

The SCOOP

Charles County's Senior Center News



OCTOBER 2012

www.CharlesCountyMD.gov

7th Annual Indian Head Breast Cancer Awareness **FITNESS WALK**

**Don't miss out on a great day benefitting
the fight against breast cancer!**

This event is open to the entire community. The festivities will take place **Saturday, October, 13**, from 8:30 a.m. to 1:00 p.m., starting at the Indian Head Village Green. There will be live music, exercise warm-ups, vendors, raffles, and door prizes. The cost is \$25 per person, which includes healthy snacks, bottled water, and lunch. Registration begins at 8:30 a.m. **A free T-shirt will be available to the first 100 registrants.** Event held rain or shine.

Proceeds benefit Susan G. Komen Breast Cancer Foundation of Maryland.



For details or directions, please call the Indian Head Senior Center 301-743-2125.

Walk for the women and men in your life!

5th Annual Breast Cancer Awareness Luncheon

This year our guest speaker will be Andrea Roane, *Weekly Morning Anchor with Channel 9 NEWS NOW*. Andrea is best known to viewers for her passionate reporting on breast health issues and promoting the importance of early detection in the fight against breast cancer. Ms. Roane initiated the innovative Washington, D.C., breast cancer awareness program *Buddy Check 9*.

The luncheon will be catered by Apple Spice Junction. Please call 301-934-5423 or stop by the programmers office for your ticket. Space is limited – be sure to sign up early.

Richard R. Clark Senior Center

Thu, Oct 18 • 11:00am-2:00pm Fee: FREE
Luncheon Registration Required by: Oct 11

Sponsored by Civista Health, Sisters at Heart, and the Richard R. Clark Senior Center Council.

Senior I&A at the Bel Alton Community Development Center

Are you, or someone you know 60 years of age or older? Do you have questions about what programs are available to help seniors citizens and their family? Confused about what is Medicare and supplemental insurance coverage?

Through the Senior Information & Assistance Outreach Program the elderly, age 60 and older and their families, may access information about programs, services, and benefits. An Aging and Senior Programs staff member will be available to answer questions and provide assistance.

Southern Charles County Outreach

Wed Nov 7 • Oct 3 • Dec 5 • Jan 9 11:00am-1:00pm

Senior Services Annual Meeting

Please plan to attend this annual membership meeting to elect the Board of Directors and to discuss intended goals for the upcoming year. Senior Services of Charles County, Inc., was developed as a response to the need for an organization to assist Senior Citizens County wide. A major objective is to assist seniors enhance their quality of life, support independence, and encourage involvement in and with the community.

Richard R. Clark Senior Center

Tue, Nov 13 • 9:00-10:00am

COUNCIL NEWS ITEMS

SPONSORED ACTIVITIES & EVENTS FOR OCTOBER

Clark Senior Center

Taylor Marie's Fund-Raiser Fashion Show, and the Breast Cancer Awareness Luncheon

Indian Head Senior Center

Apple Butter Surprise, Raise the (Snack) Bar, Breast Cancer Walk, Fall Yard Sale, and Discoween Party

Waldorf Senior Center

Snack Bar, Bingo Supplies, Boo Bingo Bash, and Overstock Coat Sale

October is National Long-Term Care Residents Rights Month

Residents' Rights Month is designated by the National Consumer Voice for Quality Long-Term Care and is celebrated in October each year to honor residents living in all long-term care facilities, including nursing homes, sub-acute units, assisted living, board and care and retirement communities. We should value all ages in our communities, from the very young to the very old but the oldest in nursing homes and assisted living facilities often feel isolated and excluded. Developing stronger connections between these older adults and their community can have tremendous benefits for young and old. This year's theme "My Voice, My Vote,

My Right" is designed to call attention to residents' rights to vote and participate in the political process. The Resident's Voice is an opportunity for residents from facilities across the country to share their ideas about this year's Residents' Rights Month theme with other residents, ombudsmen, families, community members and nursing home staff. Residents of LTC facilities have had experiences most of us can only dream of. They are the founders of the communities we live in and what we have as a community is due to their hard work and contributions. As a community, we need to involve residents in our activities — such as Boy and Girl Scout functions,

parades, fairs, and senior citizen activities. They can also continue to take part in groups that they once belonged to such as civic organizations, church communities, or school volunteer programs.

By listening to the voices of residents, we honor their lives and experiences as well as treat them with dignity and respect. Residents do not lose their right to be part of the community depending on where they live. Community is more than just a nursing home. It is the town/city where we live. The Charles County Long Term Care Ombudsman Program encourages community members to visit those they know in a long-term care facility, volunteer in a facility, participate in Residents' Rights Month events. Your assistance and attention helps to ensure that the voices of long-term care residents do not go unheard and demonstrates to residents that they have not been forgotten.

