

The SCOOP

Charles County's Senior Center News



JUNE 2012

www.CharlesCountyMD.gov

Happy Father's Day

Sunday, June 17

How Benefits Help

Did you know that one in every three Americans age 65 and older are economically insecure – lacking the resources needed to meet basic food, housing, and medical needs?

BenefitsCheckUp® is the National Council On Aging's free, comprehensive online screening tool.

Since 2001, three million people have used BenefitsCheckUp® to find benefits programs worth over \$11.1 billion that help them pay for prescription drugs, health care, rent, utilities, and other needs (from NCOA website 4/2012).

Are you struggling? Is it time for you to take a look at what might be available? For more information, please visit www.BenefitsCheckUp.org. You can also call the Senior I&A Program at 301-609-5712 or 301-934-9305, ext. 5143, for a personal review.



Council News

Sponsored Activities & Events for June

Clark Senior Center

- It's a Country Summer

Indian Head Senior Center

- IHSC Annual Cookout, and Father's Day Party

Waldorf Senior Center

- Snack Bar, Bingo Supplies, Father's Day Breakfast, and Summer Fun for All

Senior Farmer's Market Nutrition Program

Once again, this year we are excited to be able to offer Senior Farmer's market coupons. This program provides free coupons to be used at any approved Farmers Markets for fresh fruits and vegetables.

To be eligible to receive coupons you must be enrolled in one of the following Federal Programs: Qualified Medicare Beneficiary Program (QMB), Special Low-Income Medicare Beneficiary Program (SLMB), Maryland Energy Assistance Program (MEAP), and Primary Adult Care Program (PAC) which replaces (MPAP), EXTRA HELP with Medicare D Prescription Drug Program, Medicaid, SSI, Food Stamps, or the Senior Employment Program or have a yearly income of less than \$20,665. Participation in the program in past years, does not automatically qualify you for this year.

Coupon booklets will be distributed at all Senior Centers on the dates and times listed below; should you have questions, please contact Lisa Furlow at 301-934-0138 or 301-870-3388 ext 5138.

Nanjemoy Jul 3 10:30 am
Waldorf Jul 17 11:00 am
Indian Head Jul 5 10:00 am
RRCSC Jul 24 Noon



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, \$50 and a \$150 jackpot. 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 to make a complete lunch package for \$5/each.

Thu, Jun 21 10:00am-1:30pm

Admission: \$20/pp for regular games and specials with additional packs for \$5 each

Additional cost for Early Bird and Cover-All Games

Location: Waldorf Senior Center, (Jaycee's Bldg)

Annual Senior Picnic

Wed, June 20 • 11:00am-2:00pm • Waldorf Jaycees Community Center

Don't forget the picnic, line dancing, door prizes, music, great food and lots more. Please bring a canned food item to share with needy families.

Transportation will be available using VanGO. This service is free; however, reservations are required. Please call 301-609-7917 (ext 2) to make your transportation reservation no later than Friday, June 15 by 2:00pm.

Event is FREE to all Charles County Senior Citizens. Tickets are required. Call or visit any of the four Senior Centers for tickets.

Southern Maryland Inspiring Caregiver Awards

Charles County was well represented at the 2012 Inspiring Caregivers Awards held April 20 at the Waldorf Jaycees. The awards were presented by the Alzheimer's Association-National Capital Area Chapter.

"These are the unsung heroes of our community," stated Linda Gottfried, Southern Maryland Regional Director for the Alzheimer's Association National Capital Area Chapter. "Caring for Alzheimer's and dementia patients can be a very rewarding and challenging job. Given the intensive, complicated scope of care the disease requires, we believe that honoring those who are on the front lines improving the quality of life for dementia patients is the right thing to do."

Honorees were required to have either past or presently worked with individuals who have a diagnosis of Alzheimer's disease or related dementia. Some of the recipients known to our senior centers that won in the family/friend/volunteer category were: Helen McLean, for her service to the Meals on Wheels program. Helen was nominated by Mildred Barnes, Program Director of the Cooperative Ministry on Aging; Logan Deoudes, for care of his wife, Margie, a Senior Center Plus (SC+) participant. Logan was nominated by Debi Shanks, Physical Fitness Coordinator; Richard Haig, for care of his father, John Haig, a former SC+ participant. Rick was nominated by Mimi Quade. Kathy Whitford received an award in the Enduring Caregiver category for providing more than 10 years of care to her mother, Lorena Hauser, former SC+ participant and centenarian.

*Congratulations to all of the 2012 recipients,
you truly are inspirational!*

Many Happy Returns!

The Department of Community Services Aging & Community Centers Division wish to extend a heartfelt thank you to the income tax program volunteers who dedicated their time this past tax season to assist over 846 senior citizens and low income adults with completing and filing their 2011 income tax returns. Nobody looks forward to tax time, but thanks to the cheerful and efficient volunteers, tax season may have just been a little more pleasant for everyone.

