

# The SCOOP

Charles County's Senior Center News



**APRIL 2013**

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

### Spring Aquatic Exercise

March 18 – May 23

North Point Pool: Mon & Wed • 3:30-4:30pm Fee: \$45/pp  
Lackey Pool: Tue & Thu • 3:30-4:30pm Fee: \$45/pp

### ROAD TRIP!

## The Maryland Senior Idol

Wed, Apr 3 • 10:00am-4:00pm

Two talented vocalists are representing Charles County in the 7th Annual Maryland Senior Idol Program. Marion Dundas will perform Second-Hand Rose and Kathy Keough will perform When You Wish Upon a Star.

The competition will be held at the Bowie Center for the Performing Arts. Please attend and show your support.

The bus will leave the Waldorf Senior Center at 10:00am and stop for an early lunch at a restaurant in Bowie before traveling to the show. The fee is \$20 for admission ticket and bus transportation. The registration deadline is April 1. Showtime is from 1:00-3:00pm. The bus will return to Waldorf by 4:00pm. We have thirty tickets for sale. The \$20 fee does not include lunch. Performance tickets without transportation are \$8.

Please contact Ann Walter at 301-638-4420 for tickets and information.

## Annual Flea Market & Bake Sale

Clark Senior Center Council's Biggest Fundraiser of the Year!

Sat, April 20 • 8:00am-Noon  
Richard R. Clark Senior Center

Donations may be dropped off at the Clark Senior Center on Monday, April 15, from 11:00am to 3:00pm; and Tuesday-Friday, April 16-19, from 9:00am to 3:00pm. Items must be clean, usable and no clothing.

Bake sale donations are also needed: cakes, pies, brownies, specialty breads, and cookies would be appreciated.

Are you interested in helping as a volunteer at the event (7:30am-1:00pm). If so, please call 301-870-2015 or 301-934-5423 for details.

### Save the Date!

## Tri-County Senior Golf Tournament at White Plains Golf Course

Thu, May 23 • Registration: 8:00am • Start Time: 8:30am

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).

## Tax Time Reminder!

### Free Income Tax Preparation for Seniors and Moderate to Low-Income Adults

The deadline to file your annual state and federal income taxes is April 15. If you haven't yet made your appointment, don't delay, call today!

The annual income tax preparation service is underway and continues each Monday and Friday through April 15. This is a free service for persons who meet the eligibility guidelines.

Persons age 60 and older who earned \$70,000 or less in tax year 2012 may call 301-609-5712 to schedule an appointment.

Tax payers younger than age 60 who earned \$40,000 or less in tax year 2012 may schedule an appointment by calling 301-609-5704.

## Senior Center Council Nominations

Each of the four Senior Centers for Charles County is accepting nominations for individuals to serve on the Participants Councils.

The purpose of the Councils is to serve in an advisory capacity to the Center concerning their operation and programming needs, and to hold fundraisers to ensure that supplemental funding is available to carry out the centers' needs.

Nominations will be accepted throughout April with elections taking place the first week of May.

If you have considered becoming a part of this very knowledgeable and supportive group speak with a current council member or staff on how to get involved.

### The Area Council on Aging Presents:

## Update: Cancer of the Colon Forum

Thu, Apr 11 • 11:30am-2:00pm • Fee: FREE  
Location: Richard R. Clark Senior Center

Learn about diagnosis, prevention, treatment methods, and chemotherapy as it relates to Cancer of the Colon. There will be a question and answer session and panel discussion.

The forum moderator is Dr. Guillermo Sanchez. Our forum presenters are Dr. See-taramayya Nagula, Dr. Suryakant J. Patel, and Dr. Krishan Mathur.

Open to the public. Seniors, caregivers, and professionals caring for older adults are highly encouraged to attend.

To preregister, or for details, please call Janice Hamby at 301-609-5702 no later than 10:00am on Friday, April 5.

**21<sup>st</sup> Annual Southern Maryland Caregivers Conference**

**Fri, Apr 26 • 8:00am-2:30pm  
Richard R. Clark Senior Center**

Whether you are assisting with the care of a frail spouse, parent, friend or other relative; caring for an older adult is a labor of love. Designed for the family caregiver, this one-day event is a wonderful opportunity to enrich one’s knowledge and skills in caring for older people.

The \$22 fee includes a continental breakfast, lunch, conference materials, exposure to service providers in the exhibition area, and the opportunity to attend professionally presented educational sessions on a wide array of elder care topics.

Registration brochures can be found at area senior centers, community centers, and public libraries. Advance registration is required by April 12. There will be no on-site registration available the day of the conference.

For additional information, or to receive a registration brochure, please contact Cindy Olmsted at 301-934-0128 or email at: [OlmstedC@CharlesCounty.org](mailto:OlmstedC@CharlesCounty.org).

*Co-sponsored by the Geriatrics & Gerontology Education and the Research Program at the University of Maryland Baltimore*

**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.

- April 10 . . . . . Fenwick Landing . . . . . 11:00am
- April 15 . . . . . Genesis - La Plata . . . . . 10:30am
- April 17 . . . . . Charlotta Hall Veterans Home . . . . . 10:30am
- April 22 . . . . . Genesis - Waldorf . . . . . 10:30am
- April 29 . . . . . Charles County Nursing & Rehab. . . . . 10:30am

**Annual Senior Arts Competition at the Richard R. Clark Senior Center**

**Entries Accepted: April 29 10:00am-3:00pm, and April 30, 1:00-3:00pm**

**Exhibit May 1-June 1 • Award Ceremony: May 8**

All Charles County senior citizens (age 60 or older), are invited to enter their art in the juried competition and exhibit.

