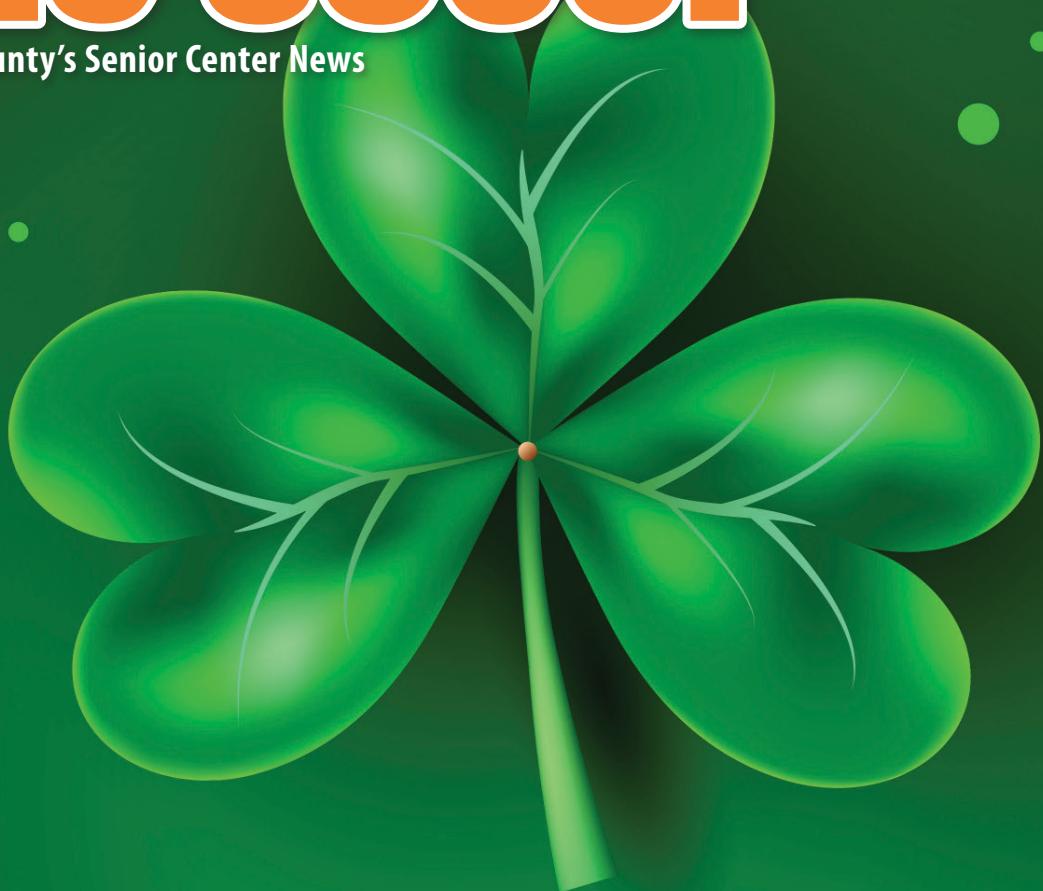


# The SCOOP

Charles County's Senior Center News



HAPPY  
St. Patrick's  
Day



**MARCH 2022**  
[www.CharlesCountyMD.gov](http://www.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.**

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



## 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

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. Please schedule your appointment online at [sforce.co/3vUcjme](https://sforce.co/3vUcjme) or by contacting the I&A office at 301-609-5712

How to prepare for your appointment: Valid photo ID and SS card, 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.

## Get a Property/Renters Tax Break

Did you know that the state of Maryland provides a tax credit for homeowners and renter's rebate based on gross household income that is \$60,000 or less? Many seniors qualify for these tax credit programs, so don't miss the opportunity to apply.

Any person submitting the tax credit or rebate application may receive one of the following:

1. A direct credit on their July property tax bill if the application is completed and received before May 1, 2022 or a later credit for applications received on or before September 1, 2022.
2. A direct check that is paid to the qualified renter applicant.
3. A written letter of denial stating the reason for ineligibility.

Applications are accepted and processed from February through September. Individuals aged 60 plus, disabled persons of any age, and families with minor children can obtain an application by contacting the Department of Community Services, Aging and Human Services Division at 301-609-5712 or 240-448-2816, please schedule an appointment with the Information & Assistance office.



PRO BONO  
COUNSELING  
PROJECT

If you're feeling anxious, depressed, or just need someone to talk to, dial  
**410-598-0234**  
Mental Health WARMLine

10 AM - 8PM Weekdays  
10AM - 6PM Weekends

## Follow Us on Facebook!

Did you know that Charles County Senior Centers have a Facebook page? Follow our page, Charles County Seniors Centers! To find our page, type Charles County Senior Centers in the search bar on Facebook. Click on our page and press the follow button. Some of the programs available to you on the Charles County Senior Center Facebook Page include:

- Arts and Crafts
- Wellness Tips
- AFEP Class Videos and MORE!



## Good Health with Debi!

The Good Health with Debi show airs weekly! Our own Physical Fitness Coordinator Debi Shanks has new fitness videos, which will be perfect for anyone looking for low-impact exercises, on the CCGTV channel (Comcast Channel 95 and Verizon FIOS Channel 10).



## Pilot Program Offering Free Fares on VanGO for Six Months

The Department of Planning and Growth Management Transit Division will begin a fare-free pilot program on VanGO starting Monday, Jan. 3, to Thursday, June 30. VanGO riders will be able to board buses without paying a fare. The pilot program is to help those impacted by the pandemic and for older adults and people with disabilities. The program is a way to increase ridership while offering a free fare as a post-pandemic relief.

Most VanGO patrons use the service to get to work and for educational opportunities, and the patrons using the specialized, door-to-door service are disabled and on fixed incomes. The free fares will lessen riders' financial burden and speed boarding.

The Department of Planning and Growth Management Transit Division will monitor the ridership data and evaluate its options moving forward during this six-month pilot program.

This pilot program is funded with several Federal Transit Administration grants intended to assist public transit agencies in maintaining services while recovering from the losses of farebox revenues. These grants are over a multi-year period, and the elimination of fares will not affect the county budget during this pilot program.



## 2-in-1 Club Update

Members of the 2N1 Social Club at the Richard R. Clark Senior Center celebrated Christmas and new, less restrictive Covid-19 guidelines by attending their annual Christmas Party at the La Plata United Methodist Church Fellowship Hall. The delicious meal was catered by Attention To Details Catering with everyone wearing masks as the food was served. 58 members gathered for the event to catch-up on life experiences during the shut-down last year and sharing details about vaccination/booster events. Christmas music was enjoyed as members dined. Poinsettia centerpieces and snowmen decorated water bottles decorated each table, and lunch tickets were drawn to win a centerpiece to take home. Below are photos of the greeters, poinsettias, and group shots the members who were blessed with the company of dear friends!

