

The SCOOP

Charles County's Senior Center News



HAPPY

*Valentine's
Day*



FEBRUARY 2023

www.CharlesCountyMD.gov

Holiday Closures

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

- **Monday, February 20 for Presidents' 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.

February 2	Waldorf Senior & Rec Center
February 9	Clark Senior Center
February 16	Indian Head Senior Center
February 23	Nanjemoy Senior Center



Caregivers Corner

Practicing Self-Love and Self-Care

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

1. Take responsibility for your health and well-being. A healthy caregiver will be less stressed and able to provide better care to a loved one.
2. Replace negative self-talk such as "I'm not helping them enough" to identifying something positive in the day like "I made my loved one a great breakfast that they enjoyed".
3. Have "you" time. Schedule that "you" time just as you would with any other appointment. It can be dinner with a friend, a personal care appointment, exercise or even just 15 minutes to enjoy your morning coffee. Accept that one family member may always carry more weight than others. Refer to tips of self-care for caregivers to help.

Information for this article provided by lovingmeditations.com

The next Caregivers Support group will meet in-person on Wednesday February 22, 2:00 pm at the Richard R. Clark Senior Center.

Improvements for Independence

Being safe and comfortable at home is a large part of living well. Home modifications and repairs can help everyone prevent accidents and maintain an independent lifestyle. Making improvements before they are needed is a good way to ensure that a home is ready for aging in place. Changes can be made to improve both accessibility and adaptability of a home. Accessibility improvements involve tasks like widening doorways and lowering countertop heights for wheelchairs. Adaptability changes, such as adding grab bars in bathrooms, are improvements made to assist persons for whom strength and balance may have become a challenge. These changes usually can be done without major redesign or full-blown renovation.

You can get started making your home ready for long-term living by conducting a top-to-bottom assessment. This checklist can help identify areas that might need improvement. A "no" answer to any of these questions may be cause for action.

- Are exterior walkways and entrances well-lit?
- Is there a step-free entrance to the home?
- Are entrance doors easy to lock, unlock, open, and close?
- Does the main floor include a kitchen, bedroom, and full bathroom?
- Are doorways wide enough for someone using a wheelchair, walker, or service animal?
- Is wall-to-wall carpeting secure and in good condition?
- Are area rugs secured to the floor with non-slip padding?
- Are walkways free from obstructions and hazards like cords and furniture?
- Do stairways have sturdy handrails on both sides?
- Can bathroom and kitchen cabinets be easily reached?
- Is there a step-free shower entrance?
- Are grab bars available near the shower and toilet?
- Do bathtubs and showers have non-slip mats, adhesive strips, or strip-free floors?
- Will smoke detectors provide visual as well as audio alerts?
- Are telephones easily accessible on all floors?

More information about home modifications can be found at eldercare.gov.



Black History Month

Black History in Charles County, MD

In the February 2021 SCOOP, we continued a journey to explore and honor African American history and heritage in Charles County. This year, we invite you to learn more about Camp Stanton.

Camp Stanton

Located in Southern Maryland on the west side of the Patuxent River in Charles County, was established in October 1863 for the purpose of recruiting and training African American men of Maryland for the Union Army. At this site, strategically located in the heart of Maryland's slaveholding region, freedom seekers as well as free blacks were enlisted to form the 7th, 9th, 19th and 30th Colored Infantries of the United States Colored Troops (USCT). From the time the camp was established in October 1863 until it was abandoned and destroyed in March 1864, Camp Stanton played a pivotal role in the quest for freedom for men in the lower Chesapeake Bay. Maryland ultimately raised six regiments totaling over 8,700 African American soldiers. The site is currently interpreted by a historic marker near the village of Benedict.

Information taken from the explorecharlescounty.com.

