

# The SCOOP

Charles County's Senior Center News

HELLO  
SPRING!



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



## April Holidays

Senior Centers will be closed on Friday, April 15 in observance of Good Friday.



## 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.**

April 7 Waldorf Senior & Rec Center  
 April 14 Clark Senior Center  
 April 21 Indian Head Senior Center  
 April 28 Nanjemoy Senior Center



## International Guitar Month

**By: Janice Hamby, Clark Senior Center Coordinator**

April is International Guitar Month! Did you know we have a guitar group that meets twice a week at the Clark Center? This group began several years ago here at the Clark Center with only a couple of people. The group has since grown, and all musicians play at different experience levels. This group is for acoustic instruments only, with many genres of music being played. While the group is called the Guitar Jam, it's not just guitars...we also have a Ukulele player in the group.

The group meets twice a week and welcome all experience levels to join. This is not meant to be a guitar class, just individuals getting together to share their knowledge and love of the instrument and have a great time.

Our Guitar Jam came together and played for us at our Christmas Tree decorating event, where many of our center participants were in attendance and everyone enjoyed the live music.

If you are a Charles County Senior who can play the guitar, and you would like to join the group, we'd love to have you. They meet Tuesdays and Fridays at 10 a.m. at the Clark Center.

## National Garden Month

**By: Cynthia Simmons, Indian Head Senior Center Coordinator**

National Garden Month is in April! Open up to gardening, take advantage of the health and financial benefits of gardening to "grow" mentally and physically. Mentally, gardening improves our moods, which decreases stress levels and risk of depression. How do you feel when you see a flower bud open or when someone gives you a flower (I bet you're smiling now)? Planning and maintaining a garden helps with critical thinking and problem solving.

Did you know that you burn over 200 calories gardening? Physically, gardening improves dexterity, allows you to soak up some Vitamin D, and improves muscle strength. Think of the squats, stretches, and bends you do while digging, planting, and weeding.

Gardening can help you save money. The Green Thumb Club teaches you how to start where you are. Seniors work together to plan the raised garden at the Indian Head Senior Center and share plants they have in their home. Plants in your home helps reduce toxins and can act as a humidifier. Starting a vegetable garden can reduce your grocery bill. Start small with a plant in pots on your step or windowsill. Want to go big and till a space in your backyard? Steam Onward is a local resource if you want to turn your back yard space into a family garden.

<https://steamonward.org>

Remember that April is the time to open up to something new. Starting a new hobby or exercise program will help with your mind, body, and soil (soul). Thumbs up!



## Happy Birthday, Welcome to Medicare

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



## Maryland Access Point: Loan Closet

Aging and Human Services Division maintains a durable medical equipment loan closet for qualified seniors in need. Supplies are limited to what is on-hand at the time of request, but generally consists of, but not limited to: walkers, canes, bath/shower benches, incontinence supplies and wheelchairs.

Equipment on-hand in the loan closet can be checked out, free of charge, for a period of 90 days. All borrowed equipment must be cleaned, sanitized and in good working condition when returned; ready to meet the needs of the next recipient.

**We accept donations!** Please contact Maryland Access Point (MAP) at 855-843-9725 about donating and scheduling a donation date/time. We look forward to helping you stay healthy and safe in Charles County.

**Starting Spring 2022,  
Original Medicare  
WILL cover over-the-  
counter COVID-19 tests.**

**Get them from a trusted source,  
not social media ads or pop-ups.**

 **SMP** RESOURCE.ORG  
SUPPORTED BY GRANT # 90MPRC0002 FROM ACL  
<https://www.cms.gov/newsroom/press-releases/medicare-will-cover-free-over-the-counter-covid-19-tests-through-medicare>

877.808.2468  
NATIONAL TOLL-FREE

## End of Tax Season

The Department of Community Services Aging and Senior Programs Division wishes to extend a heartfelt **THANK YOU** to the volunteers of the AARP Foundation Tax Aide program who dedicated their time and talent this tax season to assist over 600 senior citizens and low-income adults with completing and filing their 2021 income tax returns. The program volunteers attended intensive trainings, studied and passed exams, and facilitated preparation and filings at the Richard R. Clark Senior Center to ensure that timely and accurate tax preparation was available to our residents.

In addition, we want to acknowledge I&A staff, for their work with scheduling and behind the scenes assistance, in addition to their normal duties. Lastly, to senior center staff for accommodating the needs of this program to continue to service the community.




## 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. Online and paper applications are available.

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 April 15, 2022* or a later credit for applications received on or before October 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.



### SCAM JAM

Save the Date! Scam Jam is coming to the Nanjemoy Senior Center on May 25.





## 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. 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 house hold, 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.**

## Earth Day Celebrations

In honor of Earth Day, the Clark and Indian Head Senior Centers will be collecting items for "Pure Play Every Day" an organization that uses recycled materials to make play kits and host events for children to express their creativity.

A collection box will be located in the front lobby of the Centers, and collections will be taken for the foreseeable future. Some of the items collected are as follows:

- Sectioned Plastic Containers
- Laundry Detergent Bottles
- Cardboard TP & Paper Towel Tubes
- Plastic Food Containers
- Yogurt Containers
- Plastic Bottle Caps
- Sheets
- Kitchen Utensils
- Buttons
- Marbles
- Game & Puzzle Pieces



## April is Financial Literacy Month



As we live longer, our savings need to last longer, too. Get tips for money management, avoiding scams, and reducing debt to help make the most of your money as you age.

