

The SCOOP

Charles County's Senior Center News



SEPTEMBER 2016
www.CharlesCountyMD.gov

Mark Your Calendar! The County Fair is September 15-18

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

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

Collections: scrapbooks, stamps, coins, and more.

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

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

DETAILS: 301-638-4420



How to Enter Your Fair Items

On Wednesday, Sept. 14 from 1-8 p.m., entries will be accepted in the senior building. Each exhibitor will be assigned an exhibitor number. Give your complete mailing address when you receive your number. You can obtain your exhibitor number, entry forms, and tags as follows:

July 15-Sept. 11: Visit www.CharlesCountyFair.com/Exhibitor. Click on: "On the Web" (bottom of page).

Sunday, Sept. 11: The Fair office hours are 10 a.m.-2 p.m. for exhibitor numbers and entry materials. **DO NOT BRING YOUR EXHIBITS AT THIS TIME.** Exhibitors from the previous 3 years do not need a new number. You can use blank entry forms from previous years.

Wednesday, Sept. 14: Between 1-8 p.m., get your exhibitor number and entry forms/tags at the Fair's entry table, and complete the forms before taking exhibits to the senior building.



2016-2017 Council Members

Congratulations to our council members, both new and those fulfilling a term. We thank you for your invaluable service and personal time given to help make senior centers in Charles County the best they can be.

As a council member, persons are expected to attend monthly meetings, evaluate activities, develop and plan fundraising events, promote public knowledge of the senior center, and serve as a liaison.

For persons remaining on the councils, we thank you for your continuing service. And to those who are stepping "in" for the first time, welcome! Senior centers wish to express our sincere appreciation for your invaluable service.

Indian Head Senior Center

Joyce Austin, Rose Chase, Sylvia Frost, Darlene Luttrell, Deloris Maddox, Joe Mercado, Sherrie Muscolino, Mae Robinson, Vern Smith, Maria Stewart, and Sandra Campbell

Waldorf Senior Center

Jerry McMahan, Barbara Montgomery, Mary Norris, Helen Winkler, Mack Winkler, Bill Norris, Velma Allen

Richard R. Clark Senior Center

Sharon Bowie, Ruth Runyan, Delores Moses, Helen Turgeon, Bettie Cochran, Janice Cooper, Joan Leviner, and Hank Sinkey

Nanjemoy Senior Center

Millie Hamman, Anna Mae Craig, Ethel Tibbs, Johnnie West-Farrar, Mary Proctor, Geraldine Swann, Annie Jackson, Violet White, Floyd Tibbs, Mary Cole, Mary Milstead, and Rosie Cobey

Vacancies at Clark and Waldorf Senior Centers

If interested, contact the center directly.

WALK TO END ALZHEIMERS

The Longest Day

Thank you to everyone who participated in *The Longest Day*, a fundraiser for the Alzheimer's Association. Our senior centers raised \$430 with pledges, exercise classes, and Nu Step minutes! All proceeds go to our local Alzheimer's Chapter to assist with research and support for families dealing with this disease.

If you missed out, save the date and join us for the Walk to End Alzheimer's on **Saturday, Sept. 17**. When you participate in the walk, your fundraising dollars fuel our mission-related initiatives of care, support, and research. In addition, your actions, both through fundraising and participating in the event, help to change the level of Alzheimer's awareness in your community. At this event, you can learn more about Alzheimer's disease and the support programs and services offered by your local chapter.

DETAILS:

LaKeysha Boyd-Moore, Manager (Constituent Events): 240-518-8496

Saturday, September 17

Registration: 8:30 a.m. • Ceremony: 9:30 a.m. • Walk: 10 a.m.

Location: Richard R. Clark Senior Center

www.alz.org/nca. Information provided by www.alz.org/walk

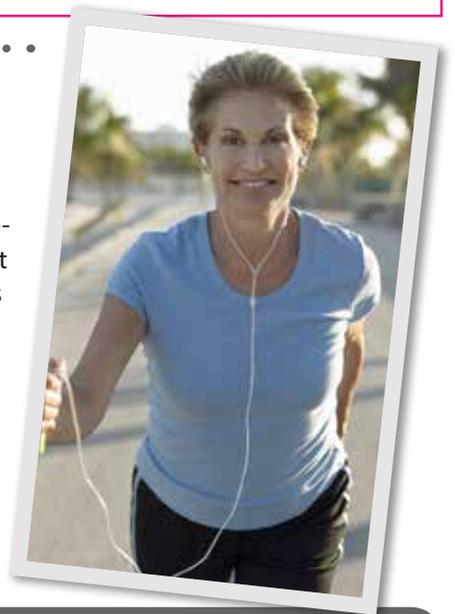


Saturday, October 8
Indian Head Village Green

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. The 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 at 301-743-2125



FALL AQUATICS FOR SENIORS

September 12 – November 10
Register at any senior center

Aqua Fitness

Donald M. Wade Aquatic Center

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

Walk Charles County – GET INVOLVED

There is still time to get involved in this state-wide endeavor. Stop by any senior center to get your own walking log and exercise equivalents sheet, or list your steps/miles in the center log book.

