

The SCOOP

Charles County's Senior Center News



AUGUST 2012
www.CharlesCountyMD.gov

Treasure the Chesapeake
See your Center pages for events planned.

Treasure the Chesapeake

In August, Senior Centers will host a special day of events aimed at educating and celebrating life in and around the Chesapeake Bay. Aside from being a great source for seafood and recreation, the bay is a valuable environmental resource, vital to a balanced ecosystem. The Chesapeake Bay is North America's largest estuary (an area where fresh and salt water mix) and the world's third largest. From north to south, the Bay is roughly 200 miles long.

Plan to attend a Senior Center to take part in this special event. Enjoy a delicious luncheon of cranberry juice, oven fried chicken, crab cake, corn on the cob, pacific blend vegetables, dinner roll, tasty dessert and iced tea.

This event will take place on Thursday, August 23. Please see the individual Center pages for activities planned for the day. Reservations are required.



Maryland Association of Senior Centers Award



We are pleased to announce that the Waldorf Senior Center of Charles County was the recipient of a Maryland Association of Senior Centers ("MASC") Award.

The annual event hosted by MASC is designed to honor and promote outstanding efforts made by senior center staff throughout the state of Maryland in program planning.

Join me in congratulating Julie Brasher, Ann Walter, and Cindy Bladen for their winning program titled

"CPR Made Simple." The program was entered in the category of Nutrition, Fitness & Health Promotion.

This is a marvelous achievement for Senior Center staff, one to be proud of. Keep up the good work!

A Letter From Millie Hamman President of Senior Services of Charles County

DID YOU KNOW that Senior Services of Charles County, Inc., a nonprofit organization, raises money to fund some of the needs of Waldorf, La Plata, Nanjemoy and Indian Head Senior Centers? Since it organized in 1995 Senior Services of Charles County has raised over \$250,000 for these centers and hopes to raise \$30,000 this year.

Senior Services of Charles County is proud to say that senior centers now house up-to-date computer labs and fitness equipment supported by fund-raising efforts. Each center has educational, cultural and historical events for seniors which Senior Services of Charles County help to sponsor.

Senior Services raises funds through a Sunset Memorial Fund, an Annual Friends Mailout Campaign and other fund-raising events such as Bingo. Individuals and businesses can also send tax deductible contributions by mail to Senior Services of Charles County, Inc., P. O. Box 1416, La Plata, Maryland 20646.

Persons can visit our website at www.razoo.com or www.seniorservicescharlescounty.org to learn more about us and upcoming fund-raising events. Let's continue to care for those who have cared for us through Charles County's four Senior Centers at 301-609-5712 or 301-934-9305, ext. 5143.

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 at 301-609-5712 or 301-934-9305 ext 5143.

Council News

Sponsored Activities & Events for August

Clark Senior Center

- Southern Maryland Band Concert and co-sponsored Grandparents Day

Indian Head Senior Center

- Turtle Bingo with the Humane Society, National Watermelon Day, Iced Tea & Antioxidant Benefits, Treasure the Chesapeake Party

Waldorf Senior Center

- Snack Bar, Bingo Supplies, Week-Long Yard Sale, Grandparent's Day, Treasure the Chesapeake, Special Crab Cake Lunch

Matter of Balance Managing Concerns About Falls

Lay Leader Certification & Class Information

Hopefully by now, you have heard about this new program offered at Senior Centers titled Matter of Balance. Many things may come to mind when first hearing about the program but the main factor that needs to grab your attention is "balance." This program focuses on improving your balance and is designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risks factors, and learn simple exercises to increase strength and balance.

Programs are currently being offered at Centers throughout the county. To find the one nearest you, please refer to the Center listings or contact Debi Shanks at 301-609-5711.

The next Matter of Balance class offered at the Richard R. Clark Senior Center will be held **Wednesday, August 1-October 3, 9:00-11:00 a.m.** This is a FREE program.



Pictured from left to right: Marilyn Oglesby, Carol Eppley, Kay Krafchik, Joann Sloan, Jo Bond, Bob and Helen Turgeon; Bottom row, Dawn Camp, Kathy Cooke, Tramaire Mahoney. Not pictured: Debi Shanks

Testimonial...

A program participant – Joanna "Jo" Bond – wanted to share her thoughts and experience from the class. She was concerned that the write-up might sound too text book like and wanted everyone to understand the impact the program may have on you and your current lifestyle.

"I recently completed your course on "Balance" at the Clark Center. I wasn't sure what I would gain from this class but needed to know about preventing falls. This course taught me this and much, much more. I not only learned about strengthening my muscles, but home prevention obstacles and keeping my mind alert to proper balance, walking and strengthening.

I would recommend this course to all Senior Center members. A very important session was after falling, how to get yourself up. This "balance" course will change your life."

Certification...