This year's hard working volunteers were Gail Warshaw, David Tatman, Paul Flynn, Ida Jones, Jane Manderville, Maurice Scott, Jim Pester, Bob Turgeon, Joan Woodland, Joe Johnson, Gloria Milstead, Helen Turgeon, Selina McManus, Vanessa Anderson, Barbara Wimbush, Paula Conn, Andi LoSchiavo, Inez Hamilton, Theresa Monk, and Pricilla Savoy.

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, at 301-609-5711.

Aqua Aerobics

Lackey Pool

Mon/Wed 8:15-9:15am Jun 18-Aug 8
Fee: \$35

La Plata High School Pool

Tue/Thu 10:30-11:30am Jun 19-Aug 23
Fee: \$45

North Point Pool

Mon/Wed 8:15-9:15am Jun 18-Aug 8
Fee: \$35

Tue/Thu 8:15-9:15am Jun 19-Aug 8
Fee: \$35

Arthritis Foundation Exercise Program

Lackey Pool

Tue/Thu 8:15-9:15am Jun 19-Aug 9
Fee: \$35



Helen McLean (center) with nominator Mildred Barnes (left) and supporter, Patricia Viets (right).



Logan Deoudes with wife Margie, nominator Debi Shanks (Community Services), and supporter, Maria Brewer (Community Services).



Richard Haig and nominator, Mimi Quade.



Kathy Whitford with husband Jerry and nominator, Maria Brewer (Community Services).

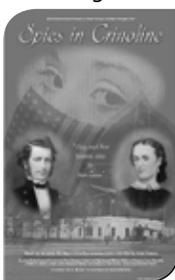
CLARK SENIOR CENTER

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

Get your Latest SCOOP online!
Visit www.CharlesCounty.org/CS/AGING

Spies in Crinoline

Meet Bert Morgan, Director and Producer of the documentary *Spies in Crinoline*. View the movie, while enjoying popcorn. The story recounts the courtship of Confederate spy, Antonia Ford and the Union Officer Major Joseph Clapp Willard (Willard Hotel). Filmed in Fairfax where the romance took place, dialogue comes from their actual surviving love letters. There will be time for questions, not only about the story, but how the video was made.



Tue, Jun 12 10:00am
Fee: FREE

Special Events & Activities

It's a Country Summer

Kick the summer season off with your favorite country music performed by vocalist, guitarist, Greg Floberg who performs the music of Johnny Cash, Willie Nelson and others.

Tue, Jun 5 11:00am Fee: FREE

Pilates

Join us in this slow paced mat class as we focus on the whole abdominal region. This class is all about posture, breathing, and utilizing all of the core stabilizing muscles. Instructor Debi Shanks

Wed, Jun 6-Aug 8 10:30am Fee: Fitness Card

Charles County Senior Show Troupe

Wed, Jun 6 10:30am Fee: FREE

Is Prostate Screening Right for You?

Learn about the importance of prostate screening from Edward Martin, Charles County Health Department Educator. Take charge of your health...be pro-active!

Wed, Jun 6 11:00am Fee: FREE

Book Club

June Selection: *All Creatures Great & Small* by James Herriott. July Selection: *Nature Girl* by Carl Hiaasen.

Thu, Jun 7 1:00pm Fee: FREE

NEW! Jewelry Club

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

Wed, Jun 13 10:00am-Noon Fee: FREE

Carlisle Indian School

Learn about the school, how it was formed, and who went there.

Thu, Jun 14 11:00am Fee: FREE

Davy Crockett

Frontiersman, soldier, politician, there is so much more to this man than a coonskin cap!

Tue, Jun 19 11:00am Fee: FREE

Southern MD Hospital Outreach

Have your blood pressure checked for free. Cholesterol blood screening requires fasting and a small fee.

Thu, Jun 21 9:00-11:00am Fee: \$5

Daniel Boone

Pioneer, frontiersman, and explorer, a legendary hero even at the time of his own death.

Thu, Jul 21 11:00am Fee: FREE

Caregiver Support

Help and support for those caring for older adults.

Wed, Jun 27 2:00pm Fee: FREE

Karaoke Sing-A-Long

Thu, Jun 28 11:00am Fee: FREE

Newcomers Coffee

Enjoy a cup of coffee or tea, while learning about the great things the center has to offer.

Fri, Jun 29 10:00am Fee: FREE

Videos

Follow the River

The true story of a mother and son captured by the Shawnee Indians, tells how she escaped and found her way home.

Fri, Jun 1 10:00am Fee: FREE

Echoes of the Blue & Gray

This video contains actual footage depicting Civil War reunions. See on film, the gallant heroes of the American Civil War.

Fri, Jun 8 10:00am
Fee: FREE



Jim Thorpe

Before being enrolled at the Carlisle School for Indians this Oklahoma Native American knew nothing about sports. He went on to play pro baseball, pro football, and won five Olympic gold medals, and was selected as the greatest athlete of the 20th century.