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Central Registration Begins October 1

It's time for the Senior Centers to update Central Registration for 2013. Donations received will be placed back into programs to benefit your Centers. Renewing registration helps us better serve and assist you in the event of an emergency.

To register, you must live in Charles County, and you or your spouse must be 60 years of age or older. For more information, please visit a nearby Senior Center.

Renew your membership at any of the four Senior Centers.

Protect yourself from Hepatitis B

Are you at risk for getting Hepatitis B? Hepatitis B is a serious disease caused by a virus that attacks the liver. Approximately 2,000–4,000 people die every year from Hepatitis B-related liver disease. The best way to prevent Hepatitis B is by getting the Hepatitis B vaccine, which is usually given as three shots over a 6-month period. You need to get all 3 shots for complete protection. Medicare covers these shots for free if you're at medium or high risk for Hepatitis B. Ask your doctor if these shots are right for you.

—Ask Medicare July/August 2012

Get Ready for Medicare D Open Enrollment

Open enrollment is the time for Medicare beneficiaries to review their Medicare Prescription Drug Plan and make any necessary changes. New beneficiaries can select a plan and find out how the plan will work for them. Open enrollment is October 15 through December 3, 2012. Senior Health Insurance Counselors will be available to educate and provide assistance on the following dates; October 15 and 29; November 5 and 19; and December 3.

If you require assistance choosing or changing your Medicare Part D Prescription plan, please contact your local SHIP staff member at 301-609-5712 to schedule an appointment.

Senior Aquatics for Fall

Improve your overall health and well being through a progression of movements in the water. Register at any Senior Center. For details, please call Debi Shanks, Physical fitness Coordinator, 301-609-5711.

Water Aerobics with Debi

Mon/Wed, Sep 10–Nov 8 3:30–4:30pm
Fee: \$45/pp At North Point High School

Arthritis Foundation Exercise with Trudy

Tue/Thu, Sep 11–Nov 8 3:30–4:30pm
Fee: \$45/pp At Lackey High School



CLARK SENIOR CENTER

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

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Visit www.CharlesCountyMD.gov/CS

5th Annual Breast Cancer Awareness Luncheon

See page 2 for the full program description. Call 301-934-5423 or get a ticket in the programmers office. Space is limited.

Thu, Oct 18 10:30am-2:00pm Fee: FREE
Luncheon Registration Required by Oct 11

Special Events & Activities

Hometown Cooking

Ritz Mock Apple Pie. Taste it... You'll be amazed!

Tue, Oct 2 11:00am Fee: FREE

Fall Bead-a-way

Supplies provided to make a lovely fall necklace.

Thu, Oct 4 11:00am Fee: FREE

Book Club

October: *The Bell Jar* by Sylvia Plath.
November: *Eat, Pray, Love* by Elizabeth Gilbert

Thu, Oct 4 1:00pm Fee: FREE

Mary Kay Face & Hand Day

Melinda Campbell will treat you to a Mary Kay beauty session.

Tue, Oct 9 10:00am Fee: FREE

Baked Potato Day

Baked potato, with all the fixin's and a piece of pie. Preregistration necessary.

Tue, Oct 9 Noon Fee: \$3

Ironies of an Immigrant Family

After researching her family genealogy, the ironic story of her immigrant grandparents emerged. The family left Luxemburg searching for a better life, only to have their children sent back to the land of their origin to fight the Germans. Facilitator: Karen Miller

Wed, Oct 10 11:00am Fee: FREE

You & the Flu

Flu Information presented by Faye Brubacher. Free flu shots available Thu, Oct 18 – first come, first served basis.

Wed, Oct 17 11:00am Fee: FREE

Southern Maryland Flu Shot Clinic

Blood sugar, blood pressure screening, and cholesterol (fasting required). No charge for this lab work. Free flu shots will be available.

Thu, Oct 18 9:00am-Noon Fee: FREE

AARP Safe Driving Class

Preregistration is necessary for this safe driving course. Learn about the many changes within ourselves, cars, highways, and traffic. Lunch is available by donation for age 60 and older; \$5.50 for age 59 and younger. Instructor: Bruce Kirk.

Tue, Oct 23 9:30am-3:00pm Fee: FREE

Around the World with Music

Four time Whammy winner, Mike Surratt will provide music and song. This is your chance to get up and dance. The multicultural luncheon includes: Juice, Spaghetti with sauce (Italy). Kielbasa sausage (Poland), Greek Salad (Greece), Croissant (France), Tropical Fruit salad with coconut (Caribbean), and Fortune Cookies (China).

Thu, Oct 25 10:30am
Registration Required by Oct 17
Fee: \$3 plus a generous lunch donation

Monster Mash Line Dance Party!

Costumes, optional but FUN isn't! Join us for some dancing and special treats!

Tue, Oct 30 1:00pm Fee: FREE

Halloween Beastie Bingo

Come in costume and get two extra playing cards. Prizes for the funniest, scariest and most original costumes.

