-shirts will be available. Taking part in this special event will provide you with a deeper understanding of this local community.

If you're interested in being a vendor, exhibitor, or participating in the parade with a classic vehicle or antique farm equipment, please call 301-246-9612 ext. 11. This year, we are also looking for families with deep roots in the Nanjemoy area. Do you have old family photos or artifacts from the area to showcase?

Please contact us for more information.