

The SCOOP

Charles County's Senior Center News



JANUARY 2022

www.CharlesCountyMD.gov

Reopening Efforts

Charles County Senior Centers are OPEN and we are thrilled to be welcoming seniors back into our facilities five days a week! Senior Centers have a robust schedule of programs to offer and there is space for you to join us!



We need your help spreading the word. If we all call one friend, together we can reach so many! Help us spread the word!

Calling all Racquetball Players!

Did you know the Waldorf Senior and Recreation Center has two racquetball courts that are FREE to use? Now that you know, come on in and play a game with us! Your local senior racquetball players are eager to meet more racquetball players and get some friendly competition started! Drop by or call the Waldorf Senior & Rec Center if you are interested in meeting other racquetball players! 240-448-2810.

Grocery Distribution

New Hope Community Outreach Services Inc is an organization that has generously agreed to donate grocery items to each senior center location. Supplies will be limited so we must limit it to one bag per household. Please call your local senior center to register and receive this generous donation.

All distributions begin at 11:30 a.m.

January 6	Waldorf Senior & Rec Center
January 13	Clark Senior Center
January 20	Indian Head Senior Center
January 27	Nanjemoy Senior Center



Would you like the Charles County Senior Center SCOOP mailed to you?



The Charles County Department of Aging can now mail a SCOOP to your home! SCOOPs are available virtually, and free at your local senior center, but the ease of getting your very own copy mailed to your home is now available! This program costs \$24 for a year's worth of SCOOPs.

If you are interested in this service, please contact Carolyn Savoy to register at 301-934-5423. Please note: this service is completely optional. SCOOPs will remain free at senior centers while supplies last. This service is being offered on a trial basis.

Caregivers Corner

Asking for Family Support

The holidays may have given you the opportunity to visit with or communicate with extended family members, while also giving them the opportunity to see an elderly relative and the supports required to care for them. After the holiday dust has settled, it may be the perfect time to reach out to family members for support in caring for your loved one. Here are some tips for approaching family members:

1. It's never too early or late to involve others in planning how caregiving will look and progress.
2. Speak about things objectively. Stick to the facts and needs of the situation, remove emotions as much as possible.
3. Identify the strengths and weaknesses of family members. Maybe someone does well with handling financials or does not mind driving to appointments. Maybe your loved one is more comfortable with a particular family member helping with personal care. Divide up tasks.
4. Accept that one family member may always carry more weight than others. Refer to tips of self-care for caregivers to help.

Information for this article provided by caregiverstress.com

The next Caregivers Support group will meet in-person on Wednesday, January 26, 2021, 2 p.m. at the Richard R. Clark Senior Center.

Charles County Mobile Library



The 26-foot-long vehicle, with 17 feet of loading space, has a wheelchair lift for accessibility, a side awning for outdoor programming, two public computer stations and the capacity to hold up to 2,000 books. The Mobile Library offers access to adult, teen, and children's collections, online resources and databases, free Wifi, and public use computers. The Charles County Mobile Library is coming to a Senior Center near you! Check Center calendars for more details.

January Holidays

Senior Centers will be closed on Monday, January 3, in observance of New Year's and on Monday, January 17, in observance of Martin Luther King, Jr. Day.

Happy Birthday! Welcome to Medicare.

It is a milestone to celebrate as you turn 65! This means you may be eligible for Medicare Parts A, B, C, D and/or Supplemental Insurance (Medigap). You may also qualify for Medicare Savings Programs to help with Medicare costs. Are you confused with the telephone calls, television ads and excessive mailings? Do not worry, if you need help through this process, or need more accurate information, please contact the State Health Insurance Program (SHIP) office at 301-609-5712 for FREE and unbiased Medicare education and counselling. This is one of many benefits available to you as you turn 65.

Adult Guardianship Review Board VACANCY ANNOUNCEMENT

Calling all Charles County residents – the Adult Guardianship Review Board is looking for new members.

The Board provides impartial oversight of the care and services provided for the individuals under public guardianship, reviews the status of health and welfare of these persons, and make recommendations as to whether guardianship should be continued as established, modified, or terminated.

Members on the Board are appointed by the County Commissioners to serve a 4-year term. Members can serve up to two consecutive terms. The Board serves a very important role in the protection of disabled adults in Charles County. These vulnerable citizens are protected by the decisions made by the Board. If you would like to help in this mission, and meet the criteria listed further in this announcement we encourage you to apply.

The Board meets twice a year (April and October) and on an emergency basis when needed. Due to the COVID-19 emergency, Adult Guardianship Review Board meetings could be held virtually at this time.

There are currently several vacancies on the Board and we invite interested persons to apply for appointment. Vacancies include: a Physician, Health Department Psychiatrist, Representative of a local nonprofit social service organization, Citizen with Disability, Representative from the Department of Social Services, Attorney, Representative from the Local department of disability administration.

The online application can be found at <http://www.charlescounty.org/apps/citizenadvisory/public/enterApplication.jsp>.

For additional information, contact Jesse Bungcayao at Bungcayj@CharlesCountyMD.gov.

Senior Medicare Patrol (SMP)

The Senior Medicare Patrol, or SMP empower and assist Medicare beneficiaries, their families, and caregivers, to prevent, detect, and report suspected healthcare fraud, errors, and abuse.

STOP FRAUD before it starts!

Prevent: Guard your card - Do not give out your Medicare number to anyone who calls or comes to your door. Do not give your Medicare number for a "free" service.

Detect: Track your services - keep a calendar or journal of doctor's visits, tests, hospitalizations, etc. Read all Medicare Summary Notices (MSNs) or insurance statements and use the calendar or journal to check for the accuracy of claims. Keep files secure and shred them when they are no longer needed. Log in to www.MyMedicare.gov for electronic notices and tracking.

Report: Contact the SMP or 1-800 Medicare - If a discrepancy is found, contact the provider (errors can be made; most providers are honest and will correct mistakes). If you can't get the problem solved, contact the SMP for help at 301-934-0118.

Volunteer opportunities! SMPs are grant-funded projects that seek the assistance of volunteers who are willing to provide outreach and educational presentations to older adults, on how to protect their health, finances, and medical identity. In addition, our volunteers receive beneficiary complaints brought to the SMP, review cases for fraud, error or abuse and make referrals to appropriate state and federal agencies for further investigation.

If you are interested in becoming an SMP volunteer, please contact the Charles County SMP at 301-934-0118 to learn more and become a part of our SMP family.

Energy Assistance

Do you need help paying your electric & heating bills?

The Office of Home Energy (OHEP) helps eligible Maryland residents pay their utility bills, minimize the strain when the cold weather sets in, and make energy costs more affordable by providing grants under the Maryland Energy Assistance Program (MEAP) and the Electric Universal Service Program (EUSP).

****Applicants must reapply every year after July 1 for their benefits to continue. ****

Seniors age 60+ can receive application assistance, obtain information or schedule an appointment to apply by contacting our Aging and Disability Resource Center staff at 1-855-843-9725 or 301-609-5712.

Medicare Enrollment Period

General Enrollment Period -Jan 1 to Mar 31st, 2022 – If you did not sign up for Medicare Parts A and/or B during your Initial Enrollment Period and do not qualify for a Special Enrollment Period, you may sign up during this time.

