

The SCOOP

Charles County's Senior Center News



MAY 2012

www.CharlesCounty.org/cs

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 May

Clark Senior Center

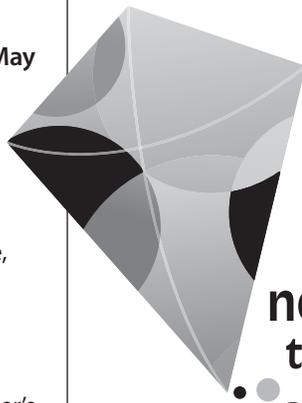
- Ice Cream Social and Open House

Indian Head Senior Center

- TaylorMarie's Fashion Show and Sale, You're Never Too Old to Play, Annual Yard Sale, and Surprise Bingo

Waldorf Senior Center

- Snack Bar, Bingo Supplies, and Mother's Day Handbag Auction



never too old
to play
older americans month 2012



Older Americans Month 2012!

May is Older Americans Month, a perfect opportunity to show our appreciation for the older adults in our community. Since 1963, communities across the nation have joined in the annual commemoration of Older Americans Month – a proud tradition that shows our nation's commitment to celebrating the contributions and achievements of older Americans.

The theme for Older Americans Month 2012 – "**Never Too Old to Play!**" – puts a spotlight on the important role older adults play in sharing their experience, wisdom, and understanding, and passing on that knowledge to other generations in a variety of significant ways.

This year's celebrations will recognize the value that older adults continue to bring to our communities through spirited participation in social and faith groups, service organizations, and other activities. As large numbers of baby-boomers reach retirement age, many communities have increased their efforts to provide meaningful opportunities for older adults – many of whom remain physically and socially active through their 80s and beyond.

Current trends show that people over age 60 account for an ever-growing percentage of participants in community service positions, faith-based organizations, online social networking as well as arts and recreational groups. Lifelong participation in social, creative, and physical activities has proven health benefits, including retaining mobility, muscle mass, and cognitive abilities. But older adults are not the only ones who benefit from their engagement in community life. Studies show their interactions with family, friends, and neighbors across generations enrich the lives of everyone involved. Young people who have significant relationships with a grandparent or elder report that these relationships helped shape their values, goals, and life choices and gave them a sense of identity and root.

Older Americans Month is a great opportunity to show special appreciation for some of our most beloved citizens. We have many reasons to celebrate them! We invite you to join in the fun! Check your Senior Center calendars for special events being held in recognition of Older American's Month.

Tri-County Senior Golf Tournament

Open to individuals age 50 and older. Registration forms are available at all Senior Centers or call 301-934-5423. Cash/Check accepted. Please make checks payable to White Plains Golf Course.



Thu, May 17 Registration: 8:30am Shot Gun Start: 9:00am
Registration Deadline: Thu, May 3 Rain Date: Thu, May 24
Fee: \$45; includes green fees, carts, lunch, and prizes (non-refundable)
Location: White Plains Golf Course

Sponsored by the Department of Community Services



**The Charles County Senior Show Troupe Presents:
Around the World & Back Again!**

Be sure to see the spring show offered by the Senior Show Troupe. Enjoy singing, clogging, dancing, jokes, skits, polka's and more. Come out and watch this talented group in action.

- May 2 Charlotte Hall Veterans Home 10:30am
- May 7 Charles County Nursing Home..... 10:30am
- May 14 Bowie Senior Center..... 10:30am
- May 21 North Beach Senior Center 10:30am
- May 23 Cedar Lane Apartments 10:30am
- May 30 Waldorf Senior Center..... 10:30am
- June 4 Lusby Senior Center..... 10:30am
- June 6 Richard R. Clark Senior Center 10:30am

Annual Senior Picnic

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

Don't miss out on this year's fun! Enjoy games, line dancing, door prizes, and a delicious luncheon provided by the Waldorf Jaycees. Our fabulous vocalist, Ellis Woodward steals the show at Christmas and we felt it would be an extra treat for him to entertain at the Senior Picnic too. Ellis is thrilled and has promised to get everyone up and dancing to your favorite tunes. **Please bring a canned food item to share with needy families.**

Transportation will be available using VanGO. Please call 301-609-7917 (ext 2) to make your transportation reservation no later than Friday, June 15, by 2:00 p.m.

This event is FREE to all Charles County Senior Citizens. Tickets are required and will be available at all Senior Centers beginning Wednesday, May 16. Space is limited ... only 500 tickets for all ... so please make your reservation early. Call or visit any of the four Senior Centers to receive your tickets.