Fri, Jun 15 10:00am Fee: FREE

Daniel Boone & Davy Crockett

Two men born 50 years apart are often confused with one another, are equally important for blazing two different trails in the quest for the exploration and settlement of the vast American West.

Fri, Jun 22 11:00am Fee: FREE

Special Presentations

CSS Shenandoah

Known as the ship that fired the last shot of the Civil War. Her captain and crew were considered pirates and narrowly avoided the death penalty.

Thu, Jun 7 11:00am Fee: FREE

Point Lookout POW Camp

During the Civil War, Point Lookout State Park was a POW camp for 50,000 Confederate soldiers who were housed in tents, of which nearly 4000 died. It was the largest Union-run prison camp in the North and one of the worst. Today, a Confederate prisoner of war memorial and cemetery exist on the former grounds camp location. Facilitator: Jim Dunbar

Wed, Jun 27 11:00am Fee: FREE

Classes

Fitness Room Orientation

Learn proper use of fitness room equipment. Participation and registration required

Tue, Jun 5 3:30pm Fee: \$2

Wed, Jun 13 & 27 1:00pm Fee: \$2

AARP Safe Driving

Pre-registration required. Learn about the many changes within ourselves, cars, highways, and traffic. Lunch is available with donation for age 60 and older; \$5.50, 59 and younger. Please arrive at 9:30am to fill out paperwork. Instructor: Bruce Kirk. Make checks payable to AARP.

Tue, Jun 26 9:30am-3:00pm
Fee: AARP Member \$12; Non-Member: 14

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 Mindful Yoga 11:30-12:30 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.....10:00-12:00 AFEP 10:30-11:00 Bridge.....10:00-3:15 Zumba..... Noon Guitar Lessons Noon-1:00 Easy Craft 1:00-1:45 Line Dancing 1:00-2:00 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.....9:00-Noon Pilates..... 10:30 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 Glass.....10:00-2:00 AFEP 10:30-11:00 Zumba Gold 11:30-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 Training 9:15-10:15 Oil Painting/Acrylics . .10:00-2:00 Gentle Yoga 10:30-11:30 Pinochle12:30-3:00
JUNE				1 Hand & Foot Canasta..... 10:00 Video: Follow the River... 10:00 Cancer Support Group.. 1:30
4 Greenback Investment 10:00	5 It's a Country Summer. 11:00 Fitness Orientation 3:30	6 RRCS Council Mtg 9:30 Blood Pressure Screening.. 10:00 Is Prostate Screening Right for You?..... 11:00	7 CSS Shenandoah 11:00 Book Club 1:00	8 Video: Echoes of the Blue & Gray.. 10:00
11 Reflexology9:30-2:30 Ceramics..... 10:00 Greenback Investment 10:00	12 Massage 9:00 Spies In Crinoline..... 10:00	13 Visit the Nurse 10:00 Genealogy 10:00 Caregiving Tips 10:00 Jewelry Club..... 10:00 Fitness Orientation 1:00	14 Carlisle Indian School..... 11:00 No Tai Chi today	15 Video: Jim Thorpe 10:00
18 Ceramics..... 10:00 Prostate Cancer Support Group 1:00 No Tai Chi today	19 Davy Crockett..... 11:00	20 Jaycees Senior Picnic Senior Center Closed	21 So. MD Hospital Outreach ... 9:00 Daniel Boone 11:00	22 Visit the Barber 10:00 Video: Daniel Boone & Davy Crockett 11:00
25 Sisters at Heart 11:30	26 Massage 9:00 AARP Safe Driving Class 9:30 Power Yoga..... 10:30	27 Visit the Nurse 10:00 Point Lookout POW Camp . 11:00 Fitness Orientation 1:00 Caregivers Support 2:00	28 Karaoke Sing-A-Long..... 11:00 Birthday Celebration..... 12:30 Twelve O'Clock Pizza Noon	29 Newcomers Coffee..... 10:00



Our Grandchildren Have Talent Show

Encourage your grandchild to show off their special talent,
singing, dancing, hula hooping etc.
See Florence by July 12 to sign up. Open to the public.

Thu, Jul 19 • 10:30am
Fee: FREE

INDIAN HEAD SENIOR CENTER

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

Get your Latest SCOOP online!
Visit www.CharlesCounty.org/CS/AGING

Special Events & Daily Activities

Anti-Aging Style Secrets

Looking for the Fountain of Youth? You'd better start by opening your closet. Here's how your wardrobe can make you appear older than you are – and changes to make and reverse the effect.

Mon, Jun 4 11:00-11:30am 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

Music Spotlight: Tammy Wynette

Tammy Wynette was born Virginia Wynette Pugh in Itawamba County, Mississippi, on May 5, 1942. During the late 1960s, Wynette explored women's viewpoints in song. "I Don't Wanna Play House" and "D-I-V-O-R-C-E" voiced the agonies of women and children torn by family break-ups. Join us for a day of country music.