Wed, Oct 31 10:30am Fee: FREE

Caregiver Support Group

Wed, Oct 31 2:00pm Fee: FREE

Videos

Masada

Based on a true historic event, Jewish Zealots holding down the impregnable fortress of Masada against the Roman Legion.

Part 1: Fri, Oct 5 9:00am Fee: FREE

Part 2: Fri, Oct 12 9:00am Fee: FREE

Terry Fator, Who's the Dummy Now?

Comedy provided by ventriloquist, Terry Fator, the man with the million dollar voice.

Fri, Oct 19 10:00am Fee: FREE

Special Presentations

Alzheimers: Know the 10 Warning Signs

Shelly Edwards, the Alzheimers Association, presents up-to-date information.

Thu, Oct 11 11:00am Fee: FREE

CSM Fall Wellness Program

CSM student nurses will give screenings and present a health program.

Tue, Oct 23 9:00am Fee: FREE

Herod's Temple

Another excellent historical presentation by Dr. Rollie Hower.

Tue, Oct 23 11:00am Fee: FREE

Keys to Independent Living

Resources available to insure longer independent living, presented by Janice Duckett.

Tue, Oct 30 11:00am Fee: FREE

Fitness

Fitness Orientation

Tue, Oct 2 3:30pm Fee: \$2

Wed, Oct 10 & 24 1:00pm Fee: \$2

Exercise for a Cause

Proceeds benefit Sisters at Heart, a non-profit breast cancer support group. Open to all fitness levels. Seated exercisers welcome!

Thu, Oct 25 9:00-10:30am Fee: Donation

Services

Visit the Barber

Fri, Oct 12 & 26 10:00am-Noon Fee: \$8

Massage with Sharon Feldman

Tue, Oct 16 & 30 9:00am-Noon Fee: 50¢/min

TaylorMarie's

Your Fashion. Your Style. Your Place.

This Council fund-raiser promises to be fun for everyone – a fashion show with shopping, refreshments, and time with your friends. Taylor Marie's brings you clothing and accessories from respected, high quality brands at a low price. We even offer you a chance to walk the runway, volunteers are needed to model.

Tue, Oct 16 • 11:00am Fee: Your purchase (optional)

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
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 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 10:00-11:00 Fine Arts 10:00-12:00 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 So. MD. Pitch 1:00-4:00 Hi-Steppers 2:00-3:00 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 Clogging 10:30-11:30 Bridge 11:00-3:15 Tap 11:30-12:30 Beginner's Tap .. 12:30 (Ends Nov) 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 Stained Glass 10:00-2:00 AFEP 10:30-11:00 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 12:30-1:30 Pinochle 12:30-3:00
1 Greenback Investment Club 10:00	2 Hometown Cooking 11:00 Fitness Orientation 3:30	3 RRCSC Council Mtg 9:30 Blood Pressure Screening 10:00	4 Fall Bead-A-Way 11:00 Book Club 1:00	5 Video: Masada 9:00 Hand & Foot Canasta 10:00 Gentle Yoga 10:30
8 Columbus Day Senior Centers Closed	9 Mary Kay Face & Hand Day 10:00 Baked Potato Day Noon Primitimers 2:00	10 Coin Appraisal 9:00 Visit the Nurse 10:00 Genealogy 10:00 Caregiving Tips 10:00 Ironies of an Immigrant Family 11:00 Jewelry Club 11:30 Fitness Orientation 1:00	11 Alzheimers: Know the 10 Warning Signs 11:00	12 Video: Masada 9:00 Visit the Barber 10:00 Gentle Yoga 10:30 Creative Writing 1:00
15 Reflexology 9:15 Ceramics 10:00	16 Massage 10:00 Taylor Marie's Fall Fashion Show 11:00	17 Blood Pressure Screening .. 10:00 You & the Flu 11:00	18 So. MD Hospital Flu Shot Clinic 9:00 Hearing Professionals 10:00 Breast Cancer Awareness Luncheon 10:30	19 Video: Terry Fator, Who's the Dummy Now? 10:00 Gentle Yoga 10:30
22 NO Sisters at Heart	23 CSM Fall Wellness Program 9:00 AARP Safe Driving 9:30 Herod's Temple 11:00	24 Visit the Nurse 10:00 Jewelry Club 11:30 Fitness Orientation 1:00	25 Exercise for a Cause ... 10:30 Around the World with Music 10:30	26 Visit the Barber 10:00 Hand & Foot Canasta 10:00 Newcomers Coffee 10:00 Gentle Yoga 10:30 Creative Writing 1:00
29 Ceramics 10:00	30 Massage 9:00 Power Yoga 10:00 A Key to Independent Living 11:00 Monster Mash Line Dance 1:00 Food Training 2:00	31 Blood Pressure Screening .. 10:00 Beastie Bingo 10:30 Caregivers Support 2:00		

INDIAN HEAD SENIOR CENTER

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

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Special Events & Daily Activities

Falling Leaves Poetry Contest

This contest is about the Fall leaves and how they tumble to the ground. If your poem wins, you will take away some cold hard cash.