In past generations, older adults looked to retire with three sources of income: savings, pensions, and Social Security. But with the decline of company pensions and financial markets taking a hit during economic downturns, many seniors face less income than anticipated in retirement.

Here are five money management tips to boost your income and savings.

### 1. Consider delaying retirement

By delaying the age you start to receive Social Security benefits, you can increase your benefit amount. Waiting until age 70 or later to take Social Security will provide a significant increase in your monthly payment.

### 2. Returning to work

Even if you've already stopped working and started getting Social Security, a part or full-time job can help offset extra expenses. Mature workers aged 55+ with very limited or no income might also consider the [Senior Community Service Employment Program \(SCSEP\)](#). SCSEP provides training and part-time community service work that for most people leads to full-time jobs.

### 3. Other programs

Depending on income, you might be eligible for help from public and private programs that help pay for health care, prescriptions, food, utilities and more.

### 4. Consider leveraging home equity.

### 5. Get financial help from family

To pay for medical bills or caregiver expenses, family support might be a helpful way to preserve finances. Adult children need to be careful that these extra costs do not disrupt their financial plans and their ability to save for their own retirement. It is difficult but important for families to discuss finances and options realistically.

The government has made it less costly for families to pay medical bills or elder care if the taxpayer can claim an elderly relative is a dependent. This can make it easier to support older relatives who want to stay at home and may help to ease the burden that caregiving can place on the family.

*Information is provided by National Council on Aging.*

## How Tai Chi Can Help You Manage Stress

April is Stress Awareness Month and did you know practicing Tai Chi can help you reduce your stress and anxiety? Originally developed for self-defense, tai chi has evolved into a graceful form of exercise that's now used for stress reduction and a variety of other health conditions. Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements.

It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Each posture flows into the next without pause, ensuring that your body is in constant motion.

Tai chi is low impact and puts minimal stress on muscles and joints, making it generally safe for all ages and fitness levels. In fact, because tai chi is a low-impact exercise, it may be especially suitable if you're an older adult who otherwise may not exercise.

When learned correctly and performed regularly, tai chi can be a positive part of an overall approach to improving your health. The benefits of tai chi may include:

- Decreased stress, anxiety and depression
- Improved mood
- Improved aerobic capacity
- Increased energy and stamina
- Improved flexibility, balance and agility
- Improved muscle strength and definition

A variety of Tai Chi Classes are taught at your local senior centers. Check the senior center calendars for more details on how to join class. Information provided by [mayoclinic.org](http://mayoclinic.org).

### Indian Head Senior Center

Tai Chi for Health Beginner Class, Mondays & Fridays, 1 p.m.  
Tai Chi for Health, Mondays & Wednesdays, 9 a.m.

### Nanjemoy Senior Center

Tai Chi for Arthritis, Mondays, 11 a.m.

### Waldorf Senior & Rec Center

Tai Chi, Tuesdays & Thursdays, 1 p.m.



## Tai Chi Tea: Celebrating World Tai Chi Day

This event is open to all Tai Chi for Health, Tai Chi for Arthritis, 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.



# 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.

Wednesdays, April 6 & 27, 10 a.m.- Noon

Fee: FREE



### Conversation & Trivia

Join senior center staff and participants for conversation, trivia, and fellowship!

Thursdays, April 7 & 21, 10 a.m. Fee: FREE

### Book Club

Led by Christine England, Charles County Public Library. "The Personal Librarian" by Marie Benedict.

Thursday, April 7, 1 p.m. Fee: FREE

### Widow to Widow Support Group

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

Monday, April 11, 1 p.m. Fee: FREE

### The Many Uses of "Skin So Soft"

Staff will explain the many uses of "Avon's" Skin So Soft. Some of them will surprise you! A sample will be provided.

Wednesday, April 13, 10:30 a.m. Fee: FREE

### Grocery Bag Distribution

New Hope Community Outreach Organization, and Area Council on Aging will provide a bag of groceries to those who sign up. One bag per household. Limited supply, sign up early by calling the Clark Center.

Thursday, April 14, 11:30 a.m. Fee: FREE

### All About Vertigo

Mike O'Brien from Freedom Physical Therapy will explain what vertigo is and how it can be treated.

Thursday, April 28, 11 a.m. Fee: FREE

### Guitar Jam

Join our 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

### Mah-Jong

Mahjong is a tile-based game that was developed in the 19th century in China and has spread throughout the world since the early 20th century. All experience levels welcome!

Wednesdays, 10 a.m. Fee: FREE

### Spiritual Enrichment

Facilitator, Ruth Campbell

Tuesdays, 12 p.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, April 6 & 20 10 a.m. Fee: FREE

### Sugar Water & String Basket Craft (Part 2)

Join us to decorate the baskets you made previously. Some supplies will be provided, but you may bring your own.

Thursday, April 7, 10 a.m. Fee: FREE

### Camera Club

Sue & Bill Cassidy will show you tips & tricks about how to use your camera, and how to preserve those precious photographs.

Tuesday, April 12, 10 a.m. Fee: FREE



### DIY Glass Etching Class

Charles County's Recreation staff will teach you how to etch a design on glass. All supplies provided. Class size limited, sign up early! Must register online at <http://charlescountymd.myrec.com>, or see a staff member for assistance.

