

The SCOOP

Charles County's Senior Center News

2023

HAPPY
NEW YEAR



JANUARY 2023

www.CharlesCountyMD.gov

Holiday Closures

Charles County Senior Centers are closed on the following dates in January:

- **Monday, January 2 for New Years**
- **Monday, January 16 for Martin Luther King Jr. Day**



Grocery Distribution

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

All distributions begin at 11:30 a.m.

January 5	Waldorf Senior & Rec Center
January 12	Clark Senior Center
January 19	Indian Head Senior Center
January 26	Nanjemoy Senior Center



National Oatmeal Month

In January, National Oatmeal Month declares it's possible to create healthy changes with this grain. Celebrate all month long by incorporating oatmeal in your breakfast and snacks.

Oatmeal has earned a reputation for being heart-healthy and soothing itchy skin. Beyond several other possible health benefits, steel-cut oats add a nutty flavor and texture to your meal. If you're looking for a softer and quicker cook to your oats, rolled oats cook almost instantly!

<https://nationaldaycalendar.com/national-oatmeal-month-january/>



National Glaucoma Awareness

Glaucoma is the leading cause of vision loss and blindness in the United States. Glaucoma has no early symptoms – that's why half of people with glaucoma don't believe they have it. The only way to find out if you have it is to get a comprehensive dilated eye exam. Unfortunately, there is no cure, but early treatment can often stop the damage and protect your vision.

Information taken from www.nei.nih.gov



Gardening Inside During Winter



It is possible to garden inside during winter and it is a great way to beat back the winter blues while providing fresh produce and herbs. To grow food inside during winter, you will need either a southern exposure window and/or some supplemental lighting in form of growing lights. Beyond these requirements, you will need medium containers.

A good way to start off is with herbs in a sunny windowsill. Below are herbs and other plants that can grow indoors.

- **Rosemary, Basil, Oregano, Lavender, Mint**
- **Radishes, Peppers, Tomatoes**

Just remember that different crops have different needs. Do further research to find ideal temperatures and proper hours of light and water the crops needs.

Information from gardeningknowhow.com

Top 5 Healthy New Year's Resolutions

1. **Get Enough Sleep** – You should aim for seven to nine hours of sleep per night. This amount of rest helps to maintain your immune system and improves memory and concentration.
2. **Eat Well & Stay Hydrated** – Focus on consuming high-fiber fruits, vegetables, whole grains, nuts, low-fat dairy, and leaner cuts of meat.
3. **Stay Social** – Stay connected with family members and reach out to your friends, it is never too late to make new ones!
4. **Use Your Brain** – Mind-bending puzzles like crossword and sudoku keeps your wits sharp. Reading, writing, and trying a new hobby can help you ward off a decline in mental health as well.
5. **Exercise** – Staying physically active is one of the best goals for your physical and mental health.

Information from luthermanor.org

StrongerMemory

Many participants have found that, through consistent use of **StrongerMemory** exercises, they noted an improvement in their ability to focus, find misplaced items and remember conversations, all without any side effects. Come learn about this new program and start gaining a **StrongerMemory!** Introduction class will be at the Clark Senior Center on Friday, January 6 at 1 p.m. Sign up at the Clark Senior Center.

Winter Safety Tips

When you leave your home:

- Check the weather – Find out the current temperature and weather conditions, as well as later that day, and plan accordingly.
- Let someone know your plans – Tell a friend, neighbor, or family member where you're going and when you plan to be back.
- Wear shoes with non-skid soles – Choose shoes with good, solid traction but don't create a tripping hazard. Be on the lookout for slippery areas.
- Stock your car with emergency supplies – You should include a cell phone and charger, flashlight with extra batteries, blanket, non-perishable food, bottled water, extra clothing, first aid kit, snow shovel and ice scraper.
- Consider alternate routes to avoid snow and icy conditions – Stick to main roads. They're better maintained during bad weather and routinely traveled by others who can see and assist you in an emergency. Be careful on overpasses and bridges as they freeze first.
- Don't stay outside for long – Being in cold increases your chances of hypothermia.

When you're at home:

- Always keep your indoor temperature above 68 – Living in a cold home can cause life-threatening hypothermia, a condition you won't even know you have.
- Dress warmly on cold days – Even when you're at home, you should wear warm clothes, socks, & slippers to avoid hypothermia.
- Avoid heat loss through doors and windows – Close curtains and window blinds and place a rolled towel in front of all exterior doors to keep out drafts.
- Be careful with space heaters – Keep it away from anything that might catch fire such as magazines, newspapers, bedding, curtains, and furniture. Never use a space heater with an extension cord.
- Have your fireplace and HVAC system inspected annually to ensure they're operating properly.
- Ask for help clearing snow and ice off steps and walkways – Don't risk a fall on ice and snow, especially if you live alone.

Information from nia.nih.gov

Resource Corner

Looking for support during the holidays? Check out these free resources.

Warmlines – Warmlines are phone numbers people can call when they need someone to talk to or just be there whether they are experiencing a crisis or not. Dial 410-598-0234.

Hours of Service: Weekdays from 10:00 a.m. to 8:00 p.m. and weekends from 10:00 a.m. to 6:00 p.m.

Inspire - Inspire is a leading social network for health that connects patients and caregivers in a safe permission-based manner. Provides a place for people with similar interests to support and encourage each other 24/7 online. Can be found at inspire.com

Anxiety and Depression Association of America – ADAA works to prevent, treat, and cure anxiety disorders and depression. Can be found at adaa.org

988 Suicide & Crisis Lifeline – This lifeline offers 24/7 call, text, and chat to crisis counselors who can help people experiencing suicidal, mental health crisis, or any emotional distress. People can dial 988 if they are worried about a loved one who may need crisis support.

Pro Bono Counseling Project – If you are sad, grieving, stressed or want to make a change in your life Pro Bono Counseling Project may be able to get you free therapy. Reach out by contacting 410-825-1001 or their website probonocounseling.org

Alzheimer's Organization. Do you have a loved one in your life with Alzheimer's and need help? Call the 24/7 hotline at 800-272-3900.

The Friendship Line. The Friendship Line is available 24/7 for adults aged 60+ to offer a caring ear and friendly conversation, and it also offers outreach services. Call The Friendship Line at 1-800-971-0016.