Programs in Senior Center to Celebrate Black History Month

Black History Month Movies – Clark Senior Center

Join us for a movie a week to celebrate Black History Month. We'll have popcorn to complete the "Movie" experience. Wednesdays, 10 a.m., Fee: FREE

Feb. 1: How it Feels to Be Free

Feb. 8: Black Patriots: Heroes of the Revolution

Feb. 15: The Black Church: This is Our Story, This is Our Song (Part 1)

Feb. 22: The Black Church: This is Our Story, This is Our Song (Part 2)

February Movie Line Up – Waldorf Senior & Rec Center

In observance of Black History Month, we will be watching the following movies. Popcorn and refreshments will be provided. Wednesdays, 10:30 a.m., Fee: FREE

Feb. 1: Harriet

Feb. 8: Selma

Feb. 15: A Raisin in the Sun

Feb. 22: The Jackie Robinson Story

Black Resistance – Indian Head Senior Center

Resistance comes in many forms. Sit-ins, walk-outs, boycotts, organized protest, marches, lawsuits, media outlets, music, public platforms used by athletes, actors and actresses, authors, musicians, artist or politicians. Join the kickoff and throughout the month to learn how black resistance (civil rights movement) helped all Americans live a life of freedom, liberty and justice for all. "Do not get lost in a sea of despair. Be hopeful, be optimistic.... Never, ever be afraid to make some noise and get in good trouble..." – John Lewis.

Thursday, Feb. 2, 10:15 a.m., Fee: FREE

African Dance Class – Waldorf Senior & Rec Center

4-week movement workshop series that culminates in an informal performance. Dance classes will be held weekly and focus on African and African American-based movement styles. Brought to you by the National Association of American African Dance Teachers (NAAADT).

Fridays, Feb. 3, 10, 17, & 24, 9:30 a.m., Fee: FREE

Black History Month Poetry Club

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

Friday, Feb. 3, 11 a.m., Fee: FREE

Cooking from Our Ancestors – Indian Head Senior Center

Monday, Feb. 6, 11:15 a.m., Fee: Donation

Culture, Customs, and Cooking - Waldorf Senior & Rec Center

The month of February is dedicated to celebrating and highlighting black history and culture nationwide. As with other cultures, food has been and remains a cornerstone component of culture that brings people together, upholds traditions, and serves as a tool to improve health and wellbeing. Join county Nutritionist, Charity Haynes, along with Christina Robinson-Peebles for a discussion and demo focused on the intersection of culinary traditions, health, and wellbeing.

Tuesday, Feb. 7, 10:30 a.m., Fee: FREE

Trivia – Indian Head Senior Center

Thursday, Feb. 9, 10:15 a.m., Fee: FREE

Painting and Pizza – Nanjemoy Senior & Community Center

Friday, Feb. 17, 12:30 p.m. Fee: \$8

Music – Indian Head Senior Center

Thursday, Feb. 23, 10:15 a.m., Fee: FREE

National Donate Life

Observed every year on February 14th, National Donor Day is an observance dedicated to spreading awareness and education about organ, eye, and tissue donation. National Donor Day was started in 1988 by the Saturn Corporation and its partner, the United Auto Workers, and is supported by the U.S. Department of Health and Human Services.

By educating and sharing the Donate Life message, we can each take small steps every day to help save and heal more lives and honor the donor's legacy of generosity and compassion. National Donor Day is also a day to recognize those who have given and received the gift of life through organ, eye, and tissue donation, are currently waiting for a lifesaving transplant, and those who died waiting because an organ was not donated in time.

If interested in registering to be a donor, visit donatelife.net



NATIONAL
Donor Day
FEBRUARY 14

How to Practice Self-Care This Valentine's Day

1. Clean your space – Having a clean space can benefit our overall wellbeing. Start off on the right foot.
2. Set the mood – Try lighting a candle or turning on a diffuser to help fill your space with your favorite scents.
3. Move your body – Exercise provides many health and emotional benefits. It could be anything from a full body workout or a dance party for one.
4. Cook yourself a healthy meal – Often cooking can seem like a chore, it can also be a creative outlet. Try looking for recipes that are easy and get you excited to cook.
5. Curl up with a book – Grab a fuzzy blanket, warm drink, and good book.
6. Go to bed early – It's important to get the proper amount of sleep for our bodies. Go to bed early and get some much-deserved beauty rest.

National Wear Red Day

The Nation Goes Red in February

From landmarks to online communities, neighborhoods to news anchors, this annual groundswell unites millions of people for a common goal: the eradication of heart disease and stroke.

Wear red to raise awareness about cardiovascular disease and help save lives. Why? Because losing even one woman to cardiovascular disease is too many.