Thursday, April 14, 10:30 a.m. Fee: \$10/pp

### Picture Frame Craft

Come out and decorate your own picture frame to display your treasured photos. Registration required. All supplies provided.

Thursday, April 21, 10 a.m. Fee: \$2/pp

### 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, April 13 & 27, 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, 9:15 a.m. Fee: Fitness Card

## National Spaghetti Day

A little late but let's celebrate National Spaghetti Day with a spaghetti lunch, including salad and bread. Registration required by Tuesday, April 19, 2022.

Tuesday, April 26, 12 p.m. Fee: \$5



# 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 Conditioning.....9:00 Yoga/Meditation.....10:00 Drums Alive.....1:00	Billiards.....9:30 Stained Glass.....9:30 Quilting Class.....9:30 Guitar.....10:00 Cards & Games.....10:00 Lunch.....12:00 Spiritual Enrichment.....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 Crochet/Knitting.....9:30 Acey Deucey.....10:00 Creative Coloring.....10:00 Mahjong.....10:00 Lunch.....12:00 Powder Puff Billiards.....1:00 Gospel Choir.....2:00 <b>Fitness</b> Basic Fitness Training.....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.....10:15 AFEP.....11:00
				<b>1</b> Hand & Foot Canasta.....10:00
<b>4</b> Yoga/Meditation.....10:00	<b>5</b> Diabetes Self-Management Program Final Session.....9:30	<b>6</b> Jewelry Club Class.....10:00 <b>Mobile Library.....10:00</b>	<b>7</b> Sugar Water & String Basket Craft Part 2.....10:00 Conversation & Trivia.....10:00 Book Club.....1:00	<b>8</b> Project Linus Meeting.....10:00 Wii Bowling.....11:00
<b>11</b> <b>Widow to Widow.....1:00</b>	<b>12</b> <b>Camera Club.....10:00</b>	<b>13</b> Fitness Orientation.....10:00 <b>Many uses of Skin</b> <b>So Soft.....10:30</b> Clark Council Meeting.....1:00	<b>14</b> <b>DIY Glass Etching.....10:30</b> Grocery Distribution.....11:30	<b>15</b> <b>Good Friday</b>  <b>All Centers Closed</b>
<b>18</b> Creative Coloring.....10:00	<b>19</b> Beginner Tap.....2:00	<b>20</b> Jewelry Club Class.....10:00	<b>21</b> <b>Picture Frame Craft....10:00</b> Conversation & Trivia.....10:00	<b>22</b> Hand & Foot Canasta.....10:00
<b>25</b> Sewing Room OPEN.....9:30	<b>26</b> <b>Spaghetti Day.....12:00</b>	<b>27</b> Fitness Orientation.....10:00 <b>Mobile Library.....10:00</b> Caregivers Support.....2:00	<b>28</b> <b>All About Vertigo.....11:00</b>	<b>29</b> Hand & Foot Canasta.....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.*

## Spring Break- Spa Week

Join us this week as we chase away the winter blues and prepare our mind, body and souls for a new awaking – Spring.

### Hand Massages

According to Redkin Spas hand massages help decrease anxiety and swelling, it also helps with sleep and headaches. Sign up with Staff.

Monday, April 18, 12:45 p.m. Fee: Donation

### Guided Meditation

The Arthritis Foundation recommends meditation to help sufferers learn how to manage stress and pain. Close your eyes as we guide you through a relaxation exercise.

Tuesday, April 19, 1:30 p.m. Fee: FREE

### Flex & Stretch with Brittany

Give your body a break. Stretching relaxes your body and increases blood flow.

Wednesday, April 20, 1 p.m. Fee: Fitness Card

### Clay Pot Craft

Crafting not only makes you happy, but crafting helps with decision making and motor skills while reducing stress. These pots are perfect for Earth Day.

Friday, April 22, 12:45 p.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

### Jinjer & Total Body Conditioning

Ready for a fun work-out that includes dance steps? Jinjer's workout guarantees 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

### 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

### Fresh Conversations

The discussion will focus on foods known to help prevent some medical conditions. This will be the last session, please provide us with feedback.

Tuesday, April 12, 10 a.m.

Fee: FREE

### What's Taxing You? Stress Relievers

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

Wednesday, April 13, 1:15 p.m.

Fee: FREE

### Tai Chi Tea

This event is opened for all Tai Chi for Health, Arthritis and Tai Ji Quan students. The tea will be held at the Indian Head Village Green Pavilion at 100 Walter Thomas Rd.

Thursday, April 28, 1 p.m.

Fee: Donation

### Fitness Orientation

You must schedule with staff to use Fitness machines and equipment.

Friday, April 29, 11 a.m.

Fee: \$2

## Programs

### 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.

Friday, April 1 & Tuesday, April 12, 10 a.m.

Fee: FREE

### April Laughs – A Minute to Win It

No April fool's joke only laughs and prizes.

Friday, April 1, 10:30 a.m.

Fee: FREE

### Bingo

The first, third and fifth Mondays for a nickel.

Mondays, April 4 & 18, 9:30 a.m.

Fee: Nickel/card



### Pure Play

Donate your trash and learn how this group will repurpose your items for play.

