

The SCOOP

Charles County's Senior Center News



•—————HAPPY—————
VALENTINE'S
DAY—————•



FEBRUARY 2022

www.CharlesCountyMD.gov

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.



February Holidays

Senior Centers will be closed on Monday, February 21, in observance of President's Day.



Caregivers Corner

Practicing Self-Love and Self-Care

A common theme of February is love. However, that doesn't necessarily mean a romantic love. As a caregiver, it's important to practice self-love and self-care in order to be the best version of you. You've heard the common phrase "you can't pour from an empty cup" and that's absolutely true for caregivers. Let's focus on three things this month:

- 1. Take Responsibility** for your health and well-being. A healthy caregiver will be less stressed and able to provide better care to a loved one.
- 2. Replace Negative Self-Talk** such as "I'm not helping them enough" to identifying something positive in the day like "I made my loved one a great breakfast that they enjoyed".
- 3. Have "You" Time.** Schedule that "you" time just as you would with any other appointment. It can be dinner with a friend, a personal care appointment, exercise or even just 15 minute to enjoy your morning coffee. 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 lovingmeditations.com

The next Caregivers Support group will meet in-person on Wednesday, February 23, 2022 2:00pm at the Richard R. Clark Senior Center.

Adult Guardianship Review Board

IMPORTANT ANNOUNCEMENT



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.

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.

February 3	Waldorf Senior & Rec Center
February 10	Clark Senior Center
February 17	Indian Head Senior Center
February 24	Nanjemoy Senior Center

Living Well Programs offered by your Charles County Senior Centers

As we start 2022 focus on a Restart and Renew a Road to Recovery!!! We can start the road to recovery and renewing by living well. The programs listed below gives you the opportunity to learn about tools that will help you and your loved ones to live a fully engaged life.

- **Diabetes Self-Management Program** – Tuesdays, March 1st through April 5th from 9:30 a.m. to noon at the Richard R. Clark Senior Center in LaPlata. This six-week workshop is recommended for people who are pre-diabetic or have type 2 Diabetes. After participating in this workshop in the Spring of 2021 senior Sharon O. says this is the first time in 20 years her A1C was below 7. This workshop is designed to give tools to help individuals to reduce their A1C and reduce complications associated with Diabetes. Senior Sandra C. says after participating in the workshop she can sleep better.
- **Chronic Disease Self-Management Program** – Thursdays, August 25th through September 29th from 9:30 a.m. to noon at Nanjemoy Community Center in Nanjemoy. This six-week workshop is recommended from individuals with any ongoing health conditions, such as COPD, Hypertension, Heart issues, Diabetes, PTSD, and others. This interactive workshop teaches you tools that will help you improve your health and have fewer sick days.
- **Building Better Caregivers** – date and location to be determined. This six-week workshop is designed for individuals caring for family members who are unable to care for themselves. The workshop offers mutual support and offer tools that will build the caregivers confidence in managing the health of their loved ones while maintaining a fulfilling life.
- **Tai Ji Quan** – Tai Ji Quan: Moving for Better Balance® (TJQMBB) is a research-based balance training regimen designed for older adults at risk of falling and people with balance disorders. Tai Ji Quan addresses common, but potentially debilitating, functional impairments/deficits. Dates & times of classes will be published in the SCOOP calendars.
- **Enhanced Fitness** – Mondays, Wednesdays, and Fridays at 1 p.m. at the Waldorf Senior & Rec Center. EnhancedFitness, a low-cost, evidence-based group exercise and falls prevention program, helps older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives.

• **Walk with Ease** – The Arthritis Foundation's program that is proven to reduce the pain of arthritis and improve your overall health. No matter if you need relief from arthritis pain or just want to be active, the Arthritis Foundation's six week Walk With Ease program can teach you how to safely make physical activity part of your everyday life. The program includes a guidebook and a walking schedule to get you safely moving toward better health. Class days and times will be published in the SCOOP.

• **Arthritis Foundation Exercise Program** – (AFEP) is a low-impact recreational exercise program that incorporates a brief educational component. The class objective is to improve functional ability, self-confidence, self-care, mobility, muscle strength, and coordination. AFEP also has a goal to reduce fatigue, pain, and stiffness.

These Evidenced Base programs have been tested and the outcomes of each workshop have improved the lives of many individuals. To register for any of these workshops or obtain additional information contact Cynthia Simmons, Indian Head Senior Center Coordinator 301 743-2125; Angela Deal, Community Health Educator at CC Health Department at 301-609-6931; or Debi Shanks, Health Promotion & Physical Fitness Coordinator, 301-609-5711.



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.