National Wear Red Day is Friday, February 3, 2023. Together, we can continue to wear red, share and rock our red, all to help save more lives.

Information from <https://www.goredforwomen.org/>

Net Surfing Seniors

The Southern Maryland Center for Independent Living is providing a technology training series. All computer equipment is provided for all classes. In addition, adaptive or equipment modifications can be made based on individual needs. Each session will feature a new topic and hands-on guidance from basic computer navigation to internet safety and social media. Space is limited! Fee: FREE

This is a 6-week class. Information learned in one class builds on the next. The SMCIL will provide giveaways to those who attend the complete series

Indian Head Senior Center

First class is Wednesday, Feb. 22 at 10 a.m.

Nanjemoy Senior & Community Center

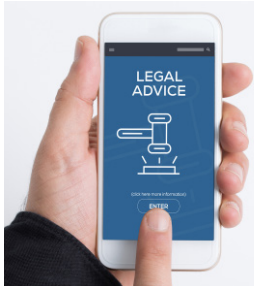
First class is Monday, Feb. 27 at 10 a.m.

Medicare Enrollment Periods

General Enrollment Period -Jan 1 to Mar 31, 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 31, 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.



Legal Aid

Feb 7th & Mar 7th

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

Ask SHIP!

Should I enroll in Medicare if I have Marketplace coverage?

The Health Insurance Marketplaces were created by the Affordable Care Act (ACA). They allow people to buy insurance if they do not have insurance or do not have enough insurance. You can access the Marketplace online at <https://www.marylandhealthconnection.gov/> or over the phone at 855-339-3007 (Seedco office for Southern Region). Many people who have a Marketplace plan get cost assistance in the form of tax credits, which lower the plan's monthly premium.

If you are eligible for Medicare, you should not use the Marketplace to get health and drug coverage. Unless you have certain coverage based on current employment, you should enroll in Medicare during your Initial Enrollment Period (IEP). Your IEP is the three months before, the month of, and the three months after your 65th birthday. If you are collecting Social Security retirement benefits, you may be automatically enrolled in Medicare. Otherwise, you should actively enroll in Medicare through the Social Security Administration. You can call or visit your local Social Security office, call the national Social Security line at 800-772-1213, or go online to www.ssa.gov where you will create your secure my Social Security account to enroll in Medicare.

An exception to this... If you are eligible for Medicare but would have to pay a premium for Part A, you can keep your Marketplace plan with cost assistance as long as you do not enroll in Medicare.

Contact your State Health Insurance Assistance Program (SHIP) at 301-609-5712 (La Plata area residents) or 240-448-2816 (Waldorf area residents) if you have questions about Medicare coverage and how to transition from a Marketplace plan.

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.

Tax-aide volunteers have already begun scheduling appointments for the 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.



Maryland Access Point: Connecting Seniors to Resources

Working with senior citizens, young disabled persons, caregivers, professionals, and families who have long-term care needs, the MAP staff can connect these entities with private and public resources for long-term care. The MAP also provides Options Counseling to aid consumers with developing a personalized action plan, combined with referrals and resources received to make an informed decision about meeting their long-term care needs or that of another person.

If you have questions about services and resources available to Charles County aging and young disabled, please contact Maryland Access Point (MAP) at 855-843-9725 or email mdaccesspoint@charlescountymd.gov



SAVE THE DATE: SCAM JAM

Back by popular demand!
April 19, 2023 @ Waldorf Senior & Recreational Center

CLARK SENIOR CENTER

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

Get your Latest SCOOP online!

Community

Black History Month Movies

Join us for a movie a week to celebrate Black History Month. We'll have popcorn to complete the "Movie" experience. See page 3 for list of movies.

Wednesday, Feb. 1, 8, 15 & 22, 10 a.m.

Fee: FREE

Living Well with Chronic Conditions

This is a 6-week workshop to help you learn how to live well with various chronic conditions. Sign up required in the program office. Please plan to attend all 6 sessions.

Wednesdays, Feb. 1 to Mar. 8, 1:30 p.m.

Fee: FREE

Book Club

Led by Nancy

Marquardt, Charles

County Public Library.