Wed, Jun 13 1:00-1:45pm Fee: FREE

Book Club:

The Soldier's Wife by Margaret Leroy

As World War II draws closer to Guernsey, Vivienne de la Mare knows that there will be sacrifices to be made. What she does not expect is that she will fall in love with one of the enigmatic German soldiers who take up residence in the house next door.

Wed, Jun 27 11:00am-Noon Fee: FREE

85 Expert Strategies to Improve Your Life for Good

From reducing your debt... to clearing the clutter... to learning to say no, listen to what the experts have to say on smarter life strategies.

Wed, Jun 27 1:00-1:45pm Fee: FREE

For Your Health

Nutritional Exotic Fruits & Samples

Join Lisa Furlow and expand your horizons by trying some new and exotic fruits.

Tue, Jun 5 11:00am-Noon Fee: FREE

What is in Diet Coke that Could be Bad for You?

Join the staff as we breakdown these ingredients and inform you of some recent findings.

Wed, Jun 6 11:00-11:30am Fee: FREE

Zumba Demo with Holly

Holly is offering a free Zumba-Gold demo. Class is designed for older people who want to stay fit with the latest craze but cannot keep up with the high impact of regular Zumba.

Thu, Jun 7 11:15am-Noon Fee: FREE

Low-Fat Trio Gravy Demo

There is a new gravy on the market that is easy to prepare with a natural taste, and has 0g Trans Fat or Saturated Fat, and no added MSG. Join staff for a demo and samples.

Tue, Jun 12 11:15-11:45am Fee: FREE

Visit the Nurse

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

Thu, Jun 7 10:00am-Noon Fee: FREE

Wed, Jun 27 10:00am-Noon Fee: FREE

NEW! Matter of Balance with Kelsea

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

Thu, Jun 21-Aug 9 10:00am-Noon

Fee: FREE

Yoga Demo with Holly

Yoga meditation systematically brings your awareness inward, through all levels of being. Experience the eternal center of consciousness through yoga. Join Holly and learn more!

Thu, Jun 21 11:15am-Noon Fee: FREE

Emotional Freedom Technique

Emotional Freedom Technique (EFT) is a method of healing that is designed to reduce stress caused by emotional memories and events. Based on the principles of acupuncture, EFT uses simple tapping you can do for yourself instead of needles.

Thu, Jun 28 10:30am-Noon Fee: FREE

Classes

Computer Class

Learn how to use MS Word, access the internet or Facebook. Please preregister, space is limited.

Fri, Jun 8,15,22 1:00-2:00pm

Fee: \$5 refundable deposit upon registration

Fitness & Dance

Fitness Training

Get a great workout with Katie in a vigorous exercise program.

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

Tai Chi: Moving for Better Balance

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/Thu, Ongoing 10:30am Fee: FREE

IHSC Annual Cookout & Dancing in the Street

Join the fun - great music, games, and lots of food. The Hometown Boys Band will be entertaining and Louise Pyles will be leading a hand-dancing demo. Hamburgers, hotdogs, potato salad, coleslaw, and more! Entertainment sponsored by the Charles County Arts Alliance.

Thu, Jun 14 11:00am-2:00pm Fee: \$6

Registration Deadline: Jun 7



INDIAN HEAD SENIOR CENTER

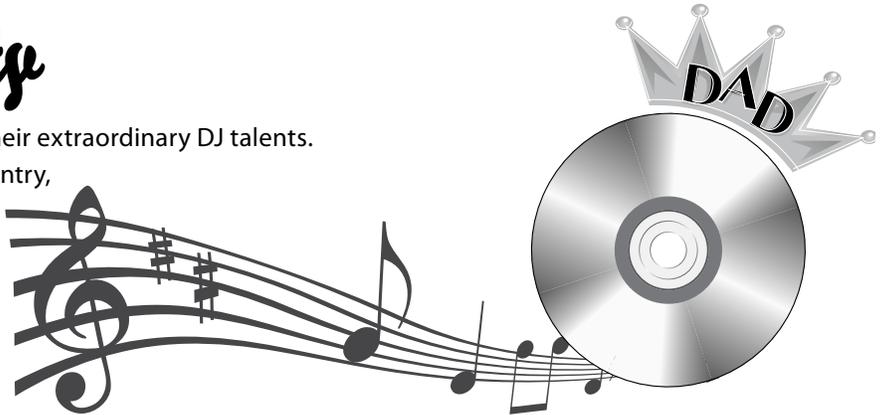
100 Cornwallis Square (Village Green) • Indian Head, MD • 301-743-2125

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

Father's Day Party

Council members will be entertaining you with their extraordinary DJ talents. Three DJ's will be spinning records from R&B, Country, to Rock and Roll. Put on your dancing shoes and join the party – games, prizes, and lunch.