The 2-in-1 Club meets on Mondays at 10 a.m. at the Richard R. Clark Senior Center. This group is open to new members. To learn more about the group, we encourage you to stop by the next meeting!



## National Nutrition Month

### Topic: Plant Based Lifestyle as Older Adults

Its 2022 and a great time to turn over a new leaf. Join Charity, our county dietitian nutritionist, to discuss the benefits and cautions of a plant-based lifestyle for older adults.

March is  
**NATIONAL NUTRITION MONTH**

**March 2, 11 a.m., Indian Head Senior Center**

**March 9, 10:30 a.m., Clark Senior Center**

**March 16, 10:30 a.m., Waldorf Senior & Rec Center**

**March 23, 11 a.m., Nanjemoy Senior Center**

### Simply Nutritious Monday, March 14, 10:30 a.m.

Quick and easy meal and snack ideas when cooking for 1 or 2. Join Jodi Serafin, dietitian and diabetes educator, as she demonstrates and discusses simple meal and snack ideas that are no muss, no fuss! Healthy eating has never been easier! A collection of recipes will be emailed at the end of our virtual session. Jodi Serafin is a Registered Dietitian and diabetes educator at Chesapeake Nutrition Company. She provides down-to-earth nutrition advice and helps her clients to set realistic goals.

## National Kidney Month

March is National Kidney Month, a time when communities across the country raise awareness about kidney disease.

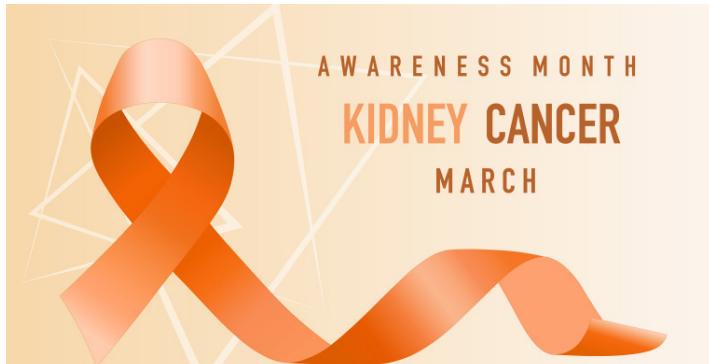
Chronic kidney disease (CKD) is a serious condition affecting 37 million people. Often overlooked until symptoms appear, CKD is progressive and can put you at risk for serious health complications including kidney failure. Adopting a healthy lifestyle can help you manage and slow progression of CKD and its complications.

Follow these healthy lifestyle tips to take charge of your kidney health.

- 1. Meet regularly with your health care team.** Staying connected with your doctor, whether in-person or using telehealth via phone or computer, can help you maintain your kidney health.
- 2. Manage blood pressure and monitor blood glucose levels.** Work with your health care team to develop a plan to meet your blood pressure goals and check your blood glucose level regularly if you have diabetes.
- 3. Take medicine as prescribed and avoid NSAIDs like ibuprofen and naproxen.** Your pharmacist and doctor need to know about all the medicines you take.
- 4. Aim for a healthy weight.** Create a healthy meal plan and consider working with your doctor to develop a weight-loss plan that works for you.
- 5. Reduce stress and make physical activity part of your routine.** Consider healthy stress-reducing activities and get at least 30 minutes or more of physical activity each day.
- 6. Make time for sleep.** Aim for 7 to 8 hours of sleep per night.
- 7. Quit smoking.** If you smoke, take steps to quit.

It may seem difficult, but small changes can go a long way to keeping your kidneys and you healthier for longer.

*Information provided by the U.S. Department of Health and Human Services, National Institute of Health.*



## Women who Made History in the Arts and Crafts World

In honor of Women's History Month and National Crafting Month, we're shouting out to all the ladies who helped craft the creative world we know and love today. They inspired, reshaped, and broke the rules of art and for that, we're forever grateful.

1. **Leslie Scott.** The woman who created Jenga. This worldly woman drew inspiration from her roots—she grew up in Tanzania, studied in Sierra Leone, and settled in Oxford—to create a popular, strategic building game that would later become a quintessential favorite.
2. **May Morris.** May Morris was fearless in more ways than one. In addition to making artistic history in the world of embroidery, she also cofounded the Women's Guild of Arts giving a much-needed—and well-deserved—voice to female creators.
3. **Beulah Louise Henry.** Otherwise known as "Lady Edison", this female creator drew her first original blueprints at the age of nine. Today, we have her to thank for over 110 inventions including the first bobbinless sewing machine.
4. **Jan Wetstone.** As the creator of Mod Podge (short for "modern decoupage"), this South Carolina girl reinvented the once-laborious art form leaving behind a legacy of infinite, creative possibilities.
5. **Emily Post.** This Baltimore native, known as the reigning queen of etiquette, was also an author and self-made businesswoman, teaching women throughout history both how to follow rules, and when to break them. It was in 1922 that Post decided to write *Etiquette: The Blue Book of Social Usage*, the book that began her reign as the expert on social conduct. *Information provided by marthastewart.com.*

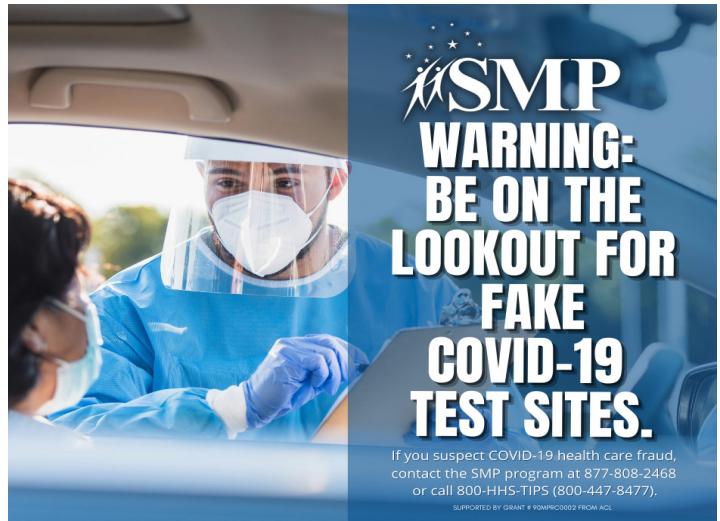


## COVID-19 INFORMATION



If you suspect COVID-19 health care fraud, contact the SMP program at 877-808-2468 or call 800-HHS-TIPS (800-447-8477).

