

The SCOOP

Charles County's Senior Center News



AUGUST 2016

www.CharlesCountyMD.gov

The Walk to End Alzheimer's

Thank you to everyone who participated in *The Longest Day*, a fundraiser for the Alzheimer's Association. Our senior centers raised \$430 with pledges, exercise classes, and Nu Step minutes! All proceeds go to our local Alzheimer's Chapter to assist with research and support for families dealing with this disease. WAY TO GO!



If you missed out, save the date and join us for the Walk to End Alzheimer's on Saturday, Sept. 17. When you participate in the walk, your fundraising dollars fuel our mission-related initiatives of care, support, and research. In addition, your actions, both through fundraising and participating in the event, help to change the level of Alzheimer's awareness in your community. At this event, you can learn more about Alzheimer's disease and the support programs and services offered by your local chapter.

Contact: LaKeysha Boyd-Moore, Manager, Constituent Events at 240-518-8496 www.alz.org/nca. Information provided by www.alz.org.walk.

Saturday, September 17

Registration: 8:30 a.m. • Ceremony: 9:30 a.m. • Walk: 10 a.m.
Location: Richard R. Clark Senior Center

Maryland Association of Senior Centers Award

We are pleased to announce the Indian Head Senior Center and the Charles County Senior Show Troupe were recipients of awards presented by the Maryland Association of Senior Centers (MASC). Join me in congratulating Clark Senior Center, Debi Shanks for the "Senior Show Troupe" winning program featured in the Expressive and Creative Arts Category. The Indian Head Senior center Cynthia Simmons, Brittany Arbin, and Cheyenne Goldsmith won with "Salad in a Jar" entered in the Nutrition, Fitness, and Health Promotions.

Their accomplishments bring attention to Charles County and are a representation of the vast array of activities offered in this area for older adults. Senior center staff are dedicated to doing their very best each day offering challenging and enriching programs for older adults.

Special Events



We have some very special programs and events planned for the month of August! Get the full "SCOOP" on each of the centers designated event pages.

Hairspray, The Broadway Musical Toby's Dinner Theater Trip

Waldorf Senior Center • Wednesday, Aug. 24
Fee: \$63

Hawaii, Rainbow of the Pacific Luau

Clark Senior Center • Thursday, Aug. 25
Fee: \$3, plus generous lunch donation

Sunshine Hawaiian Luau

Indian Head Senior Center • Thursday, Aug. 25
Fee: \$5, includes lunch

Hawaiian Day

Waldorf Senior Center • Thursday, Aug. 25
Fee: Lunch by donation



COUNCIL NEWS ITEMS

SPONSORED/HOSTED ACTIVITIES & EVENTS

Clark Senior Center

Hawaii: Rainbow of the Pacific and Grandparents Day

Indian Head Senior Center

I Love My Feet Day
Soft Serve Ice Cream Day
Card Games

Waldorf Senior Center

Snack Bar, Bingo Supplies
Week Long Yard Sale, Hawaiian-themed activities, Disco Dance Party
Hairspray Trip Transportation

Mark Your Calendar! The County Fair is Set for September 15-18

The fair is approaching and everyone needs to finish their projects. Entries are always needed for the senior building at the Fair (age 60 and older) Two entry maximum per class.

Entry selections include: Needle Arts: crocheting, knitting, needlepoint, sewn garments, decorated baskets, pillows, embroidery, counted cross stitch, quilting, rugs, decorated accessories, dolls, and more. Arts & Crafts: watercolors, oils, acrylics, drawings, ceramics, pottery, woodcarving. Christmas decorations, toys, decorative items, photographs, calligraphy, jewelry, and more.

Collections: scrapbooks, stamps, coins, and more.

Entries must have been completed between Sept. 2015 and Sept. 2016 excluding collections with new additions. In August, Fair books will be available at senior centers or libraries.

Ten pairs of volunteers are needed to monitor the senior building. Each pair will commit to a block of time beginning at 5 p.m. on Thursday, Sept. 15, through 5 p.m. on Sunday, Sept. 18. Senior building volunteers will serve two purposes; to keep an eye on the projects and to promote the senior centers.

DETAILS: 301-638-4420



How to Enter Your Fair Items

On Wednesday, Sept. 14 from 1-8 p.m., entries will be accepted in the senior building. Each exhibitor will be assigned an exhibitor number. Give your complete mailing address when you receive your number. You can obtain your exhibitor number, entry forms, and tags as follows:

July 15-Sept. 11: Visit www.CharlesCountyFair.com/Exhibitor. Click on: "On the Web" (bottom of page).

Sunday, Sept. 11: The Fair office hours are 10 a.m.-2 p.m. for exhibitor numbers and entry materials. Exhibitors from the previous 3 years do not need a new number. You can use blank entry forms from previous years. **DO NOT BRING YOUR EXHIBITS AT THIS TIME.**

Wednesday, Sept. 14: Between 1-8 p.m., get your exhibitor number and entry forms/tags at the Fair's entry table, and complete the forms before taking exhibits to the senior building.

Walk Charles County— GET INVOLVED

There is still time for you to get involved in this statewide endeavor. Stop by any senior center to get your own Walking Log and sheet titled Exercise equivalents, or list your steps/miles in the center log book.

