

The SCOOP

CHARLES COUNTY'S SENIOR CENTER NEWS



*Spring is finally here...
Enjoy Yourself!*



MAY 2013

www.CharlesCountyMD.gov

Older Americans Month 2013!

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older adults lived in poverty and there were few programs to meet their needs. In April of 1963, President John F. Kennedy's meeting with the National Council of Senior Citizens served as a prelude to designating May as "Senior Citizens Month." Thanks to President Jimmy Carter's 1980 designation, what was once called Senior Citizens Month, is now called "Older Americans Month," and has become a tradition.

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since JFK has issued a formal proclamation during or before the month of May asking that the entire nation pays tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs and other such activities.

This year's theme emphasizes the important role of older adults...

"Unleash the Power of Age!"

Communities across the nation will recognize older Americans as productive, active, and influential members of society... with celebrations to acknowledge the value that older adults continue to bring to our communities!

SENIOR CENTER SPECIAL EVENTS FOR MAY

Event	Center	Day & Time
Open House Celebrations at the Senior Centers	Clark	Tue, May 14 • 9:30 a.m.-2pm
	Indian Head	Mon-Thu, May 20-23 • 10 a.m.-Noon
	Nanjemoy	Tue, May 23 • 11 a.m.-Noon
MOTHER'S DAY EVENTS		
Heart Quiz for Women	Indian Head	Mon, May 6 • 11:15 a.m.-Noon
Lunch & Mini-Spa	Waldorf	Tue, May 7 • 9:30 a.m.-Noon
Mother's Day Tribute	Nanjemoy	Thu, May 9 • 11 a.m.-Noon
SPECIAL EVENTS		
Senior Show Troupe	Nanjemoy	Mon, May 6 • 10:30 a.m.-Noon
Get on Board the Soul Train	Waldorf	Thu, May 23 • 10 a.m.-2 p.m.
Hot Buttered Nuggets Band	Indian Head	Tue, May 28 • 10:30 a.m.-1 p.m.
Peace & Freedom Concert	Clark	Tue, May 28 • 11 a.m.-Noon

Annual Senior Citizen Art Competition

Charles County artists, this is your time to shine, be sure to enter your beautiful work in the competition. Artists will receive a complimentary lunch, but must make a reservation. Guests are invited. Art will be collected Monday and Tuesday, April 29 and 30.

Guests (age 60 and older) are invited to enjoy lunch by donation. For guests age 59 and younger, the lunch fee is \$5.60. Reservations required. Rules for competition are available at the Clark Senior Center in La Plata.

Wed, May 8 10:30am Fee: FREE
Location: Richard R. Clark Senior Center

BASEBALL & BRUNCH



Join us for a Blue Crabs baseball game and a yummy senior brunch. The game begins at 10:35 a.m. and includes access into the Legends Club room which features indoor, climate controlled, private restrooms, full wait staff, and outside seating. Plus a two hour all-you-can-eat brunch of eggs, potatoes, muffins, bagels, fruit, sausage, bacon, coffee, tea, and soda.

The Waldorf Senior Center plans to attend Wednesday, May 8, and the Indian Head and Clark Center will attend May 9. Interested persons may contact the center to reserve their ticket for their preferred day.

Wed & Thu, May 8-9 10:30am Fee: \$23/ pp
Location: Regency Furniture Stadium, Waldorf

Tri-County Senior Golf Tournament

Open to all individuals age 50 and older. Registration forms available at all Senior Centers or call 301-609-5711. Cash/Check accepted. Please make checks payable to White Plains Golf Course. The registration fee is \$45, and includes lunch, green fees, carts and prizes (non-refundable.)

Thu, May 23 Registration: 8:00am | Start Time: 8:30am
Location: White Plains Golf Course

COUNCIL NEWS ITEMS

SPONSORED ACTIVITIES & EVENTS FOR MAY

Clark Senior Center

Provided lunches for artists in the Art Competition, and sponsored entertainer for Open House

Indian Head Senior Center

Blue Crabs Baseball Game & Brunch, Unleash the Power of Age Open House, and Hot Buttered Nuggets Party

Waldorf Senior Center

Snack Bar, Bingo Supplies, Mother's Day Mini-Spa, and Get on Board the Soul Train

Law Day FREE Advance Directives at the Waldorf Senior Center

See Page 8 for details! Appointments are being scheduled by Waldorf Senior Center for Wednesday, May 1. Call for details.

MEDICARE REMINDER

Medicare Savings Programs (MSPs), also known as Medicare Buy-In programs or Medicare Premium Payment Programs, help pay your Medicare costs if you have limited finances. There are three main programs, and each has different income eligibility limits.

1. **Qualified Medicare Beneficiary (QMB):** Pays for Medicare Part A and B premiums, deductibles and coinsurances or co-pays. If you have QMB, you will have no coinsurance or copayment for Medicare-covered services you get from doctors who participate in Medicare or Medicaid or are in your Medicare private health plan's network.
2. **Specified Low-income Medicare Beneficiary:** Pays for Medicare's Part B premium.
3. **Qualifying Individual Program:** Pays for Medicare's Part B premium.