Information used from mhanational.org





Legal Aid

Jan 3rd & Feb 7th

By appointment **only** at the Richard Clark Senior Center, contact 301-609-5712 to schedule.

AARP Tax Aide Income Tax Preparation

Preparation for tax season is underway and once again the Senior Information and Assistance Office is partnering with AARP Tax Aide to assist seniors and moderate to low-income adults with income tax preparation. This is a FREE service for those who meet eligibility guidelines.

Beginning January 3, 2023, staff will begin scheduling appointments for the Annual Income Tax Preparation Program. We are excited to assist individuals in-person this year!

To schedule a Tax Preparation Appointment:

Call 301-246-2271 and leave a message

Or send an email to 21052181@aarpfoundation.org

A staff member will call you back to schedule your appointment.

After scheduling your appointment, please remember to pick up a Tax Aide Intake/Interview packet, available at your local senior center. The documents must be completed before you can be seen by a tax preparer.

**Please be advised, methods of service delivery and mask options may change, based on health and safety guidelines. **

Energy Assistance

Need help paying your electric & heating bills?

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

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

Seniors age 60+ can receive application assistance, obtain information, or schedule an appointment to apply by contacting our Information and Assistance staff at 301-609-5712 (La Plata) or 240-448-2816 (Waldorf).

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.

Medicare Enrollment Periods

General Enrollment Period -Jan 1 to Mar 31st, 2023 – 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, 2023 – If you are currently 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 240-448-2816.

Medicare Fraud Prevention Tips from the



- ⚠ Protect your Medicare number like it's a credit card.**
- ⚠ Remember that nothing is ever "free."**
- ⚠ Be wary of providers who claim they know how to get Medicare to pay.**
- ⚠ Check your pills before you leave the pharmacy.**



www SMPRESOURCE.ORG



877.808.2468

SUPPORTED BY GRANT #PWRC2022 FROM ACL

Caregivers Corner

Caregiving Around the Clock

The 2022 theme was "Caregiving Around the Clock"—reflecting the fact that caregiving requires around-the-clock dedication, organization, responsibility, scheduling, and hands-on care.

Some ways to show support: offer help with household chores, lawn care, or by providing a meal; make a grocery run; lend an empathetic ear.

While family caregiving can be a privilege and a rewarding opportunity, caregiving can be a tough job, sometimes thankless and costly. These responsibilities often leave caregivers overlooking their health and well-being.

When our nation's caregivers suffer, are unhealthy, and unsupported, our country's older adults and individuals who are ill, frail, and disabled also suffer. In contrast, when our nation's family caregivers thrive because their loved ones have access to paid support, respite care, peer connections, and necessary therapeutic and medical care, our country thrives.

Family caregivers are the safety net.

The work done by family caregivers has long been the safety net of the American long-term care system. Family caregivers are advocates who:

- Work tirelessly to keep people in their homes for as long as possible and out of expensive nursing homes
- Fill in the gaps when an in-home care worker is absent for scheduled visits
- Attend doctor's visits and help give care recipients a voice
- Function as chauffeurs to and from medical appointments, pharmacy trips, and grocery store runs
- Miss sleeping many nights in a row to ensure their loved one with dementia does not wander away
- Provide personal care for bathing, dressing, and grooming.

Often, family caregivers even tend to complex medical tasks typically performed in hospitals by nursing staff, including medication management, wound care, and even observing pulse oximeters and ventilators for signs of respiratory distress.

How to show support to family caregivers.

If you were called upon to offer care to a loved one, how would you manage? What would you need as a family caregiver to carry on? Consider these questions, as it is likely that each of us will be a caregiver one day. Writer, advocate, and former First Lady Rosalynn Carter famously declared, "There are only four kinds of people in the world: those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers."

November was National Family Caregivers Month, however we encourage every person to reflect and identify the friend or neighbor in their life who is in the role of a family caregiver. Family caregivers need you! Be open and intentional about offering support. This could mean doing a household chore, lawn care, or laundry, providing a meal, making a grocery run, or lending an empathetic ear. Most importantly, offer them grace and flexibility when with them at work, church, or family gatherings.

To further show support, explore these national resources and share them with those family caregivers in your life:

- Caregiver Action Network; www.caregiveraction.org
- The National Alliance for Caregiving; www.caregiving.org
- National Council on Aging; ncoa.org

The next Caregivers Support Group meeting will be held in-person at the Richard R. Clark Senior Center Wednesday, January 25, 2023, at 2pm.



Make a Change for Life

Diabetes Class Series (6 sessions)

LifeStyles presents a free, 6-session class series on healthy eating, exercise, and managing diabetes. This class series is open to the general public and offer a variety of tips and information to make a change for life! Class offered at the Nanjemoy Senior & Community Center on Wednesdays at 10 a.m.



Shop the Rack – Community Closet

New clothes have arrived. Shop our free closet and supplement your wardrobe at the Nanjemoy Senior & Community Center.

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

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

Visit the Charles County Mobile Library, located within our center.

Tuesday, January 3 & 24, 10 a.m.- Noon

Fee: FREE

Book Club

Led by Nancy Marquardt, Charles County Public Library. "Born a Crime" by Trevor Noah.

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

Widow to Widow Support Group

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

Monday, January 9, 1 p.m. Fee: FREE

Domestic Violence Awareness

Join representatives from the Centers for Abused Persons to learn the signs of domestic abuse and the services available to those who may need it.

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

Crafters Corner

Join other participants and work on your own craft project or pick one from our collection. This is a self-led project, with no instruction, and will be held once monthly.

Wednesday, January 11, 10 a.m. Fee: FREE

Animals in Winter

Learn about the local animals and their unique adaptations to survive the cold weather, and what we can do to help.

Thursday, January 12, 10 a.m. Fee: FREE

Hearing Presentation & Screening

Pamela Futrell, Hearing Instrument Specialist with Miracle Ear will do a brief presentation on hearing loss, then provide free hearing screening to those who are interested. Please sign up.

Thursday, January 12, 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, January 12, 11:30 a.m. Fee: FREE

Conversation w/Dr. Cook - Virtual

What is a wellness action plan? Join Dr. Cook as he discusses realistic measurable steps to achieve wellness. This is a Virtual Program coming to you from the Indian Head Senior Center.

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

Protect yourself from Identity Theft

Join Jeff Karberg, Director of the Identity Theft Program, Office of the Attorney General, to learn more about the dangers of identity theft and how to protect yourself. Please sign up.