Help us put Charles County on the map and improve your overall health and wellbeing.

Runs Through October 5 • FREE

Location: Any of the four senior centers

COUNCIL NEWS ITEMS

Clark Senior Center

Co-sponsored All American Breakfast

Indian Head Senior Center

Think Pink Days, Peace Pole Visual, Market Day, Men Count: Prostate Awareness, Sub Bar, Family Health and Fitness Day

Waldorf Senior Center

Snack Bar, Bingo Supplies CASH BINGO, SSCC, Inc. S-Y-O-S Sale, Sweater and Sweatshirt Sale

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

All American Breakfast Month Breakfast

Various items will be available, all cooked on site. Eggs, bacon, hash browns, pancakes, orange juice. Be sure to pre-register by August 30 in the program office. Sponsored in part by the RRCSC Council.

Thursday, Sept. 1, 9:30 a.m. • Fee: \$4



Special Events & Daily Activities

Primetimers

Time to begin Primitimer rehearsals. The play will be performed at the center's Valentine Party. You must learn your lines and attempt to make all play practices.

Each Tuesday • Beginning Sept. 6, 3 p.m.
Fee: FREE

Sisters at Heart

Support group for those diagnosed with breast cancer.

Monday, Sept. 26, 11:30 a.m. Fee: FREE

Special Presentations

Crystal Energy Healing

Healing crystals and gemstones are one of the most beautiful, mystical, and profound energy medicine tools. Ellen Bowie will hold this informative session.

Wednesday, Sept. 7, 11 a.m. Fee: FREE

Ready, Steady, Balance

Common sense tips to help avoid falls. Facilitator: Debi Shanks

Thursday, Sept. 8, 11 a.m. Fee: FREE

The Grey Area

Sermon on the Mount. Facilitator: Dr. Rollie Hower
Tuesday, Sept. 13, 11 a.m. Fee: FREE

Charles County Senior Living

A video featuring doctors Sanjeeb Mishra, Mohammed Khaled, and Guillermo Sanchez discussing the affects of hypertension has on body's organs. Sponsored by the ACA.

Wednesday, Sept. 14, 11 a.m. Fee: FREE

Look Back in Time: School Rules

School rules on the curriculum, student attire, and classroom have changed over time.

Thursday, Sept. 15, 11 a.m. Fee: FREE

Talk Saves Lives: Suicide Prevention

Suicide rates are rising among senior Americans. Recognize the signs of suicide and how to reach out to someone who is struggling. Facilitator: Susan Maskaleris

Tuesday, Sept. 20, 11 a.m. Fee: FREE

Kidney Disease 101

Mary Navarro, RN (Fresenius Medical Care) will discuss symptoms, stages, diet, and treatment of kidney disease.

Thursday, Sept. 22, 11 a.m. Fee: FREE

Your Cell Phone: Connection to the World

Tiffany Lancaster will demonstrate cell phone features and help organize your life. Bring your phone.

Thursday, Sept. 29, 10:30 a.m. Fee: FREE

Classes

Beginner Piano Lessons

Class size limit. Payment is required before the start of class. No refunds for missed classes. Sign up in the program office. No class on Thursday, Sept. 29. Instructor: Michelle Mauck

Thursday, Sept. 1-Oct. 27, 10-11 a.m. (8 weeks)
Fee: Varies depending on class size

Computer Help

Informal sessions designed to help those beginning to use, or having problems using the computer. Instructor: Frank Russell.

Wednesday, Sept. 7 & 21, 11 a.m. Fee: FREE

Book Club

September: *My Mother Asked Me to Tell You She's Sorry*, by Fredrik Backman.