Medicare Advantage Open Enrollment Period – Jan 1st to Mar 31st, 2022 – If you are enrolled in a Medicare Part C Advantage Plan, you may switch Advantage plans or drop your Advantage plan and return to Original Medicare (Parts A & B).

If you have questions regarding the current enrollment periods, missed your enrollment period, or unsure if you qualify for a Special Enrollment Period...Contact the SHIP program at 301-609-5712 or 301-934-0118.

Free Income Tax Preparation

Preparation for tax season is underway and once again the Senior Information and Assistance office is partnering with AARP to assist Seniors and Moderate to Low-Income Adults with Income Tax Preparation. This is a FREE service for those who meet eligibility guidelines. Beginning January 31st, the I&A staff will begin scheduling and can be reached at 301-609-5712.

Please be advised, methods of service delivery may change and will be based on the current local spread of the COVID-19 virus and with consideration of all safety guidelines. Please call the Senior I&A office for updates regarding this program.

We are still accepting Volunteers to assist in Tax coordination and preparation!! Training is currently in progress. Individuals wishing to enroll in the AARP Income Tax Training Program for 2022 should contact Barbara Joy, Senior Information & Assistance Program Assistant at 301-609-5712 or JoyB@charlescountymd.gov.

COVID Vaccines

Third Doses

Who?
People whose immune systems did not have a strong response to the initial vaccines

What?
Third doses of Pfizer and Moderna vaccines that are the same as the first two doses

When?
No sooner than 28 days after the second dose

Boosters

Who?
People at higher risk for getting COVID

What?
A booster dose can be from any of the three vaccines

When?
Pfizer and Moderna: 6 months after your second dose
J&J: 2 months after your first shot

Visit charlescountycovid.org



COVID-19 INFORMATION

Who is currently eligible to get a Pfizer COVID-19 booster shot?

The Charles County Department of Health will now be providing COVID-19 booster vaccinations in accordance with authorization from the U.S. Food and Drug Administration. Most residents who previously received Moderna and Johnson & Johnson vaccines may now be eligible for an additional dose/booster dose. Most prior Pfizer recipients continue to be eligible for a booster dose.

Eligibility for individuals who received Pfizer or Moderna:

Individuals who have received their second Pfizer or Moderna dose at least six months ago should strongly consider getting a booster shot. Based on the CDC recommendations, the Pfizer or Moderna booster dose will be provided to the following:

- People 65 years and older and residents in long-term care settings
- People aged 50–64 years with underlying medical conditions

Eligibility for individuals who received a Johnson and Johnson Vaccine:

All persons who initially received the Johnson & Johnson vaccine, who are aged 18 and older, and who received their dose at least 2 months ago.

How to get a Pfizer, Moderna, or Johnson and Johnson booster dose?

Community members who are eligible for a booster dose are now able to schedule an appointment for any of the Charles County Department of Health's vaccination clinics to receive a booster dose.

For more information or to make a COVID-19 vaccination appointment, please visit <https://charlescountycovid.org/vaccine-registration/> or call 301-609-6717.

Does my booster dose have to be the same type/brand as my first and second doses?

Eligible individuals do not have to receive the same type/brand of COVID-19 vaccine as their initial vaccination; each of the available COVID-19 vaccines may be "mixed and matched" for the additional/booster dose after completion of the primary vaccination.

The Charles County Department of Health will verify individual age and vaccine history at the time of vaccination (bring ID and vaccine record/card). Patients will affirm they are eligible during registration for appointments (documentation/proof will not be required during registration or at the vaccine site).

Information from the Charles County Department of Health.





NEW Program Alert!

We have been eagerly working on developing new programs for the New Year. Below are a few upcoming programs we want to highlight. To see a full schedule of programs, please visit the Center specific page in the SCOOP for a full calendar and program details.

A Picture-Perfect Year

Join Aryn for this picture frame decorating craft. Then you can display your most precious memories in a frame that you designed. Sign up and pay in the program office.

Tuesday, January 5, 10 a.m.; Fee: \$2

Richard R. Clark Senior Center

Intro to Chess Class

Come learn how to play chess! You will learn how to move your pieces around the board, run practice games and have fun! Must register for class by January 18.

Monday, January 24 & 31, 1 p.m.; Fee: FREE

Waldorf Senior and Recreation Center

Green Thumb Club

Can't keep a plant alive? The Green Thumb Club will teach you how to care for plants for our own well-being. We will enjoy our earthing by caring for plants and planning our garden.

Tuesday, January 25, 12:45 p.m.; Fee: FREE

Indian Head Senior Center

National Puzzle Day

January 28 is National Puzzle Day. Celebrate by designing your own puzzle.

Friday, January 28, 11 a.m.; Fee: Free

Nanjemoy Senior Center

Intergenerational Programming

Why intergenerational play and recreation are important.

The world's population is changing. The global population aged 60 years or over, numbered 962 million in 2017, more than twice as large as in 1980 when there were 382 million older persons worldwide. The number of older persons is expected to double again by 2050, when it is projected to reach nearly 2.1 billion. Accordingly, interest in using intergenerational strategies to create relevant community programs and social policy is

growing. Most relative to this growth is the understanding that our civil society is based on the giving and receiving of resources across the lifespan and understanding that intergenerational relationships promote the greater good of society.

The benefits of intergenerational activities are many. Along with being fun, intergenerational programs are advantageous to kids' and seniors' lives, as well as society as a whole. Charles County recognizes the need for intergenerational programming to be offered in the county. So, the questions is: How do we promote youth and senior interaction?

The answer to connecting our youngest and oldest generations is intergenerational programs, which help to bring seniors and kids together to form mutually beneficial relationships. Both groups have a lot to teach and learn from each other, making these intergenerational activities and programs magical. The Department of Community Services and the Department of Recreation, Parks, and Tourism are working together to integrate intergenerational programming into our senior center schedules. We are excited to bring new programs into our centers with the goal of building the relationships within our community, across multiple generations. Take a look below at a few intergenerational programs that will be offered at Senior Centers in January. We hope to see you and your loved ones enjoying these programs!

Upcoming Intergenerational Events

Shop the Rack

Come "shop" our free community closet. Clothing is donated to the community center and is made available for free for those interested. Donations accepted; please call ahead to arrange drop off. Shop hours noted below.

Tuesdays, 1-4:30 p.m. & Fridays, 8:30 a.m.-4:30 p.m.

Fee: Free

Nanjemoy Community Center

Build a Puppy

January 21 is National Hug a Puppy Day. Enjoy your day off from school and make a flat, felt fabric puppy to be your own little buddy. Ideal craft for ages 4-10. Younger children may need assistance. Prior registration required. Limited availability.

Friday, January 21, 11 a.m.; Fee: Free

Nanjemoy Community Center

Family Vision Board

Bring your children and grandchildren for this fun intergenerational program! Families will work together to create a family vision board for 2022.

Friday, January 21, 2 p.m.; Fee: \$2

Waldorf Senior and Recreation Center

Information for this article was provided from playcore.com and <https://www.seniorlifestyle.com/resources/blog/fun-value-intergenerational-programming/>.