Tue, Jun 19 • 11:00am-1:00pm
 Please sign up not later than June 14
 Fee: \$5



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 For Better Balance... 10:30 Tai Chi For Better Balance 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 For Better Balance... 9:15 Ceramics 10:00 Canasta & Bid Whist 10:00
JUNE				1 Healthy Summer Snacks... 11:00 Pictionary 1:00
4 Anti-Aging Style Secrets . . 11:00 Soda Pop Art 11:00	5 Council Meeting 10:00 Nutritional Exotic Fruits & Samples with Lisa 11:00 Tai Chi Make-Up Class . .:2:00-3:00	6 What is in Diet Coke That Could be Bad for You? 11:00 Get Holistic with Leola 11:30	7 Visit the Nurse 10:00-Noon Zumba Demo with Holly... 11:15 Bunko 12:45	8 Movie Presentation... 11:30-1:30 Computer Lab 1:00
11 Poetry Reading 11:30 Healthy Summer Snacks.... 1:00	12 Nora Jones with Morning Wisdom 10:00 Senior I&A Outreach 10:30 Low-Fat Trio Gravy Demo . . . 11:15	13 Milk Myths 11:15 Music Spotlight: Tammy Wynette 1:00	14 IHSC Annual Cookout & Dancing in the Street 11:00am-2:00pm	15 Domino Tournament 11:00 Computer Lab 1:00
18 Creative Vegetables 11:30 Easy Craft 1:00	19 Father's Day Party 11:00-1:00	20 Senior Picnic at the Jaycees Senior Center Closed	21 A Matter of Balance with Kelsea 10:00-Noon Yoga Demo with Holly 11:15 Sentimental Clutter 1:00	22 Seated Massage..... 9:30 Computer Lab 1:00
25 Clean Up Your Act 11:00 Mind Benders..... 1:00	26 Internet Safety 11:15 Prayer Line with Gladys Parker 1:00	27 Visit the Nurse 10:00-Noon Book Club: The Soldier's Wife by Margaret Leroy 11:00 85 Expert Strategies to Improve Your Life for Good 1:00 No Quiltin' Chicks Today	28 AFEP 10:00 A Matter of Balance with Kelsea 10:00-Noon Emotional Freedom Technique 10:30 Bunko 12:45	29 Exercise Equipment Overview for Newcomers 11:00

WALDORF SENIOR CENTER

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

Get your Latest SCOOP online!
Visit www.CharlesCounty.org/CS/AGING

Special Events & Daily Activities

Homeowners Insurance Disclosure: Review with the Maryland Insurance Administration

The Maryland Insurance Administration needs your help. The Insurance Administration has been asked by the General Assembly to draft a user-friendly, but comprehensive homeowners insurance disclosure to help Marylanders better understand what is covered and what is excluded from coverage under their homeowners insurance policies. Volunteer Maryland homeowners of all age groups are needed to review this disclosure and provide feedback as to its effectiveness, clarity, etc. If you are willing to help with this project, please attend this meeting. The Maryland Insurance Administration is a government agency that regulates the business practices of the insurance industry in the state. Facilitator: Joy Hatchette, Associate Commissioner Consumer Education & Advocacy.

Wed, Jun 6 12:30-2:30pm Fee: FREE

Afternoon Book Club: Whitethorn Woods

Maeve Binchy writes a tale of the town Rossmore where a new highway threatens to bypass the town and cut through Whitethorn Woods, everyone has a passionate opinion about whether the town will benefit or suffer. But young Father Flynn is most concerned with the fate of St. Ann's Well, which is set at the edge of the woods and slated for destruction. Facilitators: Julie Brasher & Lisa Clark, Charles County Public Librarian.

Wed, Jun 6 1:00pm Fee: FREE

Cash Bingo Fundraiser for Senior Services of Charles County, Inc.

See page 2 for details.

Inspirations

Non-denominational faith discussion.

Tue, Ongoing 12:30pm Fee: FREE

For Your Health

Seated Massage

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

Thu, Jun 7 9:30-Noon Fee: 50¢/minute

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.

Tue, Jun 19 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, Jun 5 10:00am-Noon Fee: FREE

Wed, Jun 27 10:00am-Noon Fee: FREE

Men's Health

Men have different nutritional needs so come and learn about the specific recommendations for gentlemen. Topics such as lowering your risk for prostate cancer, protein needs, and how to support a heart healthy diet will all be discussed. Speaker: Lisa Furlow, Nutritionist

Thu, Jun 28 10:15am Fee: FREE

Classes

Matter of Balance

Learn to view falls as controllable, set goals for increasing activity, and exercise to increase strength and balance. This is an eight week program, which began May 9 and will end July 11. Instructor; Julie Brasher. There is no class on Jun 20.

Wed, Jun 6-27 1:00-3:00pm Fee: FREE

AARP Driver Safety Course

Tune up your driving skills and update your knowledge of the rules of the road. Schedule allows for lunch and registration. Make check payable to AARP. Limit 12 students. Instructor: Bruce Kirk.