Wednesday, January 18, 10:30 a.m. Fee: FREE

Poetry Group

This group is for those who wish to share their poetry in a group setting, and those who would like to write poetry for the first time. Held the last Tuesday each month. Please sign up.

Tuesday, January 31, 1 p.m. Fee: FREE

Knit & Crochet Group

This is an open session for you to come together and work on your own projects. If you are new, we can teach you.

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

Mah Jong

Mah Jong is a tile-based game that was developed in the 19th century in China. All experience levels welcome!

Wednesdays, 10 a.m. Fee: FREE

Gospel Choir Group

Wednesdays, 2 p.m. Fee: FREE

Reflections

Join us 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

Classes

Computer Class

Charles County Public Library staff will teach you basic computer functions. Class size limited, sign up required. Stay tuned for additional classes.

Tuesday, January 3, 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, January 3 & 17, 10 a.m. Fee: FREE

Stronger Memory Program Introduction

See page 2 for details.

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

Stronger Memory Program

See page 2 for details.

Fridays, January 13, 20 & 27, 1 p.m. Fee: FREE

How to Repair/Repurpose Jewelry

Bring your broken treasures to class and we'll help you repair or repurpose it. Please sign up.

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

Matter of Balance Class

See page 14 for details. Class starts January 19th.

Greeting Card Making Class

Join Teresa Wearmouth to learn to make your own beautiful greeting cards. Each participant will make 2 complete cards in this class. Sign up and payment required in the program office.

Wednesday, January 25, 10 a.m. Fee: \$5/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.

Wednesdays, 10 a.m. Fee: \$5

Arthritis Foundation Exercise Program (AFEP)

This class focuses on range of motion and gentle exercise for all types of arthritis. Seated and standing exercises done with the use of light weights and therabands.

Wednesdays, 1 p.m. & Fridays, 11:30 a.m.

Fee: FREE

Basic Fitness Training

Basic exercises designed for functional workout to assist with strengthening the whole body. Easy to follow, Seated/Standing exercises to get you up and moving.

Wednesdays, 9 a.m. Fee: Fitness Card

Circuit Training

Participants move through a series of stations with specific exercises at each station.

Fridays, 1 p.m. Fee: Fitness Card

Total Body Conditioning

A Cardiovascular System workout to target all muscle groups, using bands, weights, and stretching for a well-rounded workout.

Mondays, 9 a.m.

Fee: Fitness Card

Fridays at 10:15 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 Coloring & Puzzles 9:30 2N1 Social Club 10:00 Duplicate Bridge 10:00 Pokeno 11:00 Fitness Total Conditioning 9:00 Gentle Yoga 10:00 Chair Dance Aerobics 11:00 Drums Alive 1:00 Barre Fitness 2:00	Billiards 9:30 Stained Glass 9:30 Quilting Class 9:30 Coloring & Puzzles 9:30 Guitar 10:00 Cards & Games 10:00 Fitness Spiritual Enrichment 12:00 Lunch 12:00 Fitness Strength Training 9:00 Flex & Stretch 10:00 Zumba 11:30 Line Dance 1:00	Billiards 9:30 Sewing Room OPEN 9:30 Crochet/Knitting 9:30 Coloring & Puzzles 9:30 Mah Jong 10:00 Pokeno 11:00 Fitness Lunch 12:00 Powder Puff Billiards 1:00 Fitness Gospel Choir 2:00 Basic Fitness Training 9:00 Breathe Easy 10:00 Yoga 10:30 Chair Yoga 11:30 AFEP 1:00	Billiards 9:30 Sewing Room OPEN 9:30 Coloring & Puzzles 9:30 Lunch 12:00 Reflections 1:00 Fitness 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 Coloring & Puzzles 9:30 Open Paint Session 10:00 Guitar 10:00 Lunch 12:00 Fitness Core & More 9:15 Total Body Conditioning 10:15 AFEP 11:30 Gentle Stretch 12:00 Circuit Training 1:00 Line Dance 2:00
2 New Year's Holiday  All Centers Closed	3 Mobile Library 10:00 Computer Basics 10:00 Camera Club 10:00	4 Fitness Orientation 10:00	5 Book Club 1:00	6 Hand & Foot Canasta 10:00 Stronger Memory Program Introduction 1:00
9 Widow to Widow Support Group 1:00	10 Domestic Violence Awareness 10:00 Bunko 10:00	11 Fitness Orientation 10:00 Crafters Corner 10:00 Clark Council Meeting 1:00	12 Animals in Winter 10:00 Hearing Presentation & Screening 10:30 Grocery Distribution 11:30	13 Virtual Conversation with Dr. Cook 10:00 Stronger Memory Program 1:00
16 Martin Luther King Jr Holiday  All Centers Closed	17 Camera Club 10:00	18 Fitness Orientation 10:00 How to Repair/Repurpose Jewelry 10:00 Identity Theft 10:30	19 Matter of Balance 11:00 Reflections 1:00	20 Project Linus Meeting 10:00 Stronger Memory Program 1:00
23 Barre Fitness 2:00	24 Mobile Library 10:00	25 Fitness Orientation 10:00 Greeting Card Making 10:00 Caregiver Support Group 2:00	26 Strength Training 9:00 Matter of Balance 11:00	27 Hand & Foot Canasta 10:00 Stronger Memory Program 1:00
30 Drums Alive 1:00	31 Poetry Group 1:00			

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 –
100 Walter Thomas Rd, Indian Head, MD

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

New Programs

In 2023 we will be introducing new programs to support wellness. Look for program introductions throughout the first quarter and share your thoughts and ideas.

Creative Crocheting

Janet Fogle will be teaching basic crocheting skills to create items for practical usage. Some supplies will be available. No experience is needed.

Wednesday, January 4, 9:30 a.m.

Fee: Your Project

Dreams vs. Goals

Forget about New Year resolutions, let's set goals to meet our dreams.

Thursday, January 5 & 26, 10:30 a.m. Fee: FREE

Dance Fit

Meet our newest fitness Instructor, Sha'Meca Oliver as she teaches a variety of movements and techniques with this fun and energetic dance class. Great for all levels of fitness.