FREE Bowling for Seniors at AMF Bowling

Dust off your bowling shoes and join your friends for an afternoon of bowling.



This event is sponsored by Senior Services of Charles County, Inc.

FREE to all Charles County Seniors. Limited space.

Location: AMF Bowling Lanes in Waldorf.

Wed, May 16 11:00am-1:00pm
Registration Deadline: May 10
Fee: FREE



Special Events for May

Open House Programs

- Clark.....Tue, May 15 • 9am-2pm
- Indian Head.....Mon, May 21 • 10am-3pm
- Waldorf.....Wed, May 30 • 10am-3pm

Mother's Day Events

Photo contest

- Clark.....Tue-Thu, May 1-3

Taylor Marie Fashion Show

- Indian Head.....Thu, May 10 • 11am-3pm

Handbag Auction

- Waldorf.....Thu, May 10 • 10am-2pm

Memorial Day Events

Poets Who Gave Their All

- Clark.....Tue, May 29 • 11am-Noon

Senior Show Troupe

- Waldorf.....Wed, May 30 • 10:30am-2pm

Some Gave All

- Indian Head.....Wed, May 30 • Noon-1pm

Please visit the senior center pages for detailed descriptions of these special programs scheduled just for you!

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



Blue Crabs Getaway Day

Reminder: A day of baseball and feasting is in store for those who have already made their reservations for this great day in the Legends Clubhouse. We will carpool or just meet at the ball park.

Wed, May 9 10:00am-2:30pm
Fee: Already paid

Special Events & Activities

Mother's Day Photo Contest

Bring in a photo of your mother with a short note (without names). We will match up mothers with their senior child. Prizes for the most correct matches.

Bring Photos In: Tue-Thu, May 1-3

Book Club

The selection for May is *The Help* by Kathryn Stockett. June's selection is *All Creatures Great & Small* by James Herriott.

Thu, May 3 1:00pm Fee: FREE

Karaoke with Randy

Fri, May 4 12:30pm Fee: FREE

Coin Appraisal with John Hankla

Wed, May 9 9:00am-Noon Fee: FREE

Open House

Bring your friends, family and neighbors to tour your beautiful Senior Center. We will have refreshments and entertainment by Jenete St. Clair, Cellist, and AI & Company, ventriloquist. The winner of the Mother's Day Photo Contest will be announced.

Tue, May 15 9:00am-2:00pm Fee: FREE

Annual Ice Cream Social

Sponsored by the RRCSC Council. Enjoy your choice of delicious flavors and toppings.

Thu, May 17 12:30pm Fee: FREE

La Plata Lion's Club Eye Screening

Vision testing at the Center. Sign up required.

Wed, May 23 10:00am-2:00pm Fee: FREE

Fall Prevention Bingo

Do you enjoy Bingo? If so, do two things at the same time, have fun playing while learning about fall prevention.

Thu, May 24 11:00am Fee: FREE

Twelve O'Clock Pizza

Choice of pepperoni, vegetable or cheese pizza from Pizza Hotline. Sign up required.

Thu, May 24 Noon Fee: \$1.50/slice

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, May 25 10:00am Fee: FREE

Caregiver Support

Wed, May 30 2:00pm Fee: FREE

Karaoke Sing-Along

Sing some of your favorite and fun songs.

Thu, May 31 11:00am Fee: FREE

Videos

Wicked Spring

During the Civil War, Battle of the Wilderness, six lost, ragged, and exhausted soldiers share a campfire, food, and a brief respite from the war. The rising sun reveals they are on opposite sides...and the stage is set!

Fri, May 4 10:00am Fee: FREE

Fox Fire

Love, memories, and change are the threads that run through the life of a Blue Ridge Mountain widow. Starring Jessica Tandy and Hume Cronyn.

Fri, May 11 10:00am Fee: FREE

Dance with the White Dog

The story of an elderly widower whose spirit begins to fade until the sudden appearance of a mysterious white dog that reawakens his joy of life and shows him the power of his wife's undying love.

Fri, May 18 10:00am Fee: FREE

Special Presentations

Mediterranean Diet

Nutritionist, Lisa Furlow, will discuss the components and benefits of the Mediterranean Diet.

Thu, May 3 11:00am Fee: FREE

Digestive Disturbances

Information about Acid Reflux, Hiatal Hernia and Irritable Bowel Syndrome. Facilitator: Dr. Charles Judge.