- Artwork must have been completed from May 2011-2013.
- All paper and canvas must be wired for hanging, or will not be accepted. If using wide edged non framed canvas, the sides must be painted.
- Names must be covered by the artist.
- Entry forms must be completed for each entry, and are limited to one per sub-category with a total of four per show.

The arts competition guidelines have changed from previous years. Entries will now be divided into medium categories. The categories are as follows.

1. Oil/Acrylic
2. Watercolor
3. Mixed Media
4. Other Media
5. Photography
6. Original Art

*The two previous categories have the following sub categories: Portraits/People, Still Life, Landscape/Seascape, Animal/Wildlife, and Floral, Birds and original art.*

There are no categories for handcrafts, jewelry or sewing, etc. If entered, these will go under "Other Media." Still Life must be of an inanimate object. Original art cannot be a copy of produced art or photographs, it must be your photograph or life drawing. There will be an Instructor’s Wall that will not be in competition.

Each subject category will receive a 1st, 2nd and 3rd place ribbon. Also awarded will be a Best in Category and a Best in Show.

Awards will be presented by the Charles County Commissioners Wednesday, May 8, at an awards luncheon to be held at the Richard R. Clark Senior Center. All competing artists will be guests of the Clark Senior Center Council.

**Award Ceremony RSVP is Required**

**COUNCIL NEWS ITEMS**

**SPONSORED ACTIVITIES & EVENTS FOR APRIL**

**Clark Senior Center**

Provided lunches for Art Competition, and sponsored entertainer for Open House

**Indian Head Senior Center**

Spring Plant Sale and The 210 Breakfast Diner

**Waldorf Senior Center**

Snack Bar, Bingo Supplies, and March Madness

## Charles Ball A WAR OF 1812 SAILOR

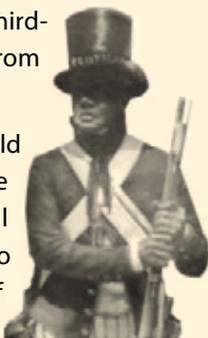
Vincent Leggett portrays Charles Ball, a third-generation slave from Calvert County.

After being sold to a trader in the South, Charles Ball escaped back to his home state of Maryland. Upon his return, he acted as a free man and fought in the War of 1812 on behalf of the United States. He took part in battles in the Chesapeake, including the March from Benedict to Bladensburg, and the defense of Fort McHenry at the Battle of Baltimore.

Ball was discharged in 1814 and published an autobiography in 1837 titled *The Life and Adventures of Charles Ball*. His story provides a lens through which we can examine the legacy of blacks in the Chesapeake, including their role in the War of 1812.

*Sponsored by Maryland Humanities Council*

**Wed, Apr 24 • 10:30am • Fee: FREE**  
**Open to the Public**



### Special Events & Activities

#### Health Forum: Cancer of the Colon

See page 2 for details.

Thu, Apr 11 11:30am-1:30pm Fee: FREE

#### Book Club

April section: "Anne of Green Gables" by Lucy Maude Montgomery. May selection: "Remarkable Creatures" by Tracy Chevalier.

Thu, Apr 4 1:00pm Fee: FREE

#### After Taxes Pick-Me-Up

Join musician, Josh Urban as he livens up your day. You'll leave with a smile on your face!

Tue, Apr 16 11:00am Fee: FREE

#### Newcomers Coffee

Fri, Apr 19 10:00am Fee: FREE

#### Annual Flea Market & Bake Sale

See page 2 for details.

Sat, Apr 20 8:00am-Noon

### Special Presentations

#### Religion at the Dawn of Civilization

A new series on world religions. Facilitator: Rollie Hower

Tue, Apr 2 11:00am Fee: FREE

#### How to Raise a Money Smart Child

Learn how to teach the younger generation to manage their finances. You might pick up a few tips for yourself.. Facilitator: Tayvon Jackson, Edward Jones

Thu, Apr 18 11:00am Fee: FREE

#### Joint Replacement & Post-Operative Care

Going in for knee or hip replacement anytime in the near future? Learn what is involved in the recuperative process, pain management, confinement, driving, therapy etc. Facilitator: Anna Brown, Adventist Home Care Services.

Thu, Apr 25 11:00am Fee: FREE

### Classes

#### AARP Drivers Safety Program

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

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

#### Computer Fun

Would you like to keep in touch with family and friends more closely? Here's your chance to learn how to start your own account and assure privacy while being aware of what is going on in the lives of your family and friends. Instructor: Mike Moses.

Tue/Wed, Apr 16 & 17 1:00-3:00pm  
Fee: \$32, plus \$3 supply fee



#### Fine Arts

Helen Thomas, an accomplished artist, knowledgeable in many areas, will lead the class helping each student to improve their techniques. Fee goes directly to the instructor.