Wed, Oct 10 12:30-1:30pm Fee: FREE

Chess Tournament

Chess is a mental game of strategy, evaluation, and patience. A study in the New England Journal of Medicine found that challenging your brain with mentally stimulating games like chess will greatly increase mental agility and sharpen memory skills.

Every Wed 1:00-3:00pm Fee: FREE

Music Spotlight: Country Variety

In celebration of country music, we are playing some of the top country performers of all time.

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

Cook Book Recipe Sharing & Bring a Sample Too

Is there a particular recipe you are known for, or maybe the famous dish you take to family gatherings? This is your opportunity to share your dish. Bring a sample and the recipe too. Who knows you just might walk away with a winning recipe.

Wed, Oct 17 10:30am-Noon Fee: FREE

Fall Yard Sale

Come out and support the Indian Head Senior Center Council and find some great treasures.

Thu, Oct 18 9:00am-2:00pm Fee: As priced

Fri, Oct 19 9:00am-2:00pm Fee: As priced

Energy Efficiency Presentation by SMECO

A representative will be here from SMECO to give you energy saving tips for your home.

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

Hand Massages with Ghost Stories

We promise we won't scare the bejeebers out of you, but we might make your hands feel really good.

Tue, Oct 23 1:00-2:00pm Fee: FREE

Fri, Oct 26 10:30-11:30am Fee: FREE

Registration Deadline: Wed, Oct 17

Book Club

The GQ Candidate by Keli Goff

First, this is a book that is about a politician without being about politics. So no matter what your political views are, you can still enjoy this book. Yes, the candidate is a Democrat, but there are not any Democratic talking points, so even Republicans can enjoy this book! The great thing is that the issues in the book aren't tough political issues, they are the tough issues like faith and race. Luke was adopted when he was two and was raised incredibly well by a white Jewish family and practices the Jewish faith himself. When running for President, it becomes an issue for some voters. Reading about how he and his campaign deal with Luke being a black man other black people cannot relate to, and a Jewish man who Jewish people can't relate to was one of my favorite parts of the book. More than how he dealt with it was how his family stepped in to help him every step of the way.

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

For Your Health

Drought-Proof Your Food Bills

Extreme U.S. drought conditions are likely to translate to bigger grocery bills through next year. A close look at your eating habits, some carefully planned shopping trips, a bit of creative storage and maybe some strategic coupon usage will make all the difference. Join the staff and learn some money-saving tips from the pros.

Tue, Oct 2 11:30am-Noon Fee: FREE

Visit the Nurse

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

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

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

20 Healthy Zero-Calorie Foods

Yes, you read that right, zero-calorie foods. They do exist – join Cynthia and learn more.

Tue, Oct 9 11:15am-Noon Fee: FREE

Classes

Ghost Craft

Make a fun and scary ghost for your table or window.

Wed, Oct 10 10:00am-Noon Fee: \$1

Mon, Oct 15 10:00am-Noon Fee: \$1

Computer Lab Class

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

Fri, Oct 5, 12 1:00-2:00pm

Mon, Oct 29 1:00-2:00pm

Fee: \$5 refundable deposit upon registration

Fitness & Dance

Fitness Training

Get a great workout with a certified fitness instructor in a vigorous exercise program.

Mon/Wed 9:15-10:00am

Fee: Fitness card

Tai Chi: Moving for Better Balance Graduates

Improve your balance and mobility with Cynthia.

Wed, Ongoing 10:30-11:30am

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

Naturally Boost Your Metabolism with Certain Foods with Lisa

Diet, schmiet. Ditch your strict eating regimen and give your metabolism a boost by eating. Yes, eating! Just by consuming certain drinks and foods, you can give your body a kick-start in calorie burning, and speed up that seemingly slow metabolism of yours. Join Lisa Furlow, and learn more.

Thu, Oct 11 • 11:15am-Noon 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.



DISCOWEEN PARTY

The Center has gone native; it's a jungle out there, and the Bee Gees are Stayin' Alive! The disco ball is turning along with the full moon, and Donna Summer was last seen in the lion's den. Don't forget your disco threads ... dancing, games, door-prizes, and 50/50 raffle.