Tue, May 8 11:00am Fee: FREE

Skin Cancer Information & Screening

Learn about skin cancer, and receive a free screening from Dr. George Verghese.

Wed, May 16 10:30am Fee: FREE

You Don't Need Another Stroke

Learn how to help prevent strokes. Facilitator: Fay Brubacher.

Thu, May 10 11:00am Fee: FREE

Introduction to Reverse Mortgages

10,000 baby boomers turn age 65 each day. Reverse mortgages are being used as part of their retirement income plan. Learn about the reduced-fee Saver Reverse Mortgage and other changes in this FHA insured product.

Thu, May 17 11:00am Fee: FREE

The Ancient City of Petra

Learn about this historic and archaeological city in the Jordanian governate of Ma'an, famous for its rock cut architecture and water conduit system. Facilitator: Dr. Rollie Hower.

Tue, May 22 11:00am Fee: FREE

Poets Who Gave Their All

In honor of Memorial Day, let's discuss three famous poets who died on active duty... Joyce Kilmer, Rupert Brooke, and John Gillespie Magee, Jr. Facilitator: Florence Robey.

Tue, May 29 11:00am Fee: FREE

Classes

Fitness Room Orientation

Required prior to using equipment.

Tue, May 1 3:30pm Fee: \$2

Wed, May 9 & 23 1:00/2:00pm Fee: \$2

Strength Training

New session. Instructor: Jesse Bender with Longevity Studios.

Wed/Fri, May 23-Jul 13 9:15am Fee: \$30

Matter of Balance

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

Thu, thru May 31 9:00-11:00am Fee: FREE

Zumba

Low impact, Latin-inspired fitness. Punch card available from Instructor.

Tue at Noon Thu at 11:30am Ongoing

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

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
Baby Boomer Boot Camp..... 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 Mindful Yoga..... 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..... 9:30-10:30 Fine Arts..... 10:00-Noon 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. Pitch..... 1:00-4:00 Weekly Workout..... 5:30-6:45	Billiards Drop In..... 9:00-4:00 Strength Training..... 9:15-10:15 Quilting, Etc..... 9:30-Noon Crochet Club..... 9:00-Noon Bridge..... 11:00-3:15 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 Stained Glass..... 10:00-Noon AFEP..... 10:30-11:00 Zumba..... 11:30 Canasta..... 12:30-3:00 Reflections..... 1:00-1:30 Beg Line Dancing..... 1:00-2:00	Project Linus..... 9:00-2:00 Billiards Drop In..... 9:00-4:00 Strength Training..... 9:15-10:15 Oil Painting/Acrylics... 10:00-2:00 Handbells..... 11:30-12:30 Pinochle..... 12:30-3:00
MAY				
	1 Fitness Orientation..... 3:30 Bring in Mothers' Photo	2 Blood Pressure Screening..... 10:00 Bring in Mothers' Photo	3 Matter of Balance..... 9:00 Mediterranean Diet... 11:00 Book Club..... 1:00 Bring in Mothers' Photo	4 Hand & Foot Canasta..... 10:00 Video: Wicked Spring..... 10:00 Gentle Yoga..... 10:30 Karaoke with Randy .. 12:30 Cancer Support Group..... 1:30
7 Reflexology..... 9:15-2:00 Greenback Investment.... 10:00	8 Massage..... 9:00 Digestive Disturbances..... 11:00	9 Coin Appraisal..... 9:00 Blue Crabs Getaway... 9:30 Visit the Nurse..... 10:00 Genealogy..... 10:00 Caregiving Tips..... 10:00 Fitness Orientation... 1:00/2:00	10 A Matter of Balance... 9:00 You Don't Need Another Stroke..... 11:00	11 Visit the Barber..... 10:00 Video: Fox Fire..... 10:00 Gentle Yoga..... 10:30 Creative Writing..... 1:00
14 Greenback Investment.... 10:00 Ceramics..... 10:00	15 Open House..... 9:00 Jenete St. Clair, Cellist..... 10:00 AI & Company..... 11:00	16 Blood Pressure Screening..... 10:00 Wii Bowling..... 10:30 Skin Cancer Screening..... 11:00 FREE Bowling at AMF.. 11:00	17 A Matter of Balance... 9:00 Introduction to Reverse Mortgages..... 11:00 Council Ice Cream Social..... 12:15	18 Video: Dance With the White Dog..... 10:00 Gentle Yoga..... 10:30 Poetry Corner..... 2:00
21 Prostate Cancer Support Group..... 1:00	22 Massage..... 9:30 Ancient City of Petra.. 11:00	23 Visit the Nurse..... 10:00 Lion's Eye Screening .. 10:00 Fitness Orientation... 1:00/2:00	24 A Matter of Balance... 9:00 Fall Prevention Bingo..... 11:00 Twelve O'Clock Pizza..... Noon Birthday Celebration..... 12:30	25 Newcomers Coffee..... 10:00 Visit the Barber..... 10:00 Hand & Foot Canasta..... 10:00 Creative Writing..... 1:00
28 Memorial Day Senior Center Closed	29 Power Yoga..... 9:30 Poets Who Gave Their All..... 11:00	30 Blood Pressure Screening.. 10:00 Memorial Day Lunch & Trivia..... Noon Caregivers Support..... 2:00	31 A Matter of Balance... 9:00 Karaoke Sing-Along..... 11:00	