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

Conversation w/Dr. Cook

What is a wellness action plan? Dr. Cook will be in the center as he discusses realistic measurable steps to achieve wellness. Want to attend virtually via MS Teams? Meeting ID: 235 892 969 819 and Passcode: gU44En

Or call in (audio only) +1 240-673-0212, 564321563#

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

Tea Club

Enjoy a cup of tea as we plan how this club will work. Please sign up, so we can prepare enough tea.

Tuesday, January 31, 12:30 p.m. Fee: FREE

Health & Fitness Programs

Beginner's Tai Chi for Health

This 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

Join Jinjer as she incorporates dance steps for a body conditioning workout.

Tuesdays & Thursdays, 9:15 a.m.

Fee: Fitness Card

AFEP (Arthritis Foundation Exercise Program)

This low-impact exercise program helps improves range of motion, self-confidence, and muscle strength, while reducing stiffness and pain.

Tuesdays & Thursdays, 11:15 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, and Thai foot massage practitioner. This class is limited to ten.

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

Fitness Orientation

Mandatory before using equipment. Please sign up in programming area.

Wednesday, January 11, 1 p.m. Fee: \$2

Ongoing Programs

Canvas Painting

This group of accomplished artists will teach all levels. No experience necessary. Space is limited.

Thursdays, 11 a.m. Fee: Your Projects

Project Linus/Sewing 101

Make a difference in a family's life. Project Linus blankets are one of many programs the Indian Head Blanketeers support. No sewing experience is necessary, just an attitude of sharing and caring.

Mondays, January 9 & 23, 9:30 a.m. Fee: FREE

Pastor Chris & Friends

Enjoy a ½ hour of a Bible devotion and familiar hymns.

Tuesday, January 10, 1 p.m.

Fee: FREE

Bingo

Some Mondays and Wednesdays for a nickel or more.

Wednesdays, January 11 & 25, Monday, January 30, 9:30 a.m.

Fee: Nickel/card

Senior Tech

Sign up for a 15-minute one-on-one tech time with Tayloni. Only four slots available.

Thursday, January 12, 10 a.m.

Fee: FREE

Arts/Crafts for Wellness (previously Crafter's Corner)

Sign up for our snow globe project. Make a personalized globe one to keep and one to give away.

Tuesday, January 17, 9:30 a.m.

Fee: \$2

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 by calling 301 934-6737.

Tuesday, January 24, 9:30 a.m.

Fee: FREE

Green Thumb Club

Repot indoor plants. All supplies provided.

Friday, January 27, 10:30 a.m.

Fee: FREE

Outdoor Programs

Tai Chi for Health

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

Mondays & Wednesdays, 9 a.m.

Fee: FREE

Outdoor Games

Brave the winter weather and play outside.

Wednesdays, January 4 & 18, 1 p.m.

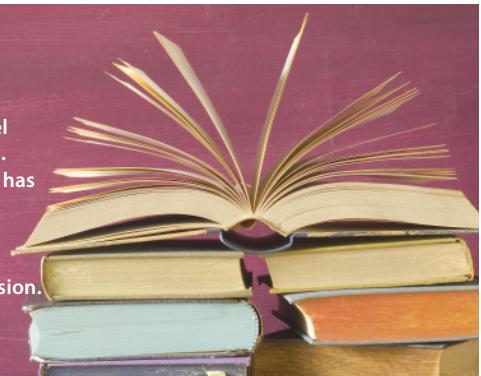
Fee: FREE

Book Club

The Last Thing He Told Me by Laura Dave is a novel that will keep you captivated to the very last page. What would you do when you realize your spouse has disappeared and they are not the person you thought. Books will be available (some large print) at the center by December 27. Seniors or Staff will facilitate discussion.

Wednesday, January 25, 1 p.m.

Fee: Library Card



INDIAN HEAD SENIOR CENTER

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

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Luncheon at Noon—Reservation/Registration Required
Reserve lunch by 10 a.m. the preceding day.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards/Cards9:00 Tai Chi for Health9:00 Beginners Tai Chi for Health...1:00	Billiards/Cards9:00 Jinjer & Total Body Conditioning ..9:15 AFEP11:15	Billiards/Cards9:00 Tai Chi for Health9:00 Fitness w/Nate.....10:15	Billiards/Cards9:00 Jinjer & Total Body Conditioning ..9:15 Canvas Painting11:00 AFEP.....11:15 Fitness w/Lamont.....1:00	Seated Yoga.....9:00 Billiards/Cards10:00 Beginners Tai Chi for Health...1:00
2 New Year's Holiday  All Center Closed	3 Council Meeting9:30	4 Introduction to Creative Crocheting Club.....9:30 Outdoor Games.....1:00	5 Dreams vs. Goals.....10:30	6 Minute to Win-it.....10:30
9 Project Linus/Sewing 1019:30 Dance Fit10:15	10 Pastor Chris & Friends.....1:00	11 Bingo9:30 Mobile Food Market.....11:00 Fitness Orientation1:00	12 Senior Tech.....10:00	13 Conversation w/Dr. Cook10:00
16 Martin Luther King Jr Holiday  All Centers Closed	17 Arts/Crafts for Wellness ..9:30	18 National Soup Month...10:30 Outdoor Games.....1:00	19 Mobile Library.....10:00 Grocery Distributions11:30	20 Pokeno10:30
23 Project Linus/Sewing 1019:30 Dance Fit10:15	24 Information & Assistance with Julie9:30 Creating a Budget Calendar ..12:30	25 Bingo9:30 New Book Club1:00	26 Dreams vs. Goals.....10:30	27 Green Thumb Club10:30
30 Bingo9:30 Dance Fit10:15	31 Introduction to the Tea Club12:30			

NATIONAL SOUP MONTH

Soups are a quick inexpensive one dish meal that is full of fiber and will keep you warm during the cold months. Join Charity Haynes, our dietitian nutritionist, as she discusses how soups can help with your wellness plan. The Indian Head Senior Center Council will be preparing homemade soups and breads for your enjoyment after the presentation.

Wednesday, January 18, 10:30 a.m. • Fee: Donation



NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest *SCOOP* online!

Community Programs

Age restrictions for drop-in use of Community Rooms are 13-17 with adult. 18+ independent use. *Like us on Facebook!!*

Billiard/Game Room

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

Fee: FREE

Computer Lab

Print, copy, fax services available 10¢ per side.

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

Fee: FREE

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

Narcotics Anonymous

Tuesdays, 3 p.m. – 4 p.m.