Tue, Oct 30 • 10:30am-1:00pm

Fee: Lunch Donation

Please sign up by Wed, Oct 24



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 Bingo 10:00 AFEP 10:30 Reflections 1:00	Billiards/Cards 9:00 Fitness Training 9:15 Quilt N' Chicks 10:00 Tai Chi 10:30 Tai Chi 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 9:15 Ceramics 10:00 Canasta & Bid Whist 10:00
1 Breast Cancer Awareness Month Kickoff 9:00-10:00 Don't Forget to Register for the Upcoming Walk!	2 Council Meeting 10:00-11:00 Drought-Proof Your Food Bills 11:30-Noon	3 Apple Butter Surprise 10:00-11:00 Pictionary 1:00-2:00	4 Visit the Nurse 10:00-Noon Raise the (Snack) Bar 11:15-11:45 Bunko 12:45	5 World Smile Day 9:00-3:00 Computer Lab 1:00-2:00
8 Columbus Day Senior Centers Closed	9 Nora Jones with Morning Wisdom 10:00-10:30 20 Healthy Zero-Calorie Foods 11:15-Noon	10 Ghost Craft 10:00-Noon Falling Leaves Poetry Contest 12:30-1:30	11 Senior I&A Outreach 10:00 Get Holistic w/Leola . 10:30-Noon Naturally Boost Your Metabolism with Certain Foods 11:15-Noon	12 Reminder: Tomorrow is the Breast Cancer Walk Computer Lab 1:00-2:00
15 Ghost Craft 10:00-Noon The History of Oktoberfest 1:00-1:30	16 Music Spotlight: Country Variety 11:15-Noon Reflect with Lola Cooper 1:00-1:30	17 Visit the Nurse 10:00-Noon Cook Book Recipe Sharing & Bring a Sample Too . 10:30-Noon	18 Fall Yard Sale 9:00-2:00	19 Fall Yard Sale 9:00-2:00
22 Halloween Greeting Cards 10:30-Noon Memory Game 1:00-2:00	23 SMECO Energy Efficiency Presentation ... 11:15-Noon Hand Massages With Ghost Stories 1:00-2:00	24 Book Club, The GQ Candidate by Keli Goff 11:00-Noon No Quiltin' Chicks Today	25 Seated Massage 9:30-Noon Bunko 12:45	26 Hand Massages with Ghost Stories 10:30-11:30 Pictionary 1:00-2:00
29 Candy Corn Favor 10:00-Noon Computer Lab 1:00-2:00	30 Discoween Party 10:30-1:00	31 Halloween Poems 11:15am-Noon Scary Pictionary 1:00	OCTOBER	

WALDORF SENIOR CENTER

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

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October is Breast Cancer Awareness Month

Waldorf Senior Center encourages you to attend the Indian Head Senior Center's 7th Annual Breast Cancer Awareness Fitness Walk in Indian Head on Saturday, October 13. We also have a limited number of tickets available for the Waldorf members who would like to attend the Clark Senior Center's Annual Breast Cancer Luncheon in La Plata on Thursday, October 18. Visit the office for event details. If you wish to car pool, we can help arrange that too!

Special Events & Daily Activities

Afternoon Book Club

The Forgotten Garden by Kate Morton

A tiny girl is abandoned on a ship headed for Australia in 1913. She arrives completely alone with nothing but a small suitcase containing a few clothes and a single book... a beautiful volume of fairy tales.

Wed, Oct 3 1:00pm Fee: FREE

Where on Earth?

Play in teams, a fun game about geography.

Thu, Oct 4 10:30am Fee: FREE

Baked Potato Bar

Load your freshly baked potato with your choice of cheese, broccoli, sour cream, bacon, chili, or chives. Lunch will be a baked potato and a fresh slice of pie...Yummy!

Thu, Oct 11 Noon Fee: \$3

Come to Jamaica...

with Sarah Ellis & Burt Wilson

Sarah and Burt will share their stories of growing up in Jamaica. Sarah will provide an authentic Jamaican dish for us to sample. Please sign up for the food sampling.

Wed, Oct 17 11:30am Fee: FREE

Driving Values

Let's discuss our driving values – what drives us to do what we do, how we act, and how we live our life.

Tue, Oct 23 11:15am Fee: FREE

Overstock Coat Sale

Bring in your CLEAN, gently used coat or jacket for an overstock coat sale. All proceeds go to help the Senior Center.

Wed/Th, Oct 24-25 10:00am-2:00pm
Fee: Your Purchase

This Day In History

Learn more about Caroline Schermerhorn Astor, wife of William Waldorf Astor and Orson Welles causing nationwide panic with his broadcast of "War of the Worlds."

Tue, Oct 30 11:15am Fee: FREE

For Your Health

Food Safety

Our bodies need food every day for nutrition, but handling food incorrectly can make a person very sick. Learn food safety and sanitation practices that help reduce the risk of food borne illnesses. Lisa Furlow will review the principles of reducing bacterial growth and keeping food safe.

Tue, Oct 2 11:15am Fee: FREE

Flu Shot Clinic: Safeway Pharmacy

Safeway Pharmacy will provide flu shots. It is a convenient option, and as always it's free to those enrolled Medicare Part B. A pharmacist will provide you with useful tips for a healthy life. Plus, if you get the vaccination, you will also receive a discount on groceries.