Help us put Charles County on the map and improve your overall health and wellbeing.

June-October 5

Fee: FREE

Location: Any of the four senior centers



KAYAK ADVENTURE

Enjoy the beautiful scenery, plus get your workout in for the day on a kayak adventure! Pack a cooler for a picnic lunch.

Contact Debi for details
301-609-5711.

Location: Up the Creek Rentals
108A Mattingly Ave.
(Indian Head)

Wednesday, Aug. 17
10 a.m.-Noon
Fee: \$24/pp



Hawaii: Rainbow of the Pacific

Aloha! It's time for a trip to the islands! Smell the salt air, watch the surfers on the North Shore, take a trip to Waikiki, and gaze upon Diamond Head and visit Blow Hole (well...almost). We are having authentic Hawaiian entertainment, the Ohana of Polynesian performing traditional Dance. In addition to the dancing, vocalist Al Del La Cruz (Hawaiian born and bred) will strum his ukulele, entertaining you with music from Hawaii. The luau will be teriyaki chicken, sweet and sour meatballs, coconut rice, fruit, and chocolate cake with macadamia nuts. Reserved seating.



Thursday, Aug. 25, 10:30 a.m.-2 p.m.

Fee: \$3, plus generous lunch donation for 60+ (59 and younger, \$8)

Special Events & Daily Activities

Book Club

August: *Go Set a Watchman*, by Harper Lee

Thursday, Aug. 4, 1 p.m. Fee: FREE

A Wild & Wacky Grandparents Day

Bring the youngsters for a fun-filled day with vocalist Ellis Woodward. There will be games to play, crafts to make, popcorn to eat, face painting, and a great show. Lunch: corn dogs, smiley face fries, fruit cups, and a drink. After lunch the kids will play bingo with the help of parents and grandparents.

Thursday, Aug. 11, 10 a.m.-2 p.m.

Fee: \$6

Children 2 and younger free. (no meal provided)

Karaoke with Ryan & Randy

Father/son duo clown around while singing your favorite songs.

Thursday, Aug. 18, 11 a.m. Fee: FREE

Sisters at Heart

Support group for men and women diagnosed with breast cancer.

Monday, Aug. 22, 11:30 a.m. Fee: FREE

Special Presentations

Root Beer Float Day

Preregister in program office.

Tuesday, Aug. 2, 12:15 p.m. Fee: \$1

Upcoming Event!

All American Breakfast

Preregister in program office.

Thursday, Sept. 1, 9:30 a.m.

Fee: \$4

The Grey Area

Patriarchs leading to the birth of Noah and the oration of Moses. Facilitator: Dr. Rollie Hower.

Tuesday Aug. 9, 11 a.m. Fee: FREE

Venous Reflux

Dr. Meghal Antani (Center for Interventional Medicine) facilitates this program on Peripheral Arterial Disease. Become familiar with the symptoms, causes, and treatments.

Wednesday, Aug. 10, 11 a.m. Fee: FREE

Canine or Feline?

Are you a dog or a cat person? Bring in pictures of your pets, discuss the attributes of each, and share personal pet stories.

Tuesday, Aug. 16, 11 a.m. Fee: FREE

You Be the Judge

Go over the details of actual cases brought before a judge to see if your verdict agrees.

Tuesday, Aug. 23, 11 a.m. Fee: FREE

Granny's Remedies & Helpful Hints

A fun discussion on old time remedies such as: how to cure a goiter, a cure for fits, or how to cure swelled bowels in children. This is information you will want to have handy just in case the need arises!

Wednesday, Aug. 24, 11 a.m. Fee: FREE

Family Feud

Kristy is the hostess for this fun video game. Divide into groups and see who wins the prizes for the most correct answers.

Tuesday, Aug. 30, 11 a.m. Fee: FREE

Classes

Computer Help

Informal sessions designed to help those beginning to use, or having problems using the computer. Instructor: Frank Russell.

Wednesday, Aug. 3, 17, & 31, 11 a.m. Fee: FREE

Creative Writing

This group meets the second Friday of each month for those who enjoy writing.

Friday, Aug. 12, 1 p.m. Fee: FREE

Services

Watch Repair

Batteries replaced, or purchase a refurbished watch on site.

Wednesday, Aug. 3 & 17, 10 a.m.

Fee: Varies according to service

Reflexology

Registration is necessary, sign-up sheet in the lobby. Services are provided by Becky Lugardo, Certified Reflexologist.

Friday, Aug. 5, 9 a.m. Fee: 50¢/min

Hearing Professionals

Hearing screening.

Thursday, Aug. 18, 10 a.m. Fee: FREE

Fitness

Theme Line Dance Parties

Costumes ready? Join us for summer laughs and dancing fun! Each week features a different style of dance. Themes can be found on the August calendar.

Tuesday, Aug. 2-30, 1 p.m.

Fee: Fitness Card

Fitness Orientation

Class is mandatory. Registration required.

Tuesday, Aug. 2, 3:30 p.m. Fee: \$2

Wednesday, Aug. 10 & 24, 1 p.m. Fee: \$2

NEW! Reiki

Reiki therapy sessions are being offered twice monthly! Reiki therapy is known to improve spiritual, physical, and emotional well-being. After a session, your energy balance is restored and your natural healing process begins. Register now to reserve a space.

