

# The SCOOP

Charles County's Senior Center News



SEPTEMBER 2012  
[www.CharlesCountyMD.gov](http://www.CharlesCountyMD.gov)



## The Importance of Honey Bees

A special event planned at the Indian Head Senior Center.  
See page 7 for details.

### The Charles County Fair is HERE... September 13-16

The fair is rapidly approaching! Items for the senior division (age 60 or older) are needed. Entries must have been completed between September 2011 and September 2012, excluding collections with new additions.

#### Entries

Two entry maximum per class. Entry selections include:

- Needle Arts: crocheting, knotting, needlepoint, sewn garments, decorated baskets, pillows, embroidery, counted cross stitch, quilting, rugs, decorated accessories, dolls, etc.
- Arts & Crafts: Watercolors, oils, acrylics, drawings, ceramics, pottery, woodcarving
- Decorative items: Christmas decorations, toys, photographs, calligraphy, jewelry, etc.
- Collections: Scrapbooks, stamps, coins, etc.

For more information on entering your projects, please call Kay Krafchik at 301-934-7996.

#### Volunteers

Ten pairs of volunteers are needed to monitor the senior room. Each pair will commit to a block of time beginning at 5:00pm on Thursday, September 13th through 5:00pm on Sunday, September 16th. Senior room volunteers will serve two purposes, to keep an eye on the projects and to promote the Senior Centers.

Please call the Waldorf Senior Center at 301-638-4420 for more information on volunteering.

### Mobile Farmer's Market

This year the Senior Nutrition Program partnered with the Waldorf Farmer's market to bring the goodness of fresh vegetables and more to the Waldorf Senior Center.

Several local farmers brought fresh produce and set up a mini farmer's market right in the parking lot of the Jaycees building.

Seniors who might have otherwise had trouble getting transportation to a market simply had to walk outside and shop the large variety of tomatoes, squash, melons, and more. Participants from the Indian Head and Nanjemoy Senior Centers were provided transportation so they too could access this popular event.

Farmer's market coupons were also distributed so seniors could redeem them right away. The Maryland Extension program and Senior I&A were also on hand to help seniors fill out applications for benefits and get information on healthy produce.



## COUNCIL NEWS ITEMS

## SPONSORED ACTIVITIES & EVENTS FOR SEPTEMBER

#### Clark Senior Center

Planning a Taylor Marie Fashion Show, see upcoming events

#### Indian Head Senior Center

National Honey Month & Honey Samples, The Importance of Honey Bees, Afternoon Tea

#### Waldorf Senior Center

Snack Bar, Bingo Supplies, Paint Your Own Pottery, Dance & Pizza Party

# Cash Bingo

Senior Services of Charles County Fund-Raiser

All proceeds will directly benefit Charles County's four Senior Centers to provide fitness equipment, computers, audio/visual equipment, program materials, entertainment, arts and crafts, bus trips and so much more. Individuals receive help under special need based circumstances through the Senior Information & Assistance Program.



**This CASH BINGO fund-raiser offers prizes of \$25 and \$50, as well as a \$150 jackpot.**

Please note: Payouts are determined by the number of attendees, so bring your friends and family.

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

**Thu, Sep 20 • 10:00am-1:30pm**

Fee: \$20\*: Admission for regular games & Specials • Additional packs: \$5 each

\*Additional cost for Early Bird and Cover-All

Location: Waldorf Senior Center

## Fall Prevention Awareness Day is September 22

Falls are the leading cause of injury death for older Americans. Falls threaten seniors' safety and independence and generate enormous economic and personal costs. However, falling is not an inevitable result of aging. Through evidence-based interventions, practical lifestyle adjustments, and community partnerships, the number of falls among seniors can be substantially reduced.

The challenge, according to the U.S. Centers for Disease Control and Prevention: One-third of Americans aged 65+ falls each year. Every 15 seconds, an older adult is treated in the emergency room for a fall; every 29 minutes, an older adult dies following a fall.

Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults. Falls result in more than 2.3 million fall injuries treated in emergency departments annually, including over 650,000 hospitalizations and more than 20,000 deaths. In 2000, the direct medical cost of fatal and nonfatal fall injuries totaled over \$19 billion, \$28.2 billion in 2010 dollars. The financial toll for older adult falls is expected to increase as the population ages and may reach \$54.9 billion by 2020.

Falls with or without injury also carry a heavy quality of life impact. A growing number of older adults fear falling and, as a result, self-limit activities and social engagements. This can result in further physical decline, depression, social isolation, and feelings of helplessness.

Every September on the first day of fall, the Falls Free Initiative promotes National Falls Prevention Awareness Day. States are encouraged to host and promote falls prevention awareness and screening activities to draw attention to the problem and offer senior practical solutions.

## Did You Sign In?

Knowing who is in the Senior Center is important for a number of reasons. First, having an accurate count of who is here is important for safety and emergency purposes. Second, in order for us to schedule rooms and provide instructors, we need to know whether there are 2 people or 20 people in the class or program.

When we are planning new programs or applying for additional funding, it is very important for us to have an accurate count of who is here at the Center and what activity you are involved in.