Fri/Ongoing 10:00am-2:00pm Fee: \$7

### Services

#### Reflexology

Tue, Apr 2 9:15am  
Fee: \$15 for 30 min; 50¢ each additional minute

#### Massage

Tue, Apr 9 & 23 9:00am-Noon Fee: 50¢/min

#### Adventist Blood Pressure Screening

We will now offer blood pressure screenings on the third Monday of each month.

Mon, Apr 15 9:30-11:30am Fee: FREE

#### Hearing Professionals

Screening and minor hearing aid adjustments. Preregistration sign-up times are available.

Thu, Apr 18 10:00am Fee: FREE

### Fitness

#### Fitness Orientation Class (Mandatory)

Tue, Apr 2 3:30pm Fee: \$2  
Wed, Apr 10 & 24 1:00pm Fee: \$2

#### Tai Chi

Mon, Ongoing 9:45-10:30am Fee: Fitness Card

#### Matter of Balance

Eight week course on fall prevention through education and simple exercises. Help make yourself aware of the steps you can take to have a safer lifestyle. Preregistration required.

Wed, Apr 10-May 29 9:00-11:00am  
Fee: FREE

### Upcoming Events

#### 21<sup>st</sup> Annual Senior Citizens Art Competition

See page 3 for details. Everyone must make a lunch reservation. Rules for competition are available in the Art Room.

Wed, May 8 10:30am-Noon Fee: FREE

#### Blue Crabs Getaway

Have a great day at Regency Stadium. Enjoy the ballgame while having a delicious brunch in the club house. Car-pooling or on your own.

Thu, May 9 10:00am Fee: \$23  
Money and Reservations Due: Fri, Apr 26

# 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 Pilates.....10:45-11:30 Duplicate Bridge .....10:00-2:00 Ceramics.....10:00-2:00 2N1 Club.....10:15-11:00 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-Noon AFEP .....10:30-11:00 Bridge.....10:00-3:15 Zumba Gold ..... Noon Guitar Lessons ..... Noon-1:00 Easy Craft .....1:00-1:45 Line Dancing .....1:00-2:00 Hi-Steppers .....2:00-3:00 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 Sequence Game.....10:00-11:00 Breathe Easy ..... 10:30 Clogging .....10:30-11:30 Bridge.....11:00-3:15 Tap.....11:30-12:30 Beg. Tap .....12:30-1:00 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/Acrylics ..10:00-2:00 Gentle Yoga ..... 10:30 Handbells ..... 11:30 Silvertones.....12:30 Pinochle .....12:30-3:00
<b>1</b> Income Tax..... 10:00 Greenbacks ..... 10:00	<b>2</b> Reflexology ..... 9:15 Religion at the Dawn of Civilization..... 11:00 Fitness Orientation ..... 3:30	<b>3</b> <b>Council Meeting..... 9:30</b> Blood Pressure Screening.. 10:00 Jewelry Club..... 10:00 Off Balance Club..... 10:30	<b>4</b> Book Club..... 1:00	<b>5</b> Income Tax..... 10:00 Hand & Foot Canasta..... 10:00 Video: Marie Curie..... 10:00
<b>8</b> Income Tax..... 10:00	<b>9</b> Massage..... 9:00 <b>AARP Drivers Safety Program ..... 9:30</b>	<b>10</b> Coin Appraisal ..... 9:00 Genealogy ..... 10:00 Visit the Nurse..... 10:00 <b>Fitness Orientation .... 1:00</b>	<b>11</b> <b>Health Forum: Cancer of the Colon ..... 11:30-1:30</b>	<b>12</b> Income Tax..... 10:00 Video: Holocaust Survivor Stories..... 10:00 Creative Writing ..... 1:00
<b>15</b> <b>Flea Market Donations 11:00am-3:00pm</b> Adventist Blood Pressure Screening..... 9:30-11:30am Income Tax..... 10:00 Video: Holocaust Survivor Stories..... 10:00 Creative Writing ..... 1:00	<b>16</b> <b>Flea Market Donations 9:00am-3:00pm</b> Computer Fun Class..... 1:00 After Taxes Pick-me-up ... 11:00	<b>17</b> <b>Flea Market Donations 9:00am-3:00pm</b> Blood Pressure Screening.. 10:00 Jewelry Club..... 10:00 Computer Fun Class..... 1:00	<b>18</b> <b>Flea Market Donations 9:00am-3:00pm</b> Hearing Professionals..... 10:00 How to Raise a Money Smart Child ..... 11:00	<b>19</b> <b>Flea Market Donations 9:00am-3:00pm</b> Newcomers Coffee..... 10:00 Poetry Corner..... 2:00
<b>22</b> Tai Chi ..... 9:45 Sisters at Heart ..... 11:30	<b>23</b> Massage..... 9:00 Fitness Orientation ..... 1:00	<b>24</b> Visit the Nurse..... 10:00 <b>Charles Ball: War of 1812..... 10:30</b> Fitness Orientation ..... 1:00 Caregivers Support ..... 2:00	<b>25</b> Joint Replacement & Post-Operative Care ..... 11:00	<b>26</b> <b>Caregivers Conference Senior Center Closed</b>
<b>29</b> Spanish..... 10:00 <b>Art Competition - Artwork Drop-Off: 10:00-3:00pm</b>	<b>30</b> Power Yoga ..... 9:30 Art Influences Our Lives ... 12:30 <b>Art Competition - Artwork Drop-Off: 10:00-3:00pm</b>		<b>APRIL</b>	
<b>The computer room will be unavailable Monday and Friday, 10:00am-1:00pm, for the Income Tax Prep Program.</b>				

# INDIAN HEAD SENIOR CENTER

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

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

## Special Events & Activities

### April Fools Two Truths & a Lie Game

Tell us something about yourself... include two truths and one lie. It will be up to your friends to figure out the lie.