I Know Why the Caged Bird Sings by Maya Angelou.

Thursday, Feb. 2, 1 p.m.

Fee: FREE

Heart Health with Nate

See page 14 for more information.

Tuesday, Feb. 7, 10 a.m.

Fee: FREE

Charles County Mobile Library

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

Tuesday, Feb. 7 & 28, 10 a.m.- Noon

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, Feb. 9, 11:30 a.m.

Fee: FREE

World Radio Day

In celebration of World Radio Day, join us for some fun facts and videos about the history of the radio. You are encouraged to bring your old/unique radios to show.

Monday, Feb. 13, 10 a.m.

Fee: FREE

Widow to Widow Support Group

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

Monday, Feb. 13, 1 p.m.

Fee: FREE

Cupcakes & Karaoke

Join us for a tasty cupcake treat to celebrate Valentine's Day with loads of Karaoke fun brought to you by Frank from Mosquito Cove Digital Magic Entertainment. Please sign up.

Tuesday, Feb. 14, 10:30 a.m.

Fee: FREE

Financial Basics for 50+

Learn how to better handle your financial status. This is a virtual presentation by AARP that will discuss net worth, assets, budgeting, and taking charge of your credit and debt.

Thursday, Feb. 16, 10 a.m.

Fee: FREE

Restoring & Preserving Photos

Learn how to make your photographs last for future generations. Learn the proper way to mount, store, and care for your most prized pictures. There will be time afterwards for the presenter to view your photos. Please sign up!

Wednesday, Feb. 22, 10:30 a.m.

Fee: FREE

All About Groundhogs

Are you interested in learning about where groundhogs come from, and how they live? Charles County Humane Society's presentation will help you learn all about these furry creatures.

Thursday, Feb. 23, 10 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, Feb. 28, 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

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

Classes

Beginners Jewelry Class

Mary Hemmingway will help you create beautiful pieces of beaded jewelry. No experience necessary. Please sign up in the program office.

Wednesday, Feb. 1 & 15, 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, Feb. 8, 10 a.m.

Fee: FREE

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, Feb. 22, 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.

Wednesday, Feb. 8 & 22, 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.

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

Zumba for Heart Health

Low impact, easy to follow and so much fun. Simple dance moves to get your blood pumping and your body energized!

Tuesdays & Thursdays, 11:30 a.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 at 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 Body Conditioning.....9:00 Gentle Yoga.....10:00 Chair Dance Aerobics.....11:00 Drums Alive.....1:00 Functional 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 Spiritual Enrichment.....12:00 Lunch.....12:00 Fitness Strength Training.....9:00 Flex & Stretch.....10:00 Zumba.....11:30 Line Dance.....1:00 Tap Dance.....2:00	Billiards.....9:30 Sewing Room OPEN.....9:30 Crochet/Knitting.....9:30 Coloring & Puzzles.....9:30 Mah Jong.....10:00 Pokeno.....11:00 Lunch.....12:00 Powder Puff Billiards.....1:00 Gospel Choir.....2:00 Fitness 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
		1 Black History Movie.....10:00 Beginners Jewelry Class.....10:00 Living Well Workshop.....1:30	2 Book Club.....1:00	3 Hand & Foot Canasta.....10:00 Stronger Memory Program Final Class.....1:00
6 Chair Dance Aerobics.....11:00	7 Heart Health with Nate.....10:00 Mobile Library.....10:00 Bunko.....10:00	8 Black History Movie.....10:00 Fitness Orientation.....10:00 Crafters Corner.....10:00 Clark Council Meeting.....1:00 Living Well Workshop.....1:30	9 Grocery Distribution.....11:30	10 Circuit Training.....1:00
13 World Radio Day.....10:00 Widow to Widow.....1:00	14 Cupcakes & Karaoke.....10:30 Love & Line Dance Party.....1:00	15 Black History Movie.....10:00 Beginners Jewelry Class.....10:00 Living Well Workshop.....1:30	16 Financial Basics 50+ Virtual.....10:00	17 Project Linus Meeting.....10:00
20 Presidents' Day Holiday  Senior Centers Closed	21 Spiritual Enrichment.....12:00	22 Black History Movie.....10:00 Fitness Orientation.....10:00 Greeting Card Making.....10:00 Restoring & Preserving Photos.....10:30 Living Well Workshop.....1:30 Caregivers Support Group.....2:00	23 Strength Training.....9:00 All about Groundhogs.....10:00	24 Hand & Foot Canasta.....10:00
27 Drums Alive.....1:00	28 Mobile Library.....10:00 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.*