COVID Vaccines

Third Doses	Boosters
Who? People whose immune systems did not have a strong response to the initial vaccines	Who? People at higher risk for getting COVID
What? Third doses of Pfizer and Moderna vaccines that are the same as the first two doses	What? A booster dose can be from any of the three vaccines
When? No sooner than 28 days after the second dose	When? Pfizer and Moderna: 6 months after your second dose J&J: 2 months after your first shot

Visit charlescountycovid.org



Black History Month

Black History in Charles County, MD

In the February 2021 SCOOP, we started a journey to explore and honor African American history and heritage in Charles County, Maryland. Last year we learned about Josiah Henson and his journey from slavery to freedom. This year, we invite you to learn more about the Pomonkey Historic District.

Pomonkey Historic District

The district is notable as a historically African American commercial enclave, which served that segment of the community during the early twentieth century when many local institutions and commercial establishments were segregated. The early schools in the area were segregated, as well, and served the county's black students into the late twentieth century.

The district is composed of three educational buildings, a church and associated cemetery, two commercial buildings, two social halls, and a funeral home. There also are three residences in the district, which are included because of their association with one of the institutions (church, store, funeral home). The contemporary residential development of the Sarah Manor subdivision (Ed Court), which includes six single family residences, is located on the south side of Metropolitan Church Road near its intersection with Livingston Road. This development is a non-contributing element within the historic district. Information taken from the explorecharlescounty.com.

What is SHIP?

The State Health Insurance Assistance Program (SHIP) provides free individualized information, education and unbiased counseling to Medicare beneficiaries and their families regarding Medicare health insurance and related programs. SHIP is located within Charles County Government, Department of Community Services, Aging and Human Services Division. We strive to educate our residents in making informed health care decisions and to get the most value for their health insurance dollars.

SHIP is a federally funded grant program administered by the Maryland Department of Aging on behalf of the Administration for Community Living and the Centers for Medicare & Medicaid Services. Each State and US territory offers a SHIP program. Staff and volunteers are trained and certified, to provide you with the most up-to-date information regarding Medicare benefits and other health insurance options. We can be reached at 301-609-5712 and 301-934-0118.

SHIP can help:

- Provide educational materials, brochures, etc.
- Teach beneficiaries to assess their needs and navigate the enrollment process
- Review and evaluate plan options and pricing
- Provide speakers and presentations for community groups
- Screen for financial assistance available through State and local resources
- Understand Medicare, your rights, filing claims and appeals for services



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.



SCOOPs can be mailed to your home!

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.

WHAT'S NEW

What's New with Medicare?

New cost, new coverage, new preventative services.

Let's talk about benefits in 2022.

Waldorf Senior & Rec Center

Tuesday, February 8, 10:30 a.m. Fee: FREE

Richard R. Clark Senior Center

Thursday, February 24, 11 a.m. Fee: FREE

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 based on the current local spread of the COVID-19 virus and with consideration of all safety guidelines. Please call Senior I&A office for updates regarding this program.

How to prepare for your appointment: Valid photo ID and SSN, prior year tax return, 2021 property tax bill, all 1099 and W-2 forms. **Please be advised** intake forms and stimulus payment forms will need to be picked up and completed prior to your appointment.

CLARK SENIOR CENTER

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

Get your Latest *SCOOP* online!

Community

Charles County Mobile Library

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

Wednesday, February 2 & 23, 10 a.m.- Noon

Fee: FREE

Hot Cocoa Bar

We'll have hot cocoa with all the yummy toppings. Come enjoy a cup on us!

Thursday, February 3, 10 a.m. Fee: FREE

Conversation & Trivia

Join senior center staff and participants for conversation and fellowship!

Thursdays, February 3 & 17, 10 a.m. Fee: FREE

Fireside Chat with Louise Webb

Celebrate Black History Month with a fireside chat with Louise Webb. She will talk about her life growing up on a farm in Southern Maryland.

Tuesday, February 8, 10 a.m. Fee: FREE

Black History Movie Day

Join us for the featured film "Loving" about the first interracial couple to get legal status of marriage. Popcorn will be provided, but feel free to bring your own movie snacks.

Wednesday, February 9, 10 a.m. Fee: FREE

Clark Centers' Gospel Choir Performance

The choir will be singing a selection of Black History Gospel Hymns for your enjoyment.

Wednesday, February 9, 2 p.m. Fee: FREE

Black History Trivia Day

Join staff Aryn, and Debbie, for some Charles County Black History Trivia. We invite you to bring your own trivia to share.

Thursday, February 10, 10 a.m. Fee: FREE

Widow to Widow Support Group

Monday, February 14, 1 p.m. Fee: FREE

Valentine's Party

Come alone or bring your sweetheart and enjoy a tasty lunch and some great dancing music, provided by the Bucket List Band.