Mon, Apr 1 10:00-11:00am Fee: FREE

### Spring Plant Sale

Spring is in the air, and it's time to plant. The IHSC Council hosts this spring's plant sale. So come out and support your senior center.

Wed-Fri, Apr 10-11 10:00am-3:00pm  
Fee: As Priced

### "Aretha RESPECT"

#### Lip-Syncing Contest

Are you up to the challenge? Sign up and see if you've got what it takes to sing Aretha Franklin's hit song.

Wed, Apr 17 12:30-1:30pm Fee: FREE  
Registration Deadline: Wed, Apr 10

### Book Club:

#### The Dive from Clausen's Pier

Carrie Bell is the worst person in the world (or so she would have you think). In the carefully paced novel of personal epiphany, "The Dive from Clausen's Pier," by Ann Packer (O. Henry Award winner), Carrie's very survival is dependent upon her leaving her fiancé, even after he dives into shallow water at a Memorial Day picnic and becomes paralyzed. Knowing she was not going to become Mrs. Michael Mayer, and facing pressure from all sides, force Carrie to shut herself up in her room and sew outfits of her own design as if in a trance. Then one night she slips out of the only universe she's ever known.

Wed, Apr 24 11:00am-Noon Fee: FREE

## For Your Health

### Visit the Nurse

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

Thu, Apr 4 10:00am-Noon Fee: FREE

Wed, Apr 17 10:00am-Noon Fee: FREE

### Irritable Bowel Syndrome

Irritable Bowel Syndrome (IBS) is a gastrointestinal (GI) disorder caused by changes in how the GI tract works. IBS is not a disease; it is a group of symptoms that occur together. Common symptoms include abdomen pain or discomfort (cramping), along with diarrhea, constipation, or both. In the past, IBS was called colitis, mucous colitis, spastic colon, nervous colon, and spastic bowel.

Tue, Apr 16 11:15am-Noon Fee: FREE

### Hold the Butter

In place of AFEP on Thursday's this month we will be hosting an extensive program highlighting good nutrition to avoid obesity, fitness to burn fat, and preventive health measures to ensure longevity.

Thu, Apr 4,11 10:30-11:00am Fee: FREE

Thu, Apr 18 1:00-1:30am Fee: FREE

Thu, Apr 25 11:00-11:30am Fee: FREE

### I Can Hear... I Can't Understand

Join the Hearing Professionals and learn about options when you can't hear as well.

Tue, Apr 23 11:15am-Noon Fee: FREE

## Fitness Programs

### Fitness Training

Get a great workout with a certified instructor.

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

### Tai Chi:

#### Moving for Better Balance – Advanced

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

Thu, Ongoing 1:00pm

Fee: FREE

### AFEP

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

### Chair Pilates

Designed to focus on your core strengthening your back, abdominal muscles, hips and help to improve posture. Slow movement that stresses quantity and proper breathing techniques make for the ultimate mind-body workout. Instructor: Brenda Teutsch.

Tue/Thu, Ongoing 9:15am Fee: Fitness Card

## Classes

### Rockin' Out Craft

Pick your special rock from the pile and turn it into a masterpiece.

Wed, Apr 3 11:00am-Noon Fee: FREE

Mon, Apr 8 11:00am-Noon Fee: FREE

### Computer Lab Class

Learn MS Word, access the internet or Facebook.

Fri, Apr 12/19 1:00-2:00pm

Fee: \$5 (refundable upon registration)



## Rosalie Calvert & The War of 1812



Tue, Apr 30 • 11:00am  
Fee: FREE

Sponsored by the Maryland Humanities Council

A costumed living history presentation by Mary Ann Jung portrays the life of Rosalie Calvert of Riversdale Plantation. Relive the drama of life during the War of 1812 as Rosalie describes the Battle of Bladensburg, the burning of Washington, and the creation of the Star-Spangled Banner. Explore the fascinating day-to-day details of running a plantation in Maryland. Mary Ann Jung has been a lead actress and director of Renaissance History and Shakespearean Language at the Maryland Renaissance Festival for over twenty-five years. She is a Smithsonian scholar/performer and has appeared on CNN, the Today Show, and Good Morning America.

# INDIAN HEAD SENIOR CENTER

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

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



## The 210 Breakfast Diner

Shoo away the rain, and join us for a healthy breakfast of scrambled eggs, turkey sausage, yogurt with fresh fruit parfait, biscuits, as well as juice, coffee or tea. Enjoy music from the 1950s.