To qualify for an MSP, you must have Medicare Part A and meet income and assets guidelines. If you do not have Part A, but meet QMB eligibility guidelines, your state will have a process to allow you to enroll in Part A and QMB. Many states allow this throughout the year, but others limit when you can enroll in Part A.

To check your eligibility for cost saving plans, call the Charles County's Maryland Access Point 855-843-9725 or Senior Health Insurance Assistance Program 301-6095712. From Medicare Watch 3/21/2012

Summer Senior Aquatic Exercise

Enjoy the hot days of summer with a splash in the pool while giving your body a great workout. Registration is available at all Senior Centers. For details, call Debi Shanks, 301-609-5711. Class size is limited.

Fee: \$45 per person

North Point Pool	Mon/Wed	Jun 24-Jul 31	8:20-9:20am
Lackey Pool	Tue/Thu	Jun 25-Aug 15	8:20-9:20am
La Plata Pool	Tue/Thu	Jun 25-Aug 22	10:30-11:30am



May is Arthritis Awareness Month

If you suffer with arthritis, here are some ways you can learn to manage the pain. We developed these tips with the help of the Arthritis Foundation.

Osteoarthritis Hurts

Osteoarthritis is a chronic disease that is not a normal part of aging. Inflammation in the joint tissues causes pain when you bend or move. Arthritis pain can rob people of their quality of life – causing them to lose muscle strength, sleep poorly, and even sink into depression. Pain management is possible if persons are proactive and beat the pain before it starts.

Here are several ways to get started:

- Pace yourself – Balance activity with planned rest breaks, and don't overdo it.
- Protect your joints.
- Control your weight – The best way to lose weight is physical activity combined with a healthy diet.
- Increase physical activity – Being physically active is the best thing you can do for pain. But it's important to move safely and wisely.
- Get a good night's sleep.

Tai Chi for Health

Tai Chi is a series of movements or forms linked together that flows smoothly and slowly from one form to another. Standing or seated, this type of exercise format can greatly improve balance, strength and help reduce the risk of falling for older adults. Additional benefits include improved mental and social well being and confidence to conduct daily activities and maintain personal independence.

Research has shown persons who suffer with chronic obstructive pulmonary disease (COPD), which impairs air flow and makes it hard to breathe, have shown improvement in their ability to walk longer and have a pronounced improvement in their quality of life. Results came from participation in a twelve week Tai Chi program that met twice weekly. To hear more about COPD, a presentation will be held at the Clark Senior Center on Wednesday, May 22 at 11:00am.

Tai Chi is currently being offered at the Indian Head Senior Center each Wednesday and Friday, and at the Clark Senior Center each Monday and Thursday.

Contact the centers for further information.

The above information on arthritis and COPD are provided courtesy of the European Respiratory Journal (Online before print) (August 9, 2012)

CLARK SENIOR CENTER

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

Get your Latest SCOOP online!
Visit www.CharlesCountyMD.gov/CS

Older Americans Month Special Event

Peace & Freedom

Please join us for this special FREE concert to honor the 60th anniversary of the end of the Korean War, the brave soldiers of the Republic of South Korea and the United Nations. The musicians, dancers, and chorus of the Korean Waldorf Calvary Church will perform. Open to the public, and all ages.

Tue, May 28 • 11:00am



Special Events & Activities

Book Club

May selection: "Remarkable Creatures" by Tracy Chevalier. June selection: "The Good Earth" by Pearl S. Buck.

Thu, May 2 1:00pm Fee: FREE

Cinco de Mayo

Learn about this popular Mexican holiday and traditions from Maria Brewer. Be ready to do the Mexican Hat Dance!

Fri, May 3 11:00am Fee: FREE

Taste of Mexico

Enjoy a sample of Mexican favorites, fried donuts, tortilla treats and more.

Fri, May 3 12:15pm Fee: FREE

Blue Crabs Getaway

See page 2 for details.

Thu, May 9 9:30am Fee: \$23
Reservation Deadline: May 1

Older Americans Month Special Event

Open House

Bring your friends, show off your Center. Council members will greet everyone and offer refreshments. Enjoy Greg Floberg, our vocalist for the day.

Tue, May 14 9:30am-2:00pm Fee: FREE
Lunch reservations required.
Lunch Fee: Age 60+ by donation; Age 59/- \$5.60

Newcomers Coffee

Learn more about the center.

Fri, May 31 10:00am Fee: FREE

Show Troupe Center Stars

See page 10 for details.

Wed, May 29 10:30am Fee: FREE

Special Presentations

World Religions: Judaism, Part 1

Facilitator: Rollie Hower.

Tue, May 7 11:00am Fee: FREE

Annual Senior Citizen Art Competition

See page 2 for details.

Wed, May 8 10:30am Fee: FREE

Digital Camera Club Orientation

Learn more about this new club, and cover general information on digital cameras. The instructor, Mr. Jong Lee, is a professional photographer, has participated in group exhibitions, and one-man shows. We will take field trips, learn photo techniques, and computer printing.