If you would like to become a **Certified Lay Leader**, the next two-day training session is scheduled for **Wednesday, August 15 and Friday, August 17, Noon-4:00 p.m.** Upon completion of the two-day training, individuals will be qualified to lead their own program at desired locations. For more information please contact Debi Shanks at 301-609-5711.

Mark Your Calendar!

The Charles County Fair is Coming September 13-16

It's time to finish your projects... 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. 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, 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. For details, please call Kay Krafchik at 301-934-7996.

WANTED: 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 13 through 5:00pm on Sunday, September 16. 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 details.

CLARK SENIOR CENTER

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

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Visit www.CharlesCountyMD.gov/CS

Grandparents' Day... The Ickity Bickity Boo Show

Bring your young family members or neighbors to this annual event. Entertainment by *Terry Marsh & Friends*. Enjoy games, crafts, prizes, and lots of fun for all ages. Lunch will be pizza (Pizza Hotline), ice cream, beverage, and kettle corn. Children age two and younger in a baby carriage, without lunch, are free.

Thu, Aug 16 10:00am-2:00pm Fee: \$6

Special Events & Activities

Book Club

August selection: *Devil in the White City* by Erik Larson.

Thu, Aug 2 1:00pm Fee: FREE

Jewelry Club

NEW

The club meets every month to share jewelry making and crafting ideas. Bring your latest project. Everyone is welcome.

Wed, Aug 8 10:00-Noon Fee: FREE

Southern Maryland Band Concert

Have a wonderful Sunday afternoon listening to the beautiful music of this great band. Refreshments served. Sponsored by the RRCSC Council.

Sun, Aug 12 2:00pm Fee: FREE

So. MD. Hospital Outreach

Have your blood pressure checked and/or Cholesterol blood screening (requires fasting).

Thu, Aug 16 9:00-11:00am Fee: FREE

Dog Daze of Summer

Enjoy a hot dog, chips and piece of pie for lunch.

Wed, Aug 22 Noon Fee: \$2

Dog Daze of Summer Visiting Dogs

The pups look forward to their yearly visit, and for all the extra petting and love they receive.

Wed, Aug 22 1:00pm Fee: FREE

Caregiver Support Group

Wed, Aug 29 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, Aug 31 10:00am Fee: FREE

Videos: A Month of Classic Leading Men & Movies

How Green Was My Valley

Walter Pidgeon stars in this Academy Award winning movie known as one of the finest pictures ever made.

Fri, Aug 3 10:00am Fee: FREE

Harvey

James Stewart stars in a lighthearted movie based on a Pulitzer Prize winning play.

Fri, Aug 10 10:00am Fee: FREE

Arsenic & Old Lace

Cary Grant delivers a grand performance in this outlandish tale of two gentle but highly lethal sisters who poison lonely old men as an act of charity.

Fri, Aug 17 10:00am Fee: FREE

To Kill a Mockingbird

Watch Gregory Peck as Atticus Finch, a widowed lawyer who accepts the challenge of defending a black man accused of rape.

Fri, Aug 24 10:00am Fee: FREE

Special Presentations

Roughage 101

Learn about the importance of fiber and how to incorporate it into your diet.

Tue, Aug 7 11:00am Fee: FREE

Round Table Health Discussion

Informal discussion on health issues with Lee Ann Stedman, Circle of Care Home Health. Refreshments provided.

Thu, Aug 9 11:00am Fee: FREE

King Tut

Learn about the Boy Pharaoh, who attained the throne at age 9 and died at 19. Is there really a curse attached to the tomb? Was he murdered? Were his parents brother and sister? This and more from Dr. Rollie Hower.

Tue, Aug 14 11:00am Fee: FREE

86 & Still Going Strong

Henry Kostkowski attributes his high energy level and his excellent state of health to the diet he adopted over 10 years ago. He will share his nutritional and exercise hints at this program... they certainly seem to work for him!

Wed, Aug 15 10:30am Fee: FREE

Make your Own 100 Calorie Snack

Charles County Nutritionist, Lisa Furlow will give recipes for 100 calorie snacks that you can always have on hand and save you money.

Tue, Aug 21 11:00am Fee: FREE

Classes

Fitness Room Orientation

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

Tue, Aug 7 3:30pm Fee: \$2

Wed, Aug 8 & 22 1:00pm Fee: \$2

Intermediate Computer Class

Designed for those who have completed Beginner Computer and want to advance their computer skills. Instructor: Mike Moses

Mon-Wed, Aug 13-15 1:00-3:00pm

Fee: \$32, plus \$3 supply fee

AARP Safe Driving

Learn about the changes within ourselves, cars, highways, and traffic. Pre-registration required. Instructor: Ken White. Sponsored by Civista Health.