Attendance numbers provided to the Maryland Department of Aging demonstrate the number of persons using the Senior Centers, and when here for a visit what they may have taken part in. Recording this information helps to justify requested funds to maintain ongoing services for seniors in Charles County.

Please be sure to sign in with your token every time you come to visit. If you don't have a token, please pick one up at the front desk. It only takes a minute.

### Senior Aquatics

Improve your overall health and well being through a progression of movements in the water. Register at any Senior Center. For details, please call Debi Shanks, Physical fitness Coordinator, 301-609-5711.

#### Water Aerobics

Instructor Debi Shanks

Mon/Wed, Sep 10-Nov 8 3:30-4:30pm  
Fee: \$45/pp At North Point High School

#### Arthritis Foundation Exercise

Instructor Trudy Carlson

Tue/Thu, Sep 11-Nov 8 3:30-4:30pm  
Fee: \$45/pp At Lackey High School



## Maryland Clean Car Clinic

Accredited automotive technicians will conduct a non-invasive inspection of your car –include checking the tire pressure, belts and hoses, fluid levels, gas cap and other parts of the vehicle that affect how efficiently it runs.

The technician will not make repairs, but instead provides you with a copy of the inspection form. Our time slot allows for only 24 cars to be inspected.

A sign-up sheet will be available in the program office. Program developed by the Maryland Department of the Environment (MDE).

**Tue, Sep 25 • 9:00am-Noon**  
Fee: FREE

## Special Events & Activities

### The Primetimers

It is time to start practicing for our yearly production. We need all the help we can get, actors, stage hands, curtain pullers, costumers, etc. We meet weekly to prepare for the February 14, 2013 show.

Tue, Sep 4 2:00pm Fee: FREE

### Book Club

September selection: The Lovely Bones, by Alice Sebold. October selection: The Bell Jar, by Sylvia Plath.

Thu, Sep 6 1:00pm Fee: FREE

### Blue Grass Jam

Come on down to the Blue Grass Jam. At this point the group does not have a name, possibly we can give them one.

Thu, Sep 13 11:00am Fee: FREE

### Fall Favorite Sing-a-long

The Springdell Ladies Vocal Group, directed by Ms. Julie Garrison will provide a special musical program for your listening pleasure.

Tue, Sep 25 10:00am Fee: FREE

### Caregiver Support

Support for those caring for older adults from Cindy Olmsted, Long Term Care Coordinator.

Wed, Sep 26 2:00pm Fee: FREE

### Newcomers Coffee

Are you new at the Center? Enjoy a cup of coffee or tea, while learning about the great things the Center has to offer.

Fri, Sep 28 10:00am Fee: FREE

### Videos

#### Among the Wild Chimpanzees

Fri, Sep 7 10:00am Fee: FREE

#### The Long, Long Trailer

Made in 1953, follow the young couple Nicky & Tacy begin their life together in their very own home on wheels--a trailer.

Fri, Sep 14 10:00am Fee: FREE

#### Red Skelton

Fri, Sep 21 10:00am Fee: FREE

### Special Presentations

#### Whole Grains

Join Charles County Nutritionist, Lisa Furlow to hear all about the beneficial attributes of whole grains. Learn how to add more grains into your daily diet.

Thu, Sep 6 11:00am Fee: FREE

#### Babylonian Exile

Do not miss the latest installment, facilitated by Dr. Rollie Hower, concerning this important event in ancient history.

Tue, Sep 11 11:00am Fee: FREE

#### Gifting Strategies

The holidays are rapidly approaching take this opportunity to learn how to give a monetary gift that benefits both the giver and recipient. Facilitator: PNC Bank

Thu, Sep 13 10:30am Fee: FREE

#### Natural Solutions to Sleep Problems

You are not alone if you are struggling with sleep problems. Learn how to get a good night's sleep at this informational program presented by Dr. Charles Judge.

Tue, Sep 18 11:00am Fee: FREE

#### Computer Safety & Maintenance

Learn how to keep your computer safe, and the resources available for you to call when assistance is needed. Facilitator: Buddy Schoop

Thu, Sep 27 11:00am Fee: FREE

## Classes

### Matter of Balance

This 8 week class offers exercises and instructional workbooks describing lifestyle habits older adults need to follow to maintain their independence. Instructors: Dawn Camp and Florence Robey

Wed, Sep 5-19 10:00am Fee: FREE

### Fitness Room Orientation

Learn how to use the fitness room equipment properly before working out. This is a requirement. Registration is necessary.

Tue, Sep 4 3:30pm Fee: \$2  
Wed, Sep 12 & 26 1:00pm Fee: \$2

### Fleece Boa Class

Learn to make this unique boa to wear at a class reunion, Red Hat meeting, or match your winter wear. Make extras for gifting. Supply list and sign-up sheet in the lobby. Instructor: Andi LoSchiavo

Mon, Sep 10 10:00am-Noon Fee: \$5

### Strength Training New Session beginning!

Stronger muscles and bones are a MUST for all of us. Join this challenging but very simple class.