Tuesday, February 15, 10:30 a.m. Fee: \$5/60 and older, \$7/59 and younger.

Heart Healthy Nutrition Hacks

February is Heart Health Month. Join Charity Haynes, Nutritionist to discuss some heart healthy nutrition hacks that can help keep your heart "on beat" and your new year moving in a great direction.

Friday, February 18, 10:30 a.m. Fee: FREE

Senior Safety

Join Cpl Mark A. Bourgeois from the Charles County Sheriff's Office to learn about home safety, security, safety in public, & much more!

Tuesday, February 22, 11 a.m. Fee: FREE

What's New with Medicare

Join Desiree to find out what's new with Medicare and get answers to those frequently asked questions.

Thursday, February 24, 11 a.m. Fee: FREE

Drop-In Sewing

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

Monday, Wednesday, and Thursday, 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.

Tuesday, 10 a.m. Fee: FREE

Guitar Jam

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

Tuesday and Friday, 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

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

Wii Bowling

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

Fridays, 11 a.m. Fee: FREE

Classes

Jewelry Club Class

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

Wednesday, February 2 & 16, 10 a.m.

Fee: FREE

Learn to make your own Greeting Cards

Carol Hickey will walk you through how to create your own unique greeting cards. All materials provided.

Wednesday, February 23, 10 a.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, February 9 & 23, 10:00 a.m.

Fee: \$5

Stepping up your Nutrition

See page 14 for details.

Thursday, February 17, 1 p.m. Fee: FREE

Core & More

This class will focus on the mid-section of the body for stability and strength in your abdominal and back muscles.

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

Valentines Quill Art Class

Learn how to make a basic valentine's quill art design using paper. Sign up and pay in the program office.

Wednesday, February 2, 1:30 p.m.

Fee: \$2



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 Sewing Room OPEN.....9:30 Creative Coloring.....10:00 2N1 Social Club.....10:00 Duplicate Bridge10:00 Pokeno11:00 Fitness Total Body Conditioning.....9:00 Yoga10:00 Guided Meditation11:00 Drums Alive1:00	Billiards.....9:30 Stained Glass9:30 Quilting Class.....9:30 Guitar10:00 Cards & Games10:00 Lunch12:00 Fitness Strength Training.....9:00 Flex & Stretch.....10:00 Zumba11:30 Line Dance1:00 Beginner Tap2:00	Billiards.....9:30 Sewing Room OPEN9:30 Crochet/Knitting.....9:30 Acy Deucey.....10:00 Creative Coloring.....10:00 Lunch12:00 Fitness Powder Puff Billiards.....1:00 Gospel Choir.....2:00 Small Group Fitness9:00 Breathe Easy10:00 Gentle Yoga10:30 Chair Yoga11:30 AFEP1:00	Billiards.....9:30 Sewing Room OPEN9:30 Pokeno11:00 Lunch12:00 Reflections.....1:00 Fitness Strength Training.....9:00 Zumba11:30 Flex & Stretch.....1:00	Billiards.....9:30 Project Linus9:30 Open Paint Session10:00 Guitar10:00 Wii Bowling.....11:00 Fitness Core & More.....9:15 Total Body Conditioning.....10:00 AFEP11:00
	1	2 Jewelry Club Class.....10:00 Mobile Library10:00 Valentines Quill Art1:30	3 Conversation, Trivia & Hot Cocoa Bar10:00 Reflections.....1:00	4 Hand & Foot Canasta10:00
7 Creative Coloring.....10:00	8 Flex & Stretch.....10:00 Fireside Chat with Louise Webb10:00	9 Fitness Orientation10:00 Black History Movie10:00 Clark Council Meeting.....1:00 Gospel Choir Black History Performance2:00	10 Black History Trivia10:00 Grocery Distribution11:30	11 Open Paint Session10:00 Project Linus Make a Blanket Day10:00
14 Widow to Widow1:00	15 Valentine's Party10:30	16 Jewelry Club Class.....10:00	17 Conversation & Trivia ...10:00 Stepping up your Nutrition1:00	18 Project Linus Meeting ..10:00 Heart Healthy Nutrition Hacks.....10:30
21 Presidents Day  All Centers Closed	22 Strength Training.....9:00 Senior Safety.....11:00	23 Fitness Orientation10:00 Mobile Library10:00 Learn to Make Greeting Cards10:00 Caregivers Support Group2:00	24 What's New with Medicare11:00	25 Hand & Foot Canasta10:00
28 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.

Special Programs

Black History Month Kick-off

The 2022 theme for Black History Month is Black Health and Wellness. Our programs this month will focus on health and wellness. Challenge yourself to incorporate changes in your life this year.