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

Thursday, Sept. 1, 1 p.m. • Fee: FREE

Creative Writing

Friday, Sept. 9, 1 p.m. Fee: FREE

AARP

Improve driving skills through this comprehensive course. Lunch available by donation for senior citizens 60 and older. (59 or younger may receive lunch for \$5.75) Preregistration required: 301-609-5706. Sponsored by UMCRCM. Instructor: Wes Henson

Tuesday, Sept. 13, 10 a.m.-3 p.m. Fee: FREE

Food & Sanitation Class

Lisa Furlow will teach food safety and sanitation. Mandatory for staff and kitchen volunteers, but all are welcome.

Tuesday, Sept. 20, 1 p.m. Fee: FREE

Services

Reflexology

Registration is necessary.

Friday, Sept. 2, 9:15 a.m. Fee: 50¢/min

Watch Repair

Wednesday, Sept. 7 & 21, 10 a.m.
Fee: Varies according to service

Flu Shots

Flu shots provided by MSSMHC. Preregistration required.

Thursday, Sept. 15, 10 a.m.-Noon Fee: FREE

Fitness

Fitness Orientation

Registration required.

Tuesday Sept. 6, 3:30 p.m. Fee: \$2

Wednesday, Sept. 14 & 28, 1 p.m. Fee: \$2

Reiki

Reiki therapy is known to improve spiritual, physical, and emotional well-being.

Thursday Sept. 8 & 22, 10 a.m.-Noon, 1-4 p.m.
Fee: \$15/30 min

NEW! Boom Dance Cardio

Very fun and easy-to-follow moves to make your heart happy! Instructor: Tara Scott

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

NEW! Zen*Ga Chair Pilates

Class focuses on bringing awareness of how the mind and body work together. Instructor: Zoa Conner

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

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 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 S. MD. Woodcarvers 1:00-3:00 So. MD. Pitch 1:00-4:00 Primetimers 3:00 Weekly Workout 5:00	Mah Jong 9:00-Noon Billiards Drop In 9:00-4:00 Strength Training 9:15 Crochet & Knitting Club 9:00-Noon Chair Tai Chi 9:30 Quilting Etc 9:30-Noon Breathe Easy 10:20 Chair Pilates 11:00 Bridge 11:00-3:15 Clogging (rehearsal) Noon Pinochle 12:30-3:00 Tap (rehearsal) 1:00 Powder Puff Billiards 1:00-4:00 Boom Dance Cardio 2:00	Flex & Stretch 8:30 Beginner Quilting 10:00-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/Acrylic 10:00-2:00 Gentle Yoga 10:30 Handbells 11:30 Silver Sneakers 11:45 Silvertones (rehearsal) 11:45 Pinochle 12:30-3:00 ZenGa Chair Pilates 12:30 Canasta Noon Pickleball 1:30-3:30
<h2><i>The month of September</i></h2>			1 All American Breakfast Month Breakfast 9:30 Piano Lessons begin 10:00 Book Club 1:00	2 Reflexology 9:15 Hand & Foot 10:00
5 Senior Center Closed Labor Day	6 Primetimers Begin 3:00 Fitness Orientation 3:30	7 Jewelry Club Class 10:00 Blood Pressure & Blood Sugar Testing 10:00 Watch Repair 10:00 Crystal Energy Healing 11:00 Computer Help 11:00 Boom Dance Cardio 2:00	8 Popcorn Day 10:00 Piano Lessons 2 10:00 Reiki 1:00-4:00 Ready, Steady, Balance ... 11:00 Gospel Singers Get together Noon Reiki 1:00-2:00	9 9/11 Video: 10:00 ZenGa Chair Pilates 12:30 Creative Writing 1:00
12 Spanish 10:00	13 FREE Yoga Class 9:30 AARP Safe Driving Class 10:00 The Grey Area 11:00	14 RRCSC Council Mtg 9:00 Jewelry Club Drop-in 10:00 Genealogy 10:00 Charles County Senior Living: Hypertension 11:00 Fitness Orientation 1:00	15 Piano Lessons 3 10:00 Hearing Professionals 10:00 MedStar SOMD Hospital Flu Shots 10:00 Look Back in Time: School Rules 11:00	16
19 2N1 Club 10:15	20 Talk Saves Lives: Suicide Prevention 11:00 Food & Sanitation Class 1:00	21 Watch Repair 10:00 Computer Help 11:00	22 Piano Lessons 4 10:00 Reiki 10:00-Noon Kidney Disease 101 11:00 Reiki 1:00-4:00	23 Video: America: The Story of Us 9:00 FREE Gentle Yoga 10:30 Guided Meditation 11:30
26 Ceramics 10:00 Sisters at Heart 11:30	27 FREE Yoga Class 9:30 Wheel of Fortune 11:00 Pizza Lunch Day Noon	28 Jewelry Club Drop-in 10:00 Fitness Orientation 1:00 Caregivers Support 2:00	29 Your Cellphone: Connection to the World 10:30 No Piano Lessons today	30 Hand & Foot 10:00

INDIAN HEAD SENIOR CENTER

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

Get your Latest SCOOP online!
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Peace Pole Visual



There are tens of thousands peace poles in 180 countries around the world, and one is planted in front of the center. Written on the pole is a prayer "May Peace Prevail on Earth." Join us on International Peace Day as we gather at the pole to pray for peace in our homes, neighborhoods, county, state, country, and the world.