Wed/Fri, Sep 12-Nov 2 9:15am Fee: \$30/8 wks

### Basic Computer

This class is designed for those with very little computer skills. Instructor: Mike Moses

Tue/Thu, Sep 18 & 19 1:00-4:00pm  
Fee: \$32, plus \$3 donation for supplies

### Love Your Feet

Join Cathy Smith as she discusses the benefits of Reflexology, including demonstrations.

Wed, Sep 19 Noon-2:30 pm Fee: \$5

## FALL FASHION SHOW

This Council Fund-Raiser promises to be fun for everyone – a fashion show with shopping, refreshments, and time with your friends. Taylor Marie's brings you clothing and accessories from respected, high quality brands at a low price. Ten to twelve runway volunteers are needed.

**Tue, Oct 16 • 11:00am**  
Fee: Your Purchase (optional)

# CLARK SENIOR CENTER

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

**Hours of Operation • 9:00–4:00, Mon-Fri**

Luncheon at Noon—Reservation/Registration Required  
Reserve lunch by 10:00am the preceding day.  
Calendar items marked by an \* require reservation/appointment

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Interval Training ..... 9:00 Billiards Drop In ..... 9:00-4:00 Spanish ..... 10:00-11:30 Duplicate Bridge ..... 10:00-2:00 Ceramics ..... 10:00-2:00 2N1 Club ..... 10:15-11:00 Tai Chi ..... 10:30-11:30 Pinochle ..... 1:00-3:00 Circuit Training ..... 2:30-3:30	Flex & Stretch ..... 8:30-9:30 Project Linus ..... 9:00-Noon Billiards Drop In ..... 9:00-4:00 Gentle Yoga ..... 10:00-11:00 Fine Arts ..... 10:00-Noon AFEP ..... 10:30-11:00 Bridge ..... 10:00-3:15 Zumba Gold ..... Noon Guitar Lessons ..... Noon-1:00 Easy Craft ..... 1:00-1:45 Line Dancing ..... 1:00-2:00 Primetimers ..... 2:00 So. MD. Pitch ..... 1:00-4:00 Hi-Steppers ..... 2:00-3:00 Weekly Workout ..... 5:30-6:45	Billiards Drop In ..... 9:00-4:00 Strength Training ..... 9:15-10:15 Crochet Club ..... 9:00-Noon Quilting, Etc ..... 9:30-Noon Clogging ..... 10:30-11:30 Bridge ..... 11:00-3:15 Show Troupe Tap ..... 11:30 Beginners Tap ..... 12:30 Pinochle ..... 12:30-3:00 Powder Puff Billiards ..... 1:00-4:00	Flex & Stretch ..... 8:30-9:30 Billiards Drop In ..... 9:00-4:00 Tai Chi ..... 9:30-10:30 Investment Club ..... 10:00-11:30 Stained Glass ..... 10:00-Noon AFEP ..... 10:30-11:00 Zumba Gold ..... 11:30 Canasta ..... 12:30-3:00 Reflections ..... 1:00-1:30 Beg Line Dancing ..... 1:00-2:00	Project Linus ..... 9:00-Noon Billiards Drop In ..... 9:00-4:00 Strength Training ..... 9:15-10:15 Oil Painting/Acrylics ..... 10:00-2:00 Gentle Yoga ..... 10:30 Handbells ..... 11:30-12:30 Silvertones ..... 12:30-1:30 Pinochle ..... 12:30-3:00
<b>3</b>  <b>Labor Day</b> <b>Senior Center Closed</b>	<b>4</b>  <b>Karaoke Sing-a-Long.. 11:00</b> <b>Primetimers..... 2:00</b> <b>Fitness Orientation .... 3:30</b>	<b>5</b>  RRCS Council Mtg ..... 9:30 Blood Pressure Screening ... 10:00 <b>Matter of Balance .... 10:00</b>	<b>6</b>  <b>Whole Grains ..... 11:00</b> Book Club ..... 1:00	<b>7</b>  Hand & Foot Canasta ..... 10:00 Video: Among the Wild Chimpanzees ..... 11:00 Gentle Yoga ..... 11:00
<b>10</b>  <b>Fleece Boa Class ..... 10:00</b>	<b>11</b>  <b>Babylonian Exile ..... 11:00</b> <b>Primetimers..... 2:00</b>  <b>No Massage</b>	<b>12</b>  <b>Coin Appraisal ..... 9:00</b> Visit the Nurse ..... 10:00 <b>Matter of Balance .... 10:00</b> <b>Jewelry Club..... 11:30</b> Caregivers Support ..... 2:00 Fitness Orientation ..... 1:00	<b>13</b>  <b>Gifting Strategies .... 10:30</b> <b>Blue Grass Jam ..... 11:00</b>	<b>14</b>  Video: The Long, Long Trailer ..... 10:00 Visit the Barber ..... 10:00 Gentle Yoga ..... 11:00 Creative Writing ..... 1:00
<b>17</b>  Reflexology ..... 9:15 Ceramics ..... 10:00	<b>18</b>  <b>Natural Solutions to Sleep Problems ..... 11:00</b> Basic Computer ..... 1:00 <b>Primetimers..... 2:00</b>	<b>19</b>  Visit the Nurse ..... 10:00 <b>Matter of Balance .... 10:00</b> Genealogy ..... 10:00 Caregiving Tips ..... 10:00 <b>Love Your Feet ..... Noon</b> Basic Computer ..... 1:00	<b>20</b>  Stained Glass Class ..... 10:00	<b>21</b>  Video: Red Skelton: A Royal Performance ..... 10:00 Gentle Yoga ..... 11:00 Poetry Corner ..... 2:00
<b>24</b>  Sisters at Heart ..... 11:30	<b>25</b>  <b>MD Clean Car Clinic .... 9:00</b> <b>Fall Favorite Sing-a-Long ..... 10:00</b> <b>Primetimers..... 2:00</b>  <b>No Massage</b>	<b>26</b>  Blood Pressure Screening ..... 10:00 <b>Jewelry Club..... 11:30</b> <b>Fitness Orientation .... 1:00</b> Caregivers Support ..... 2:00	<b>27</b>  <b>Computer Safety &amp; Maintenance ..... 11:00</b> Twelve O'clock Pizza ..... Noon Birthday Celebration ..... 12:30	<b>28</b>  Newcomers Coffee ..... 10:00 Hand & Foot Canasta ..... 10:00 Visit the Barber ..... 10:00 Gentle Yoga ..... 11:00 Creative Writing ..... 1:00

