

The SCOOP

Charles County's Senior Center News

**OLDER
AMERICANS
MONTH**



BLAZE A TRAIL: MAY 2016



MAY 2016

www.CharlesCountyMD.gov

Annual Senior Picnic

Wednesday, June 15, 10:30 a.m.-2 p.m.

Fee: FREE (ticket required)

Waldorf Jaycees Community Center

Don't miss out on this year's fun. Enjoy live music, word games, line dancing, door prizes, and a delicious luncheon provided by the Waldorf Jaycees. **Please bring a canned food item to share with needy families.**

Admission is free, but tickets are required and are available at all four senior centers beginning Wednesday, May 18.

Sponsored by the Greater Waldorf Jaycees.



Senior Golf Tournament at White Plains Golf Course

Open to all individuals age 50 and older. Registration forms available at all senior centers or call 301-609-5711.

Thursday, May 12

Registration: 8:30 a.m.

Start Time: 9 a.m.

Non-refundable Fee: \$45 (includes lunch, green fees, carts, and prizes)

Cash/Check accepted.

Make checks payable to White Plains Golf Course



Special Events for May

Open House Programs

- Clark Senior Center Tuesday, May 10 10 a.m.-2 p.m. Art Exhibit
- Indian Head Senior Center Monday, May 16 10 a.m.-2 p.m. Blazing Trails
- Nanjemoy Senior Center Wednesday, May 18 10 a.m.-2 p.m. Open House
- Waldorf Senior Center Tuesday, May 31 10 a.m.-1 p.m. South County Show Stoppers

Mother's Day Events

- Clark Senior Center Thursday, May 5 10 a.m.-Noon Tea & Bingo
- Indian Head Senior Center Tuesday, May 10 10:30 a.m.-2 p.m. Hats Off
- Waldorf Senior Center Wednesday, May 11 11 a.m.-2 p.m. Lunch/Purse Auction

Special Events

- Waldorf Senior Center Thursday, May 5 Noon-1 p.m. Cinco de Mayo
- Clark Senior Center Thursday, May 12 11 a.m.-1 p.m. Talent Show
- Indian Head Senior Center Friday, May 20 9 a.m.-3 p.m. Wellness Fair

COUNCIL NEWS ITEMS

SPONSORED/HOSTED ACTIVITIES & EVENTS

Clark Senior Center

Open House entertainment
Free Ice Cream Social

Indian Head Senior Center

Hats Off to Mother's Day Party
Older American's Month, and
Blue Crabs Trip

Waldorf Senior Center

Snack Bar, Bingo Supplies
South County Showstoppers!
Cinco de Mayo

OLDER AMERICANS MONTH



BLAZE A TRAIL: MAY 2016

May is a month of fresh beginnings! Perennials bloom once again... blazing a trail of bright color. May is also when we celebrate Older American's Month (OAM), acknowledging the perennial contributions of older adults to our nation.

The 2016 theme is "Blaze a Trail." The Administration for Community Living will use this opportunity to raise awareness about important issues facing older adults. We will also highlight the ways that older Americans are advocating for themselves, their peers, and their communities.

Be a trailblazer! Join us in promoting activities, inclusion, and wellness for older Americans in your community.

Clark Center Art Exhibition

Tuesday, May 10, 10 a.m.-2 p.m. • Art Show: FREE
Fee: Luncheon, age 60 or older by donation,, Guests: 59 or younger, \$5.75

Each year the Clark Senior Center provides local artists an opportunity to display and sell their paintings. Entries submitted can include up to five paintings and may be brought in Wednesday-Thursday, May 4-5. Artwork needs to be properly framed and ready to hang. We ask that the artwork remain on display the entire month and artists be present for the entire show.

Bob Clark, vocalist, will perform beginning at 11 a.m. After the music, make plans to stay and enjoy the art while having lunch with friends.

Lunch registration is required.



The Charles County Senior ShowTroupe Presents... **The Wild West**

Join us as we sing, dance, and laugh — taking you back Western style. Yee-haw!

All shows start at 10:30 a.m.

- May 2 Northern Senior Center (St. Mary's)
- May 9 Bowie Senior Center (Bowie)
- May 11 Charleston (Waldorf)
- May 16 North Beach Senior Center (North Beach)
- May 18 Southern Pines (Lusby)
- May 23 Genesis (La Plata)
- May 25 Cedar Lane (St. Mary's)
- June 1 Center Stars RRCSC (La Plata)



Bike to Work Older American Wellness Fair

Friday, May 20, 9 a.m.-2 p.m. • Fee: FREE

Join Tri-County Council for Southern Maryland, Indian Head Senior Center and the Town of Indian Head as we celebrate health and wellness. All activities including lunch will be held at the Indian Head pavilion. Local vendors will be on hand with information AARP, Sisters at Heart, CCHD, Wee Bean Roasters, Vein Restoration, local nurses and PAWS. Register for free T-shirt at www.biketoworkmetrodc.org.