CLARK SENIOR CENTER

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

Get your Latest SCOOP online!

Community

National Spaghetti Day

Celebrate this day with us with a delicious spaghetti lunch. We'll have some lunchtime Spaghetti Trivia too! Sign up and payment required by December 29.

Tuesday, January 4, 12 p.m. Fee: \$5

Book Club

The Book Club is Back in person! The book for this month is "The Midnight Library" by Matt Haig.

Thursday, January 6, 1 p.m. Fee: FREE

Conversation & Trivia

Join senior center staff and participants for conversation and fellowship! We'll have topics for discussion, trivia, and occasional special guest speakers.

Thursday, January 6 & 20, 10 a.m. Fee: FREE

Widow to Widow Support Group

Women's group focusing on grief. Facilitated by Fran Bryner.

Monday, January 10, 1 p.m. Fee: FREE

Charles County Mobile Library

Come out and visit the Charles County Mobile Library, in the Clark Center parking lot.

Wednesday, January 12, 10 a.m. – Noon
Fee: FREE

Grocery Distribution

See page 2 for more information.

Thursday, January 13, 11:30 a.m. Fee: FREE

Well-Hearing is Well-Being: Presentation and Hearing Screening

Becky Guy, AuD from Freedom Hearing Center will do a presentation on how hearing loss affects your daily life. There will be a free hearing screening for the first 12 attendees who sign up. You must attend the presentation to sign up for the screening.

Tuesday, January 18, 10 a.m. Fee: FREE

National Popcorn Day

Join staff as we celebrate this special day learning more about the history of popcorn, a bag of popcorn for each person, as well as a special popcorn treat!

Thursday, January 20, 10 a.m. Fee: FREE

Beat the Winter Blues Chili Day

Nothing better than a hot bowl of chili on a cold winter day! The Clark Senior Center Council will provide a free lunch of chili, cornbread, and salad to those who sign up by January 20.

Wednesday, January 26, 11:30 a.m. Fee: FREE

How to Cut Energy Costs

Join representatives from SMECO and learn some important tips on how to cut your energy costs.

Thursday, January 27, 10:30 a.m. Fee: FREE

Drop-In Sewing

The sewing room is open and available for you to work on individual projects.

Mondays, Wednesdays, and Thursdays, 9:30 a.m.
Fee: FREE

Cards & Games

Join others for a friendly game of cards or your choice of our many board games, like Scrabble, Trivial Pursuit, Yahtzee, Checkers, etc.

Tuesdays, 10 a.m. Fee: FREE

Guitar Jam

Join your fellow acoustic guitar players for socialization, to learn some new techniques, and make beautiful music.

Tuesdays and Fridays, 10 a.m. Fee: FREE

Gospel Choir Group

Wednesdays, 2 p.m. Fee: FREE

Knit & Crochet Group

This is an open session for you to come together and work on your own projects. A great time to share your skills and techniques with others.

Wednesdays, 9:30 a.m. Fee: FREE

Reflections

Join Pastor Powell for this non-denominational Bible study.

Thursdays, 1 p.m. Fee: FREE

Project Linus

Karen Huffman & Gail Cavella, along with a group of volunteer members, come together to create and collect blankets to provide to children in their time of need.

Fridays, 9:30 a.m. Fee: FREE

Wii Bowling

Join your friends for a friendly game of computerized bowling. Sure to be loads of fun!

Fridays, 11 a.m. Fee: FREE

Open Paint Session

Open to artists to paint in the medium of their choice. Artists provide their own supplies.

Fridays, 10 a.m. Fee: FREE

Classes

A Picture-Perfect Year

Join Aryn for this picture frame decorating craft. Then you can display your most precious memories in a frame that you designed. Sign up and pay in the program office.

Wednesday, January 5, 10 a.m. Fee: \$2

Jewelry Club Class

You will make beautiful pieces of jewelry in this class. All supplies will be provided. Sign up required.

Wednesday, January 5 & 19, 10 a.m. Fee: FREE

Baby it's Cold Outside: Snowflake Craft

Join us for a delicious cup of hot chocolate and learn to make a beautiful snowflake out of a toilet paper roll. This is a 2-part class. Sign up and pay in the program office.

Wednesday, January 12 & 19, 10 a.m. Fee: \$2

Wind Chime Craft

Turn your trash into treasure & make a windchime from upcycled tin cans. This is a two part craft. Sign up required.

Thursday, January 13, 10 a.m. Fee: FREE

Thursday, January 27, 1 p.m. Fee: FREE

Learn to Quilt

Quilting is a great way to unwind. Join Gale Cavella to learn new quilting techniques. Must provide your own supplies.

Tuesdays, 9:30 a.m. Fee: FREE

Senior Fitness

Clark Center Fitness Room Orientation

Mandatory before first use of fitness room. Sign up required. Limited to 6.

Wednesday, January 12 & 26, 10:00 a.m.
Fee: \$5

Small Group Fitness

Perfect class for those new to fitness or returning. This group makes for a personalized workout to stay motivated and reach fitness goals.

Wednesdays, 9 a.m. Fee: Fitness Card

Zumba

Dance your way to fitness with this easy to follow, low impact class that will have you movin' and groovin'.

Tuesdays, 11:30 a.m. Fee: Fitness Card

Thursdays, 11:30 a.m. Fee: Fitness Card

FITNESS



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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards.....9:30 Drop-In Sewing.....9:30 Creative Coloring.....10:00 2N1 Social Club.....10:00 Duplicate Bridge.....10:00 Pokeno.....11:00 Fitness Total Body Conditioning.....9:00 Yoga.....10:00 Guided Meditation.....11:45 Drums Alive.....1:00	Billiards.....9:30 Stained Glass.....9:30 Quilting Class.....9:30 Guitar.....10:00 Cards & Games.....10:00 Lunch.....12:00 Fitness Strength Training.....9:00 Flex & Stretch.....10:00 Zumba.....11:30 Line Dance.....1:00 Tap Dance Lessons.....2:00	Billiards.....9:30 Drop-In Sewing.....9:30 Knitting/Crochet.....9:30 Acey Deucey.....10:00 Creative Coloring.....10:00 Lunch.....12:00 Powder Puff Billiards.....1:00 Gospel Choir.....2:00 Fitness Small Group Fitness.....9:00 Breathe Easy.....10:00 Gentle Yoga.....10:30 Chair Yoga.....11:30 AFEP.....1:00	Billiards.....9:30 Drop-In Sewing.....9:30 Pokeno.....11:00 Lunch.....12:00 Reflections.....1:00 Fitness Strength Training.....9:00 Step Plus.....10:00 Zumba.....11:30 Flex & Stretch.....1:00	Billiards.....9:30 Project Linus.....9:30 Open Paint Session.....10:00 Guitar.....10:00 Wii Bowling.....11:00 Fitness Core & More.....9:15 Total Body Conditioning.....10:00 AFEP.....11:00
3 New Year's Holiday  All Centers Closed	4 National Spaghetti Day.....Noon	5 Jewelry Club Class.....10:00 Picture Frame Craft10:00	6 Conversation & Trivia.....10:00 Reflections.....1:00 Book Club.....1:00	7 Hand & Foot Canasta.....10:00
10 Widow to Widow.....1:00	11 Flex & Stretch.....10:00	12 Snowflake Craft Pt110:00 Fitness Orientation.....10:00 Mobile Library.....10:00 Clark Council Meeting.....1:00	13 Windchime Craft Pt 1 10:00 Grocery Distribtuion....11:30	14 Open Paint Session.....10:00
17 MLK Day  All Centers Closed	18 Hearing Presentation & Screenings.....10:00	19 Jewelry Club Class.....10:00 Snowflake Craft Pt210:00	20 Conversation & Trivia.....10:00 National Popcorn Day.....10:00	21 Project Linus Meeting ..10:00
24 Creative Coloring.....10:00	25 Strength Training.....9:00	26 Fitness Orientation.....10:00 Council Chili Day 11:30	27 SMECO / How to Cut Energy Costs10:30 Windchime Craft Pt 2... 1:00	28 Hand & Foot Canasta.....10:00
31 Billiards.....9:30				