SUPPORTED BY GRANT # 90NPRC0002 FROM ACL



If you suspect COVID-19 health care fraud, contact the SMP program at 877-808-2468 or call 800-HHS-TIPS (800-447-8477).

SUPPORTED BY GRANT # 90NPRC0002 FROM ACL

## COVID-19 Funeral Assistance

### Funds are still available!

The COVID-19 pandemic has brought overwhelming grief to many. At FEMA, our mission is to help people before, during and after disasters. We are dedicated to helping ease some of the financial stress and burden caused by the virus.

Under the Coronavirus Response and Relief Supplemental Appropriations Act of 2021 and the American Rescue Plan Act of 2021, FEMA is providing financial assistance for COVID-19 related funeral expenses incurred on or after January 20, 2020.

Call this dedicated, toll-free phone number to complete your COVID-19 Funeral Assistance application with a FEMA representative. Multilingual services are available.

### COVID-19 Funeral Assistance Helpline

844-684-6333

Hours of Operation: Monday - Friday

9 a.m. to 9 p.m. Eastern Time

## Place Your Order for Free At-Home COVID-19 Tests

Residential households in the U.S. can order one set of 4 free at-home tests from [USPS.com](https://USPS.com). Here's what you need to know about your order:

- Limit of one order per residential address
- One order includes #4 individual rapid antigen COVID-19 tests
- Orders will ship free starting in late January

To place your order for your household, visit <https://www.covidtests.gov/>. If you need assistance filling out the form on the website, please call or visit your local senior center for assistance.

## Booster Shot for the COVID-19 Vaccine

### 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 and 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. Information from the Charles County Department of Health.**

# CLARK SENIOR CENTER

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

Get your Latest *SCOOP* online!

## Community

### Conversation & Trivia

Join senior center staff and participants for conversation and fellowship!

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

### How can Supportive Care Help Older Adults Age in Place?

Gladys Aguirre, Communications Specialist with Hospice of Charles County will explain how supportive care can help older adults remain in their own surroundings as they age.

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

### Plant-Based Lifestyle as Older Adults

It's 2022 and a great time to turn over a new leaf. Join Charity Haynes, Nutritionist, to discuss the benefits and cautions of a plant-based lifestyle for older adults.

Wednesday, March 9, 10:30 a.m. Fee: FREE

### Dangers of Table Salt

Learn alternatives such as herbs, spices and other ingredients to add a burst of flavor to your dish without the use of salt.

Thursday, March 10, 10:30 a.m. Fee: FREE

### Widow to Widow Support Group

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

Monday, March 14, 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, March 16, 10 a.m.- Noon

Fee: FREE

### St. Patrick's Day Party

Wear your green and join us for some live entertainment by Parrot Bay Trio. We'll have a delicious lunch complete with green punch. After lunch, stay for some Leprechaun Bingo. Limited to 75 participants, sign up early! Sponsored in part by the Charles County Arts Alliance.

Thursday, March 17, 10:30 a.m. Fee:\$6/60 and older, Plus a donation for lunch. \$8/59 and younger. Registration required.

### Founding of Maryland

Join Debi Scoggins for a look back at the founding of the Maryland Colony in 1634.

Tuesday, March 22, 10:30 a.m. Fee: FREE

### Chips & Dip Day

Join staff and we'll make some tasty sweet & savory dips, great for dipping chips, veggies, or fruit. You'll get free samples, and we'll provide recipes for the dips we make.

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

## Benefits of Essential Oils

Join staff to learn the many benefits of essential oils, and how they are useful for you.

Thursday, March 24, 10:30 a.m. Fee: FREE

## Homeowners' & Renters' Tax Credits

Let's talk Homeowners and Renters' tax credits! Do you qualify for the extra savings? How do you apply? Join the I&A staff for a brief discussion and instructions to apply.

Thursday, March 24, 1 p.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

## Mahjong

A tile-based game that was developed in the 19th century in China. All experience levels welcome!

Wednesdays, 10 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

### Diabetes Self-Management Program

This is a six-week workshop, and is designed to help you manage your diabetes, so you can live a fulfilling life. Please register in the program office. Registration ends March 7.

Tuesdays, Beginning March 1, 9:30 a.m. – 12 p.m.  
Fee: FREE

### How to make a Peanut Butter Roll

Join Staff and learn how to make a yummy "No Bake" Peanut Butter Roll. You'll be offered a sample tasting as well as the recipe to take home.

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

### Jewelry Club Class

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

Wednesday, March 2 & 16, 10 a.m. Fee: FREE

### Frida Kahlo Planter Craft

Wednesday, March 16, 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

### Sugar Water & String Basket Craft

Join staff to learn how to make a unique "egg shaped" basket using sugar, water & string. This can be a messy craft, so come prepared to get messy. All supplies will be provided. Space is limited, so sign up early!