Thursday Aug. 11 & 25, 10 a.m.-Noon, 1-4 p.m.

Fee: \$15/30 min session

CLARK SENIOR CENTER

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

Hours: 9 a.m.–4 p.m., Monday–Friday

Luncheon at Noon—Reservation/Registration Required
Reserve lunch by 10 a.m. the preceding day.
Calendar items marked by an * require reservation/appointment

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
20/20/20 9:00 Billiards Drop In 9:00-4:00 Beginner Tai Chi 10:00 Beginner Sewing 10:00 Spanish 10:00-11:30 Duplicate Bridge 10:00-2:00 Ceramics 10:00-2:00 2N1 Club 10:15-11:00 World Dance 1:00 Pilates 12:00 Photography Club 1:00 Pinochle 1:00-3:00 Circuit Training 2:30	Flex & Stretch 8:30 Project Linus 9:00-Noon Billiards Drop In 9:00-4:00 Yoga 9:30 Guitar 10:00-11:00 Happy Hookers 10:00-Noon Fine Arts 10:00-Noon AFEP 10:30 Bridge 10:00-3:15 Zumba Gold Noon Line Dancing 1:00-2:00 So. MD. Woodcarvers... 1:00-3:00 So. MD. Pitch 1:00-4:00 Weekly Workout 5:00	Mah Jong 9:00-Noon Billiards Drop In 9:00-4:00 Strength Training 9:15 Crochet & Knitting Club 9:00-Noon Seated Tai Chi 9:30 Quilting Etc. 9:30-Noon Breathe Easy 10:20 Chair Pilates 11:00 Bridge 11:00-3:15 Cardio Shimmy Noon Pinochle 12:30-3:00 Powder Puff Billiards ... 1:00-4:00	Flex & Stretch 8:30 Beginner Quilt 9:00-Noon Billiards Drop In 9:00-4:00 Tai Chi 9:30 Stained Glass 10:00-2:00 AFEP 10:30 Zumba Gold 11:30 Canasta 12:30 Reflections 1:00-1:30 Beg Line Dancing 1:00 RRCSG Gospel Singers 2:00	Project Linus 9:00-Noon Billiards Drop In 9:00-4:00 Strength Training 9:15 Guitar 10:00-11:00 Oil Painting/Acrylics... 10:00-2:00 Gentle Yoga 10:30 Silver Sneakers 11:45 Pinochle 12:30-3:00 Canasta Noon Pickle Ball 1:00
1 Photography Club 1:00	2 Root Beer Float Day 12:15 Boot Scootin' Country Line Dance Party 1:00 Fitness Orientation 3:30	3 Watch Repair 10:00 Jewelry Club Class 10:00 Blood Pressure & Blood Sugar Testing 10:00 Computer Help 11:00	4 Book Club 1:00	5 Reflexology 9:15 Silver Sneakers 11:45
8 Circuit Training 2:30	9 The Grey Area 11:00 Fabulous 50s Line Dance Party 1:00	10 RRCSG Council Mtg 9:30 Jewelry Club Drop-In 10:00 Genealogy 10:00 Venous Reflux 11:00 Fitness Orientation 1:00	11 A Wild & Wacky Grandparents Day 10:00 Reiki 10:00-Noon & 1:00-3:00	12 Creative Writing 1:00 Guided Meditation 11:30
15 Spanish 10:00	16 Canine or Feline? 11:00 Motown Madness Line Dance Party 1:00	17 Watch Repair 10:00 Jewelry Club Class 10:00 Blood Pressure & Blood Sugar Testing 10:00 Computer Help 11:00	18 Hearing Professionals.. 10:00 Karaoke with Ryan & Randy 11:00	19 Video: The Story of the Fighting Sullivans 10:00
22 2N1 Club 10:15 Sisters at Heart 11:30	23 You be the Judge 11:00 Hawaiian Adventure Line Dance Party 1:00	24 Jewelry Club Drop-in 10:00 Granny's Remedies & Helpful Hints 11:00 Fitness Orientation 1:00	25 Hawaii: Rainbow of the Pacific Luau 10:30 Reiki 10:00-Noon & 1:00-3:00	26 Guided Meditation 11:30 Pickle Ball 1:00
29 Ceramics 10:00	30 Power Yoga 9:30 Family Feud 11:00 Salsa & Latin Line Dance Party 1:00	31 Computer Help 11:00 Caregivers Support 2:00	<i>The month of August</i>	

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

National Night Out

Join us on the Village Green for the annual National Night Out festivities.

Tuesday, Aug. 2, 6 p.m. • Fee: Cost of snacks



Daily Activities

Aging Resources Outreach

Schedule your appointment with staff.

Friday, Aug. 5, 10 a.m.

Fee: FREE

Stuff the Backpack

School will be back in session in a couple of weeks. Take the opportunity to help a child start with all the right stuff.

Wednesday, Aug. 10, 10 a.m.

Fee: School supply donations

My Econ: Identity Theft

Join Ruthie Lucas as she shares how important it is to keep your identity safe and what "My Econ" can do for you.

Thursday, Aug. 11, 11:15 a.m.