INDIAN HEAD SENIOR CENTER

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

Get your Latest SCOOP online!

Program Locations for Outside Activities

**Indian Head Village Green – near the fountain
100 Walter Thomas Rd, Indian Head, MD**

***Outdoor programs will be canceled in cases of inclement weather or if the feel like temperature is 40 degrees or lower.**

New Programs

Fresh Conversations

Confused with current nutrition and health trends? Fresh Conversations will teach you how to make easy changes to manage diet-related health condition. This six-session program will also help motivate you with low-cost healthy recipes while discovering ways to stay active and independent. Please sign up.

Tuesdays, January 4 & 18, 10 a.m. Fee: FREE

Senior Tech

Advances in technology helps us to age in place. Learn about devices and APPs and how to avoid SCAMS. Devices will be available as loaners.

Wednesday, January 5, 11:15 a.m. Fee: FREE

Crafter's Corner

Mary will take your crafting to another level. Our first project is a stylist clutch. Sponsored in part by the Charles County Arts Alliance.

Wednesday & Thursday, January 12 & 13, 10 a.m.
Fee: \$5

Green Thumb Club

Can't keep a plant alive? The Green Thumb Club will teach you how to care for plants for our own well-being. We will enjoy our earthing by caring for plants and planning our garden.

Tuesday, January 25, 12:45 p.m. Fee: FREE

Coffee, Conversation and Color

Relax by working through "How to Color Like an Artist" workbook. Limited supplies, sign up with staff by January 13. Sponsored in part by Charles County Arts Alliance.

Friday, January 28, 10:15 a.m. Fee: \$2

Special Programs

Winter Bingo

Join the Indian Head Senior Center Council for a fun interactive game of bingo. First card free.

Thursday, January 20, 9:30 a.m.
Fee: \$1 for additional cards.



Newcomer's Welcome

Welcome to the center! This time is focused on you, so bring us your questions. Coffee and pastries will be served.

Thursday, January 27, 9:30 a.m. Fee: FREE

Health & Fitness Programs

Tai Chi for Health Beginner's Class

"Learning Tai Chi is easy; to correct the bad habits of performing Tai Chi is difficult". This hour-long tai chi class teaches Tai Chi for Arthritis using Sun style Tai Chi.

Mondays & Fridays, 1 p.m. Fee: FREE

Jinjer & Total Body Conditioning

Join Jinjer for a total workout guaranteed to give you a good night's sleep.

Tuesdays & Fridays, 9:15 a.m. Fee: Fitness Card

AFEP (Arthritis Foundation Exercise Program)

This evidence-based program helps increase joint flexibility, range of motion and muscle strength.

Tuesdays & Thursdays, 11 a.m. Fee: FREE

Fitness w/Nate

Exercises designed to promote strength using weights and bands with Certified Fitness Specialist, Nate Schultz.

Wednesdays, 10:15 a.m. Fee: Fitness Card

Stress Relievers

Learn ways to relax.

Thursday, January 6, 10:30 a.m. Fee: FREE

Fitness w/Lamont

Cardio, circuit, and strength training.

Thursdays, 1 p.m. Fee: Fitness Card

Tai Chi Tea

Join the Tai Chi instructors for an afternoon of harmony and tranquility. This program is open to all Tai Chi students, please RSVP with your instructor by January 6. The tea will be held at the Indian Head Pavilion, 100 Walter Thomas Rd.

Thursday, January 13, 1 p.m. Fee: FREE

Fitness w/Brittany

Join Brittany as she shares a great workout and health benefits. This class replaces Nate's today only.

Wednesday, January 19, 10:15 a.m.
Fee: Fitness Card

FITNESS

Fitness Orientation

Schedule time with staff to learn how to use fitness machines and equipment.

Wednesday, January 19, 1 p.m. Fee: \$2

Ongoing Programs

Bingo

Every first, third and fifth Mondays.

Monday, January 31, 9:30 a.m.
Fee: Nickel/card

Information & Assistance w/Julie

Come out to hear current Medicare topics and local resources for Seniors in Charles County. Meet privately with Aging & Disability Resource Specialist, Julie Hammonds for additional assistance, by making an appointment. See Staff or calling 301-934-6737 for appointment.

Tuesday, January 11 & 25, 10 a.m. Fee: FREE

Sewing 101

You don't need to know how to sew to help with projects for the community. Project Linus is one of the many projects we support.

Monday, January 10 & 24, 9:30 a.m. Fee: FREE

Pastor Chris and Friends

Join Pastor Chris for a devotion and singing.

Tuesday, January 11, 1 p.m. Fee: FREE

Outdoor Programs

Tai Chi for Health: Advanced Class

This Tai Chi class will focus on 41 movements and Tai Chi principles. This an evidence-based class that focuses on muscle control, stability, balance, and flexibility. Bring your own water.

Mondays & Wednesdays, 9 a.m. Fee: FREE

MLK Remembrance

Review and comment on some of MLK's quotes, while listening to Civil Right songs.




Friday, January 14, 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards/Cards9:00 Tai Chi for Health9:00 Beginners Tai Chi for Health...1:00	Billiards/Cards9:00 Jinjer & Total Body Conditioning9:15 AFEP11:00	Billiards/Cards9:00 Tai Chi for Health9:00 Fitness w/Nate10:15	Billiards/Cards9:00 Canvas Painting10:00 AFEP11:00 Fitness w/Lamont1:00	Billiards/Cards9:00 Jinjer & Total Body Conditioning9:15 Beginners Tai Chi for Health...1:00
3 New Year's Holiday  All Centers Closed	4 Council Meeting.....9:30 Fresh Conversations10:00	5 Senior Tech Club 11:15	6 Stress Relievers10:30	7 Pokeno10:30
10 Sewing 1019:30	11 Information & Assistance w/Julie 10:00 Pastor Chris & Friends.1:00	12 Crafter's Corner10:00 Balloon Badminton.....1:00	13 Crafter's Corner 10:00 Tai Chi Tea1:00	14 MLK Remembrance10:30
17 MLK Day  All Centers Closed	18 Jewelry Club9:30 Fresh Conversations10:00 Scrabble1:00	19 Fitness Day w/Brittany 10:15 Fitness Orientation1:00	20 Winter Bingo9:30 Grocery Distribution...11:30 NO AFEP TODAY	21 Pokeno10:00
24 Sewing 101 9:30 Outdoor Circuit 1:15	25 Information & Assistance w/Julie 10:00 Green Thumb Club12:45	26 Book Club.....11:00 Cornhole.....1:00	27 Newcomer's Welcome ...9:30	28 Coffee, Conversation and Color10:15
31 Bingo.....9:30				

Book Club is BACK!