INDIAN HEAD SENIOR CENTER

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

Get your Latest SCOOP online!
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Special Events & Daily Activities

You're Never Too Old to Play

This year's Older Americans Month theme "Never Too Old to Play" encourages older Americans to stay engaged, active, and involved in their own lives and in their communities.

Tue, May 1 11:15am-Noon Fee: FREE

Online Social Networking

Learn how to "get with it" by staying current with the latest social networking sites such as Twitter and FaceBook. If this new age technology is leaving you in the dust, join the staff to learn more.

Wed, May 2 11:00-11:45am Fee: FREE

Clean Car Clinic

The Maryland Clean Car Clinic will be here to conduct 26-point vehicle inspections. Following inspection, the technician will explain results to the vehicle owner and offer tips on how to correct issues and improve vehicle efficiency. You will also receive a copy of the completed inspection form. Space is limited to 25 vehicles - please sign up early.

Mon, May 7 10:00am-1:00pm Fee: FREE

Senior I&A Outreach

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

Tue/May 8 10:30am-Noon Fee: FREE

Baby Boomers

The moment when the first baby boomers reach retirement age has arrived. The day of reckoning that so many have talked about for so many years is here. Join the staff for some cold hard facts on how this generation will affect all others in so many ways.

Wed, May 9 11:00-11:45am Fee: FREE

Music Spotlight: Adele

Born Adele Laurie Blue Adkins, May 5, 1988, Adele is an English recording artist and songwriter who has skyrocketed to stardom. In 2008, she released Album 19, and Album 21 in early 2011 for which she earned six Grammy Awards in 2012 including Album of the Year ... setting the record for most Grammy Awards won by a female artist in one night.

Wed, May 16 1:00-1:30pm Fee: FREE

Book Club:

Beach House by Jane Green

Known in Nantucket as the crazy woman who lives in the rambling house atop the bluff, Nan doesn't care what people think. At sixty-five-years old, her husband died twenty years ago, her beauty has faded, and her family has flown.

Wed, May 23 11:00am-Noon Fee: FREE

Surprise Bingo

The IHSC Council will hold a special surprise bingo where you can win beautiful and unique items. Don't miss it!

Tue, May 29 10:30am-Noon
Fee: Regular Cards \$1 ea., Specials \$2 ea.

All Gave Some...Some Gave All

In recognition of Memorial Day, join us as we listen to this touching song and remember the military personnel who have served or are currently serving.

Wed, May 30 12:30-1:00pm Fee: FREE

For Your Health

Smarter Nutrition with Kelly

Good health on the go is not easy. Join Kelly for some great on-the-go nutritional options. Free samples provided.

Thu, May 17 11:15am-Noon Fee: FREE

Visit the Nurse

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

Thu, May 3 10:00am-Noon
Fee: FREE

Wed, May 16 10:00am-Noon
Fee: FREE

Know the 10 Warning Signs of Alzheimer Disease

Memory loss that disrupts daily life may be a symptom of Alzheimer's, a fatal brain disease that causes a slow decline in memory, thinking and reasoning skills. There are 10 warning signs and symptoms of Alzheimer's. Every individual may experience one or more of these signs in different degrees. There will be a candle-lighting ceremony.

Tue, May 22 11:15am-Noon
Fee: FREE

Classes

Computer Class

Learn to use MS Word, the internet or FaceBook. Please preregister, space is limited.

Fri, May 11, 18 & 25 1:00-2:00pm
Fee: \$5 (refundable deposit upon registration)

Ladybug Barrette Craft

Design a lovely hair barrette with ribbons and ladybugs. All supplies provided.