Mon, Aug 20 9:00am-1:00pm Fee: FREE

CPR Refresher & Basic First Aid Class

This class will cover CPR, using a defibrillator, and basic first aid, will give you the basic information to possibly save a life, but a certification card will NOT be given at the completion of the class. Instructor: Joe Stine

Tue, Aug 28 9:00am-Noon Fee: FREE

Treasure the Chesapeake

Enjoy a special Maryland meal – crab cake, oven fried chicken, corn on the cob, and all the fixings! Entertainment by the *Hometown Band*. In the afternoon, stay and play Jellyfish Bingo.

Thu, Aug 23 10:30am-2:00pm

Fee: \$3, plus generous lunch donation for 60 and older; 59 and younger: \$8



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 Bridge10:00-2:00 Ceramics.....10:00-2:00 2N1 Club..... 10:15-11:00 Tai Chi 10:30-11:30 Pinochle1:00-3:00 Circuit Training2:30-3:30	Flex & Stretch.....8:30-9:30 Project Linus9:00-Noon Billiards Drop In..... 9:00-4:00 Gentle Yoga9:30-10:30 Fine Arts.....10:00-Noon AFEP10:30-11:00 Bridge.....10:00-3:15 Zumba Gold Noon Guitar Lessons Noon-1:00 Easy Craft 1:00-1:45 Line Dancing1:00-2:00 So. MD. Pitch1:00-4:00 Weekly Workout5:30-6:45	Billiards Drop In..... 9:00-4:00 Strength Training 9:15-10:15 Quilting, Etc.....9:30-Noon Crochet Club..... 10:00-Noon Bridge.....11:00-3:15 Pinochle12:30-3:00 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 Stained Glass10:00-Noon AFEP10:30-11:00 Zumba Gold11:30-Noon Canasta.....12:30-3:00 Reflections 1:00-1:30 Beg Line Dancing.....1:00-2:00	Project Linus9:00-2:00 Billiards Drop In..... 9:00-4:00 Strength Training9:15-10:15 Oil Painting/Acrylics .10:00-2:00 Gentle Yoga 10:30 Pinochle12:30-3:00
AUGUST		1 RRSCC Council Mtg 9:30 Blood Pressure Screening.. 10:00 Matter of Balance 10:00 Pilates..... 10:30	2 Summer Bead-A-Way..... 11:00 Book Club 1:00	3 Hand & Foot Canasta. 10:00 Video: How Green Was My Valley 10:00 Cancer Support Group.. 1:30
6 Ceramics..... 10:00	7 Roughage 101 11:00 Boot Scootin' Country Line Dancing 1:00 Fitness Orientation 3:30	8 Visit the Nurse 10:00 Genealogy 10:00 Caregiving Tips 10:00 Matter of Balance 10:00 Jewelry Club..... 10:00 Pilates..... 10:30 Fitness Orientation 1:00	9 Round Table Health Discussion..... 11:00	10 CSM Fieldtrip, School House Rock..... 9:30 Visit the Barber 10:00 Video :Harvey..... 10:00 Handbells Begins..... 11:30 Silvertones Begins ... 12:30 Creative Writing 1:00
13 Ceramics..... 10:00 Interm. Computer Class . 1:00	14 King Tut 11:00 Twelve O'clock Pizza Noon Interm. Computer Class . 1:00 Fabulous 50's Line Dancing 1:00	15 Blood Pressure Screening.. 10:00 Matter of Balance 10:00 86 & Still Going Strong .. 10:30 Interm. Computer Class . 1:00	16 So. MD Health 9:00 Grandparent's Day: Ickity Bickity Boo Show..... 10:00	17 Video: Arsenic & Old Lace.. 10:00 Handbells 11:30 Silvertones..... 12:30 Poetry Corner..... 2:00
20 AARP Safe Driving.. 9:00-1:00 Reflexology 9:15 Ceramics..... 10:00 Prostate Cancer Support Group 1:00	21 Make Your Own 100 Calorie Snack..... 11:00 Luuu Adventure Line Dancing 1:00	22 Visit the Nurse 10:00 Matter of Balance 10:00 Dog Daze of Summer Hot Dog Lunch Noon Visiting Dogs 1:00 Fitness Orientation 1:00	23 Treasure the Chesapeake 10:30	24 Visit the Barber 10:00 Bunco 10:00 Video: To Kill A Mockingbird..... 10:00 Handbells 11:30 Silvertones..... 12:30 Creative Writing 1:00
27 Sisters at Heart Breast Cancer Support Group 11:30	28 CPR Refresher & First Aid Class 9:00 Matter of Balance 10:00 Power Yoga..... 9:30 Latin Fever Line Dancing . 1:00	29 Blood Pressure Screening.. 10:00 Caregivers Support 2:00	30 Stained Glass 10:00 Birthday Celebration..... 12:30	31 Newcomers Coffee..... 10:00 Hand & Foot Canasta..... 10:00 Handbells 11:30 Silvertones..... 12:30

INDIAN HEAD SENIOR CENTER

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

Get your Latest SCOOP online!
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Special Events & Daily Activities

A Matter of Balance with Kelsea

Learn to view falls as controllable, set goals for increasing activity, and exercise to increase strength and balance.