Mon, May 13 1:00-2:30pm
Orientation Fee: FREE: \$5 for each additional class

Medication & Medicare Part D

Enjoy a free lunch provided by La Plata Walgreens. Learn about Medication and Medicare Part D. Free blood pressure screening and giveaways. Presenter: La Plata Walgreens Pharmacist.

Thu, May 16 11:00am Fee: FREE
Sign-Up Deadline: May 13

Skin Cancer

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

Tue, May 21 10:30am Fee: FREE

Chronic Obstructive Pulmonary Disease

Learn about COPD causes, symptoms, and treatments from Anna Brown, Adventist Home Care Services.

Wed, May 22 11:00am Fee: FREE

Focus on Fixed Income

Learn ways to make a fixed income "stretch." Presented by Tayvon Jackson, Edward Jones.

Thu, May 23 11:00am Fee: FREE

Classes

Intermediate Computer

For those with a basic working knowledge of computers. Instructor: Mike Moses

Tue/Wed, May 21/22 1:00-3:00pm
Fee: \$32, plus \$3 supply fee

AARP Drivers Safety Program

Preregistration required. Learn about the many changes within ourselves, cars, highways, and traffic. Lunch is available by donation for age 60+ (age 59/- lunch is \$5.60. Please arrive at 9:30am to complete paperwork. Sponsored by Civista Health. Instructor: Bruce Kirk.

Tue, May 21 9:30am-3:00pm Fee: FREE

Services

Reflexology

Mon, May 13 9:15am
Fee: \$15/30 min. • 50¢ each additional minute

Massage

Tue, May 14 & 28 9:00am-Noon
Fee: 50¢ per minute

MedStar Southern Maryland Hospital

Free Blood Pressure & Blood Screening. Cholesterol & Triglyceride Screening.

Thu, May 30 9:30am Fee: \$5

Fitness

Mandatory Fitness Orientation

Learn to use the equipment properly.

Tue, May 7 3:30pm Fee: \$2
Thu, May 9 & 23 2:30pm Fee: \$2

Tai Chi

Prevent falls, increase flexibility, and improve your sleep, balance and coordination.

Mon/Ongoing 10:00-10:45am Fee: Fitness Card
Thu/Ongoing 9:30-10:30am Fee: Fitness Card

Breathe Easy

This seated 1/2 hour class helps improve lung capacity, learn proper breathing techniques and awareness of the oxygen exchange and how it can benefit you.

Wed/Ongoing 10:30-11:00am Fee: FREE

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
Step Aerobics 9:00-9:45 Billiards Drop In 9:00-4:00 Tai Chi 10:00-10:45 Spanish 10:00-11:30 Duplicate Bridge 10:00-2:00 Ceramics 10:00-2:00 2N1 Club 10:15-11:00 Pilates 10:45-11:30 Total Body Conditioning 11:30-12:15 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 Yoga 9:30 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. Pitch 1:00-4:00 Weekly Workout 5:30-6:45	Billiards Drop In 9:00-4:00 Strength Training 9:15-10:15 Crochet Club 9:00-Noon Quilting Etc 9:30-Noon Basic Drawing 10:00 Breathe Easy 10:30 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 10:00-2:00 AFEP 10:30-11:00 Zumba Gold 11:30 Canasta 12:30-3:00 Reflections 1:00-1:30 Beg Line Dancing 1:00-2:00	Project Linus 9:00-Noon Billiards Drop In 9:00-4:00 Strength Training 9:15-10:15 Oil Painting 10:00-2:00 Gentle Yoga 10:30 Handbells 11:30 Pinochle 12:30-3:00
		1 Blood Pressure Screening 10:00 Jewelry Club 10:00 Off Balance Club 10:30	2 RRCSC Council Mtg 9:30 Stained Glass 10:00-2:00 Book Club 1:00	3 Hand & Foot Canasta 10:00 Video: The Last Days of Patton 10:00 Cinco de Mayo 11:00 A Taste of Mexico 12:15
6 Greenbacks 10:00	7 Worlds' Religions 11:00 Fitness Orientation 3:30	8 Visit the Nurse 10:00 Genealogy 10:00 Annual Senior Citizens Arts Competition 10:30	9 Blue Crabs Getaway 9:30 Fitness Orientation 2:30	10 Video: Discovering Egypt 10:00 Creative Writing 1:00
13 Reflexology 9:15 Ceramics 10:00 Digital Camera Club Orientation 1:00	14 Massage 9:00 Open House 9:30 No Zumba	15 Blood Pressure Screening 10:00 Jewelry Club 10:00	16 Medications & Medicare Part D with Walgreens 11:00 No Zumba Gold	17 Video: The True Story of the Fighting Sullivans 11:00 Poetry Corner 2:00
20 Blood Pressure Screening 9:30	21 AARP Driver Safety Program 9:30 Skin Cancer 10:30 Intermediate Computer Class 1:00	22 Visit the Nurse 10:00 COPD 11:00 Intermediate Computer Class 1:00	23 Focus on Fixed Income 11:00 Fitness Orientation 2:30 Golf Tournament White Plains Golf Course 8:00am-2:00pm	24 Video: His Girl Friday 10:00 Bunco 10:00
27 Memorial Day Senior Center Closed	28 Massage 9:00 Power Yoga 9:30 Peace & Freedom Concert 11:00 How Art Influences Our Lives 12:30	29 Charles County Senior Show Troupe 10:30 Caregivers Support 2:00	30 Med Star Southern Maryland Hospital 9:30	31 Newcomers Coffee 10:00 Hand & Foot 10:00