Mon, May 14 10:30am-Noon Fee: \$1

Fitness & Dance

Fitness Training with Katie

Get a great workout with Katie in this 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
Fri, Ongoing 9:15-10:15am
Fee: Fitness card

Line Dancing with Geneva

Learn some of the newest line dances.

Thu, Ongoing 1:00pm Fee: FREE

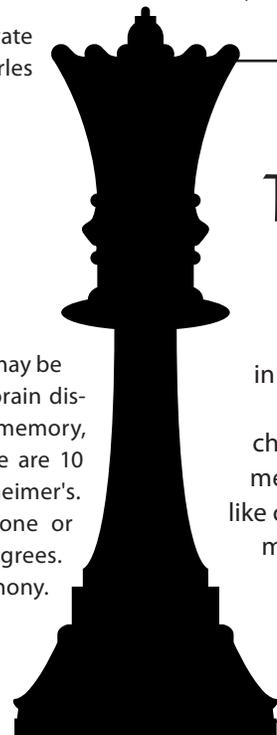
AFEP • Seated Exercise

Tue/Thu, Ongoing 10:30am 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.

Wed, Ongoing
1:00-3:00pm
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.



TaylorMarie's Fashion Show & Sale at the Indian Head Village Green Pavilion

Back by popular demand is TaylorMarie's Fashion Show and Sale. Enjoy a professional fashion show and shop the latest clothing and accessory trends. High-quality fashions with top designer brands at affordable prices, and SALE racks too. Join us for lunch after the show.

Thu, May 10 11:00am-3:00pm

Registration Deadline: May 3

Fee: Items as Priced

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
MAY				
	1 Council Meeting 10:00 You're Never Too Old to Play..... 11:15-Noon No Bingo Today	2 Online Social Networking.. 11:00 Be Open to Spontaneous Joy..... 1:00	3 Visit the Nurse 10:00-Noon 6 Ways to Spring Clean Your Mind..... 11:15 Bunko 12:45	4 Movie Presentation..... 11:30 Make Room-Literally 1:00 Pictionary..... 1:30
7 Clean Car Clinic . . 10:00-1:00 Stroke Awareness DVD 11:00	8 Nora Jones with Morning Wisdom 10:00 Senior I&A Outreach 10:30 Play in the Dirt Plant Swap 1:00-3:00	9 Baby Boomers 11:00-11:45 Make Time For What You Love and Reawaken Your Inner Kid 1:00	10 TaylorMarie's Fashion Show & Sale, Indian Head Village Green Pavilion..... 11:00-3:00 Center Closed – All Programs at Head Village Green Pavilion	11 Learn How to Make a Fresh Start 11:00 Computer Lab 1:00
14 Ladybug Barrette Craft... 10:30 Let Go of Perfection 11:30 Pictionary..... 1:00	15 Barter System Reborn 11:30-Noon All The Single Ladies..... 1:15	16 Visit the Nurse 10:00-Noon Social Networking "Getting to Know You" 11:00 FREE Bowling at AMF.. 11:00 Music Spotlight: Adele 1:00	17 Smarter Nutrition with Kelly 11:15 Carnival Games & Prizes.... 1:00	18 Domino Tournament..... 11:00 Computer Lab 1:00
21 You're Never Too Old to Play Open House 10:30-3:00 Treat Your Bliss as a Requirement 1:00	22 Know the 10 Warning Signs of Alzheimer Disease 11:15-11:45 Alzheimer Candle Lighting Ceremony..... 11:45-Noon	23 Book Club: Beach House by Jane Green 11:00 4 Steps to Tapping in to Your Deepest Intuition 1:00 No Quiltin' Chicks Today	24 Annual Yard Sale . . 9:00-3:00 Birthday Celebration with Aetna 12:45	25 Annual Yard Sale . . 9:00-3:00 Seated Massage..... 9:30 Computer Lab 1:00
28 Memorial Day Senior Center Closed	29 Surprise Bingo . . 10:30-Noon Prayer Line with Gladys Parker..... 1:00	30 Lifestyles with Debbie Hill, Senior Ride Program..... 11:00-Noon Some Gave All..... 12:30	31 Cat Bingo with the Charles County Humane Society 11:00 Bunko 12:45	

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:

Hotel on the Corner of Bitter & Sweet

Author Jamie Ford takes us to 1986 when Henry Lee learns that items have been discovered in an old hotel in Seattle. They belong to Japanese families who were held in WWII internment camps. Henry Lee reminisces about his life and the lives of other Asians living in the United States. Facilitators: Julie Brasher & Lisa Clark, Charles County Public Librarian.