Perfect, Plump, & Powerful

Is it possible to be both plump and nutritionally powerful? If you're talking about strawberries, the answer is definitely YES! Strawberries are at their peak in May, so pick up a pint of nutritional power and munch your way to health.

Just one serving of strawberries (about 8 berries) contains more Vitamin C than an entire orange, plus a healthy dose of fiber, potassium, and cancer fighting photochemical. Research studies have even linked strawberries to improved cognitive functioning and regenerating nerve cells in aging adults. But who are we kidding? Everyone knows that the best reason to eat strawberries is because they are simply delicious.



Older American Month Open House & Art Exhibition

See page 3 for more information.

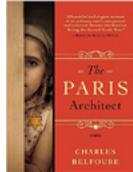
Tuesday, May 10, 10 a.m.-2 p.m. • Art Show: FREE **BLAZE A TRAIL: MAY 2016**



Special Events & Daily Activities

Book Club

May selection: *The Paris Architect*, by Charles Belfoure.



June selection: *The Forgotten*, by David Baldacci

Thursday, May 5, 1 p.m. Fee: FREE

Mother's Day Tea & Bingo

A cup of hot tea, pastries, and Bingo.

Thursday, May 5, 10 a.m. Fee: FREE

Older American's Month Senior Showcase Talent Show

Do you sing, dance, or play an instrument? If so, sign up to perform in our senior showcase. Refreshments served. Details: 301-609-5703.

Thursday, May 12, 11 a.m. Fee: FREE

Ice Cream Social

Enjoy an Older Americans Month treat courtesy of the council.

Thursday, May 19, 12:30 p.m. Fee: FREE

Videos

Sarah's Key

Based on the best-selling book by Tatiana de Rosnay. A true event...France's notorious roundup of Jews in WWII by the French.

Friday, May 6, 10 a.m. Fee: FREE

Redwood Curtain

Pulitzer Prize winning play by Lanford Wilson comes is an eloquent drama.

Friday, May 13, 10 a.m. Fee: FREE

Johnson County War

Cowboy movie with settlers, cattle barons, and hired guns. Starring Tom Berenger.

Friday, May 20, 10 a.m. Fee: FREE

Arlington Field of Honor: Memorial Day Presentation

Arlington National Cemetery has become a national shrine as the final resting place of the famous and the obscure.

Friday, May 27, 10 a.m. Fee: FREE

Special Presentations

The Grey Area

The Manual and the Zadokite Document. Facilitated by Dr. Rollie Hower.

Tuesday, May 10, 11 a.m. Fee: FREE

Understanding Diabetes

Fasting, non-fasting, other illnesses, and medications might affect your glucose test readings. Facilitator: Theresa Carbajal (Corinthians One)

Wednesday, May 18, 11 a.m. Fee: FREE

Transitioning Your Wardrobe

Learn to transition spring outfits to a brighter summer look. Bring accessories for wardrobe tips.

Tuesday, May 24, 11 a.m.

Fee: FREE



Look Back in Time: La Plata Tornadoes

Were you here during the tornado in 2002? History buff, Debi Scoggins, will have a presentation about La Plata's devastating events.

Thursday, May 26, 11 a.m. Fee: FREE

Classes

AARP

Improve driving skills through this comprehensive course. Lunch available by donation for senior citizens age 60 and older. (59 or younger may receive lunch for \$5.75) Pre-registration required: 301-609-5708. Sponsored by UMCRCM. Instructor: Wes Henson.

Tuesday, May 10, 10 a.m.-3 p.m. Fee: FREE

Creative Writing

This group meets the second Friday of each month for discussion and writing exercises.

Friday, May 13, 1 p.m. Fee: FREE

Services

Reflexology with Becky Lugarido

Please limit your appointment to once a month to extend availability to others. Registration required, sign-up sheets in the lobby.

Friday, May 6 & 20, 9:15 a.m. Fee: 50¢/min

Watch Repair

Batteries replaced or purchase a refurbished watch.

Wednesday, May 4 & 18, 10 a.m.

Fee: Varies By Service

Visit the Nurse

Blood pressure/glucose testing by Corinthians Home Care Service. Fasting required.

Wednesday, May 18, 10 a.m. Fee: FREE

Brother Jay's Car Detailing

Car cleaned inside and out. Must pre-register.