Thu, Aug 2 & 9 10:00am-Noon Fee: FREE

Caring Matters Home Care with Dr. Onyeozili

Screened and well-trained homemakers and companions can assist you for two hours or up to 24-hours a day, seven days a week depending on your needs.

Tue, Aug 7 11:15am-Noon Fee: FREE

Four Steps to a Beautiful Mind with Cynthia

Learn how to get moving, nourish your body and mind, embrace new activities, and expand your social network.

Thu, Aug 9 1:00-1:30pm 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

Book Club, Pictures of You by Caroline Leavitt

Two women running away from their marriages collide on a foggy highway, killing one of them. The survivor, Isabelle, is left to pick up the pieces, not only of her own life, but of the lives of the devastated husband and fragile son that the other woman, April, has left behind. Together, they try to solve the mystery of where April was running to, and why. As these three lives intersect, the book asks, how well do we really know those we love and how do we forgive the unforgivable?

Wed, Aug 22 11:00am-Noon Fee: FREE

Is it a Bull or a Bear Market?

In stock trading and investing there are bulls and bears. It sounds dangerous but it isn't. Join Joan and learn more about the stock market. This is just the beginning of ongoing stock exchange sessions.

Tue, Aug 28 1:00-2:00pm Fee: FREE



For Your Health

Visit the Nurse

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

Thu, Aug 2 10:00am-Noon
Wed, Aug 15 10:00am-Noon
Fee: FREE

High Carb Diets May Boost Risk for Cataracts

While the low-carb fad wanes, new research suggests the higher the carbohydrate intake, the greater risk an elder woman will develop cataracts. Join us to learn more.

Tue, Aug 7 1:00-1:30pm Fee: FREE

Good vs. Bad Cholesterol

Cholesterol can't dissolve in the blood. It has to be transported to and from the cells by carriers called lipoproteins. Low-density lipoprotein, or LDL, is known as "bad" cholesterol. High-density lipoprotein, or HDL, is known as "good" cholesterol.

Wed, Aug 8 11:30am-Noon Fee: FREE

Antibiotic Resistance with Joan

Antibiotic drugs can save lives. But some germs get so strong that they can resist the drugs. This is called resistance. The drugs don't work as well. Germs can even pass on resistance to other germs. Come and learn more.

Thu, Aug 16 1:00-1:30pm Fee: FREE

Music Spotlight: Vince Gill

Vincent Grant Gill was born April 12, 1957, in Norman, Oklahoma. In 1976, Gill joined the California-based band Pure Prairie League. Gill briefly joined Rodney Crowell's band, the Cherry Bombs, before moving to Nashville, TN. His popularity soared with the song "When I Call Your Name". The album was certified double platinum for two million copies sold, while the title track earned Gill a 1990 Grammy Award for Best Country Song. His next albums, Pocket Full of Gold, 1991 and I Still Believe in You, 1992, were also multi-platinum successes.

Tue, Aug 21 12:30-1:00pm Fee: FREE

Nutrition in the Summer Heat

To not suffer when it's hot, you should know some of the nutritionists recommended rules for eating right in the summer heat.

Mon, Aug 20 11:30am-Noon Fee: FREE

Classes

Computer Class

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

Fri, Aug 10, 17 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 balance and mobility with Cynthia.

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

Line Dancing

Learn the newest dances with Geneva Johnson.

Thu, Ongoing 1:00pm
Fee: FREE

AFEP

Low-impact seated exercise.

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



INDIAN HEAD SENIOR CENTER

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



Treasure the Chesapeake Party

One of Maryland's most treasured resources is the Chesapeake Bay. Join the party as we celebrate the Bay with the music and dance moves of Matt Macis, door-prizes, and council 50/50 drawing. Also, the winner of the lap-top computer will be announced.