Fee: FREE

I Love My Feet Day

Join Charlotte Stringer for a pedicure. Bring your own polish or pick from the colors provided. Space is limited.

Wednesday, Aug. 17, 10 a.m. Fee: Cost of product

Book Club:

All the Light We Cannot See, by Anthony Doerr

Ten years in writing, Anthony Doerr weaves the lives of a blind French girl and a German boy together in occupied France. Together they try to survive WWII.

Wednesday, Aug. 24, 11 a.m.

Fee: FREE

Health & Nutrition

Visit the Nurse

Blood pressure screening and private consultation.

Thursday, Aug. 4, Wednesday, Aug. 17

& Monday, Aug. 29, 9 a.m.

Fee: FREE

Health Partners

In 1992, two Sisters of the Holy Cross started Health Partners for Charles County residents on a sliding scale. Join Health Partners staff as they share the services offered.

Thursday, Aug. 4, 11:15 a.m.

Fee: FREE

Tomato Tuesday

Tomatoes pack many nutrients. Join staff as we talk about tomatoes, and enjoy a good ol' fashion tomato sandwich.

Tuesday, Aug. 9, 11:30 a.m.

Fee: FREE

Seated Massage

Let Joan Posey relieve tension in your back and shoulders. Sign-up required.

Friday, Aug. 12, 9 a.m.

Fee: 50¢/min

Guided Meditation

Learn about the benefits of guided meditation and take you through a guided session.

Monday, Aug. 15, 1:15 p.m.

Fee: FREE

Soft Ice Cream Day

Who doesn't love a nice soft serve ice cream cone? Join the IHSC Council as they serve up classic soft serve ice cream flavors or take a trip to an ice cream shoppe.

Friday, Aug. 19, 12:30 p.m.

Fee: Your purchase

The Essence of Herbs

Join staff as we talk about the importance of herbs and how they can be a great alternative to salt. Each participant will receive herbs from the Indian Head Senior Center garden.

Monday, Aug. 22, 11:30 a.m.

Fee: FREE

Caregivers Support Group

We have the tissues as you cry and laugh to make your role as a caregiver easier.

Friday, Aug. 26, 2 p.m.

Fee: FREE

TRY-IT Series 2016

Ready to try something new? All activities will be little to no charge. Just TRY-IT!

Thirty Day Challenge

No, this is not another exercise challenge. This challenge will help you renew a quiet spirit. In the days and times in which we live we cannot always control the negativity that surrounds us. Join staff as we share five ways during the next thirty days to recharge.

Monday, Aug. 1, 9:30 a.m.

Fee: FREE

Classes

Fitness Training

Each Monday & Wednesday, 9:15-10:15 a.m.

Fee: Fitness Card

Tai Chi: For Health

Each Monday & Wednesday 10:30-11:30 a.m.

Fee: Fitness Card

Arthritis Foundation Exercise Program (AFEP)

Each Tuesday & Thursday 10:30 a.m. Fee: FREE

Walk With us Wednesdays

Incorporating "Walk with Ease" techniques. Join staff and walk the Green.

Each Wednesday, 8:30 a.m. & 1 p.m. Fee: FREE

Dancing

Zumba, belly dancing, or line dancing. Check the dance schedule.

Each Thursday, 1 p.m.

Fee: Fitness Card

Seated Yoga with Randi

Each Friday, 9 a.m.

Fee: Fitness Card

Circuit Training

Incorporates cardio and resistance training exercises at designated stations.

Friday, Aug. 5, 1 p.m.

Fee: Fitness Card

Personal Electronic Device Lab (PED)

Friday, Aug. 12 & 26, Wednesday, Aug. 24, 1 p.m.

Fee: \$5

Wacky Senior Olympics

Ever dream about being part of an Olympic Team or being a spectator? Here's your chance to take part in the Indian Head Senior Center Wacky Olympics.

Opening ceremony starts with a torch walk around the Village Green. Participate in the daily Olympic activities and earn stars for your team.

Summer Olympics Opening Ceremony

Monday, Aug. 8, 9 a.m. • Fee: FREE

Activities Run

Monday-Friday, Aug. 8-19

Summer Olympics Finale

Friday, Aug. 19, Noon • Fee: FREE

INDIAN HEAD SENIOR CENTER

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

Hours: 9 a.m.–3 p.m., Monday–Friday

Luncheon at Noon–Reservation/Registration Required
Reserve lunch by 10 a.m. the preceding day.



Sunshine Hawaiian Luau

E Komo Mai! Aloha! Enjoy a lei as you enter the center with your grass skirts and coconut bras. This Luau will celebrate the spirit of aloha with Seniorita Sunshine. Seniorita Sunshine has lived in Hawaii and will bring the love of the island with vintage Hawaiian songs.