Shop the Rack – Community Closet

New clothes have arrived. Shop our free closet and supplement your wardrobe!

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

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

Make a Change for Life – Diabetes Class Series (6 sessions)

See page 4 for more details.

Wednesdays, 10-11:30 a.m. Fee: FREE

Mobile Library

Borrow books, movies, tech every three weeks.

Tuesday, January 17, 10:30 a.m.-12 p.m.

Fee: FREE

Maryland Food Bank

Fresh produce and shelf stable food boxes available for free pick up. Open to the public. First come, first serve. No prior registration.

Wednesday, January 18, 10 a.m.-12 p.m.

Fee: FREE

Department of Social Services Appointments

Open to the public! The Department of Social Services is taking appointments at the Nanjemoy Community Center. No prior experience with DSS required. To get on the list for an appointment, please contact center staff. Staff will ask for a name and phone number for reminder calls only. Wednesday, January 18, 10 a.m.-1 p.m.

Fee: FREE

Recreation Programs

Register for Recreation Programming online at: <https://charlescountymd.myrec.com/info/facilities/details.aspx?FacilityID=14733>

Art Adventure

Join us for a fun and creative arts and crafts adventure. Every class we will create multiple masterpieces. Whether it will be paint, construction paper, glue, crayons, or

something else – your child will love the artwork they bring home. All supplies are included. Each month will be a different theme.

Tuesday, January 10, Fee: \$12
Ages 2-6: 6 - 6:45 p.m. Ages 7-12: 7 - 7:45 p.m.

Pastry & Paint Night

Come channel your inner artist with this easy-to-follow paint and pastries night! You and your child will create a fun and unique two-part painting that is sure to be a fantastic conversation starter in your home! Each month will be a different seasonal theme. Additional child will be discounted at check out. Fee includes one adult and one child.

Wednesday, January 11, 6 - 7:30 p.m. Fee: \$40

Wacky Science

Mad science or just plain fun... you decide! Your child will enjoy conducting a variety of messy science experiments and fun activities, such as chemical reactions, slime, quicksand, and more. Each month is a different theme. Ages 6-12.

Tuesday, January 24, 6 - 7 p.m. Fee: \$20

DIY Glass Etching

We will teach you how to take stencils and ordinary glasses and create two unique masterpieces. All supplies included or bring your own glassware. No Pyrex nor plastic. Must be age 18+.

Thursday, January 26, 5:30 - 7 p.m. Fee: \$20

Move and Groove

Let your kids run, jump, and play to the sound of music. We will play short, exciting games to get your little one moving and grooving. Adult participation required.

Monday, January 30, 10 - 10:45 a.m. Fee: FREE

Storytime

Reading aloud creates memories and encourages critical thinking. Come join us for a fun, interactive story, and an activity to follow. Adult participation required.

Monday, January 30, 11 - 11:45 a.m. Fee: FREE

Senior Center Programs

Tolkien Day

Celebrate the creative mind of J.R.R. Tolkien on Tolkien Day!! Join us as we watch The Hobbit: An Unexpected Journey and make a Hobbit House. Cosplay welcome and we will provide snacks! Space is limited. Prior signup with payment required.

Tuesday, January 3, 11 a.m. Fee: \$3

Artistic Aesthetics

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

Mondays, 1 p.m.

Creamer Bottle Character, January 9,

Fee: FREE

Tin Can Herb Pot, January 23 , Fee: FREE
Valentine's Day Heart Tree Centerpiece
January 30, Fee: FREE

Painting & Pizza

Your favorite summertime program is back and is now scheduled monthly! Join us this month and paint a pre-sketched canvas and enjoy two slices of pizza (pepperoni or cheese), fruit, and a bottle of water. This month's design will be an ice skate with evergreens. All supplies provided. Space is limited. Prior registration with payment is required.

Friday, January 20, 12:30 p.m. Fee: \$8

New Hope Community Grocery Giveaway

Available first come, first serve. No prior registration.

Thursday, January 26, 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: Fitness Pass

Arthritis Foundation Exercise - AFEP

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

Wednesdays & Fridays, 11 a.m. Fee: FREE

Walking Club

Enjoy the great outdoors and walk with friends!

Wednesdays, 1 p.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

Fitness Room Friends

Are you interested in using the workout room but don't like exercising alone? We've got you covered! Come exercise during this time and use the fitness room with your current pals or meet new friends!

Fridays, 1 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 Casual Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles.....1:00	Billiards.....8:30 Casual Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Shop the Rack1:00 Narcotics Anonymous.....3:00	Billiards.....8:30 Casual Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00	Billiards.....8:30 Casual Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00	Billiards.....8:30 Casual Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Shop the Rack8:30 Senior Tech Appts.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00
2 New Year's Holiday  All Centers Closed	3 Coloring Group9:00 Flex & Stretch.....10:00 Tolkien Day11:00 Fitness Fifteen.....11:15	4 Make a Change for Life – Diabetes Class10:00 AFEP11:00 Walking Club1:00	5 Total Body Conditioning.....11:00 Nickel Bingo.....12:45	6 AFEP11:00 Fitness Room Friends1:00
9 Senior Council Meeting10:00 Tai Chi.....11:00 Artistic Aesthetics: <i>Creamer Bottle Character</i>1:00	10 Coloring Group9:00 Flex & Stretch.....10:00 Fitness Fifteen.....11:15 <u>Recreation Programs</u> Art Adventure Ages: 2-66:00-6:45 Ages: 7-127:00-7:45	11 Make a Change for Life – Diabetes Class10:00 AFEP11:00 Walking Club1:00 <u>Recreation Program</u> Pastry & Paint Night6:00-7:30	12 Total Body Conditioning.....11:00 Nickel Bingo.....12:45	13 AFEP11:00 Fitness Room Friends1:00
16 Martin Luther King Jr Holiday  All Centers Closed	17 Coloring Group9:00 Flex & Stretch.....10:00 Fitness Fifteen.....11:15 <u>Community Program</u> Mobile Library10:30-12:00	18 Make a Change for Life – Diabetes Class10:00 AFEP11:00 Walking Club1:00 <u>Community Program</u> Mobile Food Market ..10:00-12:00 DSS Appointments10:00-1:00	19 Total Body Conditioning.....11:00 Nickel Bingo.....12:45 *I&A Services Available*	20 AFEP11:00 Painting & Pizza12:30 Fitness Room Friends1:00
23 Tai Chi.....11:00 Artistic Aesthetics: <i>Tin Can Herb Pot</i>1:00	24 Coloring Group9:00 Flex & Stretch.....10:00 Fitness Fifteen.....11:15 <u>Recreation Program</u> Wacky Science.....6:00-7:00	25 Make a Change for Life – Diabetes Class10:00 AFEP11:00 Walking Club1:00	26 Total Body Conditioning.....11:00 New Hope Food Distribution.....11:30 Nickel Bingo.....12:45 <u>Recreation Program</u> DIY Glass Etching.....5:30-7:00	27 AFEP11:00 Fitness Room Friends1:00
30 Tai Chi.....11:00 Artistic Aesthetics: <i>Valentine's Day Heart Tree Centerpiece</i>1:00 <u>Recreation Program</u> Move & Groove10:00 Storytime.....11:00	31 Coloring Group9:00 Flex & Stretch.....10:00 Fitness Fifteen.....11:15			