## SEPTEMBER

# 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)

## Special Events & Daily Activities

### Buying Organic Food on a Budget

There are 10 produce items that nutritionists recommend buying organic.

Mon, Sep 3 10:30-11:00am Fee: FREE

### Meet & Greet with the IHSC Council

This is a great opportunity to meet your council members and learn more about what Council does for you and the center.

Tue, Sep 4 11:10am-Noon Fee: FREE

### Chess Tournament

Chess is a mental game of strategy, evaluation, and patience. A study in the New England Journal of Medicine found that challenging your brain with mentally stimulating games like chess will greatly increase mental agility and sharpen memory skills.

Every Wed 1:00-3:00pm Fee: FREE

### The Computer Guy

The computer guy, Buddy Shoop, is visiting to inform you of important maintenance updates that your computer may require. Don't miss the chance to talk to a computer expert!

Thu, Sep 6 11:15am-Noon Fee: FREE

### Movie Presentation:

#### Little Fockers

Gaylord "Greg" Focker (Stiller) is preparing to celebrate his twins' fifth birthday party. Things seem to go awry when Greg's father-in-law Jack Byrnes (De Niro) visits. Recently, Jack has been diagnosed with a heart condition and become embittered by his daughter Debbie's divorce from her husband, Bob (whose marriage was the social event in Meet the Parents and how Jack was introduced to Greg), for cheating on her with a nurse. Jack's plan was originally to name Bob as his successor of the Byrnes family, but decides to pass the role to Greg. This is a comedy.

Fri, Sep 14 11:30am-1:30pm Fee: FREE

### Music Spotlight: September Songs

More than any other month, September is present in song. From September Morn by Neil Diamond to See you in September by The Happenings, there are so many great songs celebrating this month. Join us and listen to some of them.

Tue, Sep 18 11:30am-Noon Fee: FREE

### Courtesy of Council Movie & Lunch Fieldtrip

The IHSC Council would like to treat seniors to a movie and lunch. Movie to be announced, and lunch will be at the Hibachi Sushi & Supreme Buffet.

Tue, Sep 25 9:00am-2:00pm Fee: FREE

### Book Club: The Cellist of Sarajevo by Steven Galloway

In a city under siege, four people whose lives have been upended are ultimately reminded of what it is to be human. From his window, a musician sees twenty-two of his friends and neighbors waiting in a breadline. Then, in a flash, they are killed by a mortar attack. In an act of defiance, the man picks up his cello and decides to play at the site of the shelling for twenty-two days, honoring their memory.

Wed, Sep 26 11:00am-Noon Fee: FREE  
Meeting Location: OBO Pizza (Indian Head)

## For Your Health

### Visit the Nurse

Blood pressure screening and a private visit with Linda Barnes, RN, Charles County Department of Health.

Thu, Sep 6 10:00am-Noon Fee: FREE

Wed, Sep 19 10:00am-Noon Fee: FREE

### Aged to Perfection

Let us share a wonderful story with you that will celebrate your individual value and enlighten too.

Mon, Sep 10 1:00-1:30pm Fee: FREE

### Steps to Feeling Better When You are Feeling Lonely

Join Joan for tips that can lift you from loneliness & despair.

Wed, Sep 12 11:00-11:30am Fee: FREE

### Ovarian Cancer Awareness

Take Early Action and Live (TEAL) with ovarian cancer. There are vague symptoms that can be your key to survival. Join the staff and learn more.

Thu, Sep 27 11:30am-Noon Fee: FREE

## Classes

### Relieve Your Pain Craft

Create your own reusable cold/hot therapy fabric rice bag to relieve and comfort sore muscles or just warm cold feet.

Fri, Sep 7 10:30am-Noon Fee: \$2

Mon, Sep 10 10:30am-Noon Fee: \$2

### Computer Class

Learn MS Word, access the internet or Facebook. Please preregister.

Fri, Sep 14 & 21 1:00-2:00pm  
Fee: \$5 refundable deposit upon registration

## Fitness & Dance

### Fitness Training

Get a great workout with a certified fitness instructor in a vigorous exercise program.