Tuesday, April 5, 12:45 p.m.

Fee: Your Recyclable Trash

### Senior Tech

Wednesday, April 6, 12:45 p.m.

Fee: FREE

### Coffee, Conversation & Color

Highlighting techniques today. Sponsored in part by Charles County Arts Alliance.

Thursday, April 7, 10:15 a.m.

Fee: \$2

### Sewing 101

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

Monday, April 11 & 25, 9:30 a.m.

Fee: FREE

### Pastor Chris and Friends

Join Pastor Chris for a devotional and familiar hymns.

Tuesday, April 12, 1 p.m.

Fee: FREE

### Pie Social

Sponsored by the Indian Head Senior Center Council. Enjoy some pie and social time. Sign up with Staff, so there will be plenty.

Thursday, April 21, 9:30 a.m.

Fee: \$2

### Green Thumb Club

Friday, April 22, 10:15 a.m.

Fee: FREE

### Book Club

Wednesday, April 27, 11 a.m.

Fee: FREE

## Outdoor Programs

### Tai Chi for Health

This class is held around Indian Head's Village Green fountain for students who practice the 41 movements.

Mondays & Wednesdays, 9 a.m.

Fee: FREE

### Spring Yard Sale

Indian Head Senior Center Council annual fund-raiser. Find that one-of-a-kind treasure.

Thursday, April 21, 9 a.m. Fee: Your Purchases





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Billiards/Cards .....9:00 Tai Chi for Health .....9:00 Beginners Tai Chi for Health...1:00	Billiards/Cards .....9:00 Jinjer & Total Body Conditioning .....9:15 AFEP ..... 11:15	Billiards/Cards .....9:00 Tai Chi for Health .....9:00 Fitness w/ Nate ..... 10:15	Billiards/Cards .....9:00 Jinjer & Total Body Conditioning .....9:15 Canvas Painting.....10:00 AFEP ..... 11:15 Fitness w/ Lamont .....1:00	Seated Yoga .....9:00 Billiards/Cards .....10:00 Beginners Tai Chi for Health...1:00
				<b>1</b> <b>Information &amp; Assistance w/Julie .....10:00</b> April Laughs – Minute to Win It .....10:30
<b>4</b> Bingo .....9:30	<b>5</b> Council Meeting .....9:00 Pure Play.....12:45	<b>6</b> <b>National Walking Day ..11:30</b> Senior Tech.....12:45	<b>7</b> Coffee, Conversation & Color ..... 10:15	<b>8</b> Pokeno .....10:30
<b>11</b> Sewing 101 .....9:30	<b>12</b> <b>Information &amp; Assistance w/Julie .....10:00</b> <b>Fresh Conversation.....10:00</b> Pastor Chris .....1:00	<b>13</b> National Scrabble Day.....9:30 What's Taxing You: Stress Relievers ..... 1:15	<b>14</b> Music Spotlight .....11:00	<b>15</b>  <b>Good Friday</b> <b>All Centers Closed</b>
<b>18</b> Bingo .....9:30 Hand Massages.....12:45	<b>19</b> Jewelry Club .....9:30 Guided Meditation .....1:30	<b>20</b> Flex and Stretch w/Britt .....1:00	<b>21</b> <b>Yard Sale .....9:00</b> <b>Pie Social .....9:30</b> <b>Grocery Distribution...11:30</b>	<b>22</b> Green Thumb Club .....10:15 Clay Pot Craft.....12:45 <b>No Yoga Today</b>
<b>25</b> Sewing 101 .....9:30	<b>26</b> Game Day.....12:45	<b>27</b> <b>Book Club.....11:00</b> Yoga w/ Debi.....1:00	<b>28</b> <b>Tai Chi Tea at the Pavilion .....1:00</b>	<b>29</b> <b>Fitness Orientation.....11:00</b> <b>No Yoga Today</b>

**NATIONAL**  
**WALKING DAY**  
**FIRST WEDNESDAY OF APRIL**

No equipment needed for this fun activity. Did you know that 25 percent of adults get little to no physical activity a day, according to the CDC? Walking just 15 minutes a day curbs cravings, 20 minutes a day reduces sick days and 30 minutes a day improves your mood and keeps you regular (shhh). Join staff for a morning walk (weather permitting). Stay for a box lunch of chicken salad. Make sure to sign up for lunch.

Wednesday, April 6, 11:30 a.m. • Fee: Lunch Donation

# NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest SCOOP online!

## Community Programs

### Computer Lab and 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 p.m. - 4:30 p.m. & Fridays, 8:30 a.m. - 4:30 p.m. Fee: FREE

### Narcotics Anonymous

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

### Mobile Library

Borrow books, movies, tech every three weeks.

Wednesday, April 20, 10:30 a.m. - 12 p.m.

Fee: FREE

## Charles County Arts Alliance (CCAA) Programs

### Activities sponsored in part by funds from the Charles County Arts Alliance

Programs led by author and illustrator Olga Herrera. Classes recommended for age 13+.

### Acrylic Painting

Participants will receive instruction on acrylic painting techniques while painting a still life. Cost noted is to help cover painting supplies. Limit of 10 participants. Prior registration required.

Monday, April 18, 10:30 - 11:30 a.m. Fee: \$5

### Paths to Publishing

Participants will learn about different requirements for traditional vs. self-publishing and paths to avoid. Limit of 20 participants. Prior registration required.