Wed, Oct 10 11:00am-1:00pm
Fee: Free for Medicare part B enrollees

Seated Massage

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

Thu, Oct 11 9:30-Noon Fee: 50¢/minute

Acupuncture for Healthy Living

Discover holistic which aspires to bring peace, joy, and vitality back into your life with Brian Crowley from La Plata Acupuncture.

Tue, Oct 16 11:15am Fee: FREE

Wellness Clinic: CSM Nursing Students

Wellness screenings include blood pressure, eye exams, height/weight checks, and pulse oximetry. Discussions on fall prevention foot care, diabetes, and nutrition. Christina Heilmeier, MSN, RN, Assistant Professor, CSM.

Thu, Oct 18 9:00am-Noon 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, Oct 18 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, Oct 2 10:00am-Noon Fee: FREE
Wed, Oct 24 10:00am-Noon Fee: FREE

Classes

AARP Driver Safety Course

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

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

Guitar Lessons

Some experience required. Bring your own guitar to the class led by Therese Thiedeman.

Tue, Ongoing 10:00-11:00am Fee: \$5/class

Computer Class

Preregister for a personalized one-hour session with Roseanne Windley.

Wed, Ongoing 9:00am-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, Oct 2 & 16 11:30am Fee: \$5/class

Fitness & Dance

Line Dancing at Elite

Instructor: Clairisa Bryant

Thu, Ongoing 10:30am Fee: Fitness Card

Pilates

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

Wed, Ongoing 2:00pm Fee: Fitness Card

Hatha Yoga

Simple poses for strength and balance. Instructor Randi McWilliams

Tue, Ongoing 2:00pm Fee: Fitness Card

AFEP

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

WALDORF SENIOR CENTER

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

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



BOO BINGO BASH

Preregister for all-you-can-eat Little Caesar's Pizza, plus a drink and a dessert. Get into the spirit and wear a costume.
 This is a regular nickel bingo with added winnings, special Halloween prizes, plus a 50/50 raffle.

Wed, Oct 31 • 10:00am-1:30pm

Fee: \$3 • Registration Deadline: Thu, Oct 25

Line Dancing

Instructor: Cindy Bladen

Tue, Ongoing 10:15am

Fee: Fitness Card

Total Body Conditioning

Instructor: Clairisa Bryant.

Tue/Th, Ongoing 9:00am

Fee: Fitness Card

Zumba

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

Mon, Ongoing 2:00pm

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

Restorative Yoga

A gentle practice where most postures are done using props such as blocks, straps, a chair & wall. Instructor: Cindy Miller

Mon, Ongoing 9:15pm

Fee: Fitness Card

"NEW" Flex & Stretch

Flexibility and conditioning exercises utilizing weights, thera bands and mat work to give an overall workout of major muscles. Instructor, Cindy Miller

Mon/Wed, Ongoing

9:00-9:45am

Fee: Fitness Card

REMINDER

**Sat, Oct 13
8:30am**

**7th Annual Indian
Head Breast Cancer
Fitness Walk**

See page 2 for details.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Restorative Yoga 9:15 Double Deck Pinochle Noon Zumba Gold 2:00	Total Body Conditioning 9:00 Guitar Lessons 10:00 Line Dancing 10:15 Dominos 10:30 Inspirations 12:30 Hatha Yoga 2:00	Flex & Stretch. 9:00 Computer Class 9:00-2:00 AFEP 10:00 Bingo 10:30 Dominos 10:30 Pilates 2:00	Total Body Conditioning 9:00 AFEP 10:00 Watercolors 10:00 Line Dancing at Elite 10:30 Bingo 10:30 Dominos 10:30 Double Deck Pinochle Noon
1 St. Charles Senior Club 10:00	2 Visit the Nurse 10:00 Food Safety 11:15 Water Based Oils 11:30	3 Rummikub 10:30 Afternoon Book Club: Forgotten Garden by Kate Morton 1:00	4 Where on Earth? 10:30 Bingo 10:45
8 Columbus Day Senior Centers Closed	9 AARP Driver Safety Course 9:30-2:30 Pictionary 11:15	10 Flu Shot: Safeway Pharmacy 11:00-1:00 Rummikub 10:30	11 Seated Massage 9:30-Noon Rummikub 10:30 Baked Potato Bar Noon
15 Senior Council Meeting 9:30 St. Charles Senior Club 10:00	16 Acupuncture for Healthy Living 11:15 Water Based Oils 11:30	17 Come to Jamaica with Sarah & Burt 11:30	18 Wellness Clinic: CSM Nursing Students 9:00 Senior Information & Assistance Outreach 10:00-Noon
22 St. Charles Senior Club 10:00	23 Driving Values 11:15	24 Visit the Nurse 10:00 Overstock Coat Sale 10:00-2:00	25 Rummikub 10:30 Overstock Coat Sale 10:00-2:00
29 St. Charles Senior Club 10:00	30 This Day in History: Welles Scares Nation and Mrs. Waldorf Astor ... 11:15	31 Boo Bingo Bash .. 10:00-1:30	