**Thu, Apr 18 • 9:00-11:00am**  
**Registration Deadline: Apr 10**  
**Fee: \$5**



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 Seated Pilates ..... 9:15 AFEP ..... 10:30	Billiards/Cards ..... 9:00 Fitness Training..... 9:15 Quilt N' Chicks ..... 10:00 Tai Chi ..... 10:30 Tai Chi: Advanced Class ..... 1:00 Chess..... 1:00-3:00	Billiards/Cards ..... 9:00 Chair Pilates..... 9:15 Oil Painting ..... 10:00 Line Dancing ..... 1:00	Billiards/Cards ..... 9:00 Tai Chi ..... 9:15 Ceramics ..... 10:00 Canasta & Bid Whist ..... 10:00
<b>1</b> April Fools Two Truths & A Lie Game ..... 10:00-11:00 National Poetry Month – Poetry Contest ..... 11:00-Noon	<b>2</b> Council Meeting .... 10:00-11:00 Reflect with Pastor Chris & Betty ..... 1:00-1:30	<b>3</b> Rockin' Out Craft .... 11:00-Noon Pictionary..... 1:00-2:00	<b>4</b> Visit the Nurse ..... 10:00-Noon Hold the Butter ..... 10:30-11:00 Rev Ruby Thomas ..... 11:15 Bunko ..... 12:45	<b>5</b> <b>Bring in Your Plant Cuttings for the Upcoming Plant Sale ..... 9:00-3:00</b>
<b>8</b> <b>Bring in Your Plant Cuttings for the Plant Sale: 9:00-3:00</b> It's Raining Popcorn . . 10:00-11:00 Rockin' Out Craft .... 11:00-Noon	<b>9</b> <b>Bring in Your Plant Cuttings for the Plant Sale: 9:00-3:00</b> Morning Wisdom with Nora ..... 10:00-10:30	<b>10</b> <b>Spring Plant Sale. 10:00-3:00</b> Music Spotlight: Fats Domino ..... 1:00-2:00	<b>11</b> <b>Spring Plant Sale ..... 10:00-3:00</b> Information & Assistance ..... 10:00-11:00 Hold the Butter ..... 10:30-11:00	<b>12</b> Spring Plant Sale ..... 10:00-3:00 Computer Lab ..... 1:00-2:00
<b>15</b> Computer Lab Memory Game Overview ..... 1:00-1:30	<b>16</b> <b>Irritable Bowel Syndrome ..... 11:15-Noon</b> Reflect with Lola ..... 1:00-1:30	<b>17</b> Visit the Nurse ..... 10:00-Noon <b>Aretha RESPECT Lip-Syncing Contest ..... 12:30-1:30</b>	<b>18</b> <b>The 210 Breakfast Diner ..... 9:00-11:00</b> Hold the Butter ..... 1:00-1:30	<b>19</b> Steal the Old Man's Pile Game..... 10:30-Noon Computer Lab ..... 1:00-2:00
<b>22</b> April Foolery ..... 1:00-1:30	<b>23</b> <b>Hearing Loss with Hearing Professionals ... 11:15-Noon</b> April Foolery ..... 1:00-1:30	<b>24</b> <b>Book Club: The Dive From Clausen's Pier .. 11:00-Noon</b>  No Quiltin' Chicks Today	<b>25</b> Hold the Butter ..... 11:00-11:30 Pictionary..... 1:00-2:00	<b>26</b> Movie Feature: The Life of Josephine Baker..... 11:30-2:00 Reminder: Caregivers Conference at the Clark Center
<b>29</b> Spring Word Scramble Contest ..... 10:30-11:00	<b>30</b> <b>Rosalie Calvert &amp; the War of 1812. .... 11:00-Noon</b> Please be seated by 10:45 for the performance.			

**APRIL**

# WALDORF SENIOR CENTER

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

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

## Special Events & Daily Activities

### Charlotte Hall Veterans Home

Learn about available services and Veterans benefits. Presenters: Carole Lewis, Director of Marketing and Nora Bachelder, MD Veterans Affairs Benefits Specialist.

Tue, Apr 2 10:30am Fee: FREE

### ROAD TRIP!

#### Maryland Senior Idol Competition

See description on page 2.

Wed, Apr 3 10:00am-4:00pm  
Fee: \$20 ticket and bus transportation  
Registration Deadline: Apr 1

### Afternoon Book Club:

#### "Sarah's Key" by Tatiana de Rosnay

This story takes place in Paris during July of 1942. Facilitator: Julie Brasher

Wed, Apr 3 1:00pm Fee: FREE

### Advanced Directives

Seri Wilpone, Chief Attorney, Southern Maryland Legal Aid will discuss Advanced Directives and other important legal issues. Program ends with a short "Ask-A-Lawyer."

Tue, Apr 9 11:15am Fee: FREE

### Earth Day Show & Tell

Many of us have special plants both indoor and outdoor that we take care of year after year. Bring in a sprig, leaf, or flower of something that is interesting or has a special story. Who did it belong to before, how long have you been taking care of it, anything that you would like to share.

Thu, Apr 25 10:30am Fee: FREE

### AARP Driver Safety Course

Tune up your driving skills and knowledge of the rules of the road. Schedule allows for lunch and registration. Instructor: Bruce Kirk.

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

## For Your Health

### Visit the Nurse

Linda Van Hoy, RN, Department of Health.

Tue, Apr 2 10:00am-Noon Fee: FREE  
Wed, Apr 24 10:00am-Noon Fee: FREE

### Counting Carbs

Carb Counting is a system where you learn what foods contain carbohydrates and how to track your daily intake. The system can be used to control blood sugar and help with weight loss. Presenter: Lisa Furlow, Nutritionist

Tue, Apr 16 11:15am Fee: FREE

### Senior Information & Assistance

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, Apr 18 10:00-11:00am Fee: FREE

## Classes

### Learn to Play Pinochle

Help is here! Beginners are welcome to learn at your own pace. Dolly and Bonnie will patiently explain the rules and the method of play. Please sign up in advance.