Thursday, Aug. 25, 10:30 a.m. • Fee: \$5, includes lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards/Cards..... 9:00 Fitness Training..... 9:15 Bingo 9:30 Tai Chi For Health 10:30 Jewelry with Martha & Vern..... 9:30-Noon Bingo 1:00	Billiards/Cards..... 9:00 Chair Pilates..... 9:15 Quilt N’ Chicks 10:00 AFEP 10:30	Walk with Us 8:30 Billiards/Cards..... 9:00 Fitness Training..... 9:15 Hooked on Yarn..... 9:30 Tai Chi For Health 10:30 Walk with Us 1:00 Chess..... 1:00–3:00	Billiards/Cards..... 9:00 Chair Pilates..... 9:15 Canvas Painting 10:00 AFEP 10:30 Line Dancing 1:00	Billiards/Cards..... 9:00 Seated Yoga..... 9:00 Ceramics..... 9:30 Card Games 10:00 Senior Services 11:30 Book of Matthew 1:00 Guitar Lessons & Jam 2:00
1 TRY-IT Series: Thirty Day Challenge..... 9:30	2 Council Meeting 9:30 Pastor Chris & Betty 1:00 National Night Out..... 6:00 Movie on The Green 9:00	3 Think Pink 9:00 Watermelon Wednesday..... 12:30	4 Visit the Nurse..... 9:00 Health Partners..... 11:15	5 Aging Resource Outreach ... 10:00 Circuit Training 1:00
8 Summer Olympics Opening Ceremony..... 9:00 Craft: Olympic Bracelets 10:30 Card Games 12:30  Breast Cancer Walk in 2 months	9 Tomato Tuesday 11:30 Craft: Olympic Bracelets 12:30	10 Walk With Us Wednesday – Olympics 9:00 Stuff the Backpack 10:00	11 My Econ: Identity Theft 11:15 Straw Javelin Throw..... 1:00	12 Seated Massage 9:00 Fair Craft 10:00 PED Lab 1:00
15 Water Bucket Relay Race 11:00 Guided Meditation..... 1:15	16 Humane Society Bingo: Rainforest 11:00 Marble Track Race..... 1:00	17 Visit the Nurse..... 9:00 I Love My Feet Day 10:00 Discus Throw 11:00	18 Think Pink 9:00 Beach Ball Volleyball 10:30 No AFEP today	19 Summer Olympics Finale.... 12:00 Soft Ice Cream Day 12:30
22 The Essence of Herbs 11:30 Crafternoon..... 12:45	23 Card Games 11:00	24 Book Club: <i>All the Light We Cannot See</i> by Anthony Doerr..... 11:00 PED Lab 1:00	25 Sunshine Hawaiian Luau 10:30 No Flex & Stretch or AFEP today	26 Fair Craft 10:00 PED Lab 1:00 Caregivers Support..... 2:00
29 Visit the Nurse..... 9:00 Milkshake Monday 11:30	30 National Trail Mix Day 11:15	31 Think Pink 9:00 It’s Peachy 11:30		

WALDORF SENIOR CENTER

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

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

Special Events & Daily Activities

Week Long Yard Sale

Great stuff and super prices! All proceeds benefit the Waldorf Senior Center Council.

Monday-Thursday, Aug. 1-4, 9:30 a.m.-1:30 p.m.

Fee: Your purchase

Afternoon Book Club:

Miller's Valley, by Anna Quindlen

An emotional story about an unforgettable family. Facilitator: Julie Brasher

Wednesday, Aug. 3, 1 p.m. Fee: FREE

Computer Instruction

Hands-on training will cover the basics. Space is limited. Bring your own laptop. Instructor: Russ Russell.

Wednesday, Aug. 10 & 24, 11 a.m.-1 p.m.

Fee: FREE

iPhone Help with Ann

Thursday, Aug. 18, 11 a.m. Fee: FREE

Summer Fun

Corn Hole

Thursday, Aug. 4 & 18, 10-10:30 a.m. Fee: FREE

Ice Cream Sundaes

Thursday, Aug. 4, 12:30 p.m. Fee: \$1

For Your Health

Blood Pressure Checks at Kaiser

Walk across the parking lot to the Kaiser Mobile Unit for blood pressure check. A cholesterol screening is available for a small fee.

Tuesday, Aug. 9, 16 & 23, 10 a.m. Fee: FREE

Safety in the Home

We hear more and more of older adults tripping and falling, resulting in broken bones and surgery. Physical Therapist, Buffy Wilkinson from UMCCR discusses fall prevention.

Tuesday, Aug. 9, 11:15 a.m. Fee: FREE

Aging Resources Outreach

Walk-ins accepted 10-11 a.m. For appointments after 11 a.m., call 301-934-6737.

Wednesday, Aug. 17, 10 a.m.-Noon Fee: FREE

Reflexology

Reflexologist Becky Lugardo uses trigger points in the feet which tie into many organs and body parts. Sign-up required.

Wednesday, Aug. 31, 9 a.m.-3 p.m.

Fee: \$15/30 min

Art

Open Studio

Pat Arnold assists with any media.

Each 1st & 3rd Tuesday, 11:30 a.m. Fee: \$5/class

Autumn Colors Yarn Wreath

Supplies included. Instructor Jane Davis

Wednesday, Aug. 3, 10 a.m.-Noon Fee: \$2

Watercolors Drop-In

Material list provided. Instructor: Pat Arnold.

Each Thursday, 10 a.m. Fee: \$30/6 week class

Pinterest Crafts with JulieYou

Sunny Tropical Art—Supplies included.

Tuesday, Aug. 23, 11:15 a.m. Fee: \$2

Beaded Art—Supplies included.