INDIAN HEAD SENIOR CENTER

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

Get your Latest SCOOP online!
Visit www.CharlesCountyMD.gov/CS

Special Events & Daily Activities

Blue Crabs Baseball Game & Brunch

See page 2 for details. Please sign up, and provide payment no later than May 1.

Thu, May 9 10:00am-2:00pm Fee: \$23

Charlotte Hall Veterans Home Overview

Charlotte Hall Veterans Home is a program within the MD Department of Veterans Affairs and is the only home in the State of Maryland. The home is a 456-bed facility providing a continuum of care from the 168-bed assisted living unit to a higher level of care in the 288-skilled nursing home. Specialized care for those suffering from Alzheimer's and other related dementias is also provided. Join Carol Lewis and Nora Bachelder to learn more about available services.

Thu, May 16 11:15am-Noon Fee: FREE

Book Club: The Light Between Oceans, by M.L. Stedman

After four harrowing years on the Western Front, Tom Sherbourne returns to Australia and takes a job as the lighthouse keeper on Janus Rock, nearly half a day's journey from the coast. To this isolated island, where the supply boat comes once a season and shore leaves are granted every other year at best, Tom brings a young, bold, and loving wife, Isabel. Years later, after two miscarriages and one stillbirth, the grieving Isabel hears a baby's cries on the wind.

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

Why You Might Need an Ombudsman with Linda Blake?

The Maryland Long Term Care Ombudsman Program helps residents in long term care facilities maintain their legal rights, control over their own lives, and personal dignity. Long term care facilities include nursing homes and assisted living communities. The Ombudsman also provides education and information to the public on long term care facilities and services, resident rights, and legislative and policy issues.

Thu, May 30 11:15am-Noon Fee: FREE

For Your Health

Effects of Lyme Disease

Lyme disease is the most common arthropod-borne disease in the United States with about 150,000 reported cases, according to the American Lyme Disease Association. Lyme disease is caused by bacteria carried by the deer tick and transferred to humans through a bite.

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

Visit the Nurse

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

Thu, May 2 10:00am-Noon Fee: FREE

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

Heart Quiz for Women Only

Join the staff and find out what your risk is for developing heart disease?

Mon, May 6 11:15am-Noon Fee: FREE

Vestibular Balance Disorders with Hearing Professionals

A balance disorder is a condition that makes you feel unsteady or dizzy, as if you are moving, spinning, or floating, even though you are standing still or lying down. Balance disorders can be caused by many health conditions.

Tue, May 14 11:15am-Noon Fee: FREE

Classes

Computer Lab Class

Learn MS Word, access the internet, or use Facebook.

Fri, May 10 & 17 1:00-2:00pm

Fee: \$5 refundable deposit upon registration



Fitness Training

Get a vigorous workout with a certified fitness instructor.

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

Chair Pilates

Improve balance and posture by working spinal flexion, extension and side bending through different stretching positions, increase strength and improve metabolic function.

Tue/Thu 9:15-10:00am Fee: Fitness Card

Tai Chi for Health

Beginners class starts May 15 for six weeks. Improve balance and mobility with Cynthia.

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

Wed, Ongoing 1:00-2:00pm 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

Older Americans Month Special Event

Unleash the Power of Age" Open House

Older Americans are productive, active and influential members of society, sharing essential talents, wisdom and life experiences.

This Open House will unleash the power of age and share many talents and skills. Join us as we spotlight some of our very own seniors. They will teach and entertain you as they aspire to inspire before they expire.

All performers please sign up no later than May 15.

Mon-Thu • May 20-23 • 10:00am-Noon

Fee: FREE



INDIAN HEAD SENIOR CENTER

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

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

Older Americans Month Special Event

Hot Buttered Nuggets Party **A GENUINE AMERICANA VARIETY SHOW BAND**

The audience can look forward to a robust selection of music, including: traditional Swing, vintage Rockabilly, New Orleans Dixieland Jazz, Ragtime and Delta Blues. They showcase the music of Louis Armstrong, Elvis Presley, The Mills Brothers, Johnny Cash, Louie Prima, Jerry Lee Lewis, Chuck Berry, The Ink Spots, Leon Redbone, Tom Waits, Eddie Peabody, Spike Jones, Fats Domino and more. Sponsored in part by Maryland State Arts Council and Charles County Arts Alliance.