Thu, Aug 23 10:30am-1:00pm Fee: \$5
 Please sign up no later than Wed, Aug 15th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards/Cards 9:00 Fitness Training 9:15 Bingo 10:00 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/Better Balance Grad. . . 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 Ceramics 10:00 Canasta & Bid Whist 10:00
<div style="background-color: black; color: white; padding: 10px; border-radius: 15px; display: inline-block;"> <h1>AUGUST</h1> </div>		1 Summertime Sing Along 11:00-Noon High Blood Pressure Health Tips with Joan 1:00	2 Visit the Nurse 10:00-Noon A Matter of Balance with Kelsea 10:00-Noon Turtle Bingo with Humane Society 11:00-Noon Bunko 12:45	3 What is Your Heart Rate with Kelsea 11:00 National Watermelon Day . . 1:00
6 Easy Craft 11:00-Noon George Harrison Concert 1:00	7 Council Meeting 10:00-11:00 Caring Matters Home Care with Dr. Onyeozili . . . 11:15-Noon High Carb Diets May Boost Risk for Cataracts 1:00	8 Good vs. Bad Cholesterol . . 11:30 Gospel Music Sing Along . . 1:00-1:45	9 Senior I&A Outreach 10:00 A Matter of Balance with Kelsea 10:00-Noon Four Steps to a Beautiful Mind with Cynthia 1:00-1:30	10 Crocheted Necklace . . 10:30-Noon Computer Lab 1:00
13 Ice Tea & Antioxidant Benefits 11:00-Noon Crocheted Necklace . . . 1:00-2:00	14 Movie Presentation: TBD 11:30-1:30	15 Visit the Nurse . . 10:00-Noon Get Holistic with Leola . . 11:30-1:00	16 Cheapskate: Spend Smart – Save Smart with Cynthia . . 11:15-Noon Antibiotic Resistance with Joan 1:00	17 The Dog Days of Summer and the Dangers of Heat Exposure with Kelsea 11:00 Computer Lab 1:00
20 Nutrition in the Summer Heat 11:30-Noon Mind Benders 1:00-2:00	21 Signs of High Blood Pressure 11:15-11:45 Music Spotlight: Vince Gill 12:30-1:00	22 Book Club, Pictures of You by Caroline Leavitt 11:00-Noon No Quiltin' Chicks Today	23 Treasure the Chesapeake Party 10:30-1:00	24 Seated Massage 9:30-Noon Pictionary 1:00-2:00
27 Tips from the Experts for Better Sleep 11:30-Noon Pictionary 1:00	28 Taking Your Medicines Safely 11:15-Noon Is it a Bull or a Bear Market? 1:00-2:00	29 Restaurant Reviews on Fat with Joan 11:30-Noon New Comer's Orientation 12:30-1:00	30 Aetna Open Enrollment and Medicare with Alvenia 11:15 Birthday Celebration . . 12:30 Bunko 12:45	31

WALDORF SENIOR CENTER

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

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Special Events & Daily Activities

Afternoon Book Club: Where the Heart Is by Billie Letts.

A funny thing happens to Novalee Nation on her way to Bakersfield, California. Her slacker boyfriend abandons her in an Oklahoma Walmart and takes off on his own, leaving her with just \$10 and the clothes on her back. Facilitators: Julie Brasher & Lisa Clark, Charles County Public Librarian.

Wed, Aug 1 1:00pm Fee: FREE

Special Crab Cake Lunch

Sponsored by the Waldorf Senior Center Council. Enjoy a fresh crab cake with summer tomato and lettuce condiments, roasted potatoes, fruit salad, rolls, and ice cream. Registration will close when we receive fifty prepaid orders.

Tue, Aug 7 Noon Fee: \$8

Treasure the Chesapeake Featuring the Port Tobacco Pickers

We are lucky to host a local favorite musical group comprised of Carl Lancaster, Holly Dunbar, Gary French, and Will Yeckley. They define traditional bluegrass with a twist. They cover standards that are known and loved, with eclectic instrumentation such as flute, harmonica, and recorder, that breathe new life into age-old tunes. Special, Chesapeake-themed meal at noon. Sponsored by Senior Services of Charles County, Inc.

Thu, Aug 23 10:00am-12:30pm
Registration Deadline: Aug 15
Fee: \$2, plus lunch donation

Belly Dancing Workshop

Belly dancing is a dance of celebration, sensuality and the power of being a woman. It suits any age and body type, and is a great workout through slow and fast movements. You will walk away from this class with enthusiasm and confidence. Beautiful veils will be provided. Joanne DeWilde was a professional belly dancer and teacher for over 25 years. She worked at many clubs in the area. At age 63 she continues to share her love of the dance by teaching seasoned ladies who are not afraid to take the leap of faith. Sponsored in part by Senior Services of Charles County, Inc.

Tue, Aug 28 • 10:00am-Noon Fee: \$5
Registration Deadline: Aug 23

Inspirations

Non-denominational faith discussion.

Tue, Ongoing 12:30pm Fee: FREE

For Your Health

Summer Olympics on Wednesdays

In honor of the 2012 Summer Olympics in London, we will hold our own version of events.

Each Wednesday this month, instead of the Arthritis Foundation Exercise Program, you have been entered into the Olympic Games. The contests will include a relay 4X100, badminton, javelin throw, football (soccer), and a pentathlon.

Show up at 10:00am and be ready to go! Contest time will be no longer than thirty minutes.