Are you missing your book club buddies? Do you miss the excitement from discussing or disagreeing with your buddies? 2022 will bring the book club back to the center. Charley Hobbs has ordered the book "Eternal" by Lisa Scottoline for our January read. This historical fiction follows the lives of three teenagers in Rome, during our worse time in history WWII. Books will be available at the center and the Potomac Branch Library.

Wednesday, January 26, 11 a.m. • Fee: FREE



NANJEMOY SENIOR/COMMUNITY CENTER

4375 Port Tobacco Rd • Nanjemoy, MD 20662 • 301-246-9612

Get your Latest SCOOP online!

Community Center

Fitness Room

The fitness room is open to those who have already completed the Fitness Room Orientation.

Monday-Friday, 8:30 a.m. - 4:30 p.m. Fee: FREE

Computer Lab

Billiard/Game Room

Monday-Friday, 8:30 a.m. - 4:30 p.m. Fee: FREE

Narcotics Anonymous

Tuesdays, 3 p.m. - 4 p.m.

Senior Council

Sweetheart Basket Raffle

Tickets are one for \$1 or six tickets for \$5. See Nanjemoy Senior Council for ticket sales.

Drawing: Wednesday, February 9

Fee: \$1 or \$5

Recreation Programs

Register for Recreation Programming online

at: <https://charlescountymd.myrec.com/info/default.aspx>

Moving and Grooving

Let your kids run, jump, and play to the sounds of music. We'll play short, exciting games to get your little ones moving and grooving. No supplies will be shared. Parent or guardian participation is required. Registration is available online only.

Wednesday, January 5 & 19, 10 a.m. Fee: FREE

Story Time

Come join us for a fun, interactive story and activities! We will read a story and do some interactive activities related to the story's theme. No supplies will be shared. Parent or guardian participation is required. Registration is available online only.

Wednesday, January 5 & 19, 11 a.m. Fee: FREE

Community Programs

Mobile Library

Borrow books, movies, tech every three weeks.

Tuesday, January 4 & 25, 11 a.m.-12 p.m.

Fee: FREE

Shop the Rack

Come "shop" our free community closet. Clothing is donated to the community center and is made available for free for those interested. Donations accepted; please call ahead to arrange drop off. Shop hours noted below.

Tuesdays, 1 - 4:30 p.m. &

Fridays, 8:30 a.m.-4:30 p.m.

Fee: FREE



Build a Puppy

January 21 is National Hug a Puppy Day. Enjoy your day off from school and make a flat, felt fabric puppy to be your own little buddy. Ideal craft for ages 4-10. Younger children may need assistance. Prior registration required. Limited availability.

Friday, January 21, 11 a.m.

Fee: FREE

Senior Center Programs

Senior Tech

Appointments now available Monday-Thursday. Request assistance with computer lab, printing, smart phones, etc. Appointment required minimum 24 hrs. in advance.

Monday-Friday, 8:30-11:30 a.m.

Fee: FREE

Artistic Aesthetics

Weekly project to express your creativity. Fee due at registration. Prior registration required. Limited availability.

Mondays, 1 p.m.

Sock Snowman, January 10

Fee: FREE

Pasta Tree, January 24

Fee: FREE

Cherry Tree Canvas, January 31

Fee: \$2

Line Dancing

Get your groove on with our new, instructor led, line dancing program. You bring the shoes; we'll bring the party!

Wednesdays, 10 a.m.

Fee: FREE

Nickel Bingo

Join us for a fun filled time playing Nickel Bingo each week.

Thursdays, 1 p.m.

Fee: \$.05 a card

Friday Films

Enjoy a movie and snacks with friends on the first and third Friday of each month.

Friday, January 7 & 21, 1 p.m.

Fee: FREE

Health Matters

Join us for our discussion on wellness. Topics range from physical, mental, and emotional health. Your Health Matters!

Wednesday, January 12 & 26, 1 p.m.

Fee: FREE

Warm & Cozy Bingo

Win warm and cozy prizes featuring gloves, socks, tea, mugs, and more. Prior registration required. Limited availability.

Friday, January 14, 1 p.m.

Fee: \$3

I & A with Julie

Come out to hear current Medicare topics and local resources for Seniors in Charles County. Meet privately with Aging & Disability Resource Specialist, Julie Hammonds for additional assistance, by making an appointment. See Staff or call 301-934-6737 for an appointment.

Thursday, January 20, 10 a.m. -12 p.m.

Fee: FREE

New Hope Community Grocery Giveaway

Stock your pantry with groceries. New Hope Community is providing an outreach event. Available first come, first serve.

Thursday, January 27, 11:30 a.m.

Fee: FREE

National Puzzle Day

January 28 is National Puzzle Day. Celebrate by designing your own puzzle.

Friday, January 28, 11 a.m.

Fee: FREE



In Season

Sample a dish and get the recipe for healthy produce that is currently in season.

Friday, January 28, 1 p.m.

Fee: FREE

Senior Fitness

Tai Chi for Arthritis

Improve balance, flexibility, and stability using the evidence-based program from the Tai Chi for Health Institute.

Mondays, 11 a.m.

Fee: FREE

Flex & Stretch

Total body workout focusing on body movement, balance, stretching and mobility.

Tuesdays, 10 a.m.

Fee: FREE

Total Body Conditioning

Standing and chair exercises for a whole-body workout to increase cardiovascular conditioning and flexibility. Move to a variety of music and use hand weights to increase strength.

Thursdays, 10 a.m.

Fee: FREE

Arthritis Foundation Exercise - AFEP

Use of gentle movements to help increase joint flexibility, range of motion, and muscle strength developed by the Arthritis Foundation.

Fridays, 10 a.m.

Fee: FREE

NANJEMOY SENIOR/COMMUNITY CENTER

4375 Port Tobacco Rd • Nanjemoy, MD 20662 • 301-246-9612

Senior Center Hours: 9 a.m.–3 p.m., Mon–Friday
Luncheon at Noon–Reservation/Registration Required

Reserve lunch by 10 a.m. the preceding day.