Mon, Apr 15, 22 Noon Fee: FREE

### Cards, Scrapbooks, & Legacy Gifts

Let your creativity take control. Bring in your photos or mementos for a personalized legacy gift. Instructor: Trudy Stringer

Tue, Apr 23 10:30am-Noon Fee: FREE

### 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. Six week class.

Wed, Ongoing 9:00am-2:00pm Fee: \$63

### Watercolors

Material list provided. Instructor: Pat Arnold.

Thu, Ongoing 10:00am Fee: \$30

### Water Based Oils

Material list provided. Instructor: Pat Arnold.

Tue, Apr 2 & 16 11:30am Fee: \$5/class

## Fitness & Dance

### NEW! Strength Training

Get personal training in a group setting and increase muscle. Trainer: LaMont Maith.

Mon, Ongoing 9:15am Fee: Fitness Card

### Restorative Yoga

Most postures are done using props such as blocks, straps, a chair & wall. 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

Simple poses for strength and balance.

Tue, Ongoing 2:00pm Fee: Fitness Card

### Flex & Stretch with Cindy

Wed, Ongoing 9:00am Fee: Fitness Card

### Pilates with Debi

Wed, Ongoing 2:00pm Fee: Fitness Card

### AFEP

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

### Line Dancing at Elite Gym

Thu, Ongoing 10:30am Fee: Fitness Card

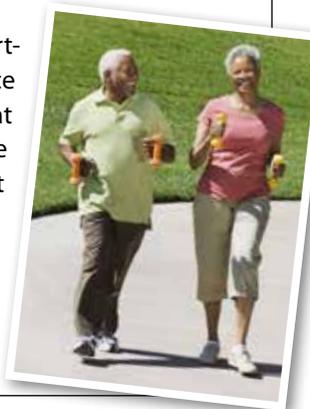
## Arthritis Foundation's Walk With Ease Program

Let's get in shape; and learn to walk safely and comfortably; improve our 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. Sessions include health-related discussions and self-paced group walks. At the Senior Center, you will walk indoors and out, plus some "off campus" locations. "Walk With Ease Guidebook" available for loan. Facilitator: Cindy Bladen.

Wed & Thu, Apr 4-May 9 • 9:15-10:15am

Registration Deadline: Apr 2 • Fee: FREE

**NEW!**



# 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.**

## It's Not ALL About the Basketball!

### Basketball Bingo

Regular bingo with a basketball game jackpot.

Thu, Apr 11 • 10:45am • Fee: Nickel/card

### Madness Munchies

Bring in some munchies to share at lunchtime. The more you bring, the more we eat! Please contribute enough finger food to go around. The Senior Council will provide meatballs and sausage-cheese balls.

Thu, Apr 11 • Noon • Fee: FREE

Registration Deadline: Apr 2

### March Madness

March Madness in April, go figure! The NCAA Final Four will be Monday, April 8. Welcome Bill Berghoefer, Director for Fellowship of Christian Athletes in Southern Maryland, who will talk about loving God through living your passions. No matter what your age, God has given you passions, desires and gifts (including basketball!) Bring joy to yourself by using those gifts to help others.

Thu, Apr 11 • 10:00am • Fee: FREE

### Next Month:

#### Living Well: Chronic Disease Self-Management Program

Do you suffer from a chronic condition: 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 to deal with pain and fatigue, and make better nutrition and exercise choices. Learn to communicate effectively with your physician and try new techniques to handle stress.

This is a six-week program. Open to adults with chronic conditions and caregivers.

**Wed, May 8-Jun 12**  
**1:00-3:30pm**  
**Fee: \$20 for class supplies**

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-2:00pm 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
<b>1</b> St. Charles Senior Club . . . . . 10:00	<b>2</b> Visit the Nurse . . . . . 10:00 Charlotte Hall Veterans Home . . . . . 10:30 Water Based Oils . . . . . 11:30	<b>3</b> <b>ROAD TRIP: Maryland Senior Idol . . . . . 10:00-4:00</b> Afternoon Book Club: Sarah's Key . . . . . 1:00	<b>4</b> <b>New! Arthritis Foundation's Walk With Ease Program . . . . . 9:15</b> March Madness . . . . . Noon
<b>8</b> Strength Training . . . . . 9:15 St. Charles Senior Club . . . . . 10:00	<b>9</b> <b>Advanced Directives with Chief Attorney, Southern Maryland Legal Aid . . . 11:15</b>	<b>10</b> <b>Walk With Ease . . . . . 9:15</b> Sequence . . . . . 10:30	<b>11</b> <b>Walk With Ease . . . . . 9:15</b> March Madness . . . . . 10:00 Basketball Bingo . . . . . 10:45 Madness Munchies . . . . . Noon
<b>15</b> <b>Council Meeting. . . . . 9:30</b> St. Charles Senior Club . . . . . 10:00 Learn to Play Pinochle . . . . . Noon	<b>16</b> Counting Carbs . . . . . 11:15 Water Based Oils . . . . . 11:30	<b>17</b> <b>Walk With Ease . . . . . 9:15</b> Sequence . . . . . 10:30	<b>18</b> <b>Walk With Ease . . . . . 9:15</b> Senior Information & Assistance . . . . . 10:00-11:00
<b>22</b> St. Charles Senior Club . . . . . 10:00 Learn to Play Pinochle . . . . . Noon	<b>23</b> Cards, Scrapbooks, Legacy Gifts . . . . . 10:30-Noon Meeting in the Militia Room Today	<b>24</b> <b>Walk With Ease . . . . . 9:15</b> Visit the Nurse . . . . . 10:00	<b>25</b> <b>Walk With Ease . . . . . 9:15</b> <b>Earth Day Show &amp; Tell . 10:30</b>
<b>29</b> St. Charles Senior Club . . . . . 10:00	<b>30</b> AARP Driver Safety Course . . 9:30	<b>APRIL</b>	