Wed, Aug 1-29 10:00-10:30am Fee: FREE

Seated Massage

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

Thu, Aug 9 9:30-Noon Fee: 50¢/minute

100 Calorie Snacks

100 calorie snack packs can be costly to buy, but a great way to help with portion control. Come learn how to make some of your own 100 calorie snack packs so you can save some money buy still watch your calorie intake. Lisa Furlow, Nutritionist

Tue, Aug 11 11:00am Fee: FREE

Senior Information & Assistance Outreach

Meet with Ruth Anderson-Cole, Senior I&A Program Specialist.

Thu, Aug 16 10:00-Noon Fee: FREE

Visit the Nurse

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

Tue, Aug 7 10:00am-Noon Fee: FREE

Wed, Aug 15 10:00am-Noon Fee: FREE

Classes

Guitar Lessons

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-1:00pm

Fee: \$63/6 week class

Watercolors

Instructor: Pat Arnold.

Thu, Ongoing 10:00am

Fee: \$30/6 week class

Water Based Oils

Instructor: Pat Arnold.

Tue, Aug 7 & 21 11:30am Fee: \$5/class

Fitness & Dance

Pilates

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

Zumba Gold

Low impact, Latin inspired fitness will get you moving. Instructor: Jan Stephenson.

Wed, Ongoing 9:00am

Fee: \$30/10 classes or \$3 drop-in

AFEP

Thu, Ongoing 10:00am Fee: FREE

Week-Long Yard Sale

All proceeds go to the Waldorf Senior Center Council.
Sale began Monday, July 30.

Wed-Thu, Aug 1 & 2

9:00am-2:00pm • Fee: Your purchase



WALDORF SENIOR CENTER

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



Grandparent's Day

Mandy the Clown is back, unicycle and all! She will keep us laughing and dancing while she wheels around us, walks on stilts, dances on stilts, and shares laughs with us as only Mandy can. Lunch will be hot dogs, mac 'n cheese, fruit cups and ice cream. There will be games throughout the center with special prizes. Sponsored in part by Senior Services of Charles County, Inc., and the Waldorf Senior Center Council.

Thu, Aug 16 10:00am-1:00pm Fee: \$2/person
 Registration Deadline: Aug 9



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	Zumba GOLD 9:00 Computer Class 9:00-1:00 Summer Olympics 10:00 Bingo 10:30 Dominos 10:30 Cards & Games 1:00	Total Body Conditioning 9:00 AFEP 10:00 Watercolors 10:00 Bingo 10:30 Dominos/Rummikub. 10:30 Double Deck Pinochle Noon
AUGUST		1 Week-Long Yard Sale . . 9:00-2:00 Olympics: Pentathlon 10:00 Afternoon Book Club: Where the Heart Is 1:00	2 Week-Long Yard Sale . . 9:00-2:00
6 St. Charles Senior Club 10:00	7 Visit the Nurse 10:00 Water Based Oils 11:30 Special Crab Cake Lunch Noon	8 Olympics: Javelin Throw . . . 10:00	9 Seated Massage 9:30-Noon Skip-Bo or Rummikub. . . . 10:30
13 St. Charles Senior Club 10:00	14 100 Calorie Snacks 11:00	15 Olympics: Relay 4 x 100 . . . 10:00 Visit the Nurse 10:00	16 Grandparent's Day. . . 10:00 Senior Information & Assistance Outreach. 10:00-Noon No Bingo Today
20 Senior Council Meeting. . . . 9:30 St. Charles Senior Club 10:00	21 Water Based Oils 11:30	22 Olympics: Badminton 10:00	23 Treasure the Chesapeake With the Port Tobacco Pickers 10:00
27 St. Charles Senior Club 10:00	28 Belly Dancing Workshop 10:00-Noon No Line Dancing Today	29 Olympic : Football–Soccer . . 10:00	30 Skip-Bo or Rummikub. . . . 10:30 Bingo 11:00 Birthday Celebration 12:30

Continued from Page 8:

Line Dancing

Popular and classic line dances. Instructor: Cindy Bladen

Tue, Ongoing 10:15am
 Fee: Fitness Card

Total Body Conditioning

Strength, endurance, and flexibility. Instructor: Clairisa Bryant.

Tue/Th, Ongoing 9:00am
 Fee: Fitness Card

Exercise: Signs of Overheating

Sweat is a good sign that your body is effectively cooling itself. Sweating draws the heat from inside the body to the outside, cooling the body as it evaporates. Your body places a high priority on shifting fluid wastes away from your muscles to avoid overheating.

Overheating is more likely to occur early in the summer season when an untrained body has not adjusted to hot weather or when temperatures and/or humidity are high. However, it can occur at any time, both indoors and outdoors.