Community Center Hours:
8:30 a.m.–4:30 p.m., Mon–Friday

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards.....8:30 Computer Lab.....8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Walking Club.....9:00 Lunch.....12:00 Dominos.....1:00 Games/Puzzles.....1:00	Billiards.....8:30 Computer Lab.....8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Walking Club.....9:00 Lunch.....12:00 Dominos.....1:00 Games/Puzzles.....1:00	Billiards.....8:30 Computer Lab.....8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Walking Club.....9:00 Lunch.....12:00 Dominos.....1:00 Games/Puzzles.....1:00	Billiards.....8:30 Computer Lab.....8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Walking Club.....9:00 Lunch.....12:00 Dominos.....1:00 Games/Puzzles.....1:00	Billiards.....8:30 Computer Lab.....8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Walking Club.....9:00 Lunch.....12:00 Dominos.....1:00 Games/Puzzles.....1:00
3 New Year's Holiday  All Centers Closed	4 Coloring Group.....9:00 Flex & Stretch.....10:00 Mobile Library.....11:00 Fitness Fifteen.....11:15 What's the Word.....1:00 Shop the Rack.....1:00	5 Line Dancing.....10:00 <u>Recreation PreK Programs</u> Moving and Grooving...10:00 Story Time.....11:00	6 Total Body Conditioning.....10:00 Nickel Bingo.....1:00	7 Shop the Rack.....8:30 AFEP.....10:00 Friday Films.....1:00
10 Tai Chi.....11:00 <u>Artistic Aesthetics</u> Sock Snowman.....1:00	11 Coloring Group.....9:00 Flex & Stretch.....10:00 Fitness Fifteen.....11:15 What's the Word.....1:00 Shop the Rack.....1:00	12 Line Dancing.....10:00 Health Matters.....1:00	13 Total Body Conditioning.....10:00 Nickel Bingo.....1:00	14 Shop the Rack.....8:30 AFEP.....10:00 Warm & Cozy Bingo.....1:00
17 MLK Day  All Centers Closed	18 Coloring Group.....9:00 Flex & Stretch.....10:00 Fitness Fifteen.....11:15 What's the Word.....1:00 Shop the Rack.....1:00	19 Line Dancing.....10:00 <u>Recreation PreK Programs</u> Moving and Grooving...10:00 Story Time.....11:00	20 Total Body Conditioning.....10:00 I & A with Julie.....10:00 Council Subs Fundraiser.....1:00 Nickel Bingo.....1:00	21 Shop the Rack.....8:30 AFEP.....10:00 Build a Puppy.....11:00 Friday Films.....1:00
24 Tai Chi.....11:00 <u>Artistic Aesthetics</u> Pasta Tree.....1:00	25 Coloring Group.....9:00 Flex & Stretch.....10:00 Mobile Library.....11:00 Fitness Fifteen.....11:15 What's the Word.....1:00 Shop the Rack.....1:00	26 Line Dancing.....10:00 Health Matters.....1:00	27 Total Body Conditioning.....10:00 New Hope Community Grocery Giveaway.....11:30 Nickel Bingo.....1:00	28 Shop the Rack.....8:30 AFEP.....10:00 National Puzzle Day....11:00 In Season.....1:00
31 Tai Chi.....11:00 <u>Artistic Aesthetics</u> Cherry Tree Canvas.....1:00				

Special Programs

Photography Thru the Decades

Travel back in time and learn all about photography and its impact through the decades each week during the month of January. Try your skills and making a pinhole camera and the best Selfie ever!

Tuesdays, 1 p.m. Fee: FREE

Intro to Chess Class

Come learn how to play chess! You will learn how to move your pieces around the board, run practice games and have fun! Must register for class by January 18.

Monday, January 24 & 31, 1 p.m. Fee: FREE

Family Vision Board

Bring your children and grandchildren for this fun intergenerational program! Families will work together to create a vision board for 2022.

Friday, January 21, 2 p.m. Fee: \$2

Get Crafty

Join senior center staff monthly for new arts and crafts projects!

Wednesday, January 19 & 26, 1 p.m.

Fee: \$2/class

New Years' Bingo

Win non-cash, New Year's themed prizes and enjoy an afternoon of fun. Sponsored by the Waldorf Senior Center Council.

Wednesday, January 26, 10:30 a.m. Fee: FREE

Community

Let's Play Spades

Tuesday, January 4, 10:30 a.m. Fee: FREE

Pastor Chris & Friends

Worship time with old time hymns followed by a devotional. All are welcome!

Tuesday, January 4, 1 p.m. Fee: FREE

Coffee & Conversation

Curious about the Waldorf Senior Center? Join us for a cup of coffee, conversation, center tour and overview of programs.

Monday, January 10, 9:30 a.m. Fee: FREE

Charles County Mobile Library

The mobile library is a full-service library on wheels. Come check them out!

Tuesday, January 18, 9 a.m. Fee: FREE

Widow to Widow Support Group

Facilitated by Brenda Dubose.

Monday, January 31, 9:30 a.m. Fee: FREE

Tech Time

Appointments are available for help with basic computer and cell phone questions.

Mondays, 10:30 a.m. Fee: FREE

Senior Fitness

Zumba

Mondays, 9:30 a.m. Fee: Fitness Card

Thursdays, 11:30 a.m. Fee: Fitness Card

Yoga

Please bring your own mat, towel, and resistance bands if you have them.

Chair Yoga, Mondays, 10:30 a.m.

Fee: Fitness Card

Floor Yoga, Tuesdays, 10:30 a.m.

Fee: Fitness Card

Total Body Conditioning

This exercise uses a combination of chair exercises, bands, weight and stretching for a well-rounded workout.

Tuesdays and Thursdays, 9:30 a.m.

Fee: Fitness Card

Line Dancing

No line dance experience necessary.

Tuesdays, 11:30 a.m. Fee: Fitness Card

Tai Chi Practice

Join us as we practice forms already taught so we don't forget them! Please note, this is an informal Tai Chi class. Starts 1/11.

Tuesdays, 1 p.m. Fee: FREE

Basketball

Come shoot around and meet other basketball players while getting a cardio workout in!

Wednesdays, 10 a.m. Fee: FREE

Arthritis Foundation Exercise Program (AFEP)

Use of gentle movements to help increase joint flexibility, range of motion, and muscle strength.

Wednesdays, 10:30 a.m. Fee: FREE

Small Group Fitness

Wednesdays, 11:30 a.m. Fee: Fitness Card

Enhance Fitness

Mondays, Wednesdays, Fridays, 1 p.m.

Fee: FREE

Chair One Fitness (NEW!)

See page 14 for more details.

Thursdays, 1 p.m.

Fee: Fitness Card

Core and More (NEW!)

See page 14 for more details.

Fridays, 11 a.m.

Fee: Fitness Card

Meet the Trainer (NEW!)

See page 14 for more details.

Mondays and Fridays, 11 a.m. & 11:45 a.m.

Fee: Fitness Card

WSRC Fitness Room

The fitness room is open to those who have already completed the Fitness Room Orientation.

Weekdays, 9 a.m. to 4 p.m.

Fee: FREE

Fitness Room Orientation

Mandatory before first use of fitness room. Registration required.

Wednesday, January 5 & 19, 1 p.m. Fee: \$5

Arts & Music

Open Studio Art

Space available to work on any media of art without instruction. Coloring books and pencils available for use.

Tuesdays, 10 a.m.

Fee: FREE

Watercolors

Space available to work on watercolor art without instruction.

Thursdays, 10:30 a.m.