Tue, May 28 • 10:30am-1:00pm

Fee: \$8 (includes lunch) • Sign-Up Deadline: May 21



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards/Cards 9:00 Fitness Training 9:15 Bingo 10:00 Westside Clogging 10:30 Bingo 1:00	Billiards/Cards 9:00 Chair Pilates 8:30-9:30 AFEP 10:30	Billiards/Cards 9:00 Fitness Training 9:15 Quilt N' Chicks 10:00 Tai Chi 10:30 Tai Chi For Better Balance Advanced Class 1:00 Chess 1:00-3:00	Billiards/Cards 9:00 Chair Pilates 8:30-9:30 Oil Painting 10:00 AFEP 10:30 Line Dancing 1:00	Billiards/Cards 9:00 Tai Chi 9:15 Ceramics 10:00 Canasta & Bid Whist 10:00
<div style="background-color: #4a69bd; color: white; padding: 10px; border-radius: 15px; display: inline-block;"> <h1>MAY</h1> </div>		1 Cinco De Mayo ... 11:00-Noon Effects of Lyme Disease 1:00-1:30	2 Visit the Nurse 10:00-Noon Rev. Ruby Thomas 11:15 Bunko 12:45	3 Mental Health Month Quiz 10:30-11:00 Pictionary 1:00-2:00
6 Women's Health Month Heart Quiz for Women Only 11:15-Noon Bejeweled Mental Health Builder 12:30-1:30	7 Council Meeting 10:00-11:00 Reflexology 10:00-11:00 Reflect with Pastor Chris & Betty 1:00-1:30	8 Stroke Awareness & the New Warning Signs 11:15-Noon Music Spotlight: Eva Cassidy 1:00-2:00	9 Fieldtrip to Blue Crabs Baseball Game & Brunch 10:00-2:00 Senior Center Closed	10 Sing-A-Long 11:00-11:30 Computer Lab 1:00-2:00
13 Sign-up to Unleash Your Power During Our Open House Next Week Computer Memory Game 1:00-2:00	14 Morning Wisdom with Nora 10:00-10:30 Hearing Professionals: Vestibular Balance Disorders ... 11:15-Noon	15 Visit the Nurse 10:00-Noon Tai Chi – New Class 10:30 Information & Assistance Outreach 10:00-11:00	16 Charlotte Hall Veterans Home Overview 11:15-Noon Music Spotlight: Slaid Cleaves 1:00-2:00	17 Steal the Old Man's Pile Card Game 10:30-Noon Computer Lab 1:00-2:00
20 Unleash the Power of Age Open House – Entertainment Provided by Seniors Easy Craft 1:00-2:00	21 Unleash the Power of Age Open House 10:00-Noon Dominos 1:00-2:00	22 Unleash the Power of Age Open House 10:00-Noon Book Club, The Light Between Oceans 11:00-Noon No Quiltin' Chicks Today	23 Unleash the Power of Age Open House 10:00-Noon	24 Bejeweled Mental Health Builder 12:30-1:30 Scrabble 1:00-2:00
27 Memorial Day Senior Center Closed	28 Hot Buttered Nuggets Party 10:30-1:00	29 How to Get a Better Night's Sleep 11:00-Noon Easy Craft 12:30-2:00	30 Why You Might Need an Ombudsman with Linda Blake? 11:15-Noon	31 Movie Feature: It Could Happen to You 11:30-2:00

Special Events & Daily Activities

Law Day FREE Advance Directives

Attorneys from the Law Offices of Olmsted & Olmsted will be here to help you complete an Advance Directive. Name your health care agent, and decide when your agent's power becomes effective. State your desires concerning the administration or withholding of life sustaining procedures, customize your personal instructions and statements NOW regarding your care, BEFORE important decisions need to be made. See staff to schedule your PRIVATE appointment.

Wed, May 1 10:00am-Noon Fee: FREE

Afternoon Book Club: Girl with a Pearl Earring

Tracy Chevalier's novel takes place in the Netherlands during the 1660's centering on the Vermeer family. This interesting story was made into a popular movie starring Scarlett Johansson and Colin Firth. Facilitator: Julie Brasher

Wed, May 1 1:00pm Fee: FREE

Cinco De Mayo

Sign up for a special Taco Bar with all the Fiesta Fixins' from homemade tortillas and guacamole to seasoned beef, tomatoes, lettuce, salsa, cheese, beans, rice, condiments, plus non-alcoholic Strawberry Margaritas, yummy. Door prizes.

Thu, May 2 Noon Fee: lunch donation
Registration Deadline: May 1 by 10:00am

Older Americans Month Special Event Mother's Day Mini-Spa

Relax with hand massages and mini-facials with "Seacret Spa." Seacret's products are made with minerals from the Dead Sea and are available for purchase. Following a morning of pampering, you will be invited to a homemade lunch of soup, club sandwiches, raspberry or seven layer bars. Fee is for lunch only. Spa is FREE. Sign up, space is limited.

Tue, May 7 Appts Begin at 9:30am
Lunch Fee: \$5
Registration Deadline: May 2

Blue Crabs Baseball Game & Brunch

See page 2 for details. See staff to arrange carpool transportation.