Signs of Overheating

The following are signs of overheating:

- Headache and weakness
- Dizziness or fainting
- Increased heart rate and respiration
- Drop in blood pressure
- Flushed skin
- Feeling very hot, sometimes followed by chills

How to Prevent Overheating

These tips may help prevent overheating:

- Wear loose fitting clothes
- Wear clothing made of wicking material, which allows sweat to evaporate
- **Keep Well Hydrated –**
 - If your workout is intense, or if it is very hot or humid, drink 7-10 ounces every 15-20 minutes throughout your practice
 - Water is adequate for re-hydrating for workouts or events that last less than 1 hour, especially if it is not too hot or humid
 - You might need a sports drink containing carbohydrates and electrolytes to replace minerals lost through sweat for workouts or events lasting more than 1 hour.

Adapted from Fall 2009 newsletter produced by E2: Eating and Exercise for Optimal Nutrition (www.dietitian.com)

Submitted by Sheryl Lozicki, RD, MBA
Review Date 10/09 • G-1141

7th Annual Indian Head Breast Cancer Awareness Fitness Walk

Walk for the women and men in your life!

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, 9 a.m.-Noon, starting at the Indian Head Village Green. Cost is \$25 per person, which includes healthy snacks, bottled water and lunch. A free T-shirt will be available to the first 100 registrants. Proceeds benefit Susan G. Komen Breast Cancer Foundation of Maryland. There will be live music, exercise warm-ups, vendors, raffles, and door prizes. Registration begins at 8:30 a.m. For details or directions, please call the Indian Head Senior Center 301-743-2125.

Senior Center Plus Hours

The Senior Center Plus program offers a supervised setting, complete with a nutritious lunch, and specialized activities for frail, older adults. The program is an affordable care option for family caregivers. The Senior Center Plus program is available at all Senior Centers as follows:

- Richard R. Clark Senior Center Tuesday-Friday 9:00am-2:00pm
- Waldorf Senior Center Tuesday-Thursday 9:00am-2:00pm
- Nanjemoy Senior Center Monday-Friday 9:00am-2:00pm
- Indian Head Senior Center Monday-Friday 9:00am-2:00pm

For details please contact Senior Center Plus at 301-609-5710.

Slow Cooker Stuffed Peppers

Servings: 6

Ingredients

- 3 lg fresh red or green bell peppers
- 1 jar (1 lb. 10 oz.) Ragu® Old World Style® Pasta Sauce
- 2 cups shredded low-fat cheddar cheese (about 8 oz.)
- 1 lb ground turkey or ground beef
- 1 cup frozen green peas
- 1/2 cup regular or converted brown rice
- 1 large egg, slightly beaten
- 1/2 tsp salt

Directions

With a knife, slice 1/2-inch off top of peppers. Remove seeds and ribs. Coarsely chop tops and set aside.

In medium bowl, combine 2 cups pasta sauce, 1 cup cheese, chopped peppers and remaining ingredients. Evenly stuff peppers.

In 4-1/2-quart slow cooker, sprayed with nonstick cooking spray and arrange peppers. Top with remaining pasta sauce. Cook covered on LOW 8 to 10 hours or HIGH 4 to 6 hours.

Sprinkle with remaining 1 cup cheese, and cook covered an additional 10 minutes or until cheese is melted. To serve, slice peppers in half.

Nutrition Information per serving with ground turkey:
Calories: 320, Total Fat: 7g, Dietary Fiber: 5g, Protein: 34g