Tue, Jun 12 9:30am-2:30pm
Fee: \$12 AARP member, \$14 non-members

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-1:00pm
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, Jun 5 & 19 11:30am
Fee: \$5/class

Summer Fun for All

Four completely different fun activities to lift your spirits. Choose one or all. Sponsored by the Waldorf Senior Center Council.

Beaded Bracelet

Make your own with stretchy cord, crystals and beads. You will have two opportunities on different dates. Led by Center Staff.

Thu, Jun 7 10:00am Fee: \$2/bracelet

Tue, Jun 12 11:15am Fee: \$2/bracelet

20-Minute Karaoke

It's no fun singing alone in the shower... Make a fool of yourself in front of everyone.

Wed, Jun 13 10:30am Fee: Your Pride

Balloon Stomp

Get up and play for fun prizes.

Tue, Jun 26 11:15am Fee: FREE

Watermelon Seed Spitting Contest

What a messy way to have fun and win more prizes?!

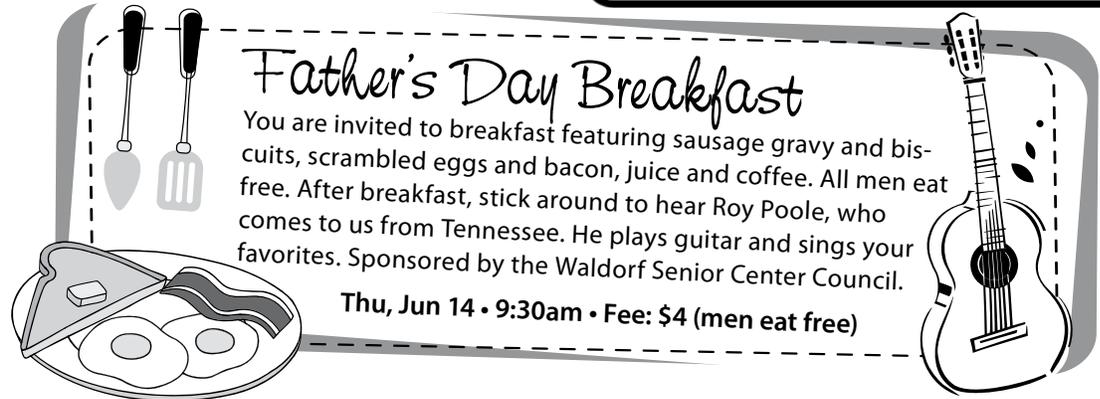
Wed, Jun 27 12:30pm
Fee: FREE



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.



Fitness & Dance

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

Zumba Gold

Low impact, Latin inspired fitness will get you moving.

Wed, Ongoing

9:00am

Fee: \$20/6 week class, or \$3 drop-in

AFEP

Low-impact seated exercise. Center Staff Instructors.

Wed/Thu, Ongoing

10:00am

Fee: FREE

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/Thu, Ongoing

9:00am

Fee: Fitness Card

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Pilates 2:00	Total Body Conditioning 9:00 Guitar Lessons 10:00 Line Dancing 10:15 Dominos 10:30 Double Deck Pinochle Noon Inspirations 12:30 Hatha Yoga 2:00	Zumba Gold 9:00 Computer Class 9:00-1:00 AFEP 10:00 Bingo 10:30 Dominos 10:30 Cards & Games 1:00 Matter of Balance 1:00-3:00	Total Body Conditioning 9:00 AFEP 10:00 Watercolors 10:00 Bingo SEE BELOW Dominos 10:30 Double Deck Pinochle Noon
JUNE			
4 St. Charles Senior Club 10:00	5 Visit the Nurse 10:00 Water Based Oils 11:30	6 Md. Insurance Administration: Homeowners Disclosure 12:30-2:30 Afternoon Book Club: Whitethorn Woods 1:00 Matter of Balance 1:00	7 Seated Massage 9:30-Noon Beaded Bracelet 10:00 Skip-Bo or Rummikub. 10:30 Bingo 10:30
11 St. Charles Senior Club 10:00	12 AARP Driver Safety Course . . . 9:30 Beaded Bracelet 11:15	13 20-Minute Karaoke 10:30 Bingo 10:50 Matter of Balance 1:00	14 Father's Day Breakfast 9:30 Entertainment with Roy Poole 10:15-11:30 Lunch Noon Bingo 12:30-2:00
18 Senior Council Meeting. 9:30 St. Charles Senior Club 10:00	19 Senior Information & Assistance Outreach 10:00-Noon Water Based Oils 11:30	20 Senior Picnic at the Jaycees Senior Center Closed	21 CASH BINGO 10:00 Fund Raiser for Senior Services of Charles County, Inc
25 St. Charles Senior Club 10:00	26 Balloon Stomp 11:15	27 Visit the Nurse 10:00 Watermelon Seed Spitting Contest 12:30 Matter of Balance 1:00	28 Men's Health 10:15 Skip-Bo or Rummikub. 10:30 Bingo 11:00

Calling Out Medicare Scams

Diabetes patients, beware when you pick up the phone. Calls claiming to be from Medicare are not. If they offer you free glucose meters or diabetic test strips, that's a red flag, because Medicare never makes calls offering supplies or services.