Wednesday, Sept. 21, 1 p.m. • Fee: FREE

Daily Activities

Health & Nutrition

Aging Resources Outreach

Schedule your appointment with staff.

Friday, Sept. 2, 10 a.m. Fee: FREE

Piano Lessons with Michelle Mauck

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

Tuesdays, Sept. 6-20, 10 a.m. Fee: \$20

Emergency Preparedness

Join Professor Lorraine Harley for an informative discussion and planning for an emergency event.

Thursday, Sept. 8, 11 a.m. Fee: FREE

Poets Corner

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

Wednesday, Sept. 21, 10 a.m. Fee: FREE

Sub Bar

Submarine sandwich, hero, hoagie, po' boy or sub, whatever you call it, we will have the right stuff to fill your bread. Join the Senior Center Council for one of many bars to come.

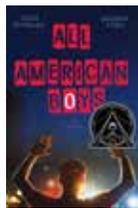
Friday, Sept. 23, 11:45 a.m. Fee: FREE

Book Club:

All American Boys

By Jason Reynolds & Brendan Kiely

A timely selection for the days and times in which we live. The book selection from One Maryland One Book was written in 2015 about two teen boys, one white and one black as they try to understand the repercussions of one violent act that separates their school, community, and nation. Do you side with your family or what is right?



Wednesday, Sept. 28, 11 a.m. Fee: FREE

Visit the Nurse

Blood pressure screening and private consultation with local nurses.

Thursday, Sept. 1, Wednesday, Sept. 21 & Monday, Sept. 26, 9 a.m. Fee: FREE

Food Safety with Lisa

Lisa Furlow will teach food safety and sanitation. Mandatory for staff and kitchen volunteers but all welcome.

Tuesday, Sept. 6, 10:30 a.m. Fee: FREE

Vacation with Fruit: Apples

An apple a day keeps the doctor away. Join staff as we talk about the nutrients of apples and the varieties that are available.

Wednesday, Sept. 7, 11 a.m. Fee: FREE

Seated Massage

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

Friday, Sept. 9, 9 a.m. Fee: 5¢/min

Men Count: Prostate Awareness

Join Linda Barnes, BSN, RN (CCHD) as she shares information about prostate health. Stay for the free submarine sandwich bar.

Friday, Sept. 23, 11 a.m. Fee: FREE

Family Health & Fitness Day

Saturday, Sept. 24 is the official fitness day, but join us Monday for fun physical and mental challenges. The nurse will be here and we will be walking around the Village Green. All fitness programs will be FREE. Sponsored by the Senior Center Council.

Monday, Sept. 26, 9 a.m. Fee: FREE

Classes

Circuit Training

Cardio and resistance training exercises.

Thursdays, Sept. 1 & 15, 1 p.m.
Fee: Fitness Card

Computer/Smart Phone Lab

Friday, Sept. 2 & Monday, Sept. 19, 1 p.m.
Fee: \$5 (refundable)

Fitness Training

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



Tai Chi: For Health

Each Monday & Wednesday, 8:30 a.m.
Fee: Fitness Card

Line Dancing with Pat

Thursday, Sept. 8, 1 p.m. Fee: Fitness Card

Seated Yoga

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

Arthritis Foundation Exercise Program (AFEP)

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

Fall Prevention Week

Join us for a week of events that will help you "Ready, Steady, and Balance," the NCOA 2016 Fall Prevention theme.

Tai Ji Quan:

Moving for Better Balance®

This fourteen week program is designed to improve balance, mobility, and independence. This proven program has reduced chances of falling and improved quality of life.

Mondays, Sept. 19-26, & Wednesdays, Sept. 21-28, 10:30 a.m.
Fee: Fitness Card

Fall Prevention Bingo

Tuesday, Sept. 20, 11 a.m. Fee: FREE

Self-Defense Demo

Welcome 9th Degree Black Belt Allen Stewart. Allen will demonstrate how to stay ready and be steady to defend ourselves.