WALDORF SENIOR & RECREATIONAL CENTER

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

Get your Latest *SCOOP* online!

Special Programs

Diabetes Prevention Program

Cut your Type II Diabetes in half. This Program is for: Senior Center members who are overweight, have prediabetes, have borderline diabetes, have a family history of diabetes, or had gestational diabetes.

Pre-Registration is required.

Contact 301-609-6885 to register.

Began Monday, October 3, 9:30-10:30 a.m. Class schedule provided once registered.

Fee: FREE

Fresh Conversations

This month's topic is about the cooking for 1 or 2. Please pre-register.

Wednesday, January 11, 10 a.m. Fee: FREE

Walk with Ease

This program teaches you how reduce the pain and discomfort of arthritis, increase balance, strength, and walking space, build confidence in your ability to be physically active, and how to improve your overall health.

Pre-registration is required.

January 9 – February 16 Fee: Free

Mondays, 10 a.m.

Tuesdays & Thursdays, 1 p.m.

Remembering Martin Luther King Jr.

Join us at the center to watch King in The Wilderness, a documentary about Martin Luther King Jr. where his friends recall the last years of his life. Refreshments provided.

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

Fee: FREE

Community

Personal Care Supplies Distribution

Upward Thrive will be distributing a bag of personal care products to those who sign up. One bag per senior. Limited supplies, first come first serve

Thursday, January 5, 11:30 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, January 9, 9:30 a.m. Fee: FREE

Bible Study

Facilitated by Minister Yvonne' Wilson. All are welcome!

Tuesday, January 17, 11 a.m. Fee: FREE

Widow & Widower Support Group

Facilitated by Brenda Dubose.

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

Senior Fitness

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

Beginner Ballet

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

Basketball

Come shoot around and meet other 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. and

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

Intro to Pickleball

Interested in playing pickleball but need to learn the ropes first? Join us for a fun game of pickleball while we teach you how to play!

Thursday, January 12 & 26, 2:30 p.m.

Fee: FREE

Beginner AFEP

This class is for individuals who are new to the Arthritis Foundation Exercise Program.

Fridays, 1-1:30 p.m.

Fee: FREE

Fitness Room Orientation

Mandatory before first use of fitness room. Registration required.

Wednesday, January 4 & 18, 1 p.m.

Tuesday, January 10 & 24, 10 a.m.

Friday, January 13 & 27, 12 p.m. Fee: \$5

Arts & Music

Poetry Club

Join the Poetry Club at the Waldorf Senior Center! Local poets come together to show your beautiful pieces of work with others. Don't have poetry to read? That's ok! Come to listen to their powerful words.

Friday, January 6, 11 a.m.

Fee: Free

Jewelry Repair Class

Do you have broken jewelry that you'd like to learn how to repair (if possible) or repurpose. Bring your broken treasures to class and we will teach you how to repair it yourself or give you ideas on how to repurpose jewelry that can't be repaired.

Wednesday, January 11, 10 a.m.

Fee: FREE

Basic Sewing

Join instructor, Melon Spriggs, and learn basic sewing techniques. Please bring your own sewing supplies (fabrics, thread, etc.)

Mondays & Wednesdays, 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.



National Chocolate Cake Day

Stop by the kitchen after lunch to enjoy a slice of chocolate cake!

Limited supplies, please pre-register.

Friday, January 27, 12:30 p.m. • Fee: Donation



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 Chair Dance Aerobics 9:30 Chair Yoga 10:30 Yoga 11:30 Enhance Fitness 1:00	Fitness Room 9:00 Racquetball 9:00 Open Studio Art 10:00 Cards & Games 10:30 Chess 11:00 Fitness Table Tennis 2:30 Fitness Total Body Conditioning 9:30 Gentle Stretching 10:30 Line Dancing 11:30	Fitness Room 9:00 Racquetball 9:00 Bridge Club 10:00 Cards & Games 10:30 Jacks 11:30 Fitness Lunch 12:00 Fitness Beginner Ballet 9:30 AFEP 10:30 Basic Fitness Training 11:30 Enhance Fitness 1:00 Dance Aerobics 2:00	Fitness Room 9:00 Racquetball 9:00 Cards & Games 10:30 Watercolors 10:30 Jacks 11:00 Fitness Lunch 12:00 Fitness Total Body Conditioning 9:30 Line Dancing 11:30	Fitness Room 9:00 Racquetball 9:00 Cards & Games 10:30 Lunch 12:00 Fitness Core & More 10:30 AFEP 11:30 Beginner AFEP 1:00 Circuit Training 2:30
2 New Year's Holiday  All Centers Closed	3 Tech Time 10:30	4 Basketball 10:00 Fitness Orientation 1:00	5 Bingo 10:30 Grocery Distribution 11:30 Personal Care Supplies Distribution 11:30	6 Poetry Club 11:00 Beginner AFEP 1:00
9 Diabetes Prevention 9:30 Coffee & Convos 9:30 Walk with Ease 10:00 Basic Sewing 1:00	10 Mobile Library 9:00 Fitness Orientation 10:00 Tech Time 10:30 Walk with Ease 1:00	11 Basketball 10:00 Fresh Convos 10:00 Jewelry Repair Class 10:00 Basic Sewing 1:00	12 Bingo 10:30 Walk with Ease 1:00 Intro to Pickleball 2:30	13 Fitness Orientation 12:00 Beginner AFEP 1:00
16 Martin Luther King Jr Holiday  All Centers Closed	17 Remembering Martin Luther King Jr. 10:00 Tech Time 10:30 Bible Study 11:00 Walk with Ease 1:00	18 Basketball 10:00 Basic Sewing 1:00 Fitness Orientation 1:00	19 Bingo 10:30 Walk with Ease 1:00 Beginner Pickleball 2:30	20 Fun Happens Across Generations *Recreation Program* 11:00 Beginner AFEP 1:00
23 WSC Council Meeting 9:30 Diabetes Prevention 9:30 Walk with Ease 10:00 Basic Sewing 1:00	24 Fitness Orientation 10:00 Tech Time 10:30 Walk with Ease 1:00	25 Basketball 10:00 Basic Sewing 1:00	26 Bingo 10:30 Walk with Ease 1:00 Intro to Pickleball 2:30	27 Fitness Orientation 12:00 National Chocolate Cake Day 12:30 Beginner AFEP 1:00
30 Diabetes Prevention 9:30 Widow & Widower Support Group 9:30 Walk with Ease 10:00 Basic Sewing 1:00	31 Mobile Library 9:00 Tech Time 10:30 Walk with Ease 1:00			