Wed, May 2 1:00pm Fee: FREE

John Hansen Middle School Band

Support the arts by attending a free concert by Charles County middle schoolers. Led by Meg Cancino.

Thu, May 22 10:00am Fee: FREE

Mother's Day Handbag Auction

 \$5...\$6...\$7! SOLD to the highest bidder! Don't miss this opportunity to bid on new, gently used, and lovely vintage handbags, plus Sunday hats, and accessories. Register to receive a bidder's number for the live and the silent auctions. Start previewing items at 10:00am with live bidding starting at 12:30pm. The silent auction will be held throughout the day and closes at 1:15pm. Proceeds support Waldorf Senior Center Council. Light refreshments served.

Thu, May 10 10:00am Fee: Winning Bid

Movie: The War of 1812

For two and a half years, Americans fought against the British, Canadian colonists, and native nations. In the years to come, the War of 1812 would be celebrated in some places and forgotten in others. It was a struggle that threatened the existence of Canada and divided the United States so deeply that the nation almost broke apart. With stunning re-enactments, *The War of 1812*, a PBS documentary, presents the conflict that forged the destiny of a continent. Munch on popcorn, too.

Tue, May 29 9:30-11:30am Fee: FREE

Inspirations

Non-denominational faith discussion.

Tue, Ongoing 12:30pm Fee: FREE

OPEN HOUSE!

with Charles County Senior Show Troupe

See what you can do after 60! Become an artist, take fitness or dance classes, learn to play guitar or join the Senior Show Troupe and show off your performing skills. Open House schedule as follows:

9:00amTotal Body Conditioning with Clairisa

10:30amAround the World and Back Again (Senior Show Troupe)

11:45amSpecials Bingo: Picnic Table & Layer Cake

12:15pmLunch with chocolate layered dessert

12:45-2:00pmBingo

Wed, May 30 Fee: FREE

For Your Health

Medication Management with Safeway Pharmacy

Pharmacist Olamide Davies will help you understand what your medications are used for and what condition they treat. Pharmacists are medication specialists and are accessible to you.

Tue, May 8 11:15am Fee: FREE



Matter of Balance

This program is designed to reduce the fear of falling and increase activity levels among older adults. Learn to set realistic goals within this 8 week program regardless of your current activity level. The program is comprised of educational discussions and working through a series of seated and standing exercises. Sign up early, space is limited.

Wed, May 9-Jun 27 1:00-3:00pm Fee: FREE

Eat This Not That!

A review of the popular book series, *Eat This Not That!* by David Zinczenko. Starting with simple swap ideas from *Eat this Not That: Supermarket Edition 2012* you'll learn of shocking comparisons to similar foods in the supermarket. Arm yourself with knowledge to a happier, healthier you. Discussion led by Ann Walter.

Tue, May 15 11:15am Fee: FREE

Seated Massage

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

Thu, May 10 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, May 15 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, May 1 10:00am-Noon Fee: FREE

Wed, May 23 10:00am-Noon Fee: FREE

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, May 1 & 15 11:30am Fee: \$5/class

Fitness & Dance

Flex & Stretch

Flexibility and conditioning exercises to give you an overall workout. Instructor Randi McWilliams

Mon, Ongoing 9:00am Fee: Fitness Card

Pilates

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

Mon, Ongoing 2:00pm Fee: Fitness Card

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.



South County Showstoppers

We are so excited to host this group of talented members from the South County Senior Center in Anne Arundel County. Don't miss this entertaining variety show with dancing, singing, comedy and fun! Enjoy the fun costume changes, tap dancing, belly dancing, and lots of surprises. Sponsored by Senior Services of Charles County, Inc.

Tue, May 22 • 12:30pm • Fee: FREE

Hatha Yoga

Simple poses for strength and balance. Instructor Randi McWilliams

Tue, Ongoing 2:00pm
 Fee: Fitness Card

Zumba

Low impact, Latin inspired fitness by Longevity Studios.

Wed, 9:00am
 Fee: \$20/6 week class; or \$3 drop-in

AFEP

Low-impact, seated exercise.