Monday, May 9, 9 a.m. Fee: \$30

Fitness

National Senior Health & Fitness Day

Participate in fitness classes on May 25 to receive health information, snacks, and a chance to win FREE classes. The goal for this day is "to help keep older Americans healthy and fit."

Wednesday, May 25, time varies

Seated Cardio Kickboxing

Low impact upper and lower body workout. Participants use one and two pound dumbbells.

Monday, May 2-Jul. 18, 11 a.m. Fee: \$30/10 weeks

Fitness Orientation

Class is mandatory. Registration required.

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

Wednesday, May 11 & 25, 1 p.m. Fee: \$2

NEW! Cardio Shimmy

Belly dancing with a twist! Instructor: Anna Vermillion.

Each Wednesday, Noon Fee: Fitness Card

Intro to Reiki Workshop

Reiki is meant to provide healing energy to your body. Facilitator: Patricia McReynolds.

Tuesday, May 24, 1 p.m. Fee: Free

Upcoming Event

Bus Trip: Arundel Mills Mall & Maryland LIVE Casino

You'll have five hours to shop, enjoy lunch, play the slots, or do all three! This is an activity-filled day for a bargain price, including a \$20 incentive from the casino. Fee includes transportation, tip for driver, snacks, and bottled water. Bus departs from the Clark Center at 9:15 a.m. Sponsored by RCSCC.

Friday, June 17, 9 a.m.-5 p.m. • Fee: \$35/pp

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 Spanish 10:00-11:30 Duplicate Bridge 10:00-2:00 Ceramics 10:00-2:00 2N1 Club 10:15-11:00 Seated Cardio Kickboxing ... 11:00 Pilates 12:00 World Dance 1:00 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 S. 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 U Turn 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 RRCSC 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
2 Photography Club 1:00	3 Fitness Orientation 3:30	4 Jewelry Club Class 10:00 Watch Repair 10:00 Visit the Nurse 10:00	5 Mother's Day Tea & Bingo 10:00 Book Club 1:00	6 Reflexology 9:15 Video: Sarah's Key 10:00 Who Are You 11:00 Guided Meditation 11:30
9 Bro Jay's Car Detailing... 9:00 Ceramics 10:00	10 AARP Driving Class 10:00 Older Americans Month Open House & Art Exhibit 10:00 The Grey Area 11:00	11 RRCSC Council Mtg 9:30 Jewelry Club Drop-in 10:00 Genealogy 10:00 Visit the Nurse 10:00 Fitness Orientation 1:00	12 Older Americans Month Showcase Talent Show 11:00	13 Video: Redwood Curtain 10:00 Creative Writing 1:00
16 Spanish 10:00	17 Happy Hookers 10:00	18 Visit the Nurse 10:00 Genealogy 10:00 Jewelry Club Class 10:00 Watch Repair 10:00 Understanding Diabetes 11:00	19 Ice Cream Social 12:30	20 Reflexology 9:15 Video: Johnson County War 10:00 Who Are You? 11:00 Guided Meditation 11:30
23 2N1 Club 10:15 Sisters at Heart 11:30	24 Transitioning Your Wardrobe 11:00 Intro to Reiki Workshop 1:00	25 Jewelry Club Drop-in 10:00 Fitness Orientation 1:00 Caregivers Support 2:00 National Senior Health & Fitness Day!	26 Look Back in Time: The La Plata Tornados 11:00	27 NewComers Coffee 10:00 Video: Memorial Day Presentation 10:00
30 Memorial Day Senior Center Closed	31 Power Yoga 9:30	<i>The month of May</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

Blue Crabs Brunch & Game

All-you-can-eat brunch and a doubleheader in an air-conditioned room...that's a no hitter! Join the IHSCC for a fun day at Regency stadium. Carpools will leave the center at 9:45 a.m. for the 10:35 a.m. start time.

Wednesday, May 18, 9:45 a.m.-2 p.m. • Fee: \$23



Daily Activities

Plant Exchange

It's time to separate plants in the center. Bring a pot to plant clippings and bring a plant from home to share.

Tuesday & Wednesday, May 3 & 4, 10 a.m.

Fee: \$1 (or bring a pot)

Urban Gardener

Join the Indian Head Environmental Sustainability Committee as they start a community garden.

Wednesday, May 4, 12:45 p.m.

Fee: A Vegetable Plant

Aging Resource Outreach

See staff to schedule an appointment.

Friday, May 6, 10 a.m.

Fee: FREE

Older Americans Month Open House

Are you blazing a trail in 2016? The Administration of Community Living announces "Blaze a Trail" as the 2016 theme for Older Americans Month. Join us as we share how we blaze trails at the Indian Head Senior Center.