Wednesday, April 20, 10:30 - 11:30 a.m.

Fee: FREE

### Digital Illustration in Procreate

Participants will learn about the basics of the program Procreate including layer placements, modifications, digital tools, and how to share finished work. Instructor will discuss DPI and CMYK vs. RGB. Ipads with Procreate loaded onto device and stylus are needed. Limit of 10 participants. Prior registration required. Inquire at registration if access to iPad is needed; \$3 fee applicable for borrowed device only.

Wednesday, April 20, 1:30 - 2:30 p.m.

Fee: FREE

### Underground Railroad, Not A Subway

Field trip opportunity for Western Charles County schools fully funded by the Charles County Arts Alliance.

Wednesday, April 27, 10 - 10:45 a.m. Fee: FREE

## Recreation Programs

### Register for Recreation Programming

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

### Glass Etching

Use etching to create a design on two pieces of glassware. All supplies included or bring your own glassware. No Pyrex or plastic. Ages 18+.

Wednesday, April 13, 6 - 7:30 p.m. Fee: \$20

### Silly Snacks

Create some long-lasting memories with the little toddler in your life. Let their imagination run wild as you two will work together to make a mess and create fun, edible snacks! Chef hat, apron, and all supplies are included.

Tuesday, April 19, 10 - 10:45 a.m. Fee: \$6

## Senior Center Programs

### 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

### Artistic Aesthetics

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

Mondays, 1 p.m.

Easter Wreath, April 4

Fee: \$5

Dye Easter Eggs, April 11

Fee: FREE

Tea Cup Candle, April 25

Fee: \$5

### Friday Films

Enjoy a movie and snacks with friends each Friday this month.

Fridays, 1 p.m. 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, April 21, 10 - 12 p.m.

Fee: FREE

### In Season

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

Friday, April 22, 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, April 28, 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

### 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

### Walking Club

Enjoy the great outdoors and walk with friends!

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, 10 a.m.

Fee: FREE

### Arthritis Foundation Exercise - AFEP

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

Fridays, 10 a.m.

Fee: FREE

**What's the Word is canceled in April but will return in May.**

## 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





# NANJEMOY SENIOR/COMMUNITY CENTER

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

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

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards ..... 8:30 Computer Lab ..... 8:30 Fitness Room ..... 8:30 Senior Tech Appts ..... 8:30 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> AFEP ..... 10:00 Friday Films ..... 1:00
<b>4</b> Senior Council Meeting ..... 10:00 Tai Chi ..... 11:00 Artistic Aesthetics ..... 1:00	<b>5</b> Coloring Group ..... 9:00 Flex & Stretch ..... 10:00 Fitness Fifteen ..... 11:15	<b>6</b> Walking Club ..... 10:00 Health Matters ..... 1:00	<b>7</b> Total Body Conditioning ..... 10:00 Nickel Bingo ..... 1:00	<b>8</b> AFEP ..... 10:00 Friday Films ..... 1:00
<b>11</b> Tai Chi ..... 11:00 Artistic Aesthetics ..... 1:00	<b>12</b> Coloring Group ..... 9:00 Flex & Stretch ..... 10:00 Fitness Fifteen ..... 11:15	<b>13</b> Walking Club ..... 10:00 Health Matters ..... 1:00 Senior Council Bunny Basket Drawing ..... 1:00 <u>Recreation Program</u> Glass Etching ..... 6:00	<b>14</b> Total Body Conditioning ..... 10:00 Nickel Bingo ..... 1:00	<b>15</b> <b>Good Friday</b>  <b>All Centers Closed</b>
<b>18</b> Tai Chi ..... 9:00 <u>CCAA Program</u> Acrylic Painting with Olga Herrera ..... 10:30	<b>19</b> Coloring Group ..... 9:00 Flex & Stretch ..... 10:00 Fitness Fifteen ..... 11:15 <u>Recreation Program</u> Silly Snacks ..... 10:00	<b>20</b> Walking Club ..... 10:00 <u>Community Program</u> Mobile Library ..... 10:30 <u>CCAA Programs</u> Paths to Publishing with Olga Herrera ..... 10:30 Digital Illustration with Olga Herrera ..... 1:30	<b>21</b> Total Body Conditioning ..... 10:00 I & A with Julie ..... 10:00 Nickel Bingo ..... 1:00	<b>22</b> AFEP ..... 10:00 Friday Films ..... 1:00 In Season ..... 1:00
<b>25</b> Tai Chi ..... 11:00 Artistic Aesthetics ..... 1:00	<b>26</b> Coloring Group ..... 9:00 Flex & Stretch ..... 10:00 Fitness Fifteen ..... 11:15	<b>27</b> Health Matters ..... 1:00 <u>CCAA Program</u> Underground Railroad, Not A Subway ..... 10:00	<b>28</b> Total Body Conditioning ..... 10:00 Nickel Bingo ..... 1:00 New Hope Community Grocery Giveaway ..... 11:30	<b>29</b> AFEP ..... 10:00 Friday Films ..... 1:00

## Special Programs

### Signs of Life

Are you interested in learning the basics of sign language? Join Patricia Whitney from Signs of Life for this 6-week course. You will learn the history of American Sign Language while gaining the ability to finger spell, and more! Pre-registration required by Monday April 4. Sponsored in part by funds from Charles County Art Alliance.