Thursday, March 31, 10 a.m. Fee: \$5/pp

## Senior Fitness

### Clark Center Fitness Room Orientation

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

Wednesday, March 9 & 23, 10 a.m. Fee: \$5

### Core & More

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

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

# 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 Bridge ..... 10:00 Pokeno ..... 11:00 <b>Fitness</b> Total Body Conditioning ..... 9:00 Yoga & Meditation ..... 10:00 Drums Alive ..... 1:00	Billiards ..... 9:30 Stained Glass ..... 9:30 Quilting Class ..... 9:30 Diabetes Self Mgmt ..... 9:30 Guitar ..... 10:00 Cards & Games ..... 10:00 <b>Fitness</b> Lunch ..... 12:00 <b>Fitness</b> Strength Training ..... 9:00 Flex & Stretch ..... 10:00 Zumba ..... 11:30 Line Dance ..... 1:00 Beginner Tap ..... 2:00	Billiards ..... 9:30 Sewing Room OPEN ..... 9:30 Knitting/Crochet ..... 9:30 Acey Deucey ..... 10:00 Creative Coloring ..... 10:00 Mahjong ..... 10:00 <b>Fitness</b> Lunch ..... 12:00 <b>Fitness</b> Powder Puff Billiards ..... 1:00 Gospel Choir ..... 2:00 <b>Fitness</b> Small Group Fitness ..... 9:00 Breathe Easy ..... 10:00 Gentle Yoga ..... 10:30 Chair Yoga ..... 11:30 AFEP ..... 1:00	Billiards ..... 9:30 Sewing Room OPEN ..... 9:30 Pokeno ..... 11:00 Lunch ..... 12:00 Reflections ..... 1:00 <b>Fitness</b> Strength Training ..... 9:00 Step Plus ..... 10:00 Zumba ..... 11:30 Flex & Stretch ..... 1:00 Beginner Ballet ..... 2:00	Billiards ..... 9:30 Project Linus ..... 9:30 Open Paint Session ..... 10:00 Guitar ..... 10:00 Wii Bowling ..... 11:00 Lunch ..... 12:00 <b>Fitness</b> Core & More ..... 9:15 Total Body Conditioning ..... 10:00 AFEP ..... 11:00
	<b>1</b> Diabetes Workshop ..... 9:30 <b>How to make a Peanut Butter Roll</b> ..... 10:30	<b>2</b> Jewelry Club Class ..... 10:00	<b>3</b> <b>Conversation &amp; Trivia</b> ..... 10:00	<b>4</b> Hand & Foot Canasta ..... 10:00
<b>7</b> Drums Alive ..... 1:00	<b>8</b> Diabetes Workshop ..... 9:30 <b>How can Supportive Care Help?</b> ..... 10:00	<b>9</b> Fitness Orientation ..... 10:00 <b>Plant-Based Lifestyle</b> ..... 10:30 Clark Council Meeting ..... 1:00	<b>10</b> <b>Dangers of Table Salt</b> ..... 10:30 <b>Grocery Distribution</b> ..... 11:30	<b>11</b> Core & More ..... 9:15 Total Body Conditioning ..... 10:00
<b>14</b> <b>Widow to Widow</b> ..... 1:00	<b>15</b> Diabetes Workshop ..... 9:30	<b>16</b> Jewelry Club Class ..... 10:00 Friday Kahlo Planter Craft ..... 10:00 <b>Mobile Library</b> ..... 10:00	<b>17</b> <b>St. Patrick's Day Party</b> ..... 10:30	<b>18</b> Project Linus Meeting ..... 10:00
<b>21</b> Creative Coloring ..... 10:00	<b>22</b> Diabetes Workshop ..... 9:30 <b>Founding of Maryland</b> ..... 10:30	<b>23</b> Fitness Orientation ..... 10:00 <b>Chips &amp; Dip Day</b> ..... 11:00 Caregivers Support ..... 2:00	<b>24</b> <b>Benefits of Essential Oils</b> ..... 10:30 <b>Renters &amp; Homeowners Tax Credits</b> ..... 1:00	<b>25</b> Hand & Foot Canasta ..... 10:00
<b>28</b> Total Body Conditioning ..... 9:00	<b>29</b> Diabetes Workshop ..... 9:30	<b>30</b> Gentle Yoga ..... 10:30 Chair Yoga ..... 11:30	<b>31</b> <b>Sugar Water &amp; String Basket Craft</b> ..... 10:00	

# 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

### Women History Month Kick-off

The 2022 theme for Women's History month is "Women Providing Healing, Promoting Hope".



This month we will be paying a tribute to the caregivers and frontline workers affected by this ongoing pandemic and the ways women throughout history provided healing and hope.

Thursday, March 3, 10:30 a.m. Fee: FREE

### Cards for the Health Department

Let's send a card of thanks to the frontline workers.

Thursday, March 24, 10:15 a.m. Fee: Donation

### Fly a Kite

Let's take advantage of the March winds and play like children. Prizes for the highest kite, ugliest kite and "I tried to get it off the ground" kite. Must provide your own kite.

Tuesday, March 29, 12:45 p.m. Fee: FREE

### Cards for UMCRMC

Handmade thank you cards for the frontliners at our local hospital.

Thursday, March 31, 10:15 a.m. Fee: FREE

## 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, March 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

## Nutrition Month

Nutritionist, Charity Haynes, will share nutritional options to improve your diet.

Wednesday, March 2, 11 a.m. Fee: FREE

### Fitness w/ Nate

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

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

### Fitness w/ Lamont

Cardio, circuit, and strength training.

Thursdays, 1 p.m. Fee: Fitness Card

### Seated Yoga

Alessandra is a 200-hour yoga instructor, a yoga restorative instructor, 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

### Stress Relievers

Take 15 minutes to add to our list of ways to relieve stress.

Thursday, March 10, 10:30 a.m. Fee: FREE

### Green Smoothie

In honor of St. Patrick's Day, enjoy a healthy smoothie to start your day.

Thursday, March 17, 9 a.m. Fee: Donation

### Fitness Orientation

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

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

## Ongoing Programs

### Senior Tech

Wednesday, March 2, 1 p.m.

Fee: FREE



### Bingo

The first, third and fifth Mondays for a nickel.

Mondays, March 7 & 21, 9:30 a.m.

Fee: Nickel/card

## SAVE THE DATE - Tai Chi Tea



Thursday, April 28th from 1 – 2:30 p.m. This event is opened for all Tai Chi for Health and Tai Ji Quan students. The tea will be held at the Indian Head Village Green Pavilion at 100 Walter Thomas Rd.

# 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/Cards .....9:00 Tai Chi for Health.....9:00 Lunch .....12:00 Beginners Tai Chi for Health...1:00	Billiards/Cards .....9:00 Jinjer & Total Body Conditioning .....9:15 AFEP .....11:15 Lunch .....12:00	Billiards/Cards .....9:00 Tai Chi for Health.....9:00 Fitness w/ Nate .....10:15 Lunch .....12:00	Billiards/Cards .....9:00 Jinjer & Total Body Conditioning .....9:15 Canvas Painting.....10:00 AFEP .....11:15 Lunch .....12:00 Fitness w/ Lamont .....1:00	Seated Yoga.....9:00 Billiards/Cards .....10:00 Lunch .....12:00 Beginners Tai Chi for Health...1:00
	<b>1</b> Council Meeting .....9:30 <b>Fresh Conversation.....10:00</b>	<b>2</b> <b>Nutrition Month .....11:00</b> Senior Tech Club .....1:00	<b>3</b> <b>Women's History Month Kick-off.....10:30</b>	<b>4</b> <b>Money Smart for Older Adults.....11:00</b>
<b>7</b> Bingo .....9:30	<b>8</b> Pastor Chris & Friends.....1:00	<b>9</b> Crafter's Corner .....9:30 <b>Money Smart for Older Adults.....1:00</b>	<b>10</b> Stress Relievers .....10:30	<b>11</b> Information & Assistance w/Julie .....10:00
<b>14</b> Sewing 101 .....9:30	<b>15</b> <b>Fresh Conversation.....10:00</b> Pokeno .....12:45	<b>16</b> Crafter's Corner .....9:30 Fitness w/Brittany.....10:15	<b>17</b> Green Smoothie.....9:00 Grocery Distribution .....11:30	<b>18</b> Coffee, Conversation & Color .....10:15
<b>21</b> Bingo .....9:30	<b>22</b> Information & Assistance w/Julie .....10:00	<b>23</b> Book Club.....11:00 Fitness Orientation .....1:00	<b>24</b> <b>Cards for Health Dept...10:15</b>	<b>25</b> Green Thumb Club .....10:15
<b>28</b> Sewing 101 .....9:30	<b>29</b> <b>Fresh Conversation.....10:00</b> Fly a Kite.....12:45	<b>30</b> <b>Money Smart for Older Adults.....1:00</b>	<b>31</b> <b>Cards for Hospital.....10:15</b>	

## Money Smart for Older Adults

This program was established by the Bureau of Consumer Financial Protection (BCFP) and the Federal Deposit Insurance Corporation (FDIC). Financial exploitation has been called “the crime of the 21st century” due to over \$3 billion dollars lost by older Americans in 2010. Learn from the leaders in the world of finance how to take steps to protect your hard-earned money.