Thursday, February 3, 11 a.m. Fee: FREE

Wear Red

Raise awareness of heart disease in women by wearing red. Whether it's lipstick, a dress, pants, a scarf, or hat, let's paint the center RED.

Friday, February 4, 11 a.m. Fee: FREE

Love Cruise – Jewelry

Make a nautical bracelet or necklace.

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

Love Cruise – Towel Sculptures

Towels sculptures tell the tales of the sea. Learn how to sculpt towels. Sponsored by the Charles County Arts Alliance. Limited to ten.

Tuesday, February 15, 1 p.m. Fee: \$5

Love Cruise - Show

Debark to the Indian Head Pavilion where DJ Swagg Money and Brittany will rock the ship with dance and music. Lunch will be catered, so purchase your ticket before Wednesday, February 9th.

Wednesday, February 16, 10 a.m. Fee: \$5

Hand Massages

Please sign-up for this popular program.

Thursday, February 24, 1 p.m. Fee: FREE

get motivated

FITNESS

Health & Fitness Programs

Tai Chi for Health Beginner's Class

This hour-long tai chi class teaches Tai Chi for Arthritis using Sun style Tai Chi. This class will focus on muscle control, stability, balance, and flexibility.

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

Fresh Conversations

The discussion will focus on foods known to help prevent some medical conditions.

Tuesdays, February 1 & 15, 10 a.m. Fee: FREE

Jinjer & Total Body Conditioning

Ready for a fun work-out that includes dance steps? Join Jinjer for a total workout guaranteed to give you a good night's sleep.

Tuesdays & Thursdays, 9:15 a.m.

Fee: Fitness Card

Fitness w/Nate

Exercises to promote strength with Certified Fitness Specialist, Nate Schultz.

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

Seated Yoga

Let me introduce you to Alessandra Poroj. A woman of color who resigned from a 20-year career to find that mind-body-spirit connection to save herself. Alessandra is a 200-hour yoga instructor, a yoga restorative instructor, and a Reiki and Thai foot massage practitioner. This class is limited to ten with a 3-month commitment.

Fridays, 9 a.m. Fee: \$5 per class



African Dance and Health w/Debi

See Page 14 for description.

Wednesday, February 9, 12:45 p.m. Fee: FREE

Teatime Thursday

Enjoy a cup of Rooibos tea originated from South Africa, while learning the health benefits.

Thursday, February 10, 1 p.m. Fee: FREE

Fitness w/Lamont

Cardio, circuit, and strength training.

Thursdays, 1 p.m. Fee: Fitness Card

Fitness Orientation

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

Wednesday, February 23, 1 p.m. Fee: \$2

Ongoing Programs

Senior Tech

Wednesday, February 2, 11:15 a.m. Fee: FREE

Bingo

The first, third and fifth Mondays for a nickel.

Monday, February 7, 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, February 8 & 22, 10 a.m. Fee: FREE

Pastor Chris and Friends

Join Pastor Chris for a devotional and familiar hymn.

Tuesday, February 8, 1 p.m. Fee: FREE

Coffee, Conversation & Color

Sponsored in part by Charles County Arts Alliance.

Friday, February 11, 10:15 a.m. Fee: \$2



Book Club

Project Hail Mary by Andy Weir is a novel about a last chance effort to save earth. However, Ryland

Grace has lost his memory, therefore he doesn't know his mission, his crew is dead and he's light years away from home. Now what?

Wednesday, February 23, 11 a.m. Fee: FREE

Green Thumb Club

As we come to the close of Black History Month we are focusing on gardening aids in our mental & physical growth. Help plan our spring garden. Weather permitting, we will prepare the soil. Bring gloves.

Friday, February 25, 10:15 a.m. Fee: FREE

Sewing 101

Make a difference in a child's life. Project Linus blankets are be taken to the Howard University Medical Center pediatric ward. We support the Project Linus Chapter at Clark. No sewing experience is necessary, just an attitude of sharing and caring.

Monday, February 14 & 28, 9:30 a.m.

Fee: FREE

Outdoor Programs

Tai Chi for Health

This hour-long class is held around Indian Head's Village Green fountain. This evidence-based Tai chi class is for students who practice the 41 movements.