Fee: FREE

WALDORF BINGO THURSDAYS:

How It Works: Players must purchase sheets daily and only be used on date of purchase. There are 25 games to play, winnings determined by number of purchased players. Bingo card sales run from 9:30 a.m.- 10:15 a.m. **Bingo cards will not be sold after 10:15am.** Bills used to purchase bingo cards must be \$10 or less. Bingo play begins at 10:30 a.m. unless otherwise noted in the SCOOP.



Walking Club (NEW!)

Join your fellow seniors for a group walk with staff! If weather permits, we will walk outdoors.

Mondays, Wednesdays, Fridays, 10 a.m. • Fee: FREE

WALDORF SENIOR & RECREATIONAL CENTER

90 Post Office Road • Waldorf, MD 20602 • 240-448-2810

Hours: 9 a.m.–4 p.m., Monday–Friday
Luncheon at Noon–Reservation/Registration Required
Reserve lunch by 10 a.m. the preceding day.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness Room9:00 Racquetball9:00 Walking Club10:00 Cards & Games10:30 Pinochle11:00 Lunch12:00	Fitness Room9:00 Racquetball9:00 Open Studio Art10:00 Cards & Games10:30 Lunch12:00	Fitness Room9:00 Racquetball9:00 Walking Club10:00 Cards & Games10:30 Lunch12:00	Fitness Room9:00 Racquetball9:00 Cards & Games10:30 Pinochle11:00 Lunch12:00	Fitness Room9:00 Racquetball9:00 Walking Club10:00 Cards & Games10:30 Lunch12:00
3 New Year's Holiday  All Centers Closed	4 Total Body Conditioning9:30 Yoga10:30 Let's Play Spades10:30 Line Dancing11:30 Pastor Chris & Friends ... 1:00 Photography thru the Decades 1:00	5 Basketball10:00 AFEP10:30 Kitchen Convo11:30 Small Group Fitness11:30 Enhance Fitness1:00 Fitness Room Orientation1:00	6 Total Body Conditioning9:30 Watercolors10:30 Bingo10:30 Grocery Distribution... 11:30 Zumba11:30 Chair One Fitness1:00	7 Core & More11:00 Meet the Trainer... 11:00 & 11:45 Enhance Fitness1:00
10 Coffee & Convo9:30 Zumba9:30 Chair Yoga10:30 Tech Time10:30 Meet the Trainer... 11:00 & 11:45 Enhance Fitness1:00	11 Total Body Conditioning9:30 Yoga10:30 Line Dancing11:30 Photography thru the Decades 1:00 Tai Chi Practice1:00	12 Basketball10:00 AFEP10:30 Kitchen Convo11:30 Small Group Fitness11:30 Enhance Fitness1:00 Inspirations1:00	13 Total Body Conditioning9:30 Watercolors10:30 Bingo10:30 Intro to Pickleball11:00 Zumba11:30 Chair One Fitness1:00	14 Core & More11:00 Meet the Trainer... 11:00 & 11:45 Enhance Fitness1:00
17 MLK Day  All Centers Closed	18 Mobile Library9:00 Total Body Conditioning9:30 Yoga10:30 Line Dancing11:30 Photography thru the Decades 1:00 Tai Chi Practice1:00	19 Basketball10:00 AFEP10:30 Kitchen Convo11:30 Small Group Fitness11:30 Enhance Fitness1:00 Get Crafty1:00 Fitness Room Orientation1:00	20 Total Body Conditioning9:30 Watercolors10:30 Bingo10:30 Zumba11:30 Chair One Fitness1:00	21 Core & More11:00 Meet the Trainer... 11:00 & 11:45 Enhance Fitness1:00 Family Vision Board2:00
24 Zumba9:30 WSC Council Mtg9:30 Chair Yoga10:30 Tech Time10:30 Meet the Trainer... 11:00 & 11:45 Intro to Chess1:00 Enhance Fitness1:00	25 Total Body Conditioning9:30 Yoga10:30 Line Dancing11:30 Photography thru the Decades 1:00 Tai Chi Practice1:00	26 Basketball10:00 NewYears' Bingo10:30 AFEP10:30 Kitchen Convo11:30 Small Group Fitness11:30 Get Crafty1:00 Enhance Fitness1:00	27 Total Body Conditioning9:30 Watercolors10:30 Bingo10:30 Zumba11:30 Chair One Fitness1:00	28 Core & More11:00 Meet the Trainer... 11:00 & 11:45 Enhance Fitness1:00
31 Zumba9:30 Widow to Widow9:30 Chair Yoga10:30 Tech Time10:30 Meet the Trainer... 11:00 & 11:45 Enhance Fitness1:00 Intro to Chess1:00				

New Year, New YOU

Vowing to make a change? Resolved to make healthier choices? It takes 30 days to create a habit. Being active requires motivation and dedication. Committing to 1 or 2 classes a week or 20 minutes in the gym is a good way to start. Remember, health is wealth. Please let us know how we can help you make the changes possible to have you feeling your best.

All four of our senior centers offer a variety of classes and fitness equipment to assist you in your journey to wellness.

Not sure where to start? Call us!

Deborah Shanks • 301-609-5711

Nate Schultz • 240-448-2810



Tai Chi Tea

This event is open for all Tai Chi for Health and Tai Ji Quan students. The afternoon will include Tai Chi and Tai Ji Quan movements, Tai Chi principles and a traditional tea. Registration required.

Thursday, January 13th from 1 p.m. – 2:30 p.m.

Indian Head Village Green Pavilion; 100 Walter Thomas Rd.

NEW* Step Plus

Basic step aerobics with mat exercise

Cardio plus conditioning. Can be done with or without a step. This class will strengthen leg muscles and help with balance. We welcome instructor Pam Roberts and hope you will join her!

Richard R Clark Senior Center

Thursdays, 10 a.m.

Fee: FREE



Tap Dance Lessons

Dust off your tap shoes or just come in for the exercise. Learn the basics and let's get tappin!

Richard R Clark Senior Center

Tuesdays, 2 p.m. • Fee: FREE



Heart Full of Fitness

Fun, interactive heart health program coming to your senior center in February! Be on the lookout for more details.



Breathe Easy

Build lung capacity and relax!

This class takes breathing to a whole new level. Specific exercises designed to enhance lung performance and air volume. Accompanied with some stretches your body will thank you for.



Richard R. Clark Senior Center • Wednesdays, 10 a.m.

Fee: FREE

Core & More

This class will focus on the mid-section and back. Strength and stability exercises also great for posture.

Richard R Clark Senior Center

Fridays, 9:15 a.m.

Waldorf Senior & Rec Center

Fridays, 11 a.m.

Instructor: John Lewis

Fee: Fitness Card



Zumba

Dancing releases endorphins which in turn automatically lifts spirits and releases tension and stress. In Zumba dance, many different genres of music are played and specific choreographed moves are taught that are easy to follow.

Waldorf Senior & Rec Center

Mondays, 9:30 (Cali)

Thursdays, 11:30 (Jan)

Richard R. Clark Senior Center

Tuesdays, 11:30 (Jan)

Thursdays, 11:30 (Cali)

Fee: Fitness Card



Meet the Trainer

Do you want to start the New Year out right, but don't know where to begin? Fitness Specialist, Nate Schultz will try to answer any of your fitness related questions and work with you one-on-one to create a fitness routine for the New Year. Nate will take you through a set of fitness assessments and help you make personal goals. Registration required.