**Friday, March 4, 11 a.m., Wednesdays, March 9 & 30, 1 p.m.**

**Fee: FREE**



# 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.

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

### Computer Lab and Billiard/Game Room

Weekdays, 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, March 9 & 30, 10:30 a.m.-12 p.m. Fee: FREE

### Kids Crafts

Craft for a half day of school! Ideal craft for ages 4-10. Younger children may need assistance. Prior registration required. Limited availability.

Wednesdays, 3 p.m. Squishie Heart, March 2 Fee: FREE Build a Puppy, March 23 Fee: FREE

## Recreation Programs

Register for Recreation Programming online at: <https://charlescountymd.myrec.com/info/default.aspx>

### Silly Snacks

Wednesday, March 16, 10 - 10:45 a.m. Fee: \$6

### Wacky Science

Tuesday, March 29, 6 - 7:30 p.m. Fee: \$20

### Moving and Grooving

Wednesday, March 30, 10 - 10:45 a.m. Fee: FREE

### Story Time

Wednesday, March 30, 11 - 11:45 a.m. Free: FREE



## FRIDAY FILMS

Enjoy a movie and snacks with friends each Friday this month. Fridays, 1 p.m. • Fee: FREE

"Thelma & Louise," w/ National Oreo Day treats, March 4

"What Women Want," March 11 "PS I Love You," March 18

"Wedding Crashers," w/ MD Day treats, March 25

## Senior Center Programs

### Mardi Gras Pancake Brunch

Celebrate the coming of the Lenten season on Fat Tuesday with a Mardi Gras Pancake Brunch. Menu features pancakes, bacon, and Louisiana's state fruit: strawberries! Decorate your brunch with festive glazes to celebrate Mardi Gras!

Tuesday, March 1, 11 a.m. Fee: \$3

### Health Matters

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

Wednesdays, 1 p.m. Fee: FREE

Autoimmune Disease Awareness Month, March 2  
National Tick Awareness Month, March 9

### Artistic Aesthetics

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

Mondays, 1 p.m. Women's Month Wreath, March 7 Fee: \$2

Butterfly Wishing Well, March 14 Fee: FREE  
Maryland Black-Eyed Susan Pots, March 21  
Fee: \$3

Crab Shell Craft, March 28 Fee: FREE

### 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, March 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. This month try spinach and artichoke dip.

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

### Plant Based Lifestyle as Older Adult

Learn about the benefits of a plant-based lifestyle from our Nutritionist Charity Haynes.

Wednesday, March 23, 11 a.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, March 24, 11:30 a.m. Fee: FREE

### National Take a Walk in the Park Day

Join us at Friendship Landing Park for National Take a Walk in the Park Day. Walk with staff and enjoy the coming of spring!

Wednesday, March 30, 1:30 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

### Fitness 15

Focuses on core work, muscle work, and flexibility. Routines for strengthening via hand weights are set to music, as are routines for core strengthening through moves focused on strengthening abdominals and increasing flexibility.

Tuesdays, 11:15 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

### 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, 11 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

## Senior Council

### Bunny Basket Raffle Ticket Sales

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

Drawing: Wednesday, April 13 Fee: \$1 or \$5

# NANJEMOY SENIOR/COMMUNITY CENTER

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

**SAVE THE DATE!** Scam Jam coming on May 25, 2022.

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 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 Lunch .....12:00 Dominos.....1:00 Games/Puzzles .....1:00 Shop the Rack .....1:00 Narcotics Anonymous.....3:00	Billiards.....8:30 Computer Lab .....8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 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 Lunch .....12:00 Dominos.....1:00 Games/Puzzles .....1:00	Billiards.....8:30 Computer Lab .....8:30 Fitness Room.....8:30 Shop the Rack .....8:30 Senior Tech Appts.....8:30 Lunch .....12:00 Dominos.....1:00 Games/Puzzles .....1:00
	<b>1</b> Coloring Group .....9:00 <b>Mardi Gras Pancake Brunch</b> .....11:00 What's the Word.....1:00 <b>*Fitness 15 Cancelled</b>	<b>2</b> Line Dancing .....10:00 <b>Health Matters: Autoimmune Disease Awareness Month</b> .....1:00 <b>Community Program</b> <b>Squishie Hearts</b> .....3:00	<b>3</b> Total Body Conditioning.....11:00 Nickel Bingo.....1:00	<b>4</b> AFEP .....10:00 <b>Friday Films:</b> Thelma & Louise .....1:00
<b>7</b> Senior Council Meeting .....10:00 Tai Chi .....11:00 <b>Artistic Aesthetics:</b> Women's Month Wreath .....1:00	<b>8</b> Coloring Group .....9:00 Flex & Stretch .....10:00 Fitness Fifteen .....11:15 What's the Word .....1:00	<b>9</b> Line Dancing .....10:00 Mobile Library .....10:30 <b>Health Matters: National Tick Awareness Month</b> .....1:00	<b>10</b> Total Body Conditioning.....11:00 Council Subs Fundraiser .....1:00 Nickel Bingo.....1:00	<b>11</b> AFEP .....10:00 <b>Friday Films:</b> What Women .....1:00
<b>14</b> Tai Chi .....11:00 <b>Artistic Aesthetics:</b> Butterfly Wishing Well .....1:00	<b>15</b> Coloring Group .....9:00 Flex & Stretch .....10:00 Fitness Fifteen .....11:15 What's the Word .....1:00	<b>16</b> Line Dancing .....10:00 Senior Council St. Patty's Day Basket Drawing .....1:00 <b>Recreation Program</b> <b>Silly Snacks</b> .....10:00	<b>17</b> <b>I &amp; A with Julie</b> .....10:00 Total Body Conditioning.....11:00 Nickel Bingo.....1:00	<b>18</b> AFEP .....10:00 <b>Friday Films:</b> P.S. I Love You .....1:00 <b>In Season</b> .....1:00
<b>21</b> Tai Chi .....11:00 <b>Artistic Aesthetics:</b> Maryland Black-Eyed Susan Pots .....1:00	<b>22</b> Coloring Group .....9:00 Flex & Stretch .....10:00 Fitness Fifteen .....11:15 What's the Word .....1:00	<b>23</b> Line Dancing .....10:00 <b>Plant Based Lifestyle as Older Adult</b> .....11:00 <b>Community Program</b> <b>Build a Puppy</b> .....3:00	<b>24</b> Total Body Conditioning.....11:00 <b>New Hope Community Grocery Giveaway</b> .....11:30 Nickel Bingo.....1:00	<b>25</b> AFEP .....10:00 <b>Friday Films:</b> Wedding Crashers .....1:00
<b>28</b> Tai Chi .....11:00 <b>Artistic Aesthetics:</b> Crab Shell Craft .....1:00	<b>29</b> Coloring Group .....9:00 Flex & Stretch .....10:00 Fitness Fifteen .....11:15 What's the Word .....1:00 <b>Recreation Program</b> <b>Wacky Science</b> .....6:00	<b>30</b> Line Dancing .....10:00 Mobile Library .....10:30 <b>National Take a Walk in the Park Day</b> .....1:30 <b>Recreation Program</b> Moving & Grooving .....10:00 Story Time .....11:00	<b>31</b> Total Body Conditioning.....11:00 Nickel Bingo.....1:00	