Tuesday, Sept. 20, 1 p.m. Fee: FREE

Damsel in Defense

Join Eldean Penn as she empowers and equips us with information and products to be safe, even if we fall.

Thursday, Sept. 22, 11 a.m.
Fee: Your Purchases

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.



SPARKLES & SPURS PARTY

Shine your spurs and hitch them to some real shiny dancing shoes to join us for barn raising fun. The South Bound Band showcase traditional country music and golden oldies. Stay for lunch of good ole Salisbury steak and the fixin's.

Sponsored by: Indian Head Ceramics Class.

Tuesday, Sept. 27, 10:30 a.m. • Fee: Generous lunch donation

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tai Chi For Health 8:30 Billiards/Cards 9:00 Fitness Training 9:15 Bingo 9:30 Jewelry with Martha & Vern 9:30- Noon Bingo 1:00	Billiards/Cards 9:00 Chair Pilates 9:15 AFEP 10:30	Tai Chi For Health 8:30 Billiards/Cards 9:00 Fitness Training 9:15 Hooked on Yarn 9:30 Quilt N' Chicks 10:00 Walk with Us Wednesday 1:00	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 Matthew 1:00 Guitar Lessons & Jam 2:00
<i>The month of September</i>			Chair Pilates is Back!	
			<p>1</p> <p>Visit the Nurse 9:00 Council Meeting 9:30 Circuit Training 1:00</p>	<p>2</p> <p>FREE Seated Yoga 9:00 Aging Resource Outreach 10:00 Computer/Smart Phone Lab .. 1:00</p>
<p>5</p> <p>Senior Center Closed Labor Day</p>	<p>6</p> <p>Piano Lessons with Michelle 10:00 Food Safety with Lisa 10:30 Pastor Chris & Betty 1:00</p>	<p>7</p> <p>Vacation with Fruit: Apples 11:00 Crafternoon 12:45</p>	<p>8</p> <p>Emergency Preparedness 11:00 Breast Cancer Committee Meeting 12:30 Line Dancing 1:00</p> <p>▶ Breast Cancer Walk Oct. 8</p>	<p>9</p> <p>Seated Massage 9:00</p>
<p>12</p> <p>National Encouragement Day 9:00 An Apple a Day 11:00</p> <p>Think Pink Week</p>	<p>13</p> <p>Piano Lessons with Michelle 10:00 Yoga Demo 11:00</p>	<p>14</p> <p>Committee Meeting 9:30</p>	<p>15</p> <p>TOPS overview 10:15 Pokeno 11:00 Crafternoon 12:45 Circuit Training 1:00</p>	<p>16</p> <p>Apple Surprise 11:00</p> <p>▶ See you at the Fair!</p>
<p>19</p> <p>Tai Ji Quan: MBB 10:30 Computer/Smart Phone Lab 1:00</p>	<p>20</p> <p>Piano Lessons with Michelle 10:00 Fall Prevention Bingo 11:00 Self-Defense Demo 1:00</p>	<p>21</p> <p>Visit the Nurse 9:00 Poets Corner 10:00 Tai Ji Quan: MBB 10:30 Peace Pole Visual 1:30</p>	<p>22</p> <p>Damsel in Defense 11:00 Drums with Anna 1:00</p>	<p>23</p> <p>Men Count: Prostate Awareness 11:00 Sub Bar 11:45</p>
<p>26</p> <p>Visit the Nurse 9:00 Family Health & Fitness 9:00 Tai Ji Quan: MBB 10:30</p>	<p>27</p> <p>Sparkles and Spurs Party 10:30</p> <p>No Piano Lessons Today</p>	<p>28</p> <p>Tai Ji Quan: MBB 10:30 Book Club: One Maryland One Book 11:00</p>	<p>29</p> <p>National Coffee Day 9:00 Market Day 9:00</p>	<p>30</p> <p>Think Pink Day 9:00 Caregivers Support 10:00</p>

WALDORF SENIOR CENTER

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

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Meet the Author: Mary Ann Jenkins

Mary Ann has written: *The Cardboard Box*, *The Witches Journal* and *The Journal Reopened*. She will share her inspiration about the stories and her writing, plus sign copies of her books. She plans to facilitate the Afternoon Book Club in October and November.

Tuesday, Sept. 6, 11:15 a.m. • Fee: FREE



Special Events & Daily Activities

iPhone Help with Ann

Thursday, Sept. 1, 10:30 a.m.