Tuesday, Aug. 30, 11:15 a.m. Fee: FREE

Fitness & Dance

Strength Training with LaMont

Each Monday, 9:15 a.m. Fee: Fitness Card

Core Strengthening Pilates with Zoa

Each Monday, 1:30 p.m. (45 mins)

Fee: Fitness Card (one punch for both classes with Zoa)

Gentle/Chair Yoga with Zoa

Each Monday, 2:15 p.m. (45 min)

Fee: Fitness Card (one punch for both classes with Zoa)

Total Body Conditioning with Clairisa

Active class using weights, bands, and cardio. No floor exercises.

Each Tuesday & Thursday, 9 a.m.

Fee: Fitness Card

Walk with Ease

Arthritis Foundation Program includes discussion and walking around the center property.

Each Tuesday, 11:15 a.m. Fee: FREE

Each Wednesday & Thursday, 9:30 a.m. Fee: FREE

Seated Cardio Kickboxing with Tara

Low impact upper and lower body workout including cardio combos, boxing punches, kicks, and body weight exercises. Participants will use 1 to 2 lb. dumbbells.

Tuesday, Aug. 2-23, 10:15-11 a.m.

Fee: \$30/10 classes



All About the Dance

World Dance with Anna

Low impact dance, great workout, and a lot of fun...drums, too!

Each Tuesday, 10:15 a.m. Fee: Fitness Card

BOOM Dance DEMO

Dance your way through the 70s, 80s and 90s with this low impact moderate to high intensity dance workout class. Not designed for those who have to use a chair.

Thursday, Aug. 11, 10:15 a.m. Fee: Free

Disco Dance Party!

Seniorita Sunshine is back and this time she brings her groovy-ness and get-down music for us to hit the floor and boogie! Come ready to have fun and hustle like only you know how. Go-Go boots and afros encouraged! Light refreshments included.

Wednesday, Aug. 17, 12:30-2 p.m.
Fee: \$5

Hula Hoops & Fun Dancing

Thursday, Aug. 25, 10 a.m. Fee: FREE

Southern MD Line Dancers

Did you know that some of your friends are in a line dancing group that brings joy and happiness around Charles County? Don't miss Joan Woodland and friends who will dance for us this month! Sign up for pizza after the show.

Wednesday, Aug. 31, 11 a.m.-Noon Fee: FREE



Zumba Gold with Laura

Zumba Gold is based on the same dance moves used in the original Zumba, but for older adults.

Each Wednesday, 9 a.m. Fee: Fitness Card

Arthritis Foundation Program Exercise (AFEP)

Each Wednesday, 10 a.m. Fee: FREE

Yoga with Laura

Increases your blood flow, improves your bone health, and protects your spine.

Each Wednesday, 2 p.m. Fee: Fitness Card

WALDORF SENIOR CENTER

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

Hours: 9 a.m.–3 p.m., Monday–Thursday
 Luncheon at Noon–Reservation/Registration Required
 Reserve lunch by 10 a.m. the preceding day.

HAIRSPRAY, The Broadway Musical A Trip to Toby's Dinner Theater in Columbia, MD

It's 1962 and a pleasantly plump Baltimore teen Tracy Turnblad has one desire... to dance on the Corny Collins Show. From social outcast to a sudden star, she must vanquish the reigning teen queen, win the affections of Link Larkin and integrate a TV network. All without denting her 'do! Coach Bus sponsored by Senior Services of Charles County, Inc. and the Waldorf Senior Center Council. Fee includes: coach bus, large buffet meal, and all tips.



Wednesday, Aug. 24, 9 a.m.-4:30 p.m. • Fee: \$63



Hawaiian Day

Start the morning with refreshing light and fruity treats, followed by Hula hoops and dancing to Hawaiian music. Bingo winners get bonus Hawaiian prizes.

Wear your flowered shirts and dresses photo booth fun.

Sign up for a special Luau lunch at Noon.

Thursday, Aug. 25

Fee: Lunch donation

Pineapple & Coconut Morning Refreshments
 9:00-10:30 a.m.

Hula Hoops & Fun Dancing
 10:00-10:30 a.m.

Regular Bingo Plus Hawaiian Prizes
 10:30 a.m.

Tropical Photo Booth
 11:00-11:45 a.m.