Wed, May 8 10:30am Fee: \$23
Reservation Deadline: May 1

Game Days

Get into action with badminton, bowling and corn hole. Form teams or play single. Dates and times vary. See calendar for details.

HINT...Challenge Ann to Badminton, she can't refuse.

For Your Health

Living Well Chronic Disease Self Management Program

See page 9 for details. Class size is limited to 20 maximum, and fills up quickly. Stop by or call the center to register (301-638-4420).

Wed, May 8-Jun 12 1:00-3:30pm
Registration Deadline: May 2
Fee: \$20/6 week class

Walk With Ease

Let's get in shape... and learn to walk safely and comfortably! Improve flexibility, strength and stamina; reduce pain and feel great! Meet for six weeks: twice per week at the Center and once a week on your own. Session includes health-related discussions and self-paced group walks. At the Senior Center, you will walk indoors and out, plus some "off campus" locations. A "Walk With Ease Guidebook" is available for loan. Facilitator: Cindy Bladen. Class began April 4. Keep checking for future sessions.

Wed & Thu, May 1-16 9:15-10:15am Fee: FREE

Lunch & Learn

Take home healthy living tips about a variety of topics. May's topics include sleeplessness as an epidemic, Fifteen superfoods for the over-50 crowd, and what the experts are saying about Vitamin D.

Senior Information & Assistance Outreach

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

Thu, May 16 10:00-11:00am Fee: FREE

Visit the Nurse

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

Tue, May 7 10:00am-Noon Fee: FREE
Wed, May 22 10:00am-Noon Fee: FREE

Classes

Guitar Lessons

Some experience required, bring your own guitar to 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. (6 weeks)

Wed, Ongoing 9:00am-1:00pm Fee: \$63

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

Fitness & Dance

Strength Training

Stronger is better! Get personal training in a group setting. Class will help build muscle for an amazing workout. Personal Trainer: LaMont Maith

Mon, Ongoing 9:15am Fee: Fitness Card

Restorative Yoga

Class ends this month, resumes September. Instructor: Cindy Miller

Mon, Ongoing 2:00pm Fee: Fitness Card

Total Body Conditioning with Clairisa

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

Line Dancing

Tue, Ongoing 10:15am Fee: Fitness Card

Hatha Yoga with Randi

Tue, Ongoing 2:00pm Fee: Fitness Card

Flex & Stretch

Class ends this month, and resumes in September. Instructor: Cindy Miller

Wed, Ongoing 9:00am Fee: Fitness Card

Pilates with Debi

Wed, Ongoing 2:00pm Fee: Fitness Card

Arthritis Foundation Program Exercise (AFEP)

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

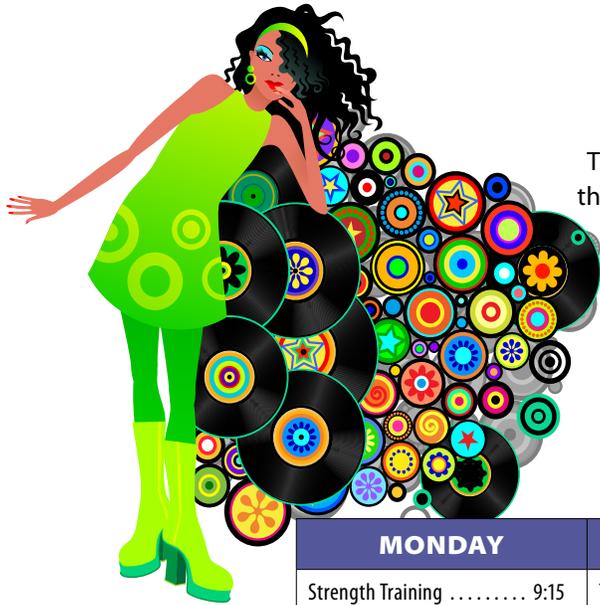
Line Dancing at Elite Gym with Clairisa

Thu, Ongoing 10:30am 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.



Chronic Disease Self Management Program

Do you suffer from a chronic condition such as diabetes, arthritis, high blood pressure, heart disease, chronic pain or anxiety? If so, this workshop can help you take control of your life again.

Learn how to deal with pain and fatigue, and make better nutrition and exercise choices. Learn to communicate more effectively with your physician, and try new techniques to deal with stress.

Open to adults with chronic conditions and caregivers. Call 301-638-4420 to register. Space is limited to 20 max.

Instructors: Lisa Furlow and Brittany Arbin

Wed, May 8-Jun 12
1:00-3:30pm

Fee: \$20 for 6 weeks

Registration
 Deadline: May 2

Older Americans Month Special Event *Get on Board the Soul Train*

The Winston's Duo will get us groovin' to Motown and soul music and onto the dance floor with well-known classics. The Winston's Duo is a local group that has performed to sell-out audiences! Check out the fliers for photos and the bios of the performers. Following the entertainment will be a fried chicken lunch, with greens, mashed potatoes and gravy, cornbread, watermelon and cobbler, prepared by the Waldorf Jaycee Chefs Bruce and Bambi. Door prizes and 50/50 raffles sponsored by the Waldorf Senior Center Council.