Tuesdays, April 5-May 10, 10 a.m. Fee: \$10

### Recovering Resources Through Recycling

Discover why and what we recycle and what happens when you place a bottle in your recycling cart. Presented by Keith Roumfort, Charles County Recycling Contract Manager.

Wednesday, April 6, 10 a.m. Fee: FREE

### Spring Cleaning

Spring is a time for renewal! This 4-week class will focus on clearing and renewing the body, mind, and spirit. Each week a new topic will be discussed so you do not want to miss any of it. In person or virtual, spring is the time for action. We will discuss tips on getting rid of clutter, not only in the home but in the mind as well. Exercise programs, nutrition information, meditations and more will also be discussed! Register at the Waldorf Senior & Recreation Center or call 301-609-5711. To attend class virtually, please provide an email address when registering.

Thursday, April 7, 14, 21 & 28, 10:30 a.m.  
Facilitator: Debi Shanks Fee: FREE

### The Game of Jacks

Did you know that variations of Jacks have been played for over 2000 years? Join us to play this timeless game! Great for improving hand-eye coordination.

Wednesdays, 11:30 a.m. Fee: FREE

### National Pet Day – Donation Collection

April 11th is National Pet Day! We will be collecting donations for the Humane Society of Charles County. Donations can include towels, animal beds, dog/cat food, treats, and more!

Monday, April 11 Fee: FREE

### Lunch & Learn Clear Captions

If you have difficulty hearing over the phone, get your free phone along with the free home phone line! Join to learn more and enjoy a complimentary lunch. Pre-registration required by Monday, April 11 to receive lunch.

Wednesday, April 13, 11 a.m. Fee: FREE

### Genealogy

Your story begins with your family tree! Bring your children or grandchildren and learn how to build a family tree. Explore and showcase your family history.

Tuesday, April 19, 11 a.m. Fee: \$2

## Community

### 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, April 1, 11 a.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, April 4, 9:30 a.m. Fee: FREE

### Let's Play Spades

Tuesday, April 5, 10:30 a.m. Fee: FREE

### Pastor Chris & Friends

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

Wednesday, April 6, 10:30 a.m. Fee: FREE

### Charles County Mobile Library

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

Tuesday, April 12, 9 a.m. Fee: FREE

### Widow to Widow Support Group

Facilitated by Brenda Dubose.

Monday, April 25, 9:30 a.m. Fee: FREE

### Tech Time

Bring us your basic questions about your computers and phones! By appointment only. Not offered on April 19.

Tuesdays, starting at 10:30 a.m. Fee: FREE

## Senior Fitness

### 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 & Thursdays, 11:30 a.m.

Fee: Fitness Card

### Beginner Ballet

Improve posture, strength, and the basics of ballet. Wonderful for increasing flexibility and great for balance too.

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

### Basketball

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

Wednesdays, 10 a.m. Fee: FREE

### Arthritis Foundation Exercise Program (AFEP)

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

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

### Basic Fitness Training

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

### EnhanceFitness

EnhanceFitness, evidence-based group exercise program for older adults that uses simple, easy-to-learn movements that motivate individuals (particularly those with arthritis) to stay active throughout their life.

Mondays, Wednesdays, Fridays, 1 p.m.

Fee: FREE

### Fitness Room Orientation

Mandatory before first use of fitness room. Registration required.

Wednesday, April 6 & 20, 1 p.m. Fee: \$5

## Arts & Music

### Basic Sewing

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

Mondays, 1 p.m. Fee: FREE

### Quilting Workshop

Monday, April 18, 1 p.m. Fee: \$2

### Get Crafty

Join senior center staff monthly for new arts projects! This month's craft theme is Earth Day.