Luau Luncheon
 Noon

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Strength Training 9:15 Double Deck Pinochle 11:00 Core Strengthening Pilates 1:30 Gentle/Chair Yoga 2:15	Total Body Conditioning 9:00 World Dance 10:15 Card Games 10:30 Walk with Ease 11:15 Inspirations 12:30	Zumba Gold 9:00 Walk with Ease 9:30 AFEP 10:00 Bingo 10:30 Card Games 10:30 Yoga 2:00	Total Body Conditioning 9:00 Walk with Ease 9:30 Watercolors 10:00 Bingo 10:30 Card Games 10:30 Double Deck Pinochle 11:00
1 St. Charles Senior Club 10:00 Yard Sale 9:30-1:30	2 Seated Cardio Kickboxing ... 10:15 Open Studio 11:30 Yard Sale 9:30-1:30	3 Autumn Colors Yarn Wreath 10:00-Noon Afternoon Book Club: Miller's Valley 1:00 Yard Sale 9:30-1:30	4 Corn Hole 10:00 Ice Cream Sundaes 12:30 Yard Sale 9:30-1:30
8 St. Charles Senior Club 10:00	9 BP Checks at Kaiser 10:00 Seated Cardio Kickboxing ... 10:15 Safety in the Home 11:15	10 Computer Instruction .. 11:00-1:00 Olympic Games Trivia & Medal Count 12:15	11 BOOM Dance 10:15
15 Senior Council Meeting 9:30 St. Charles Senior Club 10:00	16 BP Checks at Kaiser 10:00 Seated Cardio Kickboxing ... 10:15 Open Studio 11:30	17 Aging Resources Outreach 10:00-Noon Disco Dance Party.. 12:30-2:00 No Bingo after lunch	18 Corn Hole 10:00 iPhone Help..... 11:00 Olympic Games Trivia and Medal Count 12:15
22 St. Charles Senior Club 10:00	23 BP Checks at Kaiser 10:00 Seated Cardio Kickboxing ... 10:15 Sunny Tropical Art 11:15	24 HAIRSPRAY The Broadway Musical–Toby's Dinner Theater Trip..... 9:00-4:30 Computer Instruction 11:00-1:00	25 Hawaiian Day 
29 St. Charles Senior Club 10:00	30 Beaded Art 11:15	31 Reflexology 9:00-3:00 Bingo 9:30-11:00 Southern MD Line Dancers 11:00 Pizza for Lunch 12:15	Look for the Next Senior Services Cash Bingo on Wednesday, Sept. 7 

The month of August

Volunteers needed for CarFit

You can help promote CarFit in your community or organization. CarFit was created by AAA, AARP, and the American Occupational Therapy Association (AOTA). Each trained team, including occupational therapy practitioners, assists older drivers with:

- Clear line-of-sight over the steering wheel
- Safe spaces between the front air bags/steering wheel, and the driver's breastbone
- Properly adjusted head restraints
- Proper seat belt use and fit, and safe positioning of mirrors to minimize blind spots

You can become a CarFit technician and volunteer to be part of a team at local events. If you are looking for added responsibility, you can also become a trained event coordinator which will allow you to secure dates and locations and manage logistics for events, including training CarFit technicians. Also, if you have a group in mind for an event, you can get things started by coordinating the necessary resources.

CarFit typically takes place in a parking lot, in an area cordoned off with safety cones, with one point for vehicles to enter and exit. Depending on the size of the event, one or more check lanes can be set up. Basic resource requirements for each event are: one event coordinator to lead, at least two trained technicians to work each check lane, and at least one occupational therapist.

To volunteer as a CarFit Technician OR to sign up to be "fitted" into your vehicle, call Ann Walter, 301-638-4420, Waldorf Senior Center.

Children in Senior Centers

Centers love having children attend intergenerational programs that are planned periodically throughout the year. However, policy states that unless it is a program geared for children and grandparents and advertised as such, then children are not to be brought to the center while you are attending a class or program.

We look forward to meeting your grandchildren at one of the upcoming intergenerational programs. Thank you for your cooperation.

Senior Center Plus Program

Senior Center Plus is a social day program designed to meet the needs of seniors who may not be able to participate independently at the senior center, but are not ready for medical adult day programs. This program gives someone the opportunity to socialize, enjoy a meal with friends, and participate in activities including physical fitness, games, health programs, arts, crafts, and all the special events held at the center. The program provides an affordable care option, while giving spouses or caregivers the opportunity to enjoy some respite time.

The Senior Center Plus program is available at the Richard R. Clark Senior Center on Tuesdays, Wednesdays, and Thursdays, 9 a.m. to 2 p.m. If you know someone that may benefit for attending, but needs extra help and supervision, please contact Holly Conley, Senior Center Plus Program Specialist, at 301-609-5710.

Cash Bingo Senior Services Fundraiser

Wednesday, September 7, 10 a.m.-1:30 p.m. • Waldorf Senior Center

This fundraiser offers prizes of \$25, \$50 and a \$150 jackpot. Subs from Nicks of Clinton will be available for individual purchase or you may add chips and a cold drink making a complete lunch package for \$5/each.

Admission: \$20 for regular games and specials with additional packs for \$5/ea. Early Birds: \$2 for one pack of four games. Cover All for \$2/ea. All proceeds directly benefit the four senior centers.



Save the Date!

Breast Cancer ^{11th} ANNUAL awareness Fitness Walk

Saturday, October 8 • Indian Head Village Green

The Indian Head Senior Center Council, The Town of Indian Head, and local businesses plan to paint the town PINK. Don't miss out on a great day benefitting the fight against breast cancer! This event is open to the entire community. More information coming soon.

For details, contact Indian Head Senior Center, 301 743-2125.