Thu, May 23 • 10:00am
 Fee: \$8 • Reservation Deadline: May 16

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Strength Training 9:15 Double Deck Pinochle Noon Restorative Yoga 2:00	Total Body Conditioning 9:00 Guitar Lessons 10:00 Line Dancing 10:15 Dominos/Rummikub. 10:30 Inspirations 12:30 Hatha Yoga 2:00	Flex & Stretch 9:00 Computer Class . 9:00am-1:00pm AFEP 10:00 Bingo 10:30 Dominos/Rummikub. 10:30 Pilates 2:00	Total Body Conditioning 9:00 Watercolors 10:00 AFEP 10:00 Bingo 10:30 Line Dancing at Elite Gym. . 10:30 Dominos/Rummikub. 10:30 Double Deck Pinochle Noon
MAY		1 Walk With Ease 9:15 Law Day, FREE Advance Directives. 10:00-Noon Afternoon Book Club: 1:00	2 Walk With Ease 9:15 Cinco de Mayo: Taco Bar Noon Lunch & Learn 12:30
6 St. Charles Senior Club 10:00	7 Special Mother's Day Activities Visit the Nurse 10:00 Mini-Spa Appts start at: 9:30 Water Based Oils 11:30 Soup & Sandwiches Noon	8 Walk With Ease 9:15 Blue Crabs Senior Game & Senior Luncheon 10:30 Living Well: Chronic Disease Self Management .. 1:00-3:30	9 Walk With Ease 9:15 Bowling 12:30
13 St Charles Senior Club 10:00 Learn to Play Pinochle Noon	14 Badminton 11:15 Hatha Yoga 2:00	15 Walk With Ease 9:15 Sequence 10:30 Lunch & Learn 12:15 Living Well: Chronic Disease Self Management .. 1:00-3:30	16 Walk With Ease 9:15 Senior Information & Assistance Outreach 10:00-11:00
20 Senior Council Meeting. 9:30 St. Charles Senior Club 10:00	21 Bowling 11:15 Water Based Oils 11:30	22 Visit the Nurse 10:00 Badminton 12:30 Living Well: Chronic Disease Self Management .. 1:00-3:30	23 Get on Board the Soul Train 10:00 Fried Chicken Lunch Noon
27 Memorial Day Observed Senior Center Closed	28 Corn Hole 11:15	29 Living Well: Chronic Disease Self Management .. 1:00-3:30	30 Lunch & Learn 12:15 Corn Hole 12:30

Annual Senior Picnic

Wed, June 19
11 a.m. 'til 2 p.m.



Don't miss out on this year's fun!

Enjoy word games, line dancing, door prizes, and a delicious luncheon provided by the Waldorf Jaycees. The band, "Hometowne Boys" will provide music for your dancing and listening pleasure. Having played at senior centers, everyone suggested this is the group to have at the picnic this year.

Please plan to 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 14.

*Event will be held at the Waldorf Jaycees Community Center
FREE to all Charles County Senior Citizens*

Tickets are required and will be available at all Senior Centers beginning Wednesday, May 15.

Get your ticket early by stopping in at one of the four senior centers.

Charles County Senior Show Troupe Presents: **TRAVELING THE U.S.A.**

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

- May 1 Cedar Lane Apartments10:30am
- May 6 Nanjemoy Senior Center10:30am
- May 13 Bowie Senior Center.10:30am
- May 15 Lusby (Southern) Senior Center.10:30am
- May 20 Northern Senior Center10:30am
- May 22 North Beach Senior Center10:30am
- May 29 Center Stars – Clark Senior Center10:30am

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

Always...Patsy Cline

Infinity Theatre • Annapolis, MD

Based on the true story of Patsy's friendship with a Houston fan named Louise Seger, who befriended the star in a Texas honky-tonk in 1961. The musical play, complete with down-home country humor, touching real-life moments, and even audience participation, includes many of Patsy's unforgettable hits, such as "Crazy," "Sweet Dreams," and "Walking After Midnight"! Lunch at the Broadneck grill is included.

Thu, Jun 20 303120-TR Trip Fee: \$82 Registration Deadline: May 15
Departure: Clark Senior Center 10:40am, Waldorf Jaycees 11:00am
Est. Return: 5:30pm

Explore the Treasures of the Chesapeake Bay

Lighthouse Cruise • Annapolis, MD

See Thomas Point Lighthouse, Sandy Shoal and Baltimore Harbor Light on the Bay Lighthouses Cruise. Join us for 3 hours exploring these treasures of the Chesapeake Bay. Live (and entertaining) narration is given by our costumed Lighthouse keeper. This Chesapeake Bay tour is for lighthouse enthusiasts seeking lighthouse tours and those who simply enjoy a nice time on the water alike. The views are picturesque and the cruising vessel is comfortable and climate controlled. Each Chesapeake lighthouse is unique and you'll enjoy getting a close look and learning about each during this quintessential Annapolis boat tour. A box lunch is included in the fee.