OCTOBER

Keep Cool with Energy Assistance

The Electric Universal Service Program (EUSP) is a state program to assist eligible customers with paying their electric bills. It is administered by the Department of Human Resources, Office of Home Energy Programs. The program helps with the following:

- Financial assistance with current electric bills
- Settling past unpaid electric bills
- Weatherization services to reduce further bills

Eligibility information and application assistance is available at all Senior Centers. Senior citizens who have questions or wish to participate in this program can contact Senior Information & Assistance staff at 301-609-5712 or 301-934-9305 ext 5143.

Closing the “Donut Hole” —

Medicare prescription drugs are becoming more affordable

The health law includes benefits to make your Medicare prescription drug coverage (Part D) more affordable. This year, if you reach the Part D coverage gap (also called the “donut hole”):

- You get a 50% discount on covered brand-name drugs
- You pay 86% of the plan’s cost for covered generic drugs

You will keep getting these benefits until you reach the end of the coverage gap, and you will get even more savings on your brand-name and generic drugs during the coverage gap over the next few years until it’s closed in 2020.

Find out more about the coverage gap and savings you’ll get until 2020 at www.medicare.gov.

— Ask Medicare July/August 2012

Christmas Connection

The Christmas Connection is a volunteer and interagency partnership that provides holiday cheer to seniors and families in need. The Department of Community Services leads the “Adopt-a-Senior” portion of the project and is currently seeking volunteers to prepare and deliver holiday food baskets to seniors who have been determined to be needy and without support of family at the holiday time.

Persons wishing to volunteer to prepare and deliver a holiday food basket for a senior may call Senior I&A at 301-609-5712 or 301-934-9305, extension 5143.

Seniors who are eligible for assistance and wish to receive a holiday food basket from the Christmas Connection should call Senior I&A at 301-609-5712.

The Flu + You

This campaign raises awareness about the seriousness of influenza, need for prevention, and vaccine options for adults 65 and older. Through the *Flu + You* program, we want to help older adults live a better, healthier life. "The body's immune system and its ability to fight illness decrease with age, leaving even healthy older adults at greater risk for influenza and its complications. Recent studies have shown that the traditional flu vaccine might not work as well for people 65 years of age and older because the weakened immune system produces fewer antibodies following vaccination to help protect against infection. Antibodies are the soldiers of the immune system helping to respond and protect against infection when exposed to the virus.

For this reason, adults 65 and older have two vaccine options available – the traditional flu shot, as well as a higher dose flu shot. The higher dose vaccine addresses the weakening immune response by triggering the body to produce more antibodies against the flu virus than would be produced by the traditional flu shot.

Both the traditional and higher dose flu shot options are among the vaccines recommended by the CDC for adults 65 years of age and older and are covered by Medicare Part B with no copay. "Because older adults are at such increased risk, they should make sure they are vaccinated before influenza viruses start causing illness in their communities, ideally getting vaccinated in the late summer or fall months," said Dr. Bridges. "Getting vaccinated not only helps protect yourself, but also helps prevent the spread of flu to loved ones and others who are at high risk, such as infants and young children, pregnant women, and anyone with a chronic health condition, such as heart disease and diabetes."

For more information, please visit:
www.NCOA.org
www.facebook.com/NCOAging
www.twitter.com/NCOAging



Flu Shots will be given at the Waldorf Senior Center on Wednesday, October 10; and at the Clark Senior Center on Thursday, October 18.