Mondays & Wednesdays, 9 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
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Billiards/Cards9:00 Tai Chi for Health9:00 Beginners Tai Chi for Health...1:00	Billiards/Cards9:00 Jinjer & Total Body Conditioning9:15 AFEP11:15	Billiards/Cards9:00 Tai Chi for Health9:00 Fitness w/Nate10:15	Billiards/Cards9:00 Jinjer & Total Body Conditioning9:15 Canvas Painting10:00 AFEP11:15 Fitness w/Lamont1:00	Seated Yoga9:00 Billiards/Cards10:00 Beginners Tai Chi for Health1:00
	1 Council Meeting9:30 Fresh Conversation10:00	2 Senior Tech Club11:15	3 Black History Month Kick-off11:00	4 Wear Red11:00
7 Bingo9:30	8 Information & Assistance w/Julie10:00 Pastor Chris & Friends.....1:00	9 African Dance and Health w/Debi12:45	10 Teatime Thursday1:00	11 Coffee, Conversation & Color10:15
14 Sewing 1019:30	15 Love Cruise Welcome9:10 Fresh Conversation10:00 Love Cruise – Jewelry...11:00 Love Cruise – Towel Sculptures1:00	16 Love Cruise Show10:00	17 Love Cruise Trivia10:00 Mobile Library11:00 Grocery Distribution11:30	18 Love Cruise Sports Deck10:15
21 Presidents Day  All Centers Closed	22 Information & Assistance w/Julie10:00	23 Book Club11:00 Fitness Orientation1:00	24 Hand Massages1:00	25 Green Thumb Club10:15
28 Sewing 1019:30				

THE LOVE CRUISE EMBARKMENT

Join Captain Simmons and the Crew of H.M.S. Indian Head Love Cruise, destination: Hawaii, for exciting activities during the week of February 14th. The crew will welcome you on Tuesday for nautical jewelry classes and towel sculptures. Wednesday we will deboard to the Pavilion for the Captain's Show and catered meal. More excitement is on the main deck for some cruise trivia on Thursday. Our final day we will spend time on the sports deck. Wear nautical clothing for the show and don't forget to sign up with staff for all activities. Activities will take place between February 15 and February 18.

Tuesday, February 15, 9:10 a.m. • Fee: \$2 to \$5 depending on activity



NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest *SCOOP* online!

Community Programs

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

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

Narcotics Anonymous

Tuesdays, 3 p.m. – 4p.m.

Mobile Library

Borrow books, movies, tech every three weeks.

Wednesday, February 16, 10:30 a.m.-12 p.m. Fee: FREE

Squishie Heart Art

Take advantage of the early dismissal and enjoy a free kids craft. Kids can decorate a squishie heart just in time for Valentine's Day. Prior registration required. Limited availability.

Friday, February 11, 3 p.m. Fee: FREE

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.

Wednesdays, February 2 & 16, 10-10:45 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.

Wednesdays, February 2 & 16, 11-11:45 a.m. Fee: FREE

Senior Center Programs

Health Matters: Living Heart Healthy

February is Heart Health month. Learn about "Living Heart Healthy" from the American Heart Association.

Wednesday, February 2, 1 p.m. Fee: FREE

Football Fan Bingo

Get ready for the Superbowl! Wear your favorite team's swag and play bingo for a chance to win game day treats. Prior registration required. Limited availability.

Friday, February 4, 1 p.m. Fee: \$3

Artistic Aesthetics

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

Mondays, 1 p.m.

Paper Rose Bouquet, February 7 Fee: FREE

We are Beautiful Black History Month

Painting, February 28 Fee: FREE

Friday Films: Black History Month

Enjoy a movie and snacks with friends on the second and fourth Friday of each month.

Fridays, 1 p.m.

"Hidden Figures," February 11 Fee: FREE

"Harriet," February 25 Fee: FREE

Valentine's Day Jewelry Swap

Bring in your gently used costume jewelry and swap it for another beautiful piece.

Monday, February 14, 1 p.m.

Fee: Bring Jewelry to Swap

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, February 17, 10 a.m. -12 p.m.

Fee: FREE

In Season

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

Friday, February 18, 1 p.m. Fee: FREE

Stepping Up Nutrition

See pg. 14 for full description.

Wednesday, February 23, 1 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, February 24, 11:30 a.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

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

Arthritis Foundation Exercise - AFEP

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

Thursdays, 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.

Fridays, 10 a.m.

Fee: FREE

Senior Council

St. Patty's Day Basket

Raffle Ticket Sales

Tickets are one for \$1 or six tickets for \$5.

See Nanjemoy Senior Council for ticket sales.