Mon/Wed 9:15-10:00am Fee: Fitness card

### Tai Chi: Moving for Better Balance Graduates

Improve your balance and mobility with Cynthia.

Wed, Ongoing 10:30-11:30am Fee: Fitness Card

Fri, Ongoing 9:15-10:15am Fee: Fitness Card

### Line Dancing

Learn some of the newest line dances with Geneva Johnson.

Thu, Ongoing 1:00pm Fee: FREE

### AFEP

Low-impact seated exercise.

Tue/Th, Ongoing 10:30am Fee: FREE

## National Preparedness Month Disaster & Financial Preparedness

What do you need in your home in the event of a disaster? Do you have available cash? What if you can't get to a financial institution? There are so many questions. Join staff for an easy checklist that you can use to ensure you are prepared.

Tue, Sep 11 11:15am-Noon Fee: FREE



# INDIAN HEAD SENIOR CENTER

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

**Hours of Operation • 9:00–3:00, Mon-Fri**  
**Luncheon at Noon–Reservation/Registration Required**  
**Reserve lunch by 10:00am the preceding day.**

## The Importance of Honey Bees



Most people don't realize the beekeeping industry is responsible for one-third of the food we eat. In the past six years however, the annual die-off of those little pollinating insects responsible for fertilizing plants, a process essential for maintaining our food supply, has become increasingly dramatic. Join Lyle J. Bradford, Bee Keeper Extraordinaire, and learn more about the importance of the honey bee.



**Thu, Sep 13 • 11:00am-12:30pm**

Register on or before Wed, Sep 5

Fee: Lunch Donation

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards/Cards ..... 9:00 Fitness Training ..... 9:15 Bingo ..... 10:00 Westside Clogging ..... 10:30 Bingo ..... 1:00	Billiards/Cards ..... 9:00 Bingo ..... 10:00 AFEP ..... 10:30 Reflections ..... 1:00	Billiards/Cards ..... 9:00 Fitness Training ..... 9:15 Quilt N' Chicks ..... 10:00 Tai Chi ..... 10:30 Tai Chi Graduates ..... 1:00 Chess ..... 1:00-3:00	Billiards/Cards ..... 9:00 Oil Painting ..... 10:00 AFEP ..... 10:30 Line Dancing ..... 1:00	Billiards/Cards ..... 9:00 Tai Chi ..... 9:15 Ceramics ..... 10:00 Canasta & Bid Whist ..... 10:00
<b>SEPTEMBER</b>				
<b>3</b> Buying Organic Food on a Budget ..... 10:30-11:00 Eye-Q Test for Glaucoma ..... 11:30-Noon	<b>4</b> Council Meeting ..... 10:00-11:00 Meet & Greet with IHSC Council Members ..... 11:10-Noon	<b>5</b> <b>National Honey Month &amp; Honey Samples . 10:30-11:00</b> Pictionary ..... 1:00-2:00	<b>6</b> Visit the Nurse ..... 10:00-Noon The Computer Guy... 11:15-Noon Bunko ..... 12:45	<b>7</b> Relieve Your Pain Craft ..... 10:30-Noon Pictionary ..... 1:00-2:00
<b>10</b> Relieve Your Pain Craft ..... 10:30-Noon Aged to Perfection ..... 1:00	<b>11</b> Nora Jones with Morning Wisdom. .... 10:00-10:30 <b>National Preparedness Month: Disaster &amp; Financial Preparedness... 11:15-Noon</b> Moment of Silence for 911 Victims ..... Noon	<b>12</b> <b>Steps to Feeling Better When You are Feeling Lonely..... 11:00-11:30</b> Afternoon Tea ..... 1:00-2:00	<b>13</b> Senior I&A Outreach ..... 10:00 The Importance of Honey Bees ..... 11:00-12:30	<b>14</b> Easy Craft ..... 10:30-Noon Movie Presentation: Little Fockers ..... 11:30-1:30 Computer Lab ..... 1:00
<b>17</b> Games to Improve Balance ..... 11:00-Noon Rain and Pain ..... 1:00-1:30	<b>18</b> <b>Music Spotlight: September Songs 11:30-Noon</b> Reflect with Lola Cooper ..... 1:00-1:30	<b>19</b> Visit the Nurse ..... 10:00-Noon Childhood Memories ..... 1:00	<b>20</b> Seated Massage ..... 9:30-Noon <b>Get Holistic with Leola ..... 10:30-Noon</b> Your Social Security Updates Move Online ..... 11:15	<b>21</b> International Day of Peace ..... 11:30-Noon United Nations Moment of Silence ..... Noon Computer Lab ..... 1:00
<b>24</b> Easy Craft ..... 10:30-Noon Memory Game ..... 1:00-2:00	<b>25</b> Courtesy of Council Movie & Lunch Fieldtrip ..... 9:00-2:00	<b>26</b> Book Club: The Cellist of Sarajevo by Steven Galloway ..... 11:00-Noon	<b>27</b> <b>Ovarian Cancer Awareness ..... 11:30-Noon</b> Bunko ..... 12:45	<b>28</b> <b>40,000 Varieties of Rice: Where to Start? .. 10:30-11:30</b> Pictionary ..... 1:00-2:00

# WALDORF SENIOR CENTER

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

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

## Special Events & Daily Activities

### Pizza & Dance Party

DJ John Roberts is back to help us get our groove on. Pizza and salad for lunch, then onto to the dance floor to work it all off! Sponsored by the Waldorf Senior Center Council. You may choose from veggie or meat pizzas.