Fee: FREE

Afternoon Book Club: *Pilot's Wife*

Facilitator: Julie Brasher

Wednesday, Sept. 7, 1 p.m.

Fee: FREE



Sell Your Own Stuff Sale (S-Y-O-S)

Rent a table to sell your own stuff. No vendors allowed. See office for details. Benefits the Senior Center Council.

Thursday, Sept. 8, 9:30 a.m.-1:30 p.m. Fee: Varies

Sweater & Sweatshirt Sale

Clothing must be in excellent condition. Donations no later than Monday, Sept. 12. Proceeds benefit the Senior Center Council.

Tuesday & Wednesday, Sept. 13-14

9:30 a.m.-12:30 p.m.

Fee: Your purchase

Computer Instruction

Hands-on training will cover the basics. Space is limited. You can bring your own laptop. Instructor: Russ Russell.

Wednesday, Sept. 14, 11 a.m.-1 p.m. Fee: FREE

For Your Health

Flu Shots by Kaiser in September.

Call 301-638-4420 for exact date and time.

BP Checks at Kaiser

Visit the Kaiser Mobile Unit to speak with a nurse, have a BP check, or a cholesterol screening for a small fee.

Each Tuesday, 9 a.m.-1 p.m.

Fee: Free

Healthy Green Juice

Try it, you'll like it!

Tuesday, Sept. 20, 11:15 a.m.

Fee: FREE

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, Sept. 21, 10 a.m.-Noon

Fee: FREE

Food Safety with Lisa

Lisa Furlow will teach food safety and sanitation. Mandatory for staff and kitchen volunteers, but all are welcomed.

Thursday, Sept. 22, 2 p.m.

Fee: FREE

Free Screening: Veins & Arteries

Dr. Antani (Center for Interventional Medicine) will screen for varicose veins, spider veins, peripheral artery disease (PAD), and leg artery disease.

Tuesday, Sept. 27, 11:15 a.m.

Fee: FREE

Reflexology

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

Wednesday, Sept. 28, 9 a.m.-3 p.m.

Fee: \$15/30 min

MedStar, Visit the Nurse

Visit with RN's Rose Dotson or Carol Pyles

Thursday, Sept. 29, 9:45 a.m.

Fee: FREE

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

Pinterest Crafts with JulieYou

Tuesday, Sept. 27, 11:15 a.m.

Fee: FREE

Mark your Calendar! Knitting Workshop

Impress your friends! Learn how to knit a scarf. Sign-up required. Instructor: Laura Lisak.

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

Fee: \$5

Car Talk Trivia: Leading up to CarFit on Oct. 13, the center will promote car safety. Consider signing up for the AARP Driver Safety Class on Sept. 21.

AARP Driver Safety Course

Refresh your knowledge of the rules of the road. Lunch on your own. Instructor: Wes Henson. Preregistration required.

Wednesday, Sept. 21, 10 a.m.-3 p.m.

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

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 M.

Each Tuesday & Wednesday, 2 p.m.

Fee: Fitness Card

YOGA 101 with Cindy M.

Chair yoga can be done for persons not able to begin on the mat.

Tuesday Sept. 20, 2 p.m.

Fee: FREE

Wednesday, Sept. 28, 2 p.m.

Fee: FREE

Flex & Stretch with Cindy M.

Each Wednesday, 9 a.m.

Fee: Fitness Card

Arthritis Foundation Exercise Program (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.



CASH BINGO

Fundraiser for Senior Services of Charles County, Inc.

OPEN to the public. Fundraiser with payouts of \$25, \$50, and a \$150 jackpot. All proceeds will directly benefit the four senior centers. \$5 lunch is available. Additional packs for \$5 each; Early Birds and Coverall are \$2 each. 50/50 raffle and door prizes.

Wednesday, Sept. 7 • 10 a.m.-1:30 p.m.

Fee: \$20 admission for regular games and specials.
 No Preregistration Necessary

CarFit in Charles County

Created and sponsored by AAA, AARP, and the American Occupational Therapy Association

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 seat belt use and fit;
- Safe positioning of mirrors to minimize blinds spots

Sign up today for your personal CarFit session.