Wed/Thu, Ongoing 10:00am
 Fee: FREE

Line Dancing

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

Line Dancing at Elite Gym

Instructor: Clairisa Bryant

Thu, Ongoing 10:30am
 Fee: Fitness Card

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Bridge 10:00 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 9:00 Computer Class 9:00-2:00 AFEP 10:00 Bingo 10:30 Dominos 10:30 Cards & Games 1:00 "NEW" Matter of Balance 1:00-3:00	Total Body Conditioning 9:00 AFEP 10:00 Watercolors 10:00 Line Dancing at Elite 10:30 Dominos 10:30 Double Deck Pinochle Noon
MAY			
	1 Visit the Nurse 10:00 Water Based Oils 11:30	2 Afternoon Book Club: Hotel on the Corner of Bitter and Sweet 1:00	3 Skip-Bo or Rummikub 10:30 Bingo 10:30
7 St. Charles Senior Club 10:00	8 Medication Management 11:15	9 Meeting in the Militia Room Matter of Balance .. 1:00-3:00	10 Seated Massage..... 9:30-Noon Bingo 10:00-11:45 Lunch 11:45 Mother's Day Handbag Auction 12:30
14 St. Charles Senior Club 10:00	15 Senior Information & Assistance 10:00-Noon Eat This Not That 11:15 Water Based Oils 11:30	16 Skip-Bo or Rummikub 10:30 FREE Bowling at AMF .. 11:00 Matter of Balance .. 1:00-3:00	17 Meeting in the JCI Room Bingo 10:30
21 Senior Council Meeting 9:30 St. Charles Senior Club 10:00	22 Anne Arundel County's South County Showstoppers 12:30	23 Visit the Nurse 10:00 Matter of Balance .. 1:00-3:00	24 John Hansen Middle School Band 10:00 Bingo 10:40
28 Memorial Day Senior Center Closed	29 Movie: The War of 1812 9:30-11:30	30 "Open House" Charles County Show Troupe 10:30 Specials Bingo 11:45 Memorial Day Lunch .. Noon Bingo 12:30 Matter of Balance .. 1:00-3:00	31 Skip-Bo or Rummikub 10:30 Bingo 10:30

Senior Center Plus Program

Senior Center Plus is a special program designed to meet the varied needs of the frailer senior citizen age 60 or older, who may not be able to participate independently within a senior center setting. Yet does not require the extensive supervision and services of medical adult care. Senior Center Plus is a social program which enables older persons to socialize and enjoy a meal with friends and to participate in a variety of Senior Center programs, including physical fitness, educational workshops, health programs, arts, crafts, and special events. The program is an affordable care option for family caregivers. The Senior Center Plus program is available at all Senior Centers.

Senior Center Plus operates from 9 a.m. to 2 p.m. on the following schedule:

Richard R. Clark Senior Center Tuesday-Friday
Waldorf Senior Center Tuesday-Thursday
Nanjemoy Senior Center Monday-Thursday
Indian Head Senior Center Monday-Friday

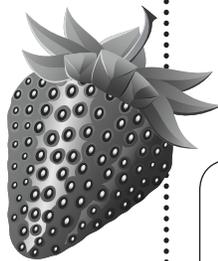
For more information please contact Maria Brewer, Senior Center Plus Program Specialist, at 301-609-5710.

Fun Facts About Mother's Day

President Woodrow Wilson designated Mother's Day as an annual event in May 1914. Carnations are a traditional Mother's Day flower. In the language of flowers they symbolize sweetness, purity, and endurance. On Mother's Day American's purchase more than 10 million bouquets of flowers and dine at more restaurants than any other day of the year. Mother's day is the fourth largest card-sending occasion in the United States with over 150 million cards given each year.

Perfect, Plump, & Powerful

Is it possible to be both plump and nutritionally powerful? If you're talking about strawberries, the answer is definitely YES! Strawberries are at their peak in May, so pick up a pint of nutritional power and munch your way to health. Just one serving of strawberries (about 8 berries) contains more Vitamin C than an entire orange, plus a healthy dose of fiber, potassium, and cancer fighting photochemical. Research studies have even linked strawberries to improved cognitive functioning and regenerating nerve cells in aging adults. But who are we kidding? Everyone knows that the best reason to eat strawberries is because they are simply delicious.



Driving Safely After 60

If you are 60 or older, driving a car may be increasingly difficult. Age-related vision changes and eye diseases can compromise driving ability, even before you are aware of symptoms. You may be noticing difficulty judging distances and speed. Bright sunlight or the headlights of oncoming traffic at night may impair your vision. Some age-related vision changes that commonly affect seniors driving are:



- Not being able to see road signs as clearly.
- Having difficulty seeing objects up close like the car instrument panel or road maps.
- Changes in color perception
- Problems seeing in low light or nighttime conditions
- Difficulty adapting to glare from headlights.
- Experiencing a loss of side vision.