Monday & Tuesday, May 16 & 17, 9:30 a.m.-2 p.m.

Fee: FREE

Bike to Work – Older American Wellness Fair

See page 3 for more information.

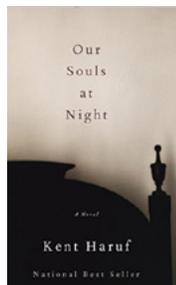
Friday, May 20, 9 a.m.-2 p.m.

Fee: FREE

Book Club:

***Our Souls at Night*, by Kent Haruf**

Join the book club as they review Kent Haruf's book of two widowed empty nesters who have known each other for decades. Lonely nights in a small town find two souls longing for someone to share difficulties.



Wednesday, May 25, 11 a.m.

Fee: FREE

Health & Nutrition

Skin Cancer Prevention Month

Our skin is our largest organ. Join Linda Barnes (CCHD) as we learn ways to protect our skin.

Thursday, May 5, 10 a.m.

Fee: FREE

Visit the Nurse

Blood pressure screening and private consultation with local nurses.

Thursday, May 5, 10:30 a.m. & May 23, 9 a.m.

Fee: FREE

Arthritis Awareness Month

Let us revisit arthritis and share movements to help ease arthritic pain.

Thursday, May 12, 10:30-11:30 a.m.

Fee: FREE

Seated Massage

Joan is back and ready to help with your tense back and shoulders. Sign up required.

Friday, May 13, 9 a.m.

Fee: 50¢/min

Mediterranean Diet Month

What is this Mediterranean diet? Lots of fruit, vegetables, grains, and extra virgin olive oil. We will talk about the countries around the Mediterranean Sea, and share a salad dressing.

Thursday, May 19, 11:15 a.m.

Fee: FREE

Strawberry Delight

Strawberries are in season. Share your favorite recipe for our strawberry recipe contest.

Tuesday, May 31, 11:15 a.m.

Fee: FREE

Classes

Circuit Training

This 45-minute workout incorporates cardio and resistance training exercises.

Friday, May 6, 10 a.m.

Fee: Fitness Card

Personal Electronic Device Lab (PED)

Is your PED confusing? Let staff help!

Wednesday, May 11 & Friday, May 27, 1 p.m.

Fee: \$5

TRY-IT Series 2016

Ready to try something new? Just TRY-IT! Rewards given at the end of the year.

Belly Dancing

Monday, May 9, 11:30 a.m.

Fee: FREE

Piano Lessons

Always wanted to take piano lessons? We are honored to have Michelle Mauck, music education major who has toured in Ireland and taught throughout the United States. Space is limited to eight. Sign up required.

Tuesday, May 17, 10 a.m.-Noon

Fee: FREE

Cooking Matters

Learn how to cook healthy, affordable meals.

Tuesday, May 24, 1 p.m.

Fee: FREE

Vision Board

Visualize your dreams! Pulling from a concept from Jack Canfield, co-author of the *Chicken Soup* series of books, learn how to build a board using pictures, quotes, words of affirmation, and more.

Thursday, May 26, 11:15 a.m.

Fee: FREE

Fitness Training

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

Fee: Fitness Card

Chair Pilates

Improve balance by working spinal flexion, extension, and side bending.

Each Tuesday & Thursday, 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

Line Dancing/Zumba/Belly Dancing

Learn new and different dances.

Each Thursday, 1 p.m.

Fee: Fitness Card

Seated Yoga with Randi

Seated Yoga, or on a mat. Gentle class with Qi Gong movements and breathing techniques.

Each Friday, 9 a.m.

Fee: Fitness Card

Arthritis Foundation Exercise Program (AFEP)

Seated exercise.

Each Tuesday & Thursday, 10:30 a.m.

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.



Hats Off to Mother's Day Party

Being a mother requires wearing different hats...whether you worked in the home or out of the home. Mothers shape lives through unconditional love. Help us celebrate mothers with several hat parades. Now is the time to showcase your favorite hat, and share the different hats you wore while raising your children.