# WALDORF SENIOR & RECREATIONAL CENTER

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

Get your Latest **SCOOP** online!

## Special Programs

### Pancake Breakfast

Join us in celebration of National Pancake Day on Tuesday morning, 3/1, for pancakes with a variety of toppings. Pre-registration required. Register by February 25.

Tuesday, March 1, 10:30 a.m.

Fee: \$1 per pancake

### International Women's Day Celebration

Join our staff on March 8th in Celebration of all women! We will have a build your own parfait bar and select pastries. Pre-registration required. Register by March 3.

Tuesday, March 8, 10:30 a.m. Fee: \$5

### Homeowner's & Renter's Tax Credit

Let's talk Homeowners and Renters' tax credits! Do you qualify for the extra savings? How do you apply? Join the I&A staff for a brief discussion and instructions to apply.

Tuesday, March 15, 11:00 a.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. Register by March 18.

Wednesday, March 23, 1:00 p.m. Fee: \$2

### Hot Dog Lunch

Opening day of baseball season means hot dogs for lunch! Please make you order no later than Thursday, Mar. 24. Let's go Nationals! Meal includes 1 hot dog, bag of chips and a soda. \*Please Note: County Lunch will not be served on this day \*

Thursday, March 31, Noon

Fee: \$2/meal or \$1/hot dog

## Community

### Charles County Mobile Library

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

Tuesday, March 1 & 22, 9 a.m. Fee: FREE

### Let's Play Spades

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

### Pastor Chris & Friends

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

Wednesday, March 2, 10:30 a.m. Fee: FREE

LUCK  
OF THE  
IRISH

## Luck of the Irish Bingo & St. Patrick's Day Lunch

Wear your green and test your luck at Waldorf's special Luck of the Irish Bingo! Bingo will start promptly at 10:30am. Whether you're playing Bingo or not, join us for lunch (served at 12 p.m.). A traditional Irish feast of beef tips, colcannon, roasted carrots, green grapes, whole wheat roll, apple juice and shamrock sprinkle cake will be served.

Thursday, Mar. 17, 10:30 a.m.

Lunch Fee: Suggested \$3.00 donation / Bingo Fee: See "How it Works" under Waldorf Bingo Thursdays.

\*Please Note: Lunch reservations are to be made by March 16th by 10 a.m.

### Coffee & Conversation

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

Monday, March 7, 9:30 a.m. Fee: FREE

### Nutrition Education: Plant Based Lifestyle for Older Adults

It's 2022 and a great time to turn over a new leaf. Join Charity, our count dietitian nutritionist, to discuss the benefits and cautions of a plant-based lifestyle for older adults.

Wednesday, March 16, 10:30 a.m. Fee: FREE

### Widow to Widow Support Group

Facilitated by Brenda Dubose.

Monday, March 28, 9:30 a.m. Fee: FREE

### Kitchen Convos

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

Wednesday, March 2, 9, 23 & 30, 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

### 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, March 2 & 16, 1 p.m. Fee: \$5

## Arts & Music

### Beginner Acrylics

Class designed for those new to acrylic painting on a canvas. Led by instructor Brent Bovell. Sponsored by the Charles County Art Alliance. Space Limited. Pre-registration required March 1.

\* Please Note: If you have already taken Beginner Acrylics, it is recommended to take Intermediate Acrylics. \*

Wednesday, March 2-30, 10 a.m. Fee: \$10

### Intermediate Acrylics

Class designed for those with some experience to acrylic painting on a canvas. Led by instructor Brent Bovell. Sponsored by the Charles County Art Alliance. Space Limited. Pre-registration required by March 1.

Wednesday, March 2-30, 1 p.m. Fee: \$10

### Get Crafty

Join senior center staff monthly for new arts projects!

Monday, March 7 & 21, 1 p.m. Fee: \$2/class

### Basic Sewing

Join instructor, Melon Spriggs, and learn basic sewing techniques. Limited to 6. Must pre-register.