The following tips can help you stay safe when driving, especially at night:

- Use extra caution at intersections – Many collisions involving older drivers occur at intersections due to a failure to yield, especially when taking a left turn. Look carefully in both directions before proceeding into an intersection and turn your head frequently when driving to compensate for any decreased peripheral vision.
- Reduce your speed and limit yourself to daytime driving.
- Take a driving course for seniors.
- Participate in a program for older drivers in your community, such as those offered by the American Association of Retired Persons (AARP). This can help you learn more about physical changes that may affect your driving ability and how to compensate for them.
- Have an annual vision examination – Yearly eye exams can ensure your eyeglass or contact lenses prescription is up to date and provide for early detection of any developing eye health problem.

Reference: www.AmericanOptometricAssociation.org

2012 Senior Prom Royalty!

Congratulations to "King" Wayne Balzer and "Queen" Irene Storms for reigning over this year's Annual Senior Prom. Everyone had a wonderful time and wants to thank the Charles County Association of Student Councils & Greater Waldorf Jaycee's for planning this wonderful event.

Special appreciation is given to Joyce Hancock and Lillian Tayman for their continued support as senior advisors on the planning committee.

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
	1 SOUP OF THE DAY Grape Juice Macaroni & Cheese (1 cup) Scalloped Tomatoes Coleslaw Fruited Jello	2 Cranberry Juice Liver & Onions Mashed Potatoes Fiesta Vegetable Blend Cornbread Deluxe Fruit Salad	3 Orange Juice Asian Chicken Fluffy Rice Carrot Raisin Salad Whole Wheat Bread Fruited Jello	4 Pineapple Juice Meat Chili w/ Beans Buttered Noodles Creamy Cucumber Salad Cornbread Fresh Apple Slices
7 Pineapple Juice Sweet and Sour Pork Fluffy Rice Cucumber Onion Vinaigrette Apricots	8 Cranberry Juice Quiche Green Beans Garden Salad w/ Dressing Whole Wheat Bread Banana	9 Fruit Blend Juice Sloppy Joe on Roll Chuckwagon Vegetables Bobbie's Bean Salad Pears	10 Grape Juice ¼ Baked Chicken Parsley Potatoes Green Beans Whole Wheat Bread Cranberry Salsa Salad	11 Apple Juice Chicken Parmesan Noodles Baby Sweet Peas Biscuit Seedless Grapes
14 Apple Juice Green Pepper Steak Fluffy Rice Three Bean Salad (1 cup) Dinner Roll Orange Slices	15 Grape Juice Ground Beef and Macaroni Rice Pudding Brussels Sprouts Fruited Jello	16 SOUP OF THE DAY Pineapple Juice Salmon Patty Brown Rice Zucchini Blend Biscuit Mandarin Oranges	17 Cranberry Juice Spaghetti w/ Meatballs Pineapple Bean Salad Whole Wheat Bread Applesauce	18 Fruit Blend Juice Pork Chop Sauerkraut Sweet Potatoes White Bread Peaches
21 Fruit Blend Juice Beef Stew w/ Vegetables (1½ cup) Spinach Salad Whole Wheat Bread Seedless Grapes	22 SOUP OF THE DAY Cranberry Juice Veggie Burger on Roll Lettuce & Tomato Mayo & Mustard Fiesta Bean Salad Fresh Apple Slices	23 Pineapple Juice Meatloaf w/ Gravy Buttered Noodles Fiesta Vegetable Blend Whole Wheat Bread Tangy Cherry Salad	24 BIRTHDAY CELEBRATION Grape Juice Liver & Onions Mashed Potatoes Orange Glazed Carrots Cornbread Deluxe Fruit Salad Birthday Cake	25 Orange Juice Fish Sandwich Hawaiian Baked Beans Chuckwagon Vegetables Peaches
28 MEMORIAL DAY SENIOR CENTER CLOSED	29 Pineapple Juice Chicken Marsala Parsley Potatoes Baby Sweet Peas Whole Wheat Bread Apricots	30 Apple Juice Cheeseburgers w/ Bun Lettuce & Tomato Mayo & Mustard Baked Beans Coleslaw Watermelon slices Chocolate Milk	31 Cranberry Juice Turkey Sausage Egg Omelet Stewed Tomatoes Hash Brown Potatoes Muffin Orange Sections	

MAY

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