Tuesday, May 10, 10:30 a.m. • Fee: Generous Lunch Donation

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.....9:30 AFEP.....10:30	Billiards/Cards.....9:00 Fitness Training.....9:15 Hooked on Yarn.....9:30 Tai Chi For Health.....10:30 Chess.....1:00-3:00	Billiards/Cards.....9:00 Chair Pilates.....9:15 Canvas Painting.....10:00 AFEP.....10:30 Dancing.....1:00	Billiards/Cards.....9:00 Seated Yoga.....9:00 Ceramics.....9:30 Senior Services.....11:30 Book of Matthew.....1:00 Guitar Lessons & Jam.....2:00
2 Older Americans Month Kick-Off..... 10:00	3 Council Meeting.....9:30 Plant Exchange.....10:00 Pastor Chris & Betty.....1:00	4 Plant Exchange.....10:00 Urban Gardener.....12:45	5 Skin Cancer Prevention Month.....10:00 Visit the Nurse.....10:30 Cinco de Mayo.....11:30 Zumba.....1:00	6 Aging Resource Outreach...10:00 Circuit Training.....10:00
9 Morning Craft.....9:45 TRY-IT Series: Belly Dancing.....11:30 PED Lab.....1:00	10 Hats off to Mother's Day Party..... 10:30 No AFEP today	11 Committee Meeting.....9:30 PED Lab.....1:00	12 Arthritis Awareness Month.....10:30-11:30 Line Dancing.....1:00	13 Seated Massage.....9:00 Think Pink.....10:00 No Yoga Today
16 Older Americans Month Open House..... 9:30-2:00 Phase 10.....10:00	17 Older Americans Month Open House..... 9:30-2:00 TRY-IT Series: Piano Lessons.....10:00 - Noon	18 Blue Crabs Brunch and Game..... 9:45-2:00 Crafternoon.....12:45	19 Mediterranean Diet Month.....11:15 Dancing.....1:00	20 Bike to Work Day... 9:00-2:00 Wellness Fair Activities at the Pavilion
23 Visit the Nurse.....9:00 Movie Afternoon.....11:45	24 Scavenger Hunt Day.....11:15 TRY-IT Series: Cooking Matters.....1:00	25 Phase 10.....10:00 Book Club.....11:00 Brown Bag-it Day.....12:00 National Senior Health & Fitness Day!	26 TRY-IT Series: Vision Board.....11:15 Candle Lighting.....1:00	27 IHSC Theatre.....11:45 PED Lab.....1:00
30 Memorial Day Senior Center Closed	31 Strawberry Delight.....11:15 Bunko.....12:45	<i>The month of May</i>		

OPEN HOUSE

Check out the Total Body Conditioning class, take a seated Arthritis exercise class, visit the artists using watercolors, join in the camaraderie of the serious double deck pinocle players, or play a game of bingo or cards. Help yourself to some refreshments and take a chance on a raffle.

Thursday, May 19, 9 a.m.-Noon Fee: FREE

Special Events & Daily Activities

Cinco de Mayo

Sign up for the Mexican taco/chicken enchilada bar lunch, and get a free mustache and a door prize ticket! A 50/50 raffle and a photo corner will be set up just for fun! Sponsored by the Waldorf Senior Center Council.

Thursday, May 5, Noon Fee: Lunch Donation
Register by 10 a.m. on May 4

Afternoon Book Club:

Violets of March, by Sarah Jio

A heartbroken woman stumbled upon a diary and steps into the life of its anonymous author. Facilitator: Julie Brasher.



Wednesday, May 4, 1 p.m. Fee: FREE

AARP Smart Driver Course

Refresh what you know about the rules of the road. Preregistration is required. Must present a valid AARP Card for discount. Lunch break at noon, bring your lunch or order takeout. Lunch is available from the center if you order by 10 a.m. on Tuesday, May 3. Instructor: Wes Henson.

Wednesday, May 4, 10 a.m.-2:30 p.m.
Fee: Cash or check made payable to AARP.
\$15/members, \$20/non-members

Funeral Planning Overview

Donna Wood-Hayes with Lincoln Heritage. Refreshments provided.

Tuesday, May 10, 11:15 a.m. Fee: FREE

Mother's Day Specials

A special box lunch from Panera, special gifts, a special purse auction, and a special jewelry sale. Feel free to come just for the purse auction and/or jewelry sale. Lunch is optional. The cost of box lunch is being supplemented by the Waldorf Senior Center Council.

Wednesday, May 11, 11:30 a.m. Fee: \$6 lunch
Registration Deadline: May 9

For Your Health

What Do You Know About Prescription Drugs?

Find out about the medications that you use. Take the National Medication Awareness Test to answer twelve questions before filling a prescription. Speaker: Al Evans (CCHD).

Tuesday, May 3, 11:15 a.m.-Noon Fee: FREE

Lunch & Learn:

Nutrition - Just the Basics

Sallie Eissler (RN, Kaiser Permanente) will talk about the importance of water, fat, dietary carbs and proteins, vitamins and minerals, what a calorie is, and what to do about vitamin deficiency.

Thursday, May 12, Noon Fee: FREE

Kidney Smart Class

Kidney Smart is your source for kidney disease education. Stacy Conover (MD, RD, CNSC) will teach how kidneys function and the common causes of chronic kidney disease. Learn how medications, diet, and nutrition work together to keep you healthy, and the potential treatments available.