**Thu, Sep 6 • 11:30-2:00pm**

Fee: \$3 for lunch and DJ

Registration deadline for lunch only: Tue, Sep 4

### Back to School Supply Drive

Support your local school children. See the center office for a list of needed items for one local elementary school. Drop off your donation at the Waldorf Senior Center.

Wed-Thu, Sep 11-12 All Day

Fee: School Supply Donation

### Cash Bingo Fund-Raiser for Senior Services of Charles County, Inc.

See page 2 for a complete description.

Thu, Sep 20 10:00am-1:30pm

Fee: \$20 admission for regular games and specials. Additional packs for \$5 each; Early Birds and Coverall are extra.

### Inspirations

Non-denominational faith discussion.

Tue, Ongoing 12:30pm Fee: FREE

### For Your Health

#### Visit the Nurse

Blood pressure screening and a private visit with Linda Van Hoy, RN, Charles County Department of Health.

Tue, Sep 4 10:00am-Noon Fee: FREE

Wed, Sep 26 10:00am-Noon Fee: FREE

#### Seated Massage

Cathy Payne, LMT, will leave you feeling relaxed and rejuvenated.

Thu, Sep 13 9:30-Noon Fee: 50¢/minute

### It's a Matter of Balance: Fear of Falling Video

You will raise your awareness of how the fear of falling affects your daily activities and leads you to restrict your movements. We will discuss your concerns and come up with solutions to your obstacles and help alleviate your fears! Led by Julie Brasher

Tue, Sep 18 11:15am Fee: FREE

### Controlling Your Diabetes Through Fitness

Learn helpful ways to manage your diabetes with an active lifestyle. Instructor: Debi Shanks.

Wed, Sep 19 11:00am Fee: FREE

### Senior Information & Assistance Outreach

Meet privately with Ruth Anderson-Cole, Senior I&A Program Specialist, who will guide you through Medicare, health insurance, prescriptions, energy assistance, fraud prevention, and other services as needed.

Thu, Sep 20 10:00-Noon Fee: FREE

### Flu Shot Clinic: Safeway Pharmacy

In partnership with the Waldorf Jaycees, Safeway Pharmacy will be providing flu shots here. It is a convenient option for you, and as always it's free to those enrolled Medicare Part B. An experienced Pharmacist will be on site, and will provide you with useful tips for a healthy life. Plus, if you get the vaccination, you will also receive a discount on groceries.

Thu, Sep 27 11:00am-1:00pm

Fee: Free for Medicare Part B Enrollees

## Classes

### Guitar Lessons

Some experience required. Bring your own guitar to the class led by Therese Thiedeman.

Tue, Ongoing 10:00-11:00am Fee: \$5/class

### Computer Class

Preregister for a personalized one-hour session with Roseanne Windley.

Wed, Ongoing 9:00am-2:00pm

Fee: \$63/6 week class

### Watercolors

Material list provided. Instructor: Pat Arnold.

Thu, Ongoing 10:00am

Fee: \$30/6 week class

### Water Based Oils

Material list provided. Instructor: Pat Arnold.

Tue, Sep 4 & 18 11:30am Fee: \$5/class

## Fitness & Dance

### Line Dancing at Elite Gym

More opportunities to learn popular and the classic line dances. Instructor: Clairisa Bryant

Thu, Ongoing 10:30am Fee: Fitness Card

### Pilates

Strengthens the back, abdominal muscles, and hips. Instructor: Debi Shanks.

Mon, Ongoing 2:00pm Fee: Fitness Card

### Hatha Yoga

Simple poses for strength and balance. Instructor Randi McWilliams

Tue, Ongoing 2:00pm Fee: Fitness Card

### The 2012 One Maryland One Book

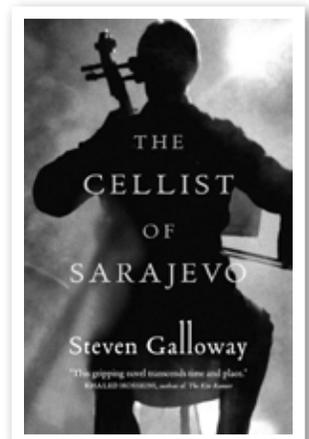
## The Cellist of Sarajevo By Steven Galloway

Inspired by the actions of a real cellist during the siege of Sarajevo, the story is a haunting and beautiful tribute to the endurance of humanity in the face of merciless horror.

After witnessing the death of twenty-two of his friends and neighbors in a mortar attack, the cellist sits at the site of the attack, a small crater left at the point of contact, where he plays each day for twenty-two days.