Gary Cantrell is deputy inspector general for investigations with HHS' Office of the Inspector General. "The scammers sometimes use names like "MED-'EE'-CARE, or "MED-'UH'-CARE, "MEDIC-CARE," in order to trick the listener." (6 seconds) The number one no-no is giving your away personal information over the phone. "Don't provide callers with your Medicare number, bank account information, or credit card numbers."

(5 seconds) If you think you're the target of a scam, report to the OIG hotline, at 1-800-HHS-TIPS or call Senior I&A / Senior Medicare Patrol, at 301-934-9305 x5143.

Tips to Remember Your Medication

In the midst of our busy lives, we all forget things from time to time. But when it comes to taking your medications, forgetfulness can lead to dangerous situations. Taking your medicine correctly as prescribed could mean the difference between life and death. There are simple steps you can take to remember which medicines to take and when to take them.

- Make a checklist of all the prescription and over the counter medicines you need to take each day
- Post your checklist in a visible location in your home where you are likely to see it daily, such as on the refrigerator door or on your bathroom mirror. Keep a copy of this list in your purse or wallet in case you are out of the home when this information is needed, or in case of an emergency.
- Use a pillbox that keeps track of a week's worth of medications. There are many styles available and some even have an alarm feature that will beep when it is time for your next dose of medicine.
- Make taking your medications part of a regular daily routine so that you will be less likely to forget. For example, if you have morning medications, always take them at the same time each morning.
- Try to fill all of your prescriptions at the same pharmacy so that all of your records will be in the same place. This can also prevent dangerous drug interactions, because the pharmacist will be able to spot any potential problems if you take more than one medicine or over the counter drug.
- Talk to your doctor about all the medicines, home remedies, vitamins and over the counter medicines you take. If you have more than one doctor, make sure that each one knows which medicines you are taking or if there are any changes made. Your doctors, pharmacists and other health professionals can help to make sure all of your medicines work together safely and effectively.

The Charles County Senior Show Troupe Finishes up their Successful Tour of:

Around the World & Back Again!

May 30Waldorf Senior Center 10:30am
June 4Lusby Senior Center 10:30am

The Senior Show Troupe would like to thank everyone for their wonderful support. And, we would like to thank them for being such wonderful goodwill ambassadors! Have an enjoyable summer.

Celebrate National Fresh Fruit & Vegetable Month this June

June is National Fresh Fruit and Vegetable Month and there's no better time to enjoy these fresh favorites in season now: strawberries, blueberries, raspberries, cucumbers, asparagus, beets, carrots, lettuce, squash, radishes, avocado, pomegranates, tomatoes, peas, mushrooms, celery, and onions.

Summer is a great time to explore new varieties of produce. The farmers markets are bursting with colorful, delicious products, and eating fresh will keep you from sweltering in a hot kitchen.

Gather your favorite fruits and vegetables and create new combinations that tickles your taste buds while delivering a nutritional punch.

Here's a great summer recipe to get you started ...

Mediterranean Diced Salad

Ingredients

- 1 19 oz can of chickpeas (garbanzo beans)
- 1 cup halved grape tomatoes
- 1 sweet red pepper chopped
- Juice of one lemon
- 1 cucumber peeled and chopped
- 1 Tbsp vinegar
- 2 stalks celery chopped
- 2 Tbsp olive oil
- 1/2 cup chopped fresh parsley

Directions

Drain and rinse the chickpeas and put in a bowl. Add pepper, cucumber, celery, and grape tomatoes. Whisk together the lemon juice, vinegar, and olive oil. Pour over the salad and toss well. Add parsley and refrigerate until ready to serve.

Each serving is only 142 calories and has 4 grams of protein. This is a cholesterol free recipe. This yummy salad even has 5 grams of fiber and only 208 milligrams of sodium.