Tuesday, May 17, 10:30 a.m.-Noon Fee: FREE

Aging Resources Outreach

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

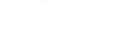
Wednesday, May 18, 10 a.m.-Noon Fee: FREE

Reflexology with Becky

Lugardo

Reflexology uses trigger points in the feet which tie into many organs and body parts. Sign-up is required.

Wednesday, May 25, 9 a.m.-3 p.m.
Fee: \$15/30 min



Art

Open Studio

Pat Arnold will assist with any media.

Ongoing: First & Third Tuesday, 11:30 a.m.

Fee: \$5/class

Watercolors Drop-In

Material list provided. Instructor: Pat Arnold.

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

Fitness & Dance

Strength Training with LaMont

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

Monday Afternoon Workout

Taking Monday's afternoon classes together offers a great overall workout.

Core Strengthening Pilates with Zoa

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

Gentle/Chair Yoga with Zoa

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

Fee: Fitness Card (one punch for two classes)

Total Body Conditioning with Clairisa

Each Tuesday & Thursday, 9 a.m.

Fee: Fitness Card

NEW! Beginner Belly Dancing with Cyra Khurren

Low impact dance and a great workout.

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

Yoga with Cindy M.

Each Tuesday & Wednesday, 2 p.m.

Fee: Fitness Card

Flex & Stretch with Cindy M.

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

Arthritis Foundation Program Exercise (AFEP)

Each Wednesday & Thursday, 10 a.m. Fee: FREE

Summer Schedule for Yoga/Flex & Stretch Classes: May 31–September 13

Pilates with Zoa - Monday, 1:30 p.m.

Chair Yoga with Zoa - Monday, 2:15 p.m.

Yoga Cancelled - Tuesday, 2 p.m.

Flex & Stretch Cancelled - Wednesday, 9 a.m.

Yoga with Zoa - Wednesday, 2 p.m.

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.



Come to the South County Showstoppers!

They come all the way from the South County Senior Center in Anne Arundel County. We love their musical extravaganza. Variety show with dancing, singing, and skits galore! Sponsored by the Waldorf Senior Center Council.

Tuesday, May 31, Noon-1 p.m. • Fee: FREE

Fitness & Dance

Classes are designed so anyone can participate. Participants are encouraged to work at their own level, and we guide them as needed. Classes strive to help improve strength, flexibility, conditioning, and endurance levels.

What is a fitness card?

A fitness card is the form of payment for most fitness classes. Each card costs \$15 and pays for fifteen classes. Present your card to the instructor who “punches” the card per visit. Fitness cards can be used at all senior centers.

Upcoming

CASH BINGO

Fundraiser for Senior Services of Charles County
Wednesday, June 1
10 a.m.-1:30 p.m.
Fee: \$20 admission for regular games and specials

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 Beginner Belly Dance..... 10:15 Card Games 10:30 Yoga 2:00	Flex & Stretch 9:00 AFEP 10:00 Bingo 10:30 Card Games 10:30 Yoga 2:00	Total Body Conditioning 9:00 AFEP 10:00 Watercolors..... 10:00 Bingo 10:30 Card Games 10:30 Double Deck Pinochle 11:00
2 St. Charles Senior Club 10:00	3 What do you know about Prescription Drugs..... 11:15 Open Studio..... 11:30 Inspirations..... 12:30	4 AARP Safe Driver Course 10:00 Afternoon Book Club: The Violets of March 1:00	5 Cinco de Mayo: Taco/Enchilada Bar Noon
9 St. Charles Senior Club 10:00	10 Funeral Planning Overview 11:15 No Inspirations Today	11 Bingo Begins 9:30 Panera Bread Lunch 11:30 Mother's Day Purse Auction..... 12:30 Jewelry Sale all day	12 Early Lunch 11:30 Nutrition - Just the Basics Noon
16 Waldorf Senior Council Meeting 9:30 St. Charles Senior Club 10:00	17 Kidney Smart Class 10:30-Noon Open Studio..... 11:30 Inspirations..... 12:30	18 Aging Resources Outreach 10:00-Noon	19 Law Day, FREE Advance Directives 10:00-Noon
23 St. Charles Senior Club 10:00	24 Inspirations..... 12:30	25 Reflexology 9:00-3:00 Trip: Peter Pan at Toby's Dinner Theater 9:00-4:30 National Senior Health & Fitness Day!	26 Bingo 10:30
30 Memorial Day Senior Center Closed	31 South County Showstoppers..... Noon-1:00 No Inspirations today No Yoga today 2:00 p.m.	<i>The month of May</i>	

May is American Stroke Month

Every 4 minutes, someone in the United States dies of a stroke.