Facilitators: Julie Brasher and Lisa Clark,  
Charles County Public Librarians

**Wed, Sep 5 • 1:00pm • Fee: FREE**



# WALDORF SENIOR CENTER

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

**Hours of Operation • 9:00–3:00, Mon-Thu**  
**Luncheon at Noon–Reservation/Registration Required**  
**Reserve lunch by 10:00am the preceding day.**

## Paint your own Pottery

Painted Pottery 'a' Glazing, an ON-THE-GO Mobile Studio, will bring fun pieces for you to paint. You may either keep it for yourself or give away as a holiday gift. Their wish for you is to paint it TODAY and treasure it FOREVER!

You choose your piece, paint it, then the instructor will take it, fire it and make it come to life. She will bring it back to you in a lovely gift bag within ten business days. You will also learn interesting artistic painting methods such as bubble or splatter painting, too cool! No experience necessary, so bring your creative mind and let's paint some pottery!

Sponsored by the Waldorf Senior Center Council.

**Tue, Sep 25 • 10:00am-Noon**

Registration Deadline: Thu, Sep 20 • Fee: \$5/person



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
.....	Double Deck Pinochle . . . . Noon Pilates . . . . . 2:00	Total Body Conditioning . . . . 9:00 Guitar Lessons . . . . . 10:00 Line Dancing . . . . . 10:15 Dominos . . . . . 10:30 Inspirations . . . . . 12:30 Hatha Yoga . . . . . 2:00	Computer Class . . . . . 9:00-2:00 AFEP . . . . . 10:00 Bingo . . . . . 10:30 Dominos . . . . . 10:30 Cards & Games . . . . . 1:00 Restorative Yoga . . . . . 2:00	Total Body Conditioning . . . . 9:00 AFEP . . . . . 10:00 Watercolors . . . . . 10:00 Line Dancing at Elite Gym. . 10:30 Bingo . . . . . 10:30 Dominos . . . . . 10:30 Double Deck Pinochle . . . . Noon
	<b>SEPTEMBER</b>			
<b>Restorative Yoga</b> A gentle practice where most postures are done using props such as blocks, straps, a chair & wall. Instructor: Cindy Miller Wed, Ongoing 2:00pm Fee: Fitness Card	<b>3</b> <b>Labor Day</b> <b>Senior Center Closed</b>	<b>4</b> Visit the Nurse . . . . . 10:00 Water Based Oils . . . . . 11:30	<b>5</b> Rummikub . . . . . 10:30 <b>The 2012 One Maryland One Book: The Cellist of Sarajevo . . . . . 1:00</b>	<b>6</b> Bingo . . . . . 10:00-11:30 <b>Pizza &amp; Dance Party . . . . . 11:30-2:00</b>
<b>AFEP</b> Low-impact seated exercise. Center Staff Instructors. Wed/Thu, Ongoing 10:00am Fee: FREE	<b>10</b> St. Charles Senior Club . . . . 10:00	<b>11</b> <b>Back to School Supply Drive</b>	<b>12</b> <b>Back to School Supply Drive</b> Rummikub . . . . . 10:30	<b>13</b> Seated Massage . . . . . 9:30-Noon Rummikub . . . . . 10:30 <b>Don't Forget the Charles County Fair from 5-10 p.m.</b>
<b>Line Dancing</b> Popular and classic line dances. Instructor: Cindy Bladen Tue, Ongoing 10:15am Fee: Fitness Card	<b>17</b> Senior Council Meeting . . . . 9:30 St. Charles Senior Club . . . . 10:00	<b>18</b> It's a Matter of Balance: Fear of Falling Video . . . . . 11:15 Water Based Oils . . . . . 11:30	<b>19</b> Bingo . . . . . 9:30-11:00 Diabetes & Fitness . . . . . 11:00am Healthy Lunch . . . . . 11:45 <b>Bingo After Lunch</b>	<b>20</b> <b>Cash Bingo . . . . . 10:00</b> Senior Information & Assistance Outreach . . . . . 10:00-Noon
<b>Total Body Conditioning</b> Strength, endurance, and flexibility. Instructor: Clairisa Bryant. Tue/Thu, Ongoing 9:00am Fee: Fitness Card	<b>24</b> St. Charles Senior Club . . . . 10:00	<b>25</b> Paint Your Own Pottery . . . . . 10:00-Noon	<b>26</b> <b>Meeting in the Militia Room</b> Visit the Nurse . . . . . 10:00 <b>Canceled: Computer &amp; Restorative Yoga</b>	<b>27</b> <b>Meeting in the Militia Room</b> Flu Shot: Safeway Pharmacy . . . . . 11:00am-1:00pm Rummikub . . . . . 10:30 <b>Canceled: Total Body Conditioning &amp; Watercolors</b>

**Upcoming: Overstock Coat Sale • October 24 & 25**

## 7<sup>th</sup> Annual Indian Head Breast Cancer Awareness **FITNESS WALK**

**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 Saturday, October, 13, from 8:30 a.m. to 1:00 p.m., starting at the Indian Head Village Green. There will be live music, exercise warm-ups, vendors, raffles, and door prizes. The cost is \$25 per person, which includes healthy snacks, bottled water, and lunch. Registration begins at 8:30 a.m. **A free T-shirt will be available to the first 100 registrants.**

Proceeds benefit Susan G. Komen Breast Cancer Foundation of Maryland.