Mondays, 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 <b>Chess</b> .....11:00 Lunch .....12:00	Fitness Room.....9:00 Racquetball .....9:00 Walking Club.....10:00 AFEP .....10:30 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
	<b>1</b> <b>Mobile Library</b> .....9:00 Total Body Conditioning.....9:30 Yoga .....10:30 <b>Pancake Breakfast</b> .....10:30 <b>Let's Play Spades</b> .....10:30 Tech Time.....10:30 Line Dancing .....11:30 Tai Chi Practice.....1:00	<b>2</b> Beginner Ballet .....9:30 Basketball.....10:00 <b>Beginner Acrylics</b> .....10:00 <b>Pastor Chris &amp; Friends</b> ..10:30 Small Group Fitness .....11:30 Kitchen Convos .....11:30 <b>Intermediate Acrylics</b> ....1:00 <b>Fitness Room Orientation</b> 1:00 Enhance Fitness.....1:00	<b>3</b> Total Body Conditioning.....9:30 Watercolors .....10:30 <b>Bingo</b> .....10:30 <b>Grocery Distribution</b> ....11:30 Zumba .....11:30 Tai Chi Practice.....1:00	<b>4</b> Core & More.....11:00 Enhance Fitness.....1:00
<b>7</b> Coffee & Convo .....9:30 Zumba .....9:30 Chair Yoga .....10:30 <b>Get Crafty</b> .....1:00 Enhance Fitness.....1:00 <b>Basic Sewing</b> .....1:00	<b>8</b> Total Body Conditioning.....9:30 <b>International Women's Day</b> .....10:30 Tech Time.....10:30 Yoga .....10:30 Line Dancing .....11:30 Tai Chi Practice.....1:00	<b>9</b> Beginner Ballet .....9:30 Basketball.....10:00 <b>Beginner Acrylics</b> .....10:00 Small Group Fitness .....11:30 Kitchen Convos .....11:30 <b>Intermediate Acrylics</b> ....1:00 Enhance Fitness.....1:00	<b>10</b> Total Body Conditioning.....9:30 Watercolors .....10:30 <b>Bingo</b> .....10:30 <b>Intro to Pickleball</b> .....11:00 Zumba .....11:30 Tai Chi Practice.....1:00	<b>11</b> Core & More.....11:00 Enhance Fitness.....1:00
<b>14</b> Zumba .....9:30 Chair Yoga .....10:30 Enhance Fitness.....1:00 <b>Basic Sewing</b> .....1:00	<b>15</b> Total Body Conditioning.....9:30 <b>Homeowner's &amp; Renter's Tax Credit</b> .....11:00 Tech Time.....10:30 Yoga .....10:30 Line Dancing .....11:30 Tai Chi Practice.....1:00	<b>16</b> Beginner Ballet .....9:30 Basketball.....10:00 <b>Beginner Acrylics</b> .....10:00 <b>Nutrition Education</b> ....10:30 Small Group Fitness .....11:30 <b>Intermediate Acrylics</b> ....1:00 <b>Fitness Room Orientation</b> 1:00 Enhance Fitness.....1:00	<b>17</b> Total Body Conditioning.....9:30 Watercolors .....10:30 <b>Bingo</b> .....10:30 Zumba .....11:30 <b>St. Patrick's Day Lunch</b> ..12:00 Tai Chi Practice.....1:00	<b>18</b> Core & More.....11:00 Enhance Fitness.....1:00
<b>21</b> <b>WSC Council Meeting</b> ....9:30 Zumba .....9:30 Chair Yoga .....10:30 <b>Get Crafty</b> .....1:00 Enhance Fitness.....1:00 <b>Basic Sewing</b> .....1:00	<b>22</b> <b>Mobile Library</b> .....9:00 Total Body Conditioning.....9:30 Tech Time.....10:30 Yoga .....10:30 Line Dancing .....11:30 Tai Chi Practice.....1:00	<b>23</b> Beginner Ballet .....9:30 Basketball.....10:00 <b>Beginner Acrylics</b> .....10:00 Small Group Fitness .....11:30 Kitchen Convos .....11:30 <b>Intermediate Acrylics</b> ....1:00 Enhance Fitness.....1:00 <b>Family Vision Board</b> ....1:00	<b>24</b> Total Body Conditioning.....9:30 Watercolors .....10:30 <b>Bingo</b> .....10:30 <b>Intro to Pickleball</b> .....11:00 Zumba .....11:30 Tai Chi Practice.....1:00	<b>25</b> Core & More.....11:00 Enhance Fitness.....1:00
<b>28</b> <b>Widow to Widow</b> .....9:30 Zumba .....9:30 Chair Yoga .....10:30 Enhance Fitness.....1:00 <b>Basic Sewing</b> .....1:00	<b>29</b> Total Body Conditioning.....9:30 Tech Time.....10:30 Yoga .....10:30 Line Dancing .....11:30 Tai Chi Practice.....1:00	<b>30</b> Beginner Ballet .....9:30 Basketball.....10:00 <b>Beginner Acrylics</b> .....10:00 Small Group Fitness .....11:30 Kitchen Convos .....11:30 <b>Intermediate Acrylics</b> ....1:00	<b>31</b> Total Body Conditioning.....9:30 Watercolors .....10:30 <b>Bingo</b> .....10:30 Small Group Fitness .....11:30 Kitchen Convos .....11:30 <b>Hot Dog Lunch</b> .....12:00 Tai Chi Practice.....1:00	

## Marching into fitness full force!

### Kudos to you for keeping up with your fitness routine!

It is always a challenge during winter months keeping motivated and engaged with fitness routines. Vowing to stay healthy and make changes when we would rather be bundled up in our homes is a hard habit to break! But here we are in March and soon weather will be warmer. For all of you who braved the cold, joined us for online classes and just "hung" with us. **THANK YOU!**

Our vow is to do what we can to keep you healthy and strong! Keep it up, we support you!

Debi & Nate



## New class begins! Diabetes Self -Management Program

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. Call 301-934-5423 to register.

### Fee: FREE

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.

## Aquatic Fitness

**March 7-May 26th \* NO CLASS Week of April 18th**  
**Classes are limited. Registration required. Sign up at your Senior Center. For more information contact Debi Shanks at 301-609-5711.**

### Lackey High School

**Monday/Wednesday 3-3:45 p.m. \$65**

### Donald M Wade Aquatic Center

**Monday/Wednesday 3-3:45 p.m. \$65**

**Tuesday/Thursday 3-3:45 p.m. \$65**

## Waldorf Walk Club

### No excuse not to walk join us!

This group will meet at the Waldorf Senior & Recreation Center.

Join Staff on Monday, Wednesday & Fridays at 10 a.m. and we will walk indoor (or possibly outside if the weather is nice). You can walk for 10 minutes or for the hour! This is a great way to get exercise in with the support of others!



## Core & More NEW!

**This class will focus on the mid-section and back. Strength and stability exercises will be taught that are also great for posture.**

**Richard R. Clark Senior Center Fridays at 9:15 a.m.**

**Waldorf Senior & Rec Center Fridays at 11 a.m.**

**Instructor: John Lewis**

**Fee: Fitness Card**

## Tai Chi Tea

### Celebrating World Tai Chi Day SAVE THE DATE!!

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

**Thursday, April 28th**

**1 p.m. - 2:30 p.m.**

**Indian Head**

**Village Green Pavilion**

**100 Walter Thomas Rd,  
Indian Head, MD**

## Meet the Trainer @ Waldorf SC

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 and Rec Center Fee: Fitness Card**