Stroke, sometimes called a brain attack, happens when a clot blocks the blood supply to the brain or when a blood vessel in the brain bursts. This serious health condition can also lead to life-changing complications and long-term disability. Although anyone can have a stroke at any age, women are more likely than men to have a stroke and to die from it. Everyone can reduce their stroke risk through education and healthy lifestyle behaviors. Here are seven steps to follow:

1. **Manage blood pressure** - normal blood pressure is under 120/80 mmHg for most people
2. **Control cholesterol** - total cholesterol levels less than 180 mg/dL is considered optimal
3. **Reduce blood sugar** - normal blood glucose level is less than 100 mg/dL
4. **Be physically active** - 30 minutes of moderate activity five days per week
5. **Eat right** - eat fruits and vegetables, choose whole grains, limit processed foods and salt
6. **Maintain a healthy weight** - body mass index between 18.5 and 25 generally indicates a healthy weight
7. **Quit smoking** - quitting smoking can also reduce your risk for other life-threatening diseases

During a stroke, every minute counts. It's important to recognize the signs and act quickly. Signs of stroke include: sudden numbness, sudden confusion, sudden trouble seeing, sudden loss of balance/coordination, and sudden severe headache.

If you think you or someone you know may be having a stroke, think F.A.S.T.:

F-Face: Ask the person to smile. Does one side of the face droop?

A-Arms: Ask the person to raise both arms. Does one arm drift downward?

S-Speech: Ask the person to repeat a simple phrase. Is their speech slurred or strange?

T-Time: If you observe any of these signs, call 9-1-1 immediately.

Article by: CDC, Division for Heart Disease and Stroke Prevention.

Simple Oat & Pecan Blueberry Crisp



Ingredients:

- 1 cup rolled oats
- 1 cup pecan halves (about ¾ cup chopped)
- ½ cup almond meal
- ½ cup flaked coconut (unsweetened, preferably!)
- ¼ teaspoon salt
- ¼ teaspoon cinnamon
- ¼ cup + 2 tablespoons olive oil
- ½ cup real maple syrup or raw honey
- 4 cups blueberries (fresh or frozen)

Instructions:

1. Preheat the oven to 350 degrees.
2. Chop the pecans, and combine with the oats, almond meal, coconut, salt, and cinnamon in a large bowl.
3. Add the olive oil and maple syrup and stir until well mixed.
4. Grease a square baking dish (8x8 or 9x9) and arrange the blueberries in the bottom. Top with the oat mixture.
5. Bake for 25-35 minutes or until top is golden brown and slightly firmed.

Driving Safely After 60

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



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

Reference: www.AmericanOptometricAssociation.org



2016 Senior Prom Royalty

Congratulations to "King" Buck Proctor and "Queen" Denise Legree for reigning over this year's Annual Senior Prom.

Close to 400 senior participants attended the event themed "Silver Screen." We offer a very special thank you to those that helped to make this event such a success.

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
2 Apple Juice Chophouse Burger Sandwich Orange Glazed Carrots Party Hearty Beans Fruit Cocktail	3 Grape Juice Spaghetti w/ Meatballs & Mozzarella Seasoned Corn Breadstick Peaches	4 Cranberry Juice Seafood Au gratin Fluffy Rice Whole Green Beans Dinner Roll Deluxe Fruit Salad	5 Cinco De Mayo Fruit Blend Juice Chicken Enchilada w/ Sauce & Cheese Spanish Rice Chuckwagon Vegetables Pineapple Chunks Churro	6 Orange Juice Sweet & Sour Pork Chop California Blend Vegetables Bow Tie Pasta Salad Whole Wheat Bread (2) Banana
9 Pineapple Juice Baked Tilapia Mashed Sweet Potato Succotash Whole Wheat Bread (2) Peaches	10 Fruit Blend Juice Beef Burgundy Mashed Potatoes Whole Green Beans Roll Apple Cobbler	11 Cranberry Juice Asian Chicken Fluffy Rice Asian Blend Vegetables Dinner Roll Mandarin Oranges	12 Grape Juice Chicken Parmesan Noodles Creamy Cucumber Salad Breadstick Applesauce	13 Apple Juice Fish Sandwich w/ Cheese Carrots Sweet Peas Citrus Salad
16 Pineapple Juice Sloppy Joe Sandwich Green Beans Pickled Beets Pears	17 Grape Juice Tuna Salad Sandwich Cranberry Salsa Salad Pasta Salad Deluxe Fruit Salad	18 Apple Juice Honey Lemon Chicken Parsley Potatoes Asian Blend Vegetables Onion Roll Honeydew	19 Soup of the Day Fruit Blend Juice Grilled Chicken Salad on Bed of Greens Cranberries, Walnuts, Apple Slices, Blue Cheese Amish Macaroni Salad Biscuit Fresh Oranges	20 Cranberry Juice Hot Dogs w/ Bun Baked Beans Coleslaw Peaches
23 Fruit Blend Juice Tuna Noodle Casserole California Blend Vegetables 3 Bean Salad Biscuit Fruit Cocktail	24 Cranberry Juice Salisbury Steak w/ Gravy Mashed Sweet Potatoes Squash Whole Wheat Bread (2) Seedless Grapes	25 Pineapple Juice Vegetable Lasagna Broccoli Pineapple Bean Salad Dinner Roll Banana	26 Soup of the Day Grape Juice Boxed Lunch w/ Turkey Sub Coleslaw Cranberry Salsa Salad Apple Slices Cookie	27 Orange Juice BBQ Pork Sandwich Seasoned Corn Carrot Raisin Salad Tropical Fruit Salad
30 Memorial Day No Meal Service	31 Apple Juice Oven Fried Chicken Company Potatoes Sweet Peas Cornbread Apricots	<i>The month of May</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 and 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, 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.