Special Programs

Heart Health w/Nate

Heart Disease remains the leading cause of death in the United States. In fact, many of these deaths would have been preventable with proper preventative care. Join Fitness Specialist Nate Schultz as he teaches about your heart, how to take care of it, and how to detect signs of cardiovascular disease.

Wednesday, Feb. 1, 10:45 a.m. Fee: FREE

Black History Month Programs

Check calendar page for program titles.

Thursday, Feb. 2, 10:15 a.m. Fee: FREE

Monday, Feb. 6, 11:15 a.m. Fee: Donation

Thursday, Feb. 9, 10:15 a.m. Fee: FREE

Thursday, Feb. 23, 10:15 a.m. Fee: FREE

Family Feud – Valentine Edition

Join our guest host played by Mary Mason for lots of laughter. Team Spirit is on a two-time winning streak, what team is strong enough to defeat them? Sponsored by the Indian Head Senior Center Council.

Tuesday, Feb. 14, 10:30 a.m. Fee: FREE

Health & Fitness Programs

Basic Health Needs

Join a team from University of Maryland Charles Regional Medical Center to learn the basics of good health. The importance of drinking water, exercise, what foods are better for different organs, health and more.

Wednesday, Feb. 15, 10:30 a.m. Fee: FREE

Dance Fit

Fitness Instructor, Sha'Meca Oliver teaches movements and techniques in this fun and energetic dance class. Great for all levels.

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

Beginners 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)

A low-impact exercise program which helps 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 and a yoga restorative instructor. Class is limited to ten.

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

Fitness Orientation

Mandatory before using equipment.

Wednesday, Feb. 1, 2 p.m. Fee: \$2

Friday, Feb. 24, 2 p.m. Fee: \$2

Ongoing Programs

Arts/Crafts for Wellness

Two Crafts this month- see calendar page for titles.

Wednesday, Feb. 1, 1 p.m. Fee: \$2

Tuesday, Feb. 7, 10:15 a.m. Fee: \$2

Bingo

The first, third and fifth Mondays and some Wednesdays for a nickel.

Monday, Feb. 6, 9:30 a.m. Fee: Nickel/card

Fee: Nickel/card

Senior Tech

Schedule your 15-minute slot for assistance.

Friday, Feb. 10, 10 a.m. Fee: \$1

Tuesday, Feb. 21, 10 a.m. Fee: \$1

Project Linus/Sewing 101

Handmade blankets are taken to the Howard University Medical Center pediatric ward and local first responders. No experience is necessary.

Monday, Feb. 13 & 27, 9:30 a.m. Fee: FREE

Latte vs Smoothies

Taste test demo to determine the best option for your ultimate health.

Tuesday, Feb. 21, 10:15 a.m. Fee: Donation

Book Club – The Last Bookshop in London

A book lovers' book. This historical fiction is a story about a bookstore that endured WWII and the importance of storytelling to unite a community. Books will be available January 25.

Wednesday, Feb. 22, 1 p.m. Fee: FREE

Information & Assistance w/Julie

Current Medicare topics and local resources for Seniors in Charles County. Meet privately with Aging & Disability Resource Specialist, Julie Hammonds for assistance, by making an appointment by calling 301 934-6737.

Tuesday, Feb. 28, 9:30 a.m. Fee: FREE

Canvas Painting

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

Thursdays, 11 a.m. Fee: Your Projects

Outdoor Programs

Tai Chi for Health

This Tai chi class is for students who practice the 41 movements.

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



NATIONAL
WEAR RED
DAY

Go Red for Women

This national movement asks everyone to wear red the first Friday in February to recognize heart disease in women.