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 Apple Juice Chicken Marsala Parsley Potatoes Baby Sweet Peas Whole Wheat Bread Apricots	2 Cranberry Juice Egg Salad Sandwich on Whole Wheat Bread Lettuce Fiesta Bean Salad Fresh Apple Slices	3 Orange Juice BBQ Beef Cubes Sweet Potato Casserole Broccoli Whole Wheat Bread Fruit Cocktail	4 Soup of the Day Orange Juice Stuffed Cabbage Mashed Potatoes Seasoned Corn Tropical Fruit Salad	5 Grape Juice Meat Lasagna Three Bean Salad Pacific Blend Vegetables Dinner Roll Banana
8 Columbus Day Senior Centers Closed	9 Pineapple Juice Meatloaf with Gravy Mashed Potatoes Broccoli Whole Wheat Bread Pears	10 LS Tomato Juice Beef Brisket Honey Mustard Potato Salad Cranberry Salsa Salad Dinner Roll Honeydew	11 Apple Juice ¼ Baked Chicken Baked Beans Carrots Whole Wheat Bread Deluxe Fruit Salad	12 Orange Juice Seafood Salad Pasta Salad Garden Salad w/Dressing Muffin Raisins
15 Cranberry Juice Liver & Onions Mashed Potatoes Fiesta Vegetable Blend Cornbread Warm Cinnamon Apples	16 Soup of the Day Grape Juice Mac & Cheese (1 cup) Scalloped Tomatoes Coleslaw Fruited Jello	17 Apple Juice Stuffed Peppers Cheesy Potatoes Asian Blend Vegetables Whole Wheat Bread Citrus Salad	18 Birthday Celebration Orange Juice Asian Chicken Fluffy Rice Carrot Raisin Salad Whole Wheat Bread Cantaloupe Birthday Cake	19 Pineapple Juice Meat Chili w/Beans Buttered Noodles Creamy Cucumber Salad Cornbread Fresh Apple Slices
22 Pineapple Juice Meat Empanadas Spanish Rice Cucumber Onion Vinaigrette Apricots	23 Cranberry Juice Vegetable Lasagna Green Beans Garden Salad w/Dressing Whole Wheat Bread Banana	24 Soup of the Day Fruit Blend Juice Sloppy Joe on Roll Chuckwagon Vegetables Bobbie's Bean Salad Pears	25 "Around the World" Grape Juice Spaghetti with Sauce (Italy) Kielbasa Sausage (Poland) Greek Salad (Greece) Croissant (France) Tropical Fruit Salad w/coconut (Carribean) Fortune Cookies (China)	26 Apple Juice Chicken Parmesan Noodles Baby Sweet Peas Biscuit Seedless Grapes
29 Orange Juice Oven Fried Chicken AuGratin Potatoes Collard Greens Whole Wheat Bread Apple Sauce	30 Grape Juice Ground Beef & Macaroni Rice Pudding Brussels Sprouts Watermelon	31 Apple Juice Green Pepper Steak Fluffy Rice Three Bean Salad (1 cup) Dinner Roll Orange Slices	OCTOBER	

Charles County Luncheon Program

Available at Noon • Days Vary By Center

Open to any Charles County resident, age 60 or older, for a donation. The suggested meal donation is \$3, actual cost is \$5.50 per person. All donations are used to provide meals for Charles County seniors. Guests (anyone age 59 or younger, or a non-county resident) may order lunch, but must pay the full price of \$5.50. Lunch reservations must be made by 10:00am the preceding day. We appreciate your assistance in keeping costs down. Party and special event meal prices may vary.

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

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

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

The SCOOP

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

CHARLES COUNTY COMMISSIONERS



Equal Opportunity County

Learn more at...

www.CharlesCountyMD.gov

Department of Community Services

8190 Port Tobacco Road • Port Tobacco, MD
301-934-9305 • 301-870-3388
MD Relay: 711 • Relay TDD: 1-800-735-2258

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

Senior Services Trips

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

Southern Caribbean

Royal Caribbean Cruise Lines, Enchantment of the Seas

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.

Deposit is due at sign up with the balance due Oct 21, 2012

Christmas at the Galt House Hotel

Kentucky's Biggest and Best holiday event, Christmas at the Galt House Hotel. The trip will consist of three nights followed by a delightful breakfast each morning. This year's holiday season will treat you to two dinner theatre's and a celebration of the life and humanitarian work of Lady Diana. Walk through nine galleries containing 150 objects ranging from her royal wedding gown to 28 other designer dresses and many personal mementos. The Galt House Hotel is the Exclusive Hotel Partner of Diana.

Trip Date: Nov 27-30, 2012

Reservation Deadline Wed, Oct 10, 2012

Transportation provided by Keller Bus

Departure: Clark Senior Center 6:00am

Return: Clark Senior Center 6:00pm

Deposit: \$100/pp required; \$500/pp/double occupancy



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

The Story of Jonah

Sight & Sound Theater • Strasburg, PA

Experience the incredible sets, costumes, lighting, seamless transitions, impressive scenes, and special effects! You'll be on the edge of your seat, and in the heart of the action. Jonah is truly a show for the whole family - uplifting and entertaining - yet with a powerful and timely message for today. Lunch on your own. Dinner included after the show.

403118-TR Wed, Nov 7 Trip Fee: \$127

Registration Deadline: Oct 5

Depart: Clark Senior Center 7:45 am, Waldorf Jaycees 8:00am / Est. Return: 10:00pm

A Swingin' Christmas

Dutch Apple Theater, Lancaster PA

The show has beautiful singing, breathtaking dancing, gorgeous costumes, rib-tickling fun, and a commitment to the real meaning of the holiday. Lunch is included.

403119-TR Thu, Dec 20

Fee: \$94

Registration Deadline: Nov 20

Departure: Clark Senior Center 7:15am,

Waldorf Jaycees 7:35am / Est. Return: 7:30pm