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

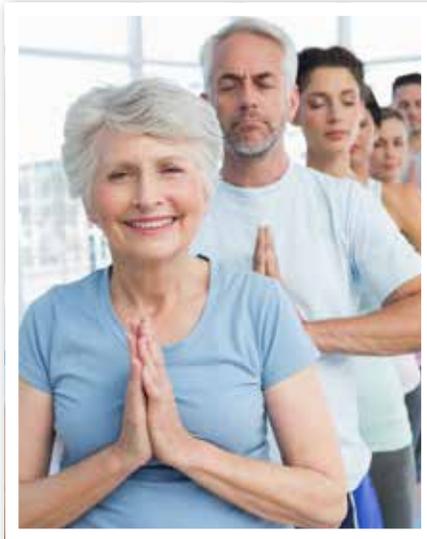


Sponsored by the Senior Center Council and Toyota of Waldorf

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
<i>The month of September</i>			1 iPhone Help 10:30 Car Talk Trivia 12:15
5 Senior Center Closed Labor Day	6 Meet the Author: Mary Ann Jenkins 11:15 Open Studio 11:30	7 CASH BINGO! Senior Services of Charles County. 10:00 Afternoon Book Club: <i>The Pilot's Wife</i> 1:00	8 S-Y-O-S 9:30-1:30 Car Talk Trivia 12:15 Total Body Conditioning in Militia Room
12 St. Charles Senior Club 10:00	13 Sweater & Sweatshirt Sale 9:30-12:30	14 Sweater & Sweatshirt Sale 9:30-12:30 Computer Instruction 11:00-1:00 Car Talk Trivia 12:15	15 Car Talk Trivia 12:15 Charles County Fair Begins Tonight 5:00-10:00
19 Senior Council Meeting 9:30 St. Charles Senior Club 10:00	20 Healthy Green Juice 11:15 Open Studio 11:30 Yoga 101 FREE 2:00	21 AARP Driver Safety Course 10:00 Aging Resources Outreach 10:00-Noon	22 Car Talk Trivia 12:15 Food Safety with Lisa 2:00
26 St. Charles Senior Club 10:00	27 Free Screening: Veins & Arteries 11:15 Pinterest Craft with JulieToo 11:15	28 Reflexology 9:00-3:00 Car Talk Trivia 12:15 Yoga 101 FREE 2:00	29 Medstar Visit the Nurse 9:45
Sign up for CarFit this week!			

Yoga & Older Adults

Yoga is a mind and body practice that typically combines physical postures, breathing exercises, and relaxation. Re-searchers are studying how yoga may help improve health and to learn more about its safe use in older adults. Recent studies in people in their late 40's have found that yoga is helpful in reducing chronic low-back pain and improving function. However, evidence is not yet available on its effectiveness and safety for older adults.



If you're thinking about practicing yoga, keep the following in mind:

Put safety first.

Yoga is generally safe in healthy people. However, if you have special health considerations such as a joint replacement, arthritis, balance problems, high blood pressure, glaucoma, or other health issues, talk with your health care provider before starting yoga. Start with an appropriate yoga class—such as one called Gentle Yoga or Seniors Yoga—in order to get individualized advice and learn correct form.

Look for a well-trained instructor who's attentive to your needs.

Ask about the teacher's experience and training. Standards for teacher training and certification differ depending on the style of yoga. The International Association of Yoga Therapists has developed standards for yoga therapy requiring at least 800 hours of training.

Practice mindfully

Be sure to let your yoga teacher know about any medical issues you have and ask about the physical demands of yoga. Listen to your body. Yoga poses should be modified based on individual abilities. Be careful to avoid overstretching. Because older adults are at higher risk of developing strains and sprains when doing yoga, you may need to modify or avoid some poses to prevent injury. Information provided by the www.Go4life.com

Throughout the month of September centers will offer FREE Yoga and Chair Yoga Classes to introduce this fitness program to you. Chair Yoga is a program for persons who might have difficulty getting onto a mat and wish to participate in a chair. Drop in and try some of the classes.

Clark Senior Center
Tuesday, Sept. 13 & 27 • 9:30-10:30 a.m.
Friday, Sept. 23 • 10:30-11:30 a.m.

Waldorf Senior Center
Tuesday, Sept. 20 • 2-3 p.m.
Wednesday, Sept. 28 • 2-3 p.m.

Indian Head Senior Center
Friday, Sept. 2 • 9-10 a.m.

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

CASH BINGO

Senior Services Fundraiser

Wednesday, Sept. 7

10 a.m.-1:30 p.m.

Waldorf Senior Center

See pg. 9 for details.