Friday, April 22, 1 p.m. Fee: \$2

### 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 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 Chess .....11:00 Table Tennis .....11:00 Lunch .....12:00	Fitness Room .....9:00 Racquetball .....9:00 Walking Club .....10:00 AFEP .....10:30 Cards & Games .....10:30 <b>Jacks .....11:30</b> 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 Cards & Games .....10:30 Lunch .....12:00
				<b>1</b> Core & More .....10:30 <b>Poetry Slam .....11:00</b> Enhance Fitness .....1:00
<b>4</b> <b>Coffee &amp; Convo .....9:30</b> Chair Yoga .....10:30 Enhance Fitness .....1:00 <b>Basic Sewing .....1:00</b>	<b>5</b> Total Body Conditioning .....9:30 <b>Signs of Life .....10:00</b> Yoga .....10:30 Let's Play Spades .....10:30 Tech Time .....10:30 Line Dancing .....11:30 Tai Chi .....1:00	<b>6</b> <b>Beginner Ballet .....9:30</b> Basketball .....10:00 <b>Recovering Resources through Recycling .....10:00</b> <b>Pastor Chris &amp; Friends ..10:30</b> Basic Fitness Training .....11:30 <b>Fitness Room Orientation 1:00</b> Enhance Fitness .....1:00	<b>7</b> Total Body Conditioning .....9:30 <b>Spring Cleaning .....10:30</b> Watercolors .....10:30 <b>Bingo .....10:30</b> <b>Grocery Distribution...11:30</b> Line Dance .....11:30 Tai Chi .....1:00	<b>8</b> Core & More .....10:30 Enhance Fitness .....1:00
<b>11</b> <b>National Pet Day!</b> Chair Yoga .....10:30 Enhance Fitness .....1:00 <b>Basic Sewing .....1:00</b>	<b>12</b> <b>Mobile Library .....9:00</b> Total Body Conditioning .....9:30 <b>Signs of Life .....10:00</b> Tech Time .....10:30 Yoga .....10:30 Line Dancing .....11:30 Tai Chi .....1:00	<b>13</b> <b>Beginner Ballet .....9:30</b> Basketball .....10:00 <b>Clear Captions .....11:00</b> Basic Fitness Training .....11:30 Enhance Fitness .....1:00	<b>14</b> Total Body Conditioning .....9:30 <b>Spring Cleaning .....10:30</b> Watercolors .....10:30 <b>Bingo .....10:30</b> <b>Intro to Pickleball .....11:00</b> Line Dance .....11:30 Tai Chi .....1:00	<b>15</b> <b>Good Friday</b>  <b>All Centers Closed</b>
<b>18</b> <b>WSC Council Meeting ...9:30</b> Chair Yoga .....10:30 Enhance Fitness .....1:00 <b>Basic Sewing .....1:00</b> <b>Quilting Workshop .....1:00</b>	<b>19</b> Total Body Conditioning .....9:30 <b>Signs of Life .....10:00</b> Yoga .....10:30 <b>Genealogy .....11:00</b> Line Dancing .....11:30 Tai Chi .....1:00	<b>20</b> <b>Beginner Ballet .....9:30</b> Basketball .....10:00 Basic Fitness Training .....11:30 <b>Fitness Room Orientation 1:00</b> Enhance Fitness .....1:00	<b>21</b> Total Body Conditioning .....9:30 <b>Spring Cleaning .....10:30</b> Watercolors .....10:30 <b>Bingo .....10:30</b> Line Dance .....11:30 Tai Chi .....1:00	<b>22</b> Core & More .....10:30 <b>Get Crafty .....1:00</b> Enhance Fitness .....1:00
<b>25</b> <b>Widow to Widow .....9:30</b> Chair Yoga .....10:30 Enhance Fitness .....1:00 <b>Basic Sewing .....1:00</b>	<b>26</b> Total Body Conditioning .....9:30 <b>Signs of Life .....10:00</b> Tech Time .....10:30 Yoga .....10:30 Line Dancing .....11:30 Tai Chi .....1:00	<b>27</b> <b>Beginner Ballet .....9:30</b> Basketball .....10:00 Basic Fitness Training .....11:30 Enhance Fitness .....1:00	<b>28</b> Total Body Conditioning .....9:30 <b>Spring Cleaning .....10:30</b> Watercolors .....10:30 <b>Bingo .....10:30</b> <b>Intro to Pickleball .....11:00</b> Line Dance .....11:30 Tai Chi .....1:00	<b>29</b> Core & More .....10:30 Enhance Fitness .....1:00

## April is National Fitness Month and time to get outside!

Walking is the easiest and most inexpensive way to exercise. It builds muscle in the legs and helps keep your heart strong. No matter the type of exercise you do, just do something! If you don't move, YOU don't move!

*Thank you for your continued dedication to improving your health and fitness.*

Debi & Nate

## NEW! Spring Cleaning!

Spring is a time for renewal! This 4-week class will focus on clearing and renewing the body, mind, and spirit. Each week a new topic will be discussed so you do not want to miss any of it. In person or virtual, spring is the time for action. We will discuss tips on getting rid of clutter, not only in the home but in the mind as well. We will also discuss exercise programs, nutrition information, meditations and more!

Register at the Waldorf Senior & Recreation Center or call 301-609-5711. To attend class virtually, please provide your email address when registering.

**Thursdays: April 7, 14, 21 & 28 • 10:30 a.m.**

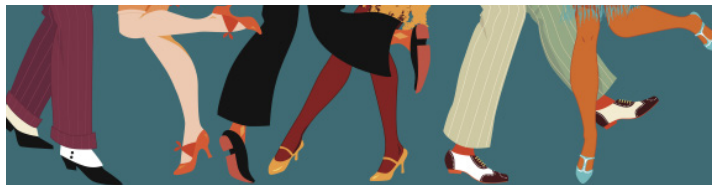
**Fee: FREE • Facilitator: Debi Shanks**

## Senior Dance Programs

We have a variety of dance opportunities to check out. Dance is not only for the body, but also great for the spirit. All the "feel good" hormones are released naturally to lift your mood. Not to mention, excellent balance training too and so much fun!

Beginner's welcome! Check out each centers page for details and class times. First class is free!

**Zumba, Line Dancing, Ballet, Tap Dance**



## Bee Aware

Charles County  
Senior Health & Wellness Fair

Save the date!

May 20th from 10 a.m. - 2 p.m.

*Join us and "Bee Well".*



## Celebrate Spring and Earth Day with outdoor Yoga!

Let's connect with Mother Earth and celebrate all she does for us!

Wednesday, April 27

1:00 p.m.

Indian Head Village Green

Instructor: Debi Shanks



## Outdoor walk groups are back!

Join us for one of these group walks. Weather permitting (must be above 32 degrees). Let's GO!