## Improve Your Memory & Give Your Brain a Workout

By the time you've reached adulthood, your brain has developed millions of neural pathways that help you process information quickly, solve familiar problems, and execute familiar tasks with a minimum of mental effort. But if you always stick to these well-worn paths, you aren't giving your brain the stimulation it needs to keep growing and developing.

You have to shake things up from time to time! Memory, like muscular strength, requires you to "use it or lose it." The more you work out your brain, the better you'll be able to process and remember information. The best brain exercising activities break your routine and challenge you to

use and develop new brain pathways. The activity can be virtually anything, so long as it meets the following three criteria: It's new. No matter how intellectually demanding the activity, if it's something you're already good at, it's not a good brain exercise. The activity needs to be something that's unfamiliar and out of your comfort zone.

It's challenging. Anything that takes some mental effort and expands your knowledge will work. Examples include learning a new language, instrument, or sport, or tackling a challenging crossword or Sudoku puzzle.

It's fun. Physical and emotional enjoyment is important in the brain's learning process. The more interested and engaged you are in the activity, the more likely you'll be to continue doing it and the greater the benefits you'll experience.

The activity should be challenging, yes, it should also be something that is fun and enjoyable to you. Make an activity more pleasurable by appealing to your senses—playing music while you do it, or rewarding yourself afterwards with a favorite treat, for example.

Information provided by [www.Helpguide.org](http://www.Helpguide.org)

## Community Services Senior Trips

For information please call 301-934-9305 or 301-870-3388, ext. 5159.  
Online registration is available at [www.CharlesCountyParks.com](http://www.CharlesCountyParks.com)

### Noah

Sight & Sound Theater, Strasburg, PA

Jonah promises to move you to laughter and tears – from the enormous whale swimming overhead to the thunderous affect of the powerful storm, and a mighty 30-foot-tall ship that breaks apart right before your eyes – the story of Jonah will astound and captivate the young and young-at-heart alike. Buffet lunch at Hershey Farm Restaurant is included. Dinner on your own at Cracker Barrel.

Trip Date: Wed, May 29  
203118-TR Trip Fee: \$127  
Registration Deadline: Apr 10  
Departure: Clark Senior Center 7:10am,  
Waldorf Jaycees 7:30am  
Est. Return: 8:00pm



### 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.

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

## RECIPE OF THE MONTH! Turkey Meatloaf

- 2 pounds of ground Turkey
- 2 cups herb, whole grain stuffing
- 1 can low sodium chicken broth
- ¾ cup chopped onion
- ½ cup chopped celery
- ¾ cup ketchup
- 3-4 tbsps brown sugar

Lightly sauté celery and onion in skillet with olive oil. Take off heat and place in bowl to cool.

Place meat, stuffing, chicken broth and celery and onions in large bowl, mix together.

Choose the size loaf pans to use.

Make one large loaf, bake at 350 for 1½- 2 hours; 2 smaller loaves, bake at 350 for one hour; 4 small loaves, bake at 350 for 25-45 minutes.

At ten minutes until done, mix together brown sugar and ketchup, spread on top of almost done meatloaf, cook for remaining time. Use meat thermometer to check for "doneness."

Serve with a baked potato and steamed green beans. Enjoy!

This recipe is great for freezing your leftovers for a simple meal down the road!