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
JUNE				
				1 Grape Juice Meat Lasagna Three Bean Salad Pacific Blend Vegetables Dinner Roll Pears
4 Fruit Blend Juice BBQ Pork Sandwich Party Hearty Beans Steamed Spinach Pineapple Chunks	5 Cranberry Juice Chicken Chop Suey Fluffy Rice Spinach Salad w/Dressing Whole Wheat Bread Banana	6 LS Tomato Juice Beef Brisket Honey Mustard Potato Salad Cranberry Salsa Salad Dinner Roll Honeydew	7 Apple Juice ¼ Baked Chicken Baked Beans Carrots Whole Wheat Bread Deluxe Fruit Salad	8 Orange Juice Seafood Salad Pasta Salad Garden Salad w/Dressing Muffin Raisins
11 Apple Juice Stuffed Peppers Cheesy Potatoes Asian Blend Vegetables Whole Wheat Bread Citrus Salad	12 Grape Juice Macaroni & Cheese (1 cup) Scalloped Tomatoes Coleslaw Fruited Jello	13 Cranberry Juice Cheese Quiche Baked Sweet Potato Fiesta Vegetable Blend Cornbread Deluxe Fruit Salad	14 Pineapple Juice Meat Chili w/Beans Buttered Noodles Creamy Cucumber Salad Cornbread Fresh Apple Slices	15 Orange Juice Asian Chicken Fluffy Rice Carrot Raisin Salad Whole Wheat Bread Fruited Jello
18 Pineapple Juice Veggie Burger on Roll Lettuce, Tomato, Mayonnaise, & Mustard Cucumber Onion Vinaigrette Apricots	19 Pineapple Juice Meatloaf w/Gravy Mashed Potatoes Broccoli Whole Wheat Bread Pears	20 Fruit Blend Juice Sloppy Joe on Roll Chuckwagon Vegetables Bobbie's Bean Salad Banana	21 Grape Juice Oven Fried Chicken Au Gratin Potatoes Collard Greens Whole Wheat Bread Cantaloupe	22 Apple Juice Chicken Parmesan Noodles Baby Sweet Peas Biscuit Seedless Grapes
25 Pineapple Juice Salmon Cake Brown Rice Zucchini Blend Biscuit Mandarin Oranges	26 Grape Juice Ground Beef & Macaroni Rice Pudding Brussels Sprouts Watermelon	27 Apple Juice Green Pepper Steak Fluffy Rice Three Bean Salad (1 cup) Dinner Roll Orange Slices	28 BIRTHDAY CELEBRATION Cranberry Juice Spaghetti w/Meatballs Pineapple Bean Salad Whole Wheat Bread Applesauce BIRTHDAY CAKE	29 Fruit Blend Juice Pork Chop Sauerkraut Sweet Potatoes White Bread Peaches

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.CharlesCounty.org/cs

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.

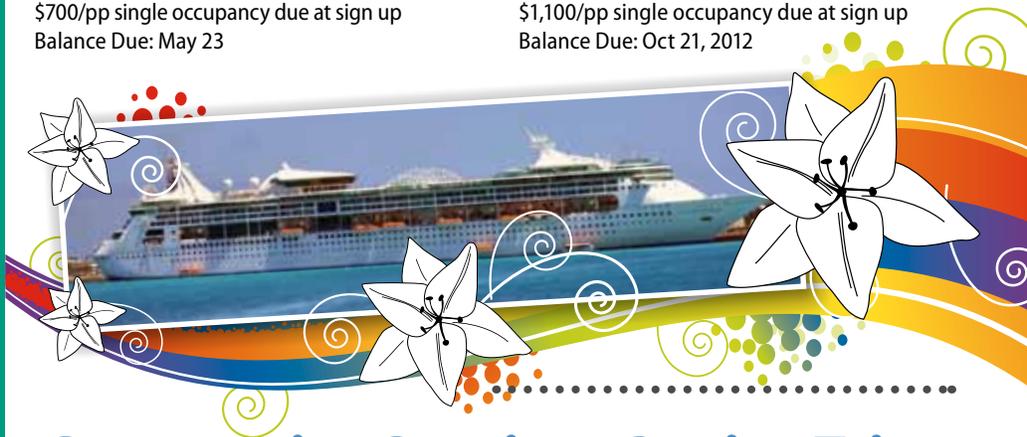
Trip Date: Feb 25-Mar 9, 2013

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



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

Allenberry Resort

The Sound of Music

Boiling Springs, PA

The inspiring true story of the Von Trapp Family Singers, set against the panorama of the Austrian Alps. The show features "Climb Every Mountain," "Edelweiss," "Do-Re-Me," "So Long, Farewell," and more. This classic family musical is bound to be one of your "favorite things!"

303101-TR Wed, Jul 25

Registration Deadline: Jun 22

Departure: Clark Senior Ctr 6:50am,

and Waldorf Jaycees 7:10am

Est. Return: 7:30pm

Trip Fee: \$103

Toby's Dinner Theatre

Legally Blonde...The Musical

Columbia, MD

This much fun shouldn't be legal! Based on the hit movie of the same name, Legally Blonde, the Musical is the award-winning Broadway sensation. This all singing, all dancing, feel good musical comedy will be the highlight of your year.

303112-TR Wed, Aug 8

Registration Deadline: Jul 7

Departure: Clark Senior Ctr 8:25am, and

Waldorf Jaycees 8:45am

Est. Return: 5:30pm

Trip Fee: \$82

Community Service offers even more trips! Check them out online at:
www.CharlesCountyParks.com