Mondays, 10 a.m.

Laurel Springs Park (meet in parking lot)

Fridays, 10 a.m.

Senior Meet up & walk (walk on your own – not staff led)

**Call 301-609-5711 if you need more information.**



## Core & More

Full body workout with emphasis on abdominals and back. Guidance on proper nutrition and hydration to optimize workout efforts.

Fridays, 9:15 a.m. • Richard R. Clark Senior Center

Fridays, 10:30 a.m. • Waldorf Senior & Rec Center

Instructor: John Lewis • Fee: Fitness Card

## Biking with Nate

Fridays @ 1:00 p.m.

April 8 & 22 @ Indian Head Rail Trail (White Plains side)



# 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> Jerk Fish w/Mango Salsa Roasted Baby Carrots Mashed Potatoes Dinner Roll Citrus Salad Grape Juice
<b>4</b> Egg Salad Sandwich on Whole Wheat Bread (2) Cucumber & Onion Salad Roasted Tomato Salad Apple Slices Apple Juice	<b>5</b> Unstuffed Cabbage w/ Ground Turkey Roasted Sweet Potatoes California Blend Veggies Whole Wheat Dinner Roll Pineapple Chunks Pineapple Juice	<b>6</b> Sloppy Joe on Whole Wheat Bun 5 Blend Veggies Roasted Potatoes Raisins Grape Juice	<b>7</b> Beef and Noodles Stewed Tomatoes Applesauce Cornbread Banana Orange Juice	<b>8</b> Lime Basil Baked Whiting w/ Mango Lime Salsa Brown Rice Green Beans Biscuit Diced Peaches Grape Juice
<b>11</b> Salmon Cake Brown Rice Zucchini Blend Biscuit Mandarin Oranges Pineapple Juice	<b>12</b> Chipotle Chicken Roasted Bean and Corn Salad Roasted Beets Whole Wheat Roll Diced Mangos Fruit Punch Juice	<b>13</b> Ground Turkey Spanish Rice Green Beans Garlic Breadstick Pineapple Pineapple Juice	<b>14</b> Sweet and Sour Chicken Brown Rice Sautéed Spinach w/ Garlic Breadstick Mixed Fruit Cup Fruit Punch Juice	<b>15</b> <b>Good Friday</b> <b>Senior Centers Closed</b>  <b>No Meal Service</b>
<b>18</b> <b>CCPS Spring Break</b>  <b>No Meal Service</b>	<b>19</b> BBQ Beef Cubes Sweet Potato Casserole Broccoli Cornbread Raisins Orange Juice	<b>20</b> Chicken Parmesan Noodles Roasted Brussel Sprouts Breadstick Diced Mango Fruit Punch Juice	<b>21</b> Pork Chop & Gravy Roasted Sweet Potatoes Collard Greens Whole Wheat Roll Diced Apples Grape Juice	<b>22</b> <b>CCPS Spring Break</b>  <b>No Meal Service</b>
<b>25</b> Honey Lime Chicken Roasted Redskin Potatoes Roasted Zucchini Whole Wheat Bread Apricots Orange Juice	<b>26</b> Chophouse Burger w/ Lettuce & Tomato Whole Wheat Bun Orange Glazed Carrots Party Harty Beans Pineapple Chunks Apple Juice	<b>27</b> Curry Chicken Brown Rice Carrots and Green Beans Naan Flatbread Tangy Cherry Salad Pineapple Juice	<b>28</b> <b>Birthday Celebration</b> Beef and Rice(1c.) Roasted Broccoli Carrot Raisin Salad Fresh Apple Slices Orange Juice	<b>29</b> BBQ Pulled Pork Sandwich Whole Wheat Bun Coleslaw Roasted Sweet Potatoes Grapes Grape Juice
<b>Charles County Luncheon Program</b> 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. <b>Clark Senior Center.....Tuesday–Friday</b> <b>Indian Head Senior Center.....Monday–Friday</b>				<b>Available at Noon • Days Vary By Center</b> <b>Nanjemoy Senior Center ..... Monday–Friday</b> <b>Waldorf Senior Center ..... Monday–Friday</b> 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.

# Where can I go Traveling in 2022?

**Trips sponsored by Action Travel Tours 301-645-1770**

*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.*

## **\*\*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. Meet a local farmer and taste his farm's produce. Marvel at the unspoiled beauty of Yosemite National Park. Glide on the pristine waters of Lake Tahoe on a paddle wheeler. Sip local wines in Napa Valley and enjoy a farm-to-table lunch. 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.

## **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 Sothern 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.

**September 23 –28, 2022: Bristol, Nashville, and Asheville.** – We will explore the history and sounds of country music as we travel to the country music capital of Nashville. We will overnight in Bristol TN on our journey down and in Asheville, NC on our return. No trip to Nashville is complete without staying at Opryland, enjoying the Grand Ole Opry, the Johnny Cash Museum, the General Jackson and so much more.

**October 1-9, 2022: Chicago and Mackinac Island with Collette Tours.** Get ready for a relaxing journey. The tranquil beauty of Mackinac Island and the Great Lakes region comes alive amid old-fashioned traditions. Highlights from this tour include Chicago Millennium Park, Charlevoix Mushroom Houses, Mackinac Island, Grand Hotel, Frankenmuth, Henry Ford Museum and Greenfield Village