NEW SESSION! Walk With Ease

Reduce the pain and discomfort of arthritis and help with balance and strength. If you feel that you need a little guidance with your walking program or have any form of arthritis, this program can help. Class runs 3 days a week for 6 weeks. All materials and books included. Register at the Waldorf Senior & Recreation Center.

Waldorf Senior Center • FEE: FREE

Facilitators: Nate Schultz & Robert Wingo

Mondays 10 a.m., Tuesdays 1 p.m., Thursday 1 p.m.

Senior Athletes

CONGRATULATIONS!

We are so proud of your accomplishments!

Dennis & Eileen Holden rode in the annual Seagull Century ride. This is an annual bike ride through beautiful Eastern Shore of Maryland. Eileen rode 63 miles, and Dennis did 100 miles! They trained and did it! Way to go!

Senior Olympic News

Maryland Senior Olympics Billiard Results

Joe Lazaravich won Gold!



Thank you!

To everyone who participated in The Walk to End Alzheimer's and the Sister's at Heart Workout for a Cause!

Both organizations provide a platform and outreach to people who are dealing with breast cancer and Alzheimer's disease. Thank you for helping donate to further research and healing to families and individuals who are impacted by these terrible diseases.

NEW!

Dance Fit in Indian Head

Classes begin Jan 9th

Join Sha'Meca Oliver as she gets you moving learning all dance styles with easy to follow and fun low impact moves!

Mondays, 10:15 a.m.

FEE: Fitness Card



Coach Training for Matter of Balance

Monday, January 23rd, 8 a.m. – 4 p.m.

Matter of Balance: Fall prevention workshop series.

We are looking for seniors who would be interested in assisting to lead this evidence-based class series. Matter of Balance is a 6-week classroom-based workshop that help older adults who have fallen or have a fear of falling overcome and gain confidence in daily activities. Class meets once a week.

Training is one, 8-hour session and you would then be a Matter of Balance Coach.

As a coach, the commitment is to assist with at least one, 6-week session within the year. You would be teaching alongside another coach. As we would like to make this available to all centers, travel to other senior centers in Charles County recommended but not required.

Contact Debi Shanks if interested by calling 301-609-5711.



Matter of Balance Class

For anyone who has fallen or has a fear of falling this 8-week workshop will give you all the confidence you need to manage falling and increase activity levels. Registration required as space is limited.

Richard R. Clark Senior Center

January 19th-March 9th

Fee: FREE

11 a.m. -1 p.m.

IMPORTANT INFO

Our classes, unless otherwise noted require payment in the form of a fitness card. These cards can be purchased at your local senior center. They give you 10 fitness classes for \$20. They need to be punched upon entering our classes.

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

Debi & Nate



SENIOR CENTER MENU

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

Lunch Cancellation Policy

If you have a lunch reservation and cannot dine at the Center, please call the Senior Center PRIOR to the reservation day to cancel your meal. If the meal is not cancelled, the County must still pay for the meal.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 New Year's Holiday  All Centers Closed	3 Pork Chop & Gravy Roasted Sweet Potatoes Collard Greens Cornbread Diced Apples Grape Juice	4 BBQ Baked Chicken Party Harty Beans Roasted Squash Dinner Rolls Raisins Grape Juice	5 Salmon w/ Lemon Dill Sauce White Rice Broccoli Whole Wheat Roll Grapes Pineapple Juice	6 Sweet and Sour Chicken Brown Rice Sautéed Spinach w/ Garlic Breadstick Mixed Fruit Cup Fruit Punch Juice
9 Teriyaki Chicken Fluffy Rice Stir-fry Vegetables Whole Wheat Dinner Roll Mandarin Oranges Apple Juice	10 BBQ Beef Cubes Sweet Potato Casserole Broccoli Whole Wheat Bread Fruit Cocktail Orange Juice	11 Chicken Parmesan Noodles Roasted Brussel Sprouts Breadstick Diced Mango Fruit Punch Juice	12 Honey Lime Chicken Roasted Redskin Potatoes Roasted Zucchini Whole Wheat Bread Apricots Orange Juice	13 Chicken & Noodles Stewed Tomatoes Herb Roasted Potatoes 3 Bean Salad Orange Sections Pineapple Juice
16 Martin Luther King Jr Holiday  All Centers Closed	17 Chophouse Burger w/ Lettuce & Tomato Whole Wheat Bun Orange Glazed Carrots Party Harty Beans Pineapple Chucks Apple Juice	18 Curry Chicken Brown Rice Carrots and Green Beans Naan Flatbread Tangy Cherry Salad Pineapple Juice	19 Beef and Rice Roasted Broccoli Carrot Raisin Salad Cornbread Fresh Apple Slices Orange Juice	20 Chicken Salad Sandwich on Brioche Bun Carrot Raisin Salad 3 Bean Salad Diced Mangos Apple Juice Lentil Soup
23 Ginger Lime Chicken Mashed Sweet Potato Broccoli Dinner Roll 3 Bean Salad Diced Mangos Apple Juice	24 Liver and Onions Brown Rice Stewed Tomatoes Corn Bread Mandarin Oranges Apple Juice	25 Asian Tuna Burger w/ Lettuce and Tomato Whole Wheat Bun Roasted Sweet Potatoes Green Beans Mandarin Oranges Orange Juice	26 Balsamic Chicken White Rice California Blend Vegetables Biscuit Fruit Cocktail Fruit Punch Juice	27 Pork Chop Au Gratin Potatoes Collard Greens Cornbread Pineapple Chucks Pineapple Juice
30 Lemon Garlic Baked Cod Roasted Tomatoes Mashed Potatoes Dinner Roll Raisins Fruit Punch Juice	31 Chicken Mushroom & Brown Rice Malibu Blend Vegetables Whole Wheat Dinner Roll Diced Mangos Orange Juice			