Waldorf Senior & Rec Center

Mondays and Fridays, 11 a.m. & 11:45 a.m.

Fee: Fitness Card

SENIOR CENTER MENU

1% or skim Milk is offered with all meals
All Juice is 100% Juice

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 New Year's Holiday  All Centers Closed	4 Chophouse Burger w/ Lettuce & Tomato Whole Wheat Bun Orange Glazed Carrots Party Harty Beans Pineapple Chunks Apple Juice	5 Curry Chicken Brown Rice Carrots and Green Beans Naan Flatbread Tangy Cherry Salad Pineapple Juice	6 Beef (1c.) and Rice (1c.) Roasted Broccoli Carrot Raisin Salad Fresh Apple Slices Orange Juice	7 Jerk Fish w/Mango Salsa Roasted Baby Carrots Dinner Roll Citrus Salad Grape Juice
10 Chicken Salad Sandwich on Brioche Bun Green Beans Roasted Red Skin Potatoes Grapes Apple Juice	11 Liver and Onions Brown Rice Stewed Tomatoes Corn Bread Mandarin Oranges Apple Juice	12 Asian Tuna Burger w/ Lettuce and Tomato Whole Wheat Bun Roasted Sweet Potatoes Green Beans Mandarin Oranges Orange Juice	13 Balsamic Chicken 3 Bean Salad California Blend Vegetables Biscuit Fruit Cocktail Fruit Punch Juice	14 Pork Chop Au Gratin Potatoes Collard Greens Cornbread Pineapple Chunks Pineapple Juice
17 Martin L. King Jr. Day  Senior Centers Closed	18 Chicken Mushroom & Brown Rice Malibu Blend Vegetables Whole Wheat Dinner Roll Diced Mangos Orange Juice	19 Beef Tacos (2) Seasoned Rice Roasted Broccoli Apple Sauce Apple Juice	20 BBQ Baked Chicken Mashed Potatoes Roasted Squash Dinner Roll Raisins Grape Juice	21 Salmon w/ Lemon Dill Sauce White Rice Broccoli Wheat Dinner Roll Grapes Pineapple Juice
24 Ginger Lime Chicken Mashed Sweet Potato Broccoli Dinner Roll Mandarin Oranges Apple Juice	25 Chicken Marsala Parsley Potatoes Roasted Carrots Whole Wheat Bread Apricots Apple Juice	26 Lemon Pepper Tilapia Lemon Parsley Rice Green Beans w/ Tomatoes Breadstick Peaches Fruit Punch Juice	27 Ground Turkey Meat Sauce Whole Wheat Spaghetti & Mozzarella Cali. Blend Vegetables Breadstick Raisins Grape Juice	28 Baked Tuna Fish Cuban Black Beans White Rice Tomato Salad Whole Wheat Roll Applesauce Pineapple Juice
31 Lemon Garlic Baked Cod Roasted Tomatoes Mashed Potatoes Dinner Roll Raisins Fruit Punch Juice				

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–Friday
Waldorf Senior Center Monday–Friday

For those days where potatoes, corn, beans, and/or peas are used for the starch component of the meal, an additional starch such as bread, crackers, or muffins will be 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.



www.CharlesCountyMD.gov



Department of Community Services

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

About Charles County Government

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. 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.

It is the policy of Charles County to provide equal employment opportunity to all persons regardless of race, color, sex, age, national origin, religious or political affiliation or opinion, disability, marital status, sexual orientation, genetic information, gender identity or expression, or any other status protected by law.

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 and Charles County Senior Center Facebook Page. Call 301-934-9305 or 301-870-3388 and immediately press extension 5197 for delays and cancellation listings.

Let's Explore 2022

Trips sponsored by Action Travel Tours 301-645-1770

2022 Trip List – Dates subject to change based on vendor confirmation

A Message from Travel Leaders/Action Travel Tours: Travel has returned! Happy Holidays... We have a full itinerary of longer domestic and international trips for 2022. Please call to make your reservation if you are like me and are ready to return to safe travel. **** 2N1 Sponsored Trip**

Looking Towards 2022

March 31, 2022: Cherry Blossom Luncheon Cruise and MGM Casino or Outlets. –

Take in the sights and sounds that DC has to offer as you sail the Potomac River dressed in beautiful pink cherry blooms. Then try your luck in the fabulous MGM casino or find a deal at the Tanger Outlets

April 24 – May 1, 2022: American Queen Mississippi Cruise Memphis to New Orleans.

The Lower Mississippi River has stories to share – a legacy that flows from Memphis to the Gulf of Mexico. Embark on more than just a cruise, and return with more than memories: experience, understanding, an enlightened perspective. Let us introduce you to the American South and show you all the great sights and port cities as we cruise the legendary Mississippi river between Memphis to New Orleans. A new chapter awaits as we cruise around each river bend.

**May 23-30, 2022: California Dreamin' Monterey, Yosemite, and Napa. Optional 2 Night San Francisco Post Tour Extension.

This is a leisurely travel itinerary that is the essence of Northern California, from fine wine and freshly caught seafood to vibrant cities and nature on an epic scale. Discover Monterey's Fisherman's Wharf and Sacramento's Old Town. Witness the stunning views along 17 Mile Drive. Marvel at the unspoiled beauty of Yosemite National Park. From \$3,009 per person double occupancy including air from BWI

May 29, 2022: Kennedy Center Memorial Day Choral Concert and Lunch. –

Music Celebrations Int'l, American Veterans Center and the US Air Force Band present a Memorial Day Choral Festival honoring veterans past and present who have sacrificed so much. Celebrate the true meaning of Memorial Day honoring those who have served with rousing patriotic music. Prior to the 3pm concert we will enjoy a delicious lunch at the Alexandria Fish Market.

June 13-17, 2022: Action Travel Tours' 35th Annual Mystery Trip, Third Time is a Charm. –

Add a little adventure to your life... Sign up for the original Southern Maryland Mystery Trip and travel with Action Travel Tours to a destination unknown. Help us celebrate 35 years of Mystery Itineraries, Friendships and Memories!! First Clue: We won't be going to 2019's Mystery Destination of Salem, Rockport and Gloucester, MA.

July 9-19, 2022: Oberammergau Passion Play and Danube Explorer River Cruise Mayflower Tours. THIS DATE IS SOLD OUT. PLEASE CALL FOR OTHER AVAILABILITY.

This is a once in a lifetime opportunity to see the Play and sail Emerald Cruises on the Danube. Mayflower Tours is offering the coveted Passion Play tickets along with a land stay and Danube River Cruise through Hungary, Slovakia, Austria, and Germany from \$5249 per person double occupancy

NEW**July 17-24, 2022: Montana and Glacier National Park with Mayflower Tours.

The awesome grandeur of Glacier National Park is on display from the comfort of a historic Red Bus travelling along the legendary Going-to-the-Sun Road. Cruise through Waterton Lakes National Park and follow in Lewis and Clark's footsteps to the Gates of the Mountains.