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 is offered with all meals.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pineapple Juice LS Ham Slice Mashed Sweet Potato Succotash Whole Wheat Bread (2) Peaches	2 Cranberry Juice Asian Chicken Fluffy Rice Asian Blend Vegetables Dinner Roll Mandarin Oranges	3 Fruit Blend Juice Meatloaf w/Gravy Mashed Potatoes Scalloped Tomatoes Whole Wheat Bread (2) Fruited Jell-O	4 Grape Juice Chicken Parmesan Noodles Creamy Cucumber Salad Breadstick Applesauce	5 Apple Juice Fish Sandwich w/Cheese Carrots Sweet Peas Citrus Salad
8 Pineapple Juice Sloppy Joe Sandwich Green Beans Pickled Beets Pears	9 SOUP OF THE DAY Grape Juice Tuna Salad Sandwich Cranberry Salsa Salad Pasta Salad Deluxe Fruit Salad	10 Apple Juice Honey Lemon Chicken Parsley Potatoes Asian Blend Vegetables Onion Roll Honeydew	11 Fruit Blend Juice Beef w/Gravy Fluffy Rice Collard Greens Biscuit Fresh Oranges	12 Cranberry Juice Hot Dogs w/Bun Baked Beans Carrot Raisin Salad Peaches
15 Fruit Blend Juice Tuna Noodle Casserole California Blend Vegetables 3 Bean Salad Biscuit Fruit Cocktail	16 Cranberry Juice Salisbury Steak w/Gravy Mashed Sweet Potatoes Squash Whole Wheat Bread (2) Seedless Grapes	17 Pineapple Juice Vegetable Lasagna Green Beans Broccoli Salad Dinner Roll Banana	18 BIRTHDAY CELEBRATION Grape Juice ¼ Baked Chicken Mashed Sweet Potatoes Squash Rice Pudding Raisins Birthday Cake	19 Orange Juice BBQ Pork Sandwich Seasoned Corn Coleslaw Tropical Fruit Salad
22 Orange Juice Mac & Cheese (1 cup) Malibu Blend Vegetables Stewed Tomatoes Peaches	23 Apple Juice Oven Fried Chicken Company Potatoes Sweet Peas Cornbread Apricots	24 Orange Juice Open Faced Turkey Sandwich w/ Gravy California Blend Vegetables Citrus Salad	25 LUAU PARTY Pineapple Juice Huli Huli Chicken Sweet & Sour Meatballs Coconut Rice Malibu Blend Vegetables Ambrosia Hawaiian Bread Chocolate Cake with Macadamia Nuts	26 Cranberry Juice Meat Lasagna Green Beans Garden Salad w/ Dressing Dinner Roll Cantaloupe
29 Fruit Blend Juice Pork Chop Sauerkraut AuGratin Potatoes Cornbread Pineapple Chunks	30 Orange Juice Beef Tamale Pie Broccoli Creamy Cucumber Salad Pears	31 SOUP OF THE DAY Prune Juice Roast Beef Sub Cheese/Lettuce/Tomato Carrot Raisin Salad Orange Slices Cookie	<i>The month of August</i>	

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 \$5.75 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 \$5.75. Lunch reservations must be made by 10 a.m. the preceding day. We appreciate your assistance in keeping costs down. Party & special event meal prices may vary.

Clark Senior Center..... Tuesday-Friday
Indian Head Senior Center..... Monday-Friday

Nanjemoy Senior Center..... Monday-Thursday
Waldorf Senior Center..... Monday-Thursday

On days where potatoes, corn, beans, &/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.

Trips Offered by Parks & Recreation

Details: 301-934-9305 or 301-870-3388, ext. 5159



The Crooners - American Music Theater

Lancaster, PA

The Crooners... those suave gentlemen and sophisticated ladies who define musical cool with their smoothly sentimental, top-notch singing styles. In this all-new AMT Original Show, our cast of multi-talented performers will celebrate the most popular and enduring songs from the 1920s through the 1950s, along with recent hits from today's modern, soulful musicians. Join us on a five-star musical journey and travel from the infamous evenings when classic crooners owned Las Vegas, to today, when the soothing sounds of our contemporary crooners still help us to escape our stresses and soothe our spirits. Lunch included at the Bird-In-Hand Restaurant, dinner on your own at Cracker Barrel.

Thursday, September 15

Trip Fee: \$120 403123-TR Registration Deadline: August 1
Departure: Clark Center 8 a.m., Waldorf Jaycees 8:20 a.m.
Est. Return: 9:30 p.m.

A Christmas Story- the Musical

Riverside Dinner Theater, Fredericksburg, VA

A Christmas Story: The Musical is a musical version of the film A Christmas Story. The musical takes place in the 1940s in Indiana and focuses on a child named Ralphie, who wants a Red Ryder BB Gun for Christmas.

Wednesday, November 30

Trip Fee: \$98 403125-TR Registration Deadline:
October 17
Departure: Waldorf Jaycees 9:45 a.m., Clark Center 10 a.m.
Est. Return: 6 p.m.



Trips Offered by Senior Services

Details/Reservations: 301-645-2800

Royal Caribbean Cruise

Grandeur of the Seas

13 Days • 12 Nights

Board the Grandeur in Baltimore, Md., and head out for a round trip tour of the Southern Caribbean. Included sites: Charlotte Amalie, St. Thomas, St. Johns, Antigua, Bridgetown, Barbados, Castries, St. Lucia, Philipsburg, and St. Maarten. Passport required. Those who book early get the best prices, best cabin locations, and preferred dining times.

Trip Date:

October 31-November 12, 2016

Cabin Range: \$993-\$2,153 pp/dbl