# 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
<b>1</b> <b>EASTER MONDAY</b> <b>NO MEAL SERVICE</b>	<b>2</b> Grape Juice Spaghetti w/Meatballs Seasoned Corn Breadstick Fruity Slaw	<b>3</b> Cranberry Juice Tortilla Crusted Tilapia Buttered Tri-Color Pasta Chuckwagon Vegetables Dinner Roll Deluxe Fruit Salad	<b>4</b> Orange Juice Beef Brisket Mashed Potatoes California Blend Vegetables Whole Wheat Bread (2) Banana	<b>5</b> Pineapple Juice Ginger Chicken Noodles Mixed Vegetables Dinner Roll Tangy Cherry Salad
<b>8</b> Pineapple Juice Stuffed Peppers Succotash Whole Wheat Bread (2) Peaches	<b>9</b> Cranberry Juice Asian Chicken Fluffy Rice Chinese Coleslaw Dinner Roll Mandarin Oranges	<b>10</b> Fruit Blend Juice Meatloaf w/Gravy Mashed Potatoes Scalloped Tomatoes Whole Wheat Bread (2) Fruited Jell-O	<b>11</b> <b>SOUP &amp; SANDWICH DAY</b> Vegetable Beef Soup Grape Juice Egg Salad Sandwich Creamy Cucumber Salad Cranberry Salsa Salad Applesauce	<b>12</b> Apple Juice Chicken Parmesan Noodles Sweet Peas Breadstick Citrus Salad
<b>15</b> Pineapple Juice Sloppy Joe Sandwich Green Beans Carrot Sticks with dip Pears	<b>16</b> Apple Juice Chophouse Burger Sandwich Orange Glazed Carrots Party Hearty Beans Fruit Cocktail	<b>17</b> Apple Juice Honey Lemon Chicken Parsley Potatoes Asian Blend Vegetables Onion Roll Honeydew	<b>18</b> Fruit Blend Juice Swedish Meatballs Fluffy Rice Collard Greens Biscuit Fruity Slaw	<b>19</b> Cranberry Juice Hot Dogs with Bun Baked Beans Coleslaw Peaches
<b>22</b> Fruit Blend Juice Tuna Noodle Casserole California Blend Vegetables Three Bean Salad Biscuit Fruit Cocktail	<b>23</b> Cranberry Juice Stuffed Cabbage Mashed Sweet Potatoes Squash Whole Wheat Bread (2) Seedless Grapes	<b>24</b> Pineapple Juice Vegetable Lasagna Broccoli Pineapple Bean Salad Dinner Roll Banana	<b>25</b> Grape Juice ¼ Baked Chicken Mashed Sweet Potatoes Squash Rice Pudding Raisins	<b>26</b> Orange Juice BBQ Pork Sandwich Seasoned Corn Carrot Raisin Salad Tropical Fruit Salad
<b>29</b> Orange Juice Open Faced Turkey Sandwich w/Gravy California Blend Vegetables Citrus Salad	<b>30</b> Apple Juice Oven Fried Chicken Company Potatoes Sweet Peas Cornbread Apricots			

## APRIL

### 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](http://www.CharlesCountyMD.gov)

### Department of Community Services

8190 Port Tobacco Road • Port Tobacco, MD

301-934-9305 • 301-870-3388

MD Relay: 711 • Relay TDD: 1-800-735-2258

**Mission Statement** – The mission of Charles County Government is to provide our citizens the highest quality service possible in a timely, efficient, and courteous manner. To achieve this goal, our government must be operated in an open and accessible atmosphere, be based on comprehensive long- and short-term planning, and have an appropriate managerial organization tempered by fiscal responsibility. We support and encourage efforts to grow a diverse workplace.

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

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

### Publication Changes & Cancellations

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

### Senior Center Inclement Weather Policy

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

# Trips Offered by Senior Services Of Charles County

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

## The Golden Isles of Georgia

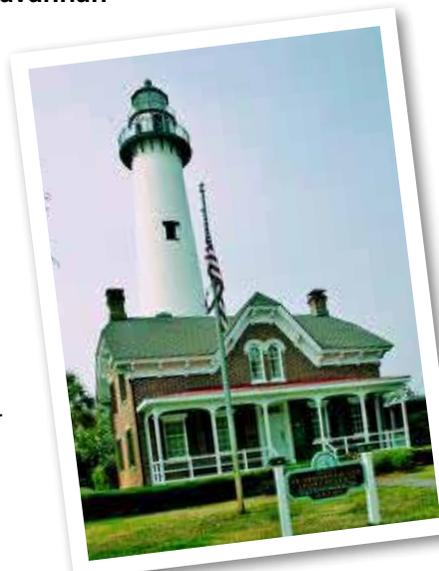
Featuring Jekyll Island, St. Simons Island & Savannah  
7 Days & 6 Nights

A morning departure has you heading south towards the warm Georgia coastline. Lodging will be in Charleston, South Carolina, 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, North Carolina, to visit the Airborne & Special Operations Museum as you prepare for your departure home.

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

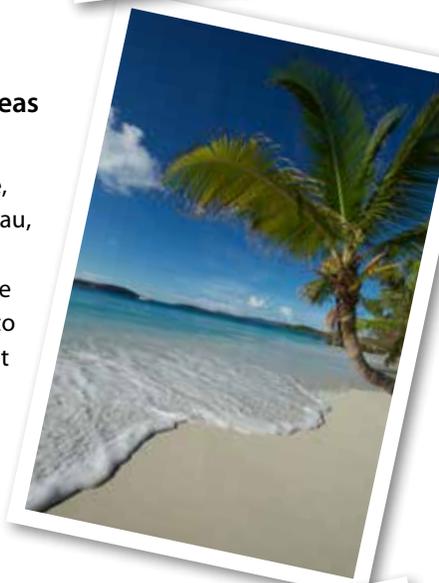
We'll fly out of Baltimore headed to Fort Lauderdale, Florida to board the Allure and prepare to visit Nassau, Bahamas, followed by a day of cruising, then to Charlotte Amalie, St. Thomas, principal town and the capital of the U.S. Virgin Islands. Day five takes you to Philipsburg, St. Maarten, then relaxing on the ship at sea for two days before heading back. Airfare from Baltimore, port charges, taxes, fuel service, fees, and government fees included. Those who book early get the best cabin locations and preferred dining times.

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