Charles County Luncheon Program

Available at Noon • Days Vary By Center

Open to any Charles County resident, age 60 or older, for a donation. The suggested meal donation is \$3, actual cost is \$5.75 per person. All donations are used to provide meals for Charles County seniors. Guests (anyone age 59 or younger, or a non-county resident) may order lunch, but must pay the full price of \$5.75. Lunch reservations must be made by 10 a.m. the preceding day. We appreciate your assistance in keeping costs down. Party & special event meal prices may vary.

Clark Senior Center Tuesday–Friday
 Indian Head Senior Center Monday–Friday

Nanjemoy Senior Center Monday–Friday
 Waldorf Senior Center Monday–Friday

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

The SCOOP

The information contained in this monthly publication has been brought to you as a public service by the Charles County Department of Community Services. For more information about news for Charles County senior citizens, please contact the Richard R. Clark Senior Center at 301-934-5423.



www.CharlesCountyMD.gov



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

About Charles County Government

The mission of Charles County Government is to provide our citizens the highest quality service possible in a timely, efficient and courteous manner. To achieve this goal, our government must be operated in an open and accessible atmosphere, be based on comprehensive long- and short-term planning and have an appropriate managerial organization tempered by fiscal responsibility. We support and encourage efforts to grow a diverse workplace. Charles County is a place where all people thrive and businesses grow and prosper; where the preservation of our heritage and environment is paramount; where government services to its citizens are provided at the highest level of excellence; and where the quality of life is the best in the nation.

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

AMERICANS WITH DISABILITIES – The Department of Community Services welcomes the participation of individuals with disabilities. As with all County Government, we comply fully with the Americans With Disabilities Act in making reasonable accommodations to encourage involvement. If you require special assistance and would like to participate in our programs, please contact the Department of Community Services.

Publication Changes & Cancellations

Programs and activities have been confirmed at the time this publication goes to press. However, changes or cancellations can occur. For information, check with the Senior Center that has scheduled the program.

Senior Center Inclement Weather Policy

When Charles County Public Schools are closed due to inclement weather, Charles County's Senior Centers will also be closed. Senior Centers do not necessarily open late or close early as with Charles County Public Schools. Please tune your radio to 1560AM or 98.3FM for closing announcements. Community Services will also provide closing information as soon as possible through the Inclement Weather Hotline and Charles County Senior Center Facebook Page. Call 301-934-9305 or 301-870-3388 and immediately press extension 5197 for delays and cancellation listings.

The Gift of a lifetime - Travel & Exploration

Trips sponsored by Action Travel Tours 301-645-1770

Time flies when you are having fun and we always have fun on Action Travel Tours' trips. We had a ton of fun in 2022 and 2023 is looking even better. 2023 is just around the corner and so are some great trips.

If a trip is cancelled by Action Travel or the vendor, a refund or future credit will always be issued. Trip cancellations usually happen 60-45 days prior to travel based on the number of people signed up. Please call to make your reservation sooner than later. The below listed trips were all scheduled with availability at the time this list was sent for publication. All tours are on a first come basis. Please call to verify trip dates and stated details. Safe travels are upon us.

** 2N1 Sponsored Trips

February 27 - March 3, 2023: San Diego Getaway. Looking for some warm sunshine in February? Spend 4 glorious nights in San Diego's Old Town District. Visit the world-famous San Diego Zoo, tour San Diego's Gaslamp Quarter, La Jolla, and the historic Hotel del Coronado and a spend a full day in sunny Palm Springs.

March 5, 2023: The Philadelphia Flower Show. Come with us and enjoy the 2023 theme, "The Garden Electric". Your day will include admission to the show, Butterfly Live! and a delicious dinner before leaving PA.

April 27, 2023: Ladew Gardens and Manor Home. Join us for a beautiful Spring daytrip to the famous Ladew Topiary Gardens and Manor home. The Butterfly House and lunch in the café will all be included.

June 12 – 16, 2023: The 36th Annual Mystery Trip.

Trip. Call to reserve your spot to destinations and experiences unknown. For our 35th Annual trip in 2022, we spent 5 amazing days exploring Savannah, GA and Beaufort, SC. Join the fun and experience the "Original Mystery Trip" for yourself.



**July 21-29, 2023: Highlights of the Canadian Rockies with Mayflower Tours.

Visit the most breathtaking scenery you will ever experience while touring Calgary, Edmonton, Jasper, and Banff. Amazing sights of Maligne Lake, Columbia Icefields, Chateau Lake Louise, Sulphur Mountain, Calgary Tower, Royal Tyrrell Museum and West Edmonton Mall. Call for flyer and pricing.



**September 28 – October 9, 2023:

Colorful Canyons and Beautiful Balloons. This 12-day holiday is the perfect blend of the beauty of the Balloon Fiesta in Albuquerque and the amazing National Parks in the Southwest. Explore six National Parks on this incredible journey, enjoy a float trip on the Colorado River, and take a scenic cruise on Lake Powell. You will fly into Albuquerque and home from Salt Lake City.

October 11-21, 2023: Portugal and the Douro River Cruise with Mayflower and Emerald Waterways.

Visit Portugal and Spain in this exceptional tour and river cruise. Spend 2 nights in Lisbon and visit Fatima on your way to Porto where you board your cruise of the UNESCO World Heritage Sites of the Douro Valley and Salamanca, Spain. Package includes: 22 meals, air, transfers, 2 nights hotel, 7-night cruise on the Emerald Radiance, gratuities, shore excursions and complimentary regional wines, beers and soft drinks with onboard lunches and dinners. Call for rates and flyer. Ask if the FREE airfare promotion has been extended beyond 10/30/22.