Trips Offered by Parks & Recreation

For information, 301-934-9305 or 301-870-3388, ext. 5159.

Ingleside Winery & Rappahannock River Cruise

Tappahannock, VA

Rappahannock River Cruise departs from Tappahannock, bound for Ingleside Winery. After a buffet lunch, take a guided tour of the vineyard's massive warehouse and bottling plant. The tour concludes with a special tasting designed just for Rappahannock River Cruise patrons. We depart the winery by coach and continue on to Westmoreland Berry Farm.

Thursday, July 28

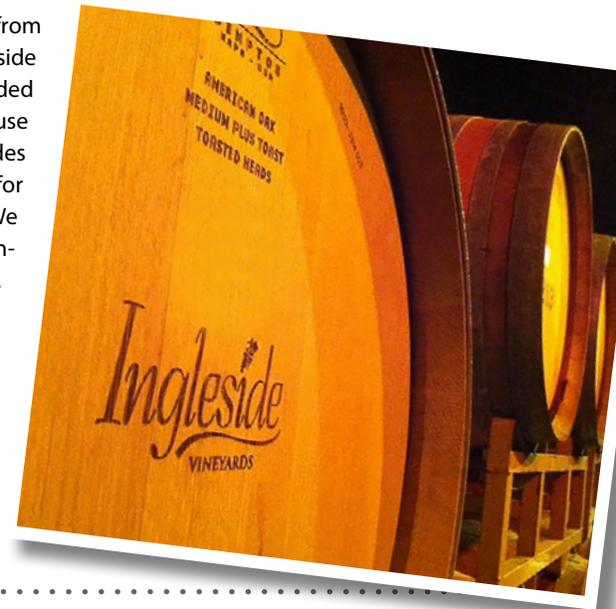
Trip Fee: \$95 303020-TR

Registration Deadline: June 22

Departure: Waldorf Jaycees 7 a.m.,

Clark Center 7:20 a.m.

Est. Return: 6:30 p.m.



Trips Offered by Senior Services

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

Kentucky's Moonshine, Mountains, & Music

5 Days • 4 Nights

Eastern Kentucky is the heart of Appalachia. On this tour you'll discover the great scenic and cultural beauty of the foothills of the Appalachian Mountains. Your meals consist of 4 breakfasts, 2 lunches, and 3 dinners, including an outdoor BBQ. You will be treated to great musical entertainment such as the Swingin Sensations and the Big Sandy River Boat Band. In addition, tour the U.S. Country Music Highway Museum, Van Lear Coal Camp Museum, and Heritage Farm Museum. A special treat will be visiting Loretta Lynn's home and other points of interest. On day 5, after a hot breakfast, you will depart and head home with fond memories of Kentucky.

Trip Date: June 5-9, 2016

Trip Fee: \$790/pp, dbl occupancy

Deposit: \$250 due with reservation

Balance Due: April 11, 2016

Royal Caribbean Cruise Grandeur of the Seas

13 Days • 12 Nights

Board the Grandeur in Baltimore (Maryland) 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:

Oct. 31-Nov. 12, 2016

Cabin Range:

\$993-\$2,153 pp/dbl

Deposit: \$550/pp

dbl occupancy or

\$1,100/pp single

is required

to secure

reservations

and assign

cabins.

Balance Due:

July 17, 2016