Drawing: Wednesday, March 16

Fee: \$1 or \$5



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 Lab8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Walking Club.....9:00 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00	Billiards.....8:30 Computer Lab8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Walking Club.....9:00 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00	Billiards.....8:30 Computer Lab8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Walking Club.....9:00 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00	Billiards.....8:30 Computer Lab8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Walking Club.....9:00 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00	Billiards.....8:30 Computer Lab8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Walking Club.....9:00 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00
	1 Coloring Group9:00 Flex & Stretch.....10:00 Fitness Fifteen.....11:15 What's the Word.....1:00 <u>Community Center Program</u> Shop the Rack1:00	2 Line Dancing10:00 Health Matters: Living Heart Healthy.....1:00 Recreation PreK Programs Moving and Grooving...10:00 Story Time11:00	3 AEFP10:00 Nickel Bingo.....1:00	4 Total Body Conditioning.....10:00 Football Fan Bingo1:00 Community Center Program Shop the Rack8:30
7 Senior Council Meeting10:00 Tai Chi11:00 <u>Artistic Aesthetics</u> Paper Rose Bouquet.....1:00	8 Coloring Group9:00 Flex & Stretch.....10:00 Fitness Fifteen.....11:15 What's the Word.....1:00 <u>Community Center Program</u> Shop the Rack1:00	9 Line Dancing10:00 Council Raffle Drawing Senior Council Sweetheart Basket Raffle Drawing ...1:00	10 AEFP10:00 Nickel Bingo.....1:00	11 Total Body Conditioning.....10:00 Friday Films: Hidden Figures1:00 Community Center Programs Shop the Rack8:30 Squishie Heart Art3:00
14 Tai Chi11:00 Valentine's Day Jewelry Swap1:00	15 Coloring Group9:00 Flex & Stretch.....10:00 Fitness Fifteen.....11:15 What's the Word.....1:00 <u>Community Center Program</u> Shop the Rack1:00	16 Line Dancing10:00 Recreation PreK Programs Moving and Grooving...10:00 Story Time11:00 <u>Community Center Program</u> Mobile Library.....10:30	17 AEFP10:00 I & A with Julie10:00 Council Subs Fundraiser ..1:00 Nickel Bingo.....1:00	18 Total Body Conditioning.....10:00 In Season1:00 Community Center Program Shop the Rack8:30
21 Presidents Day  All Centers Closed	22 Coloring Group9:00 Flex & Stretch.....10:00 Fitness Fifteen.....11:15 What's the Word.....1:00 <u>Community Center Program</u> Shop the Rack1:00	23 Line Dancing10:00 Stepping Up Your Nutrition1:00	24 AEFP10:00 Nickel Bingo.....1:00 New Hope Community Grocery Giveaway.....11:30	25 Total Body Conditioning10:00 Friday Films: Harriet.....1:00 Community Center Program Shop the Rack8:30
28 Tai Chi11:00 <u>Artistic Aesthetics</u> We are Beautiful Black History Month Painting ..1:00				

WALDORF SENIOR & RECREATIONAL CENTER

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

Get your Latest *SCOOP* online!

Special Programs

Black History Month Trivia

Tuesday, February 1, 10:30 a.m. Fee: FREE

Spending Time on ME!

Enjoy a relaxing facial and learn some special tips on how important it is for you to spend ME TIME on yourself! Games & special prizes during the fun! Refreshments will be served. Pre-registration required by Tuesday, 2/1.

Friday, February 4, 10 a.m. Fee: \$5

African Dance and Nutrition

See page 14 for more details.

Monday, February 7, 11:30 a.m. Fee: FREE

What's New with Medicare?

Join Joyce to find out what's new with Medicare and get answers to those frequently asked questions.

Tuesday, February 8, 10:30 a.m. Fee: FREE

Family Fitness: Winter Olympics Edition

Bring your children and grandchildren for this fun intergenerational program! Families will play Minute-to-Win-It style games and end the program with a huge, friendly SNOWBALL fight!

Friday, February 11, 2:30 p.m. Fee: FREE

Valentine's Bingo

Win non-cash, love themed prizes, and enjoy a morning of fun. Sponsored by the Waldorf Senior Center Council.

Tuesday, February 15, 10:30 a.m. Fee: FREE

Poetry Slam

Have a love for poetry? Join us and perform spoken poetry (original work or simply poems you love written by others!). All are invited! Don't want to speak? That's ok! Join us to listen along.

Friday, February 18, 10 a.m. Fee: FREE

Stepping Up Your Nutrition

See page 14 for more information.

Thursday, February 24, 10:45 a.m. Fee: FREE

Community

Let's Play Spades

Tuesday, February 1, 10:30 a.m. Fee: FREE

Pastor Chris & Friends

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

Tuesday, February 1, 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, February 7, 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, February 8, 9 a.m. Fee: FREE

CPR/First Aid Training

This CPR course is designed to provide the fundamental skills and confidence to perform CPR and First Aid on adult, children, or infants. Pre-registration required by Thursday, 2/17.

Tuesday, February 22, 9:15 a.m.-Noon

Fee: \$25

Widow to Widow Support Group

Facilitated by Brenda Dubose.