**Monday or Friday**

**11 a.m. & 11:45 a.m.**

# 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
	<b>1</b> Chophouse Burger w/ Lettuce & Tomato Whole Wheat Bun Orange Glazed Carrots Party Harty Beans Pineapple Chucks Apple Juice	<b>2 ASH WEDNESDAY</b> Lemon Pepper Tilapia Lemon Parsley Rice Green Beans w/ Tomatoes Breadstick Peaches Fruit Punch Juice	<b>3</b> Beef and Rice (1c.) Roasted Broccoli Carrot Raisin Salad Fresh Apple Slices Orange Juice	<b>4</b> Jerk Fish w/Mango Salsa Roasted Baby Carrots Mashed Potatoes Dinner Roll Citrus Salad Grape Juice
<b>7</b> Chicken Salad Sandwich on Brioche Bun Carrot Raisin Salad 3 Bean Salad Mandarin Oranges Apple Juice	<b>8</b> Liver and Onions Brown Rice Stewed Tomatoes Corn Bread Diced Mango Apple Juice	<b>9</b> Pork Chop Au Gratin Potatoes Collard Greens Cornbread Pineapple Chucks Pineapple Juice	<b>10</b> Balsamic Chicken 3 Bean Salad California Blend Vegetables Biscuit Fruit Cocktail Fruit Punch Juice	<b>11</b> Asian Tuna Burger w/ Lettuce and Tomato Whole Wheat Bun Roasted Sweet Potatoes Green Beans Mandarin Oranges Orange Juice
<b>14</b> Lemon Garlic Baked Cod Roasted Tomatoes Mashed Potatoes Dinner Roll Raisins Fruit Punch Juice	<b>15</b> Beef Tacos (2) w/ Lettuce, Tomato, Cheese Seasoned Rice Roasted Broccoli Apple Sauce Apple Juice	<b>16</b> Chicken Mushroom & Brown Rice Malibu Blend Vegetables Whole Wheat Dinner Roll Diced Mangos Orange Juice	<b>17 ST. PATRICKS DAY</b> Beef Tips Colcannon (mashed Potatoes + Kale) Roasted Carrots Green Grapes Whole Wheat Roll Apple Juice Shamrock Sprinkle Cake	<b>18</b> Salmon w/ Lemon Dill Sauce White Rice Broccoli Wheat Dinner Roll Grapes Pineapple Juice
<b>21</b> Ginger Lime Chicken Mashed Sweet Potato Broccoli Dinner Roll Mandarin Oranges Apple Juice	<b>22</b> Chicken Marsala Parsley Potatoes Roasted Carrots Whole Wheat Bread Apricots Apple Juice	<b>23</b> Curry Chicken Brown Rice Carrots and Green Beans Naan Flatbread Tangy Cherry Salad Pineapple Juice	<b>24</b> Ground Turkey Meat Sauce Whole Wheat Spaghetti & Mozzarella Cali. Blend Vegetables Breadstick Raisins Grape Juice	<b>25</b> Baked Tuna Fish Cuban Black Beans White Rice Tomato Salad Whole Wheat roll Applesauce Pineapple Juice
<b>28</b> Chef Salad on Spring Mix Whole Wheat Roll Broccoli Salad Pears Orange Juice	<b>29</b> ¼ Herb Roasted Chicken Parsley Mashed Potatoes Roasted Carrots Whole Wheat Roll Cantaloupe Fruit Punch Juice	<b>30</b> Oven Fried Chicken Mashed Potatoes w/ Gravy Broccoli Cornbread Summer Fruit Salad Pineapple Juice	<b>31</b> Sweet and Sour Pork Brown Rice Roasted Tomatoes Whole Wheat Dinner Roll Black Bean Mango Salad 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](http://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.

# Traveling in 2022

Trips sponsored by Action Travel Tours 301-645-1770

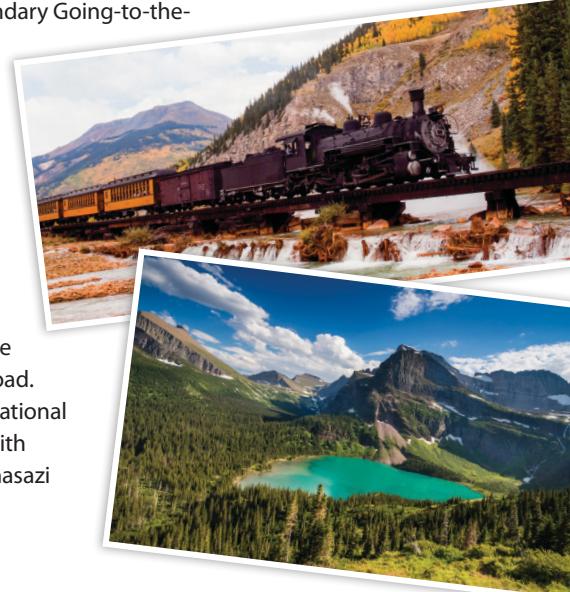
**A Message from Travel Leaders/Action Travel Tours:** Travel is slowly returning. It seems we take 3 steps forward and 2 back; however, we continue to plan fun and exciting new trips. Action Travel pledges to always monitor the local and international advisories to ensure the safety of our clients. We are hopeful that the Spring will emerge with safer conditions for domestic and international travel.

*Please call to verify trip dates, cost, and stated details. If a trip is cancelled by Action Travel or the vendor, a refund or future credit will always be issued. We must decide to cancel a trip at 60-45 days prior based on the number of people signed up. All tours are on a first come basis.*

## Looking Towards 2022

### 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.



### NEW\*\*August 5-12, 2022: Colorado's Historic Trains with Mayflower Tours.

Experience 6 scenic rail excursions: Pikes Peak Cog, Cripple Creek & Victor Narrow Gauge, Royal Gorge, Cumbres & Toltec Scenic, Durango & Silverton Narrow Gauge and Leadville Colorado and Southern Railroad. Also, visit the beautiful Rocky Mountain National Park and tour Mesa Verde National Park with its amazing cliff dwellings home to the Anasazi Indians.

## COVID-19 Vaccinations Available at the Nanjemoy Senior and Community Center

The Charles County Department of Health will hold a COVID-19 vaccination clinic on March 11th from 10:00 a.m. to 2:00 p.m. at the Nanjemoy Senior and Community Center.

The Pfizer and Moderna vaccines will be available for individuals ages 12 and older, and booster shots will be administered by request.

**Below are the link to register for a COVID-19 vaccination or call 301-609-6717.**

**Friday, March 11th from 10am to 2pm**

<https://www.marylandvax.org/appointment/en/reg/9710216331>

KN95 facemasks will also be distributed to individuals (1 per person and 4 per household) at the clinic. A state-issued ID is required to receive a vaccination. It is also recommended to bring a copy of your vaccination card (or a picture of the vaccination card) to the appointment. If your card has been misplaced, visit myirmobile.com to obtain a copy of your COVID-19 vaccination certificate.