Wed, Jul 17 303006-TR Trip Fee: \$ 86 Registration Deadline: Jun 10
Departure: Clark Senior Center 9:10am, Rt. 301 Waldorf Park & Ride 9:30am
Est. Return: 4:30 pm

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
MAY		1 Orange Juice Glazed Ham Slice Malibu Blend Vegetables Creamy Cucumber Salad Applesauce	2 Cranberry Juice Tacos with Hard Shell Cheese/Lettuce/Tomato Mexican Rice Fiesta Bean Salad Cantaloupe	3 Grape Juice Beef Enchiladas (2) Refried Beans Garden Salad with Dressing Peaches
6 Fruit Blend Juice Pork Chop Sauerkraut AuGratin Potatoes Cornbread Pineapple Chunks	7 Orange Juice Beef Tamale Pie Broccoli Cucumber Onion Vinaigrette Pears	8 Pineapple Juice Oven Fried Chicken Cheesy Mashed Potatoes Garden Salad with Dressing Dinner Roll Ambrosia	9 Brunch for Lunch Apple Juice Quiche Hash Browns Turkey Sausage Muffin Orange Slices	10 Pineapple Juice Turkey Divan Baby Roasted Potatoes Spinach Salad Biscuit Fruited Jell-O
13 Apple Juice Chophouse Burger Sandwich Orange Glazed Carrots Party Hearty Beans Fruit Cocktail	14 Grape Juice Spaghetti with Meatballs Seasoned Corn Breadstick Fruity Slaw	15 Cranberry Juice Tortilla Crusted Tilapia Buttered Tri Color Pasta California Blend Vegetables Dinner Roll Deluxe Fruit Salad	16 Grape Juice Chicken Cacciatore Mashed Potatoes Fiesta Bean Salad Whole Wheat Bread (2) Applesauce	17 Pineapple Juice Ginger Chicken Noodles Mixed Vegetables Dinner Roll Tangy Cherry Salad
20 Pineapple Juice Stuffed Peppers Succotash Whole Wheat Bread (2) Peaches	21 Cranberry Juice Asian Chicken Fluffy Rice Chinese Coleslaw Dinner Roll Mandarin Oranges	22 Fruit Blend Juice Meatloaf with Gravy Mashed Potatoes Scalloped Tomatoes Whole Wheat Bread (2) Fruited Jell-O	23 Birthday Celebration Grape Juice Chicken Parmesan Noodles Creamy Cucumber Salad Breadstick Applesauce Birthday Cake	24 Apple Juice Fish Sandwich Carrots Sweet Peas Citrus Salad
27 Memorial Day Senior Centers Closed	28 Grape Juice BBQ Beef Sandwich on Whole Wheat Bread Baked Beans Green Beans Corn on the Cob Strawberry Shortcake	29 Apple Juice Honey Lemon Chicken Parsley Potatoes Asian Blend Vegetables Onion Roll Honeydew	30 Fruit Blend Juice Swedish Meatballs Fluffy Rice Collard Greens Biscuit Fruity Slaw	31 Cranberry Juice Hot Dogs with Bun Baked Beans Coleslaw 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 \$5.60 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 \$5.60. Lunch reservations must be made by 10 a.m. 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. We support and encourage efforts to grow a diverse workplace.

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

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

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

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

Check out
Ms. Thelma Proctor!
She looked
awesome at the
April Showers
Umbrella Party
held at the
Indian Head
Senior Center!



Trips Offered by Senior Services Of Charles County

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

The Golden Isles of Georgia

**Featuring Jekyll Island, St. Simons Island & Savannah
7 Days & 6 Nights**

Lodging is in Charleston, SC, followed by a guided tour of historic Charleston and a Fort Sumter boat cruise. Continue to the Golden Isles of Georgia and Jekyll Island. We will head to Savannah to enjoy a southern-style buffet lunch at Paula Deen's "The Lady & Sons" and the River Street District. Travel to St. Simons Island with a stop in Fayetteville, NC, to visit the Airborne & Special Operations Museum.

Trip date: June 9-15

Fee: \$650/pp dbl • \$200 Deposit due Apr 29

Eastern Caribbean

**Royal Caribbean Cruise Lines, Allure of the Seas
8 Days & 7 Nights**

Fly out of Baltimore to Fort Lauderdale to board the Allure and prepare to visit Nassau. Then to Charlotte Amalie, St. Thomas, principal town and the capital of the U.S. Virgin Islands. Day five takes you to Philipsburg, St. Maarten, then relaxing on the ship at sea for two days before heading back. Airfare, port charges, taxes, fuel service, fees included.

Trip Date: August 4-11

Cabin Range: \$2,115-\$2,535 pp/dbl

\$350 pp/dbl or \$700/pp initial deposit, balance due Apr 21

At Christmas Time

**Featuring the Opryland Hotel & Two Shows
5 Days & 4 nights**

Includes a stay at the Opryland Hotel, and a fabulous performance of Radio City's Christmas Spectacular featuring the Rockettes.

Trip Date: Dec 1-5 • Fee: \$730/pp dbl