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 Included With All Meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AUGUST		1 Fruit Blend Juice Sloppy Joe on Roll Chuckwagon Vegetables Bobbie's Bean Salad Pears	2 Grape Juice Chicken Chop Suey Rice Collard Greens Whole Wheat Bread Cantaloupe	3 Apple Juice Chicken Parmesan Noodles Baby Sweet Peas Biscuit Seedless Grapes
6 Pineapple Juice Salmon Cake AuGratin Potatoes Zucchini Blend Biscuit Mandarin Oranges	7 Grape Juice Ground Beef and Macaroni Rice Pudding Brussels Sprouts Apple Slices	8 Apple Juice Green Pepper Steak Fluffy Rice Three Bean Salad (1 cup) Dinner Roll Watermelon	9 Fruit Blend Juice Pork Chop Sauerkraut Sweet Potatoes White Bread Peaches	10 Cranberry Juice Spaghetti w/Meatballs Pineapple Bean Salad Whole Wheat Bread Applesauce
13 Fruit Blend Juice Beef Stew w/ Vegetables (1 ½ cups) Spinach Salad Whole Wheat Bread Seedless Grapes	14 BRUNCH FOR LUNCH Cranberry Juice Turkey Sausage Egg Omelet Stewed Tomatoes Hash Brown Potatoes Muffin Orange Sections	15 Pineapple Juice Swedish Meatballs Buttered Noodles Fiesta Vegetable Blend Whole Wheat Bread Tangy Cherry Salad	16 SOUP OF THE DAY Cranberry Juice Egg Salad Sandwich on Whole Wheat Bread Lettuce Fiesta Bean Salad Fresh Apple Slices	17 Orange Juice Fish Sandwich Hawaiian Baked Beans Chuckwagon Vegetables Peaches
20 Orange Juice Stuffed Cabbage Mashed Potatoes Seasoned Corn Tropical Fruit Salad	21 Apple Juice Chicken Marsala Parsley Potatoes Baby Sweet Peas Whole Wheat Bread Apricots	22 Orange Juice BBQ Beef Cubes Sweet Potato Casserole Broccoli Whole Wheat Bread Fruit Cocktail	23 Cranberry Juice Oven Fried Chicken Crab Cake Corn on the Cob Pacific Blend Vegetables Dinner Roll Cherry Pie Iced Tea	24 Grape Juice Meat Lasagna Three Bean Salad Pacific Blend Vegetables Dinner Roll Banana
27 Fruit Blend Juice BBQ Pork Sandwich Party Hearty Beans Steamed Spinach Pineapple Chunks	28 Orange Juice Seafood Salad Pasta Salad Garden Salad w/Dressing Muffin Raisins	29 LS Tomato Juice Beef Brisket Roasted Baby Potatoes Cranberry Salsa Salad Dinner Roll Honeydew	30 BIRTHDAY CELEBRATION Pineapple Juice Meatloaf w/Gravy Mashed Potatoes Broccoli Whole Wheat Bread Pears Birthday Cake	31 Apple Juice ¼ Baked Chicken Baked Beans Carrots Whole Wheat Bread Deluxe 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 \$5.50 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 \$5.50. Lunch reservations must be made by 10:00am the preceding day. We appreciate your assistance in keeping costs down. Party and special event meal prices may vary.

Clark Senior Center.....Tue-Fri
Indian Head Senior Center.....Mon-Fri

Nanjemoy Senior Center.....Mon-Thu
Waldorf Senior Center.....Mon-Thu

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

The SCOOP

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

CHARLES COUNTY COMMISSIONERS



Equal Opportunity County

Learn more at...

www.CharlesCountyMD.gov

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.

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.

ROYAL CARIBBEAN CRUISES *Aboard the Enchantment of the Seas!*

Canada & New England

9 Days/8 nights

Get onboard the Enchantment of the Seas in Baltimore and head out for a round trip tour of Canada and New England. Visit Portland, Bar Harbor, Saint John (Bay of Fundy), and Halifax. Day seven and eight takes you back to sea providing time to enjoy all of the ship's amenities before returning to Baltimore. Passport Required.

Trip Date: Sep 6

Cabin Range: \$993/pp; \$1,863/pp dbl

Deposit: \$350/pp double occupancy; or

\$700/pp single occupancy due at sign up

Balance Due: May 23

Southern Caribbean

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.

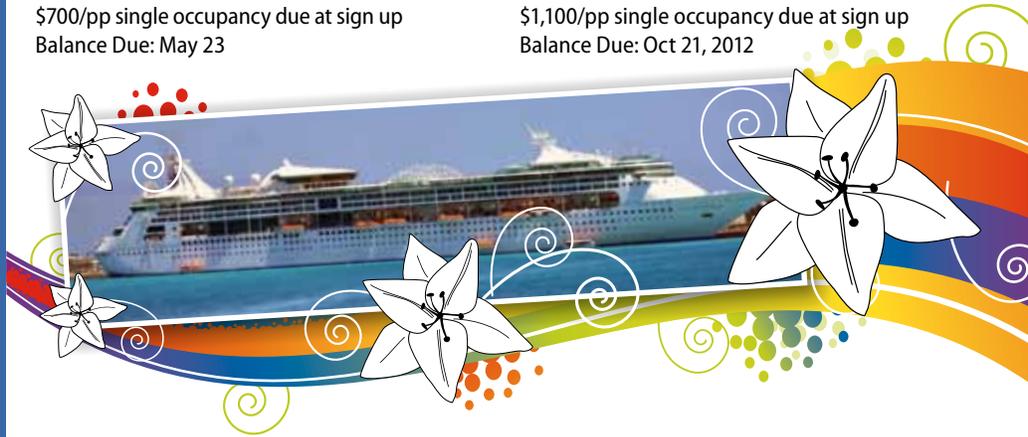
Trip Date: Feb 25-Mar 9, 2013

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

Deposit: \$550/pp double occupancy; or

\$1,100/pp single occupancy due at sign up

Balance Due: Oct 21, 2012



12th ANNUAL NANJEMOY HERITAGE DAY

Sat, Sept 22 • Noon–3 p.m.

At Nanjemoy Community Ctr.
4375 Port Tobacco Rd, Nanjemoy

Event Held Rain or Shine

JOIN US IN A
GROWING TRADITION!

Details: 301-246-9612 • 301-753-1647

www.CharlesCountyMD.gov