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 September</i>				
			1 LS Tomato Juice Liver and Onions Mashed Potatoes Collard Greens Whole Wheat Bread (2) Seedless Grapes	2 Pineapple Juice Salmon Cake w/Herb Sauce Squash Spinach Salad Biscuit Fruited Jell-O
5 Labor Day No Meal Service	6 Grape Juice Spaghetti w/Meatballs and Mozzarella California Blend Vegetables Breadstick Peaches	7 Apple Juice Chophouse Burger Sandwich Orange Glazed Carrots Party Hearty Beans Fruit Cocktail	8 Cranberry Juice Baked Tilapia Buttered Tri Color Pasta Chuckwagon Vegetables Dinner Roll Deluxe Fruit Salad	9 Pineapple Juice Curry Chicken Noodles Mixed Vegetables Dinner Roll Tangy Cherry Salad
12 Pineapple Juice LS Ham Slice Mashed Sweet Potato Succotash Whole Wheat Bread (2) Peaches	13 Cranberry Juice Asian Chicken Fluffy Rice Asian Blend Vegetables Dinner Roll Mandarin Oranges	14 Fruit Blend Juice Meatloaf w/Gravy Mashed Potatoes Scalloped Tomatoes Whole Wheat Bread (2) Fruited Jell-O	15 Grape Juice Chicken Parmesan Noodles Creamy Cucumber Salad Breadstick Applesauce	16 Apple Juice Fish Sandwich w/Cheese Carrots Sweet Peas Citrus Salad
19 Pineapple Juice Sloppy Joe Sandwich Green Beans Pickled Beets Pears	20 Grape Juice Tuna Salad Sandwich Cranberry Salsa Salad Pasta Salad Deluxe Fruit Salad	21 Apple Juice Honey Lemon Chicken Parsley Potatoes Asian Blend Vegetables Onion Roll Honeydew	22 BIRTHDAY CELEBRATION Fruit Blend Juice Beef with Gravy Fluffy Rice Collard Greens Biscuit Fresh Oranges Birthday Cake	23 Cranberry Juice Hot Dogs w/Bun Baked Beans Coleslaw Peaches
26 Pineapple Juice Vegetable Lasagna Broccoli 3 Bean Salad Dinner Roll Banana	27 Cranberry Juice Salisbury Steak w/Gravy Mashed Potatoes Squash Whole Wheat Bread (2) Seedless Grapes	28 Fruit Blend Juice Tuna Noodle Casserole California Blend Vegetables Biscuit Fruit Cocktail	29 Grape Juice ¼ Baked Chicken Mashed Sweet Potatoes Squash Rice Pudding Raisins	30 Orange Juice BBQ Pork Sandwich Seasoned Corn Carrot Raisin Salad Tropical Fruit Salad

Charles County Luncheon Program

Available at Noon • Days Vary By Center

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

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

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

On days where potatoes, corn, beans, &/or peas are used for the meal's starch component, an additional starch such as bread, crackers, or muffins is available for those participating in the CACFP program.

The SCOOP

The information contained in this monthly publication has been brought to you as a public service by the Charles County Department of Community Services. For more information about news for Charles County senior citizens, please contact the Richard R. Clark Senior Center at 301-934-5423 or 301-870-2015.

Charles County Commissioners



Equal Opportunity Employer

Learn more at...

www.CharlesCountyMD.gov



Department of Community Services

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

MISSION STATEMENT – The mission of Charles County Government is to provide our citizens the highest quality service possible in a timely, efficient, and courteous manner. To achieve this goal, our government must be operated in an open and accessible atmosphere, be based on comprehensive long- and short-term planning, and have an appropriate managerial organization tempered by fiscal responsibility. We support and encourage efforts to grow a diverse workplace.

VISION STATEMENT – Charles County is a place where all people thrive and businesses grow and prosper; where the preservation of our heritage and environment is paramount; where government services to its citizens are provided at the highest level of excellence; and where the quality of life is the best in the nation.

AMERICANS WITH DISABILITIES – The Department of Community Services welcomes the participation of individuals with disabilities. As with all County Government, we comply fully with the Americans With Disabilities Act in making reasonable accommodations to encourage involvement. If you require special assistance and would like to participate in our programs, please contact the Department of Community Services.

Publication Changes & Cancellations

Programs and activities have been confirmed at the time this publication goes to press. However, changes or cancellations can occur. For information, check with the Senior Center that has scheduled the program.

Senior Center Inclement Weather Policy

When Charles County Public Schools are closed due to inclement weather, Charles County's Senior Centers will also be closed. Senior Centers do not necessarily open late or close early as with Charles County Public Schools. Please tune your radio to 1560AM or 98.3FM for closing announcements. Community Services will also provide closing information as soon as possible through the Inclement Weather Hotline. Call 301-934-9305 or 301-870-3388 and immediately press extension 5197 for delays and cancellation listings.

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.

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.