For details or directions, please call the Indian Head Senior Center 301-743-2125.



*Walk for the women and men in your life!*

### **Keep Cool with Energy Assistance**

The Electric Universal Service Program (EUSP) is a state program to assist eligible customers with paying their electric bills. It is administered by the Department of Human Resources, Office of Home Energy Programs. The program helps with the following:

- Financial assistance with current electric bills
- Settling past unpaid electric bills
- Weatherization services to reduce further bills

Eligibility information and application assistance is available at all Senior Centers. Senior citizens who have questions or wish to participate in this program can contact Senior Information & Assistance staff at 301-609-5712 or 301-934-9305 ext 5143.

### **Central Registration Begins October 1**

It's time for the Senior Centers to update Central Registration for 2013. Donations received will be placed back into programs to benefit your Centers. For more information, please visit a nearby Senior Center.

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

**Renew your membership at any of  
the four Senior Centers.**

### **Senior I&A at the Bel Alton Community Development Center**

Are you, or someone you know 60 years of age or older? Do you have questions about what programs are available to help seniors citizens and their family? Confused about what is Medicare and supplemental insurance coverage?

Through the Senior Information & Assistance Outreach Program the elderly, age 60 and older and their families, may access information about programs, services, and benefits. An Aging and Community Centers staff member will be available to answer questions and provide assistance.

#### **Southern Charles County Outreach**

**Wednesdays: Oct 3 & Dec 5 • 11:00am-1:00pm**

Fee: FREE

### **Recipe of the Month!**

## **Tuscan Glazed Chicken**

#### **Ingredients**

- 1/3 cup Hellmann's® Mayonnaise Dressing with Extra Virgin Olive Oil
- 3 Tbsp finely chopped roasted red peppers
- 1 tsp garlic powder
- 1/2 tsp dried Italian seasoning
- 1 tsp balsamic vinegar
- 6 boneless, skinless chicken breast halves (about 2 lbs)

#### **Directions**

Preheat oven to 425°. Combine all ingredients, except the chicken, in a medium bowl. After combining, arrange the chicken on a baking sheet, and evenly top with the mayonnaise mixture. Bake for 20 minutes, or until chicken is thoroughly cooked. Makes 6 servings.

Nutrition Information per serving:  
Calories: 240, Total Fat: 8g, Total Carbs: 3g, Protein: 35g



# 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.

## Senior Services Trips

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

### Southern Caribbean

#### Royal Caribbean Cruise Lines, Enchantment of the Seas

13 Days/12 Nights

Stops at Tortola, British Virgin Islands, known for their white sandy beaches, St. John's Antigua where you can snorkel, scuba dive or just relax; St. Maarten, St. Thomas, Puerto Rico, and finally Haiti. Enjoy walking tours, beaches, restaurants, and shopping. Those who book early get the best cabin locations.



**Trip Date:** Feb 25-Mar 9, 2013

Cabin Range: \$1,076-\$1,901/pp dbl

Deposit: \$550/pp double occupancy; or \$1,100/pp single occupancy.

Deposit is due at sign up with the balance due Oct 21, 2012

### Christmas at the Galt House Hotel

Kentucky's Biggest and Best holiday event, Christmas at the Galt House Hotel. The trip will consist of three nights followed by a delightful breakfast each morning. This year's holiday season will treat you to two dinner theatre's and a celebration of the life and humanitarian work of Lady Diana. Walk through nine galleries containing 150 objects ranging from her royal wedding gown to 28 other designer dresses and many personal mementos. The Galt House Hotel is the Exclusive Hotel Partner of Diana.

**Trip Date:** Nov 27-30, 2012

Reservation Deadline Wed, Oct 10, 2012

Transportation provided by Keller Bus

Departure: Clark Senior Center 6:00am

Return: Clark Senior Center 6:00pm

Deposit: \$100/pp required; \$500/pp/double occupancy



## Community Services Senior Trips

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

Online registration is available at [www.CharlesCountyParks.com](http://www.CharlesCountyParks.com)

### Odyssey Cruise & National Gallery

Washington, D.C.

Savor creative appetizers and entrees prepared fresh onboard daily by an executive chef. Dance to live music or sit back and relax as unmatched monumental views drift past your table. A stop will be made at the National Gallery to view the exhibits.

403108-TR Wed, Oct 24 Trip Fee: \$95

Registration Deadline: Sep 20

Departure: Clark Senior Center 10:00am,

Waldorf Jaycees 10:20am

Est. Return: 5:30pm

### The Story of Jonah

Sight & Sound Theater • Strasburg, PA

Experience the incredible sets, costumes, lighting, seamless transitions, impressive scenes, and special effects! You'll be on the edge of your seat, and in the heart of the action. Jonah is truly a show for the whole family - uplifting and entertaining - yet with a powerful and timely message for today. Lunch on your own. Dinner included after the show.

403118-TR Wed, Nov 7 Trip Fee: \$127

Registration Deadline: Oct 5

Depart: Clark Senior Center 7:45 am, Waldorf

Jaycees 8:00am / Est. Return: 10:00pm