Monday, February 28, 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

Kitchen Convos

Join Lisa, our Nutrition Aide, as she talks about a variety of different kitchen topics!

Wednesdays, 11:30 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!

Tuesdays & Thursday, 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



Small Group Fitness

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

Enhance Fitness

Mondays, Wednesdays, Fridays, 1 p.m.

Fee: FREE

Fitness Room Orientation

Mandatory before first use of fitness room. Registration required.

Wednesday, February 2 & 16, 1 p.m. Fee: \$5

Arts & Music

Get Crafty

Join senior center staff monthly for new arts projects!

Wednesday, February 16 & 23, 1 p.m.

Fee: \$2/class

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

Thursdays, 10:30 a.m.

Fee: FREE

Basic Sewing (NEW!)

Join instructor, Melon, and learn basic sewing techniques. Your first project will be a potholder. Limited to 6. Must pre-register.

Fridays, 1 p.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



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 Room 9:00 Racquetball 9:00 Walking Club 10:00 Cards & Games 10:30 Pinochle 11:00 Lunch 12:00	Fitness Room 9:00 Racquetball 9:00 Open Studio Art 10:00 Cards & Games 10:30 Lunch 12:00	Fitness Room 9:00 Racquetball 9:00 Walking Club 10:00 Cards & Games 10:30 Lunch 12:00	Fitness Room 9:00 Racquetball 9:00 Cards & Games 10:30 Pinochle 11:00 Lunch 12:00	Fitness Room 9:00 Racquetball 9:00 Walking Club 10:00 Cards & Games 10:30 Lunch 12:00
Fitness Zumba 9:30 Chair Yoga 10:30 EnhanceFitness 1:00	Fitness Total Body Conditioning 9:30 Yoga 10:30 Line Dancing 11:30 Tai Chi Practice 1:00	Fitness AFEP 10:30 Small Group Fitness 11:30 EnhanceFitness 1:00	Fitness Total Body Conditioning 9:30 Zumba 11:30 Tai Chi Practice 1:00	Fitness Core & More 11:00 EnhanceFitness 1:00
	1 Let's Play Spades 10:30 Black History Month Trivia 10:30 Pastor Chris & Friends 1:00	2 Basketball 10:00 Kitchen Convos 11:30 Fitness Room Orientation 1:00	3 Watercolors 10:30 Bingo 10:30 Grocery Distribution 11:30	4 Spending Time on ME! 10:00 Meet the Trainer 11 & 11:45 Basic Sewing 1:00
7 Coffee & Convo 9:30 Tech Time 10:30 African Dance & Nutrition 11:30 Meet the Trainer 11 & 11:45	8 Mobile Library 9:00 What's New with Medicare? 10:30	9 Basketball 10:00 Kitchen Convos 11:30	10 Watercolors 10:30 Bingo 10:30 Intro to Pickleball 11:00	11 Meet the Trainer 11 & 11:45 Basic Sewing 1:00 Family Fitness: Winter Olympics Edition 2:30
14 Tech Time 10:30 Meet the Trainer 11 & 11:45	15 Valentine's Bingo 10:30	16 Basketball 10:00 Kitchen Convos 11:30 Get Crafty 1:00 Fitness Room Orientation 1:00	17 Watercolors 10:30 Bingo 10:30 Intro to Pickleball 11:00	18 Poetry Slam 10:00 Meet the Trainer 11 & 11:45 Basic Sewing 1:00
21 Presidents Day  All Centers Closed	22 CPR/First Aid Training 9:15	23 Basketball 10:00 Kitchen Convos 11:30 Get Crafty 1:00	24 Watercolors 10:30 Bingo 10:30 Stepping Up Your Nutrition 10:45	25 Meet the Trainer 11 & 11:45 Basic Sewing 1:00
28 WSC Council Mtg 9:30 Widow to Widow 9:30 Tech Time 10:30 Meet the Trainer 11 & 11:45	**Pancake Breakfast at 10:30 a.m. on March 1** 			

Gifts of Love: Supply Drive The Waldorf Senior & Rec Center will be sharing the love again this year through donation of supplies. This year's donations will go to area homeless shelters. Please help us collect items for those community members who need our support this winter!

Heart Full of Fitness

Taking the time to take care of you & your heart!

February is American Heart Month. Heart disease continues to be the leading cause of death in the United States. Thirty minutes a day of moderate-intensity cardiovascular fitness is recommended to help reduce the risk of heart disease.

In February, for every day you complete at least thirty minutes of cardio, check in at one of the senior centers to enter in for a chance to win a prize. Each week participants will be drawn at random to win various prizes. The more days you complete the more chances to win!

Cardiovascular exercise examples include swimming, biking, walking, dancing, aerobics, nu-step, and the elliptical. Anything that will elevate the heart rate is a great cardio exercise.

Stop into any Senior Center for more details!



Stepping Up Your Nutrition

Fall prevention & nutrition go hand in hand.

In this 2 1/2 hour workshop, participants will learn how nutrition effects the body and the role that proper nutrition plays on fall prevention. We discuss and identify key factors that contribute to malnutrition. We will focus on how nutrition affects falls risk, the importance of muscles for strength, key nutrients for older adults and how to create an action plan to improve nutritional health. Registration required. This program is free to attend.

Richard R. Clark Senior Center; February 17, 1 p.m.

Nanjemoy Senior Center; February 23, 1 p.m.

Waldorf Senior & Rec Center; February 24, 10:45 a.m.



Waldorf Walking Club

No excuse not to walk and join us!

This group will meet at the Waldorf Senior & Recreation Center on Mondays, Wednesdays & Fridays at 10 a.m. We will walk inside or possibly outside if the weather is nice. You can walk for 10 minutes or an hour! This is a great way to get exercise in with the support of others! Come walk with us!

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



Core & More NEW!

**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



African Dance & Nutrition

Focusing on the 2022 theme for Black History Month "Black Health and Wellness", let's take a step back and learn how nutrition has evolved in the African American culture and how what we eat plays a big part in our health. Then we will learn some traditional dance moves to honor our body-mind-spirit.

Waldorf Senior & Rec Center;

Monday, February 7, 11:30 a.m.

Indian Head Senior Center;

Wednesday, February 9, 12:45 p.m.

Facilitator: Debi Shanks

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.

Mondays or Fridays; 11 a.m. and 11:45 a.m.

Waldorf Senior & Rec Center

Fee: Fitness Card

Debi & Nate

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
	1 1/4 Herb Roasted Chicken Parsley Mashed Potatoes Roasted Carrots Whole Wheat Roll Cantaloupe Fruit Punch Juice	2 Oven Fried Chicken Mashed Potatoes w/ Gravy Broccoli Cornbread Summer Fruit Salad Pineapple Juice	3 BBQ Pulled Pork Sandwich Whole Wheat Bun Coleslaw Roasted Sweet Potatoes Grapes Grape Juice	4 Chicken Salad on Lettuce Bed Whole Wheat Bread (2) Broccoli Salad Pears Orange Juice
7 Egg Salad Sandwich on Whole Wheat (2) Cucumber & Onion Salad Roasted Tomato Salad Apple slices Apple Juice	8 Unstuffed Cabbage w/ Ground Turkey Roasted Sweet Potatoes California Blend Veggies Whole Wheat Dinner Roll Pineapple Chunks Pineapple Juice	9 Sloppy Joe on Whole Wheat Bun 5 Blend Veggies Roasted Potatoes Raisins Grape Juice	10 Beef and Noodles Stewed Tomatoes Applesauce Cornbread Banana Orange Juice	11 Chipotle Chicken Roasted Bean and Corn Salad Roasted Beets Whole Wheat Roll Diced Mangos Fruit Punch Juice
14 Salmon Cake Brown Rice Zucchini Blend Biscuit Mandarin Oranges Pineapple Juice	15 VALENTINE'S DAY Chicken Parmesan Noodles Roasted Broccoli Breadstick Peaches Grape Juice Red Velvet Cake	16 Ground Turkey Spanish Rice Green Beans Garlic Breadstick Pineapple Pineapple Juice	17 Sweet and Sour Chicken Brown Rice Sautéed Spinach w/ Garlic Breadstick Mixed Fruit Cup Fruit Punch Juice	18 Pork Chop & Gravy Roasted Sweet Potatoes Collard Greens Whole Wheat Roll Diced Apples Grape Juice
21 Presidents Day  No meal Service	22 Teriyaki Chicken Fluffy Rice Stir-fry Vegetables Whole Wheat Dinner Roll Mandarin Oranges Apple Juice	23 Chicken & Noodles Stewed Tomatoes Herb Roasted Potatoes Dinner Rolls Orange Sections Pineapple Juice	24 Lime Basil Baked Whiting w/ Mango Lime Salsa Brown Rice Green Beans Biscuit Diced Peaches Grape Juice	25 Sweet and Sour Pork Brown Rice Roasted Tomatoes w/ Wheat Dinner Roll Black Bean Mango Salad Raisins Fruit Punch Juice
28 Honey Lime Chicken Roasted Redskin Potatoes Roasted Zucchini Whole Wheat Bread Apricots Orange Juice	FEbruary			

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 Tangier 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.

NEWJuly 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.