Friday, Feb. 3, 9 a.m. Fee: FREE

INDIAN HEAD SENIOR CENTER

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

Hours: 9 a.m.–3 p.m., Monday–Friday

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards/Cards9:00 Tai Chi for Health9:00 Dance Fit10:15 Beginners Tai Chi for Health...1:00	Billiards/Cards9:00 Jinjer & Total Body Conditioning .. 9:15 AFEP 11:15	Billiards/Cards9:00 Tai Chi for Health9:00 Fitness w/Nate 10:15	Billiards/Cards9:00 Jinjer & Total Body Conditioning .. 9:15 Canvas Painting 11:00 AFEP..... 11:15 Fitness w/Lamont 1:00	Seated Yoga9:00 Billiards/Cards10:00 Beginners Tai Chi for Health...1:00
		1 Heart Health10:45 Arts/Crafts for Wellness – Heart 1:00 Fitness Orientation 2:00	2 Black History Month Kick off10:15	3 Go Red for Women9:00
6 Bingo9:30 Black History Month Cooking from Our Ancestors 11:15	7 Council Meeting9:30 Art/Crafts for Wellness Afrocentric Necklace ... 10:15	8 Crocheting Club.....9:30	9 Mobile Library10:00 Black History Month Trivia.....10:15	10 Senior Tech.10:00
13 Project Linus/Sewing 101 ...9:30	14 Family Feud10:30 Pastor Chris & Friends.....1:00 NO AFEP	15 Basic Health Needs.....10:30	16 Hot Chocolate Bar 10:15 Grocery Distribution 11:30	17 Random Act of Kindness Day9:00 Pokeno10:30
20 Presidents’ Day Holiday  Senior Centers Closed	21 Senior Tech.10:00 Latte vs. Smoothie 10:15	22 Computer Basics10:00 Book Club: The Last Bookshop in London 1:00	23 Black History Month Music Spotlight 10:15	24 Green Thumb Club10:30 Fitness Orientation 2:00
27 Project Linus/Sewing 101 ...9:30	28 Information & Assistance with Julie9:30 Tea Club12:30			



Black History Month – Theme – Black Resistance

Resistance comes in many forms. Sit-ins, walk-outs, boycotts, organized protest, marches, lawsuits, media outlets, music, public platforms used by athletes, actors and actresses, authors, musicians, artists or politicians. Join the kickoff and throughout the month to learn how black resistance (civil rights movement) helped all Americans live a life of freedom, liberty and justice for all. “Do not get lost in a sea of despair. Be hopeful, be optimistic.... Never, ever be afraid to make some noise and get in good trouble...” – John Lewis.

Thursday, Feb. 2, 10:15 a.m. • Fee: FREE

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, 3-4 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 (Final 2 Sessions)

LifeStyles presents a free, 6-session class series on healthy eating, exercise, and managing diabetes. This class series is open to the public and offer a variety of tips and information to make a change for life!

Wednesdays, Feb. 1 & 8, 10-11:30 a.m.

Fee: FREE

Mobile Library

Borrow books, movies, tech every three weeks.

Tuesdays, Feb. 7 & 28, 10 a.m.-12:30 p.m.

Fee: FREE

Charles County Arts Alliance (CCAA) Programs

My Grandmother Told Me

Debra Mims transforms into Grandmother Sally Kathryn Mims, who is searching through an old trunk in her attic. Each item she pulls out sparks a memory of days past and of courageous Black women and their struggles to be free, to vote, and to get an education. Using monologues, poetry, and songs, Debra leads the audience in this highly interactive walk through an important part of America's history. *Field trip opportunity for Western Charles County schools fully funded by the Charles County Arts Alliance. Prior registration required through CCPS.*

Friday, Feb. 3, 1-1:45 p.m.

Fee: FREE

Family Art Night

We are excited to work with the Neighborhood Community Arts Center to bring you 3 family art nights, each with their own projects, with a finale gallery event and concert in May. The first project will be to make a family portrait using overlapping hand designs. Each night comes with a meal included. The cost for each art night includes all materials, instruction, and meal at a flat rate for families of all sizes. The finale event's meal will have a separate cost. Prior registration is required for preparation. Activities sponsored in part by funds from the Charles County Arts Alliance.

Monday, Feb. 13, 6-8 p.m. Fee: \$20 per family

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.

Thursday, Feb. 16

Fee: \$12

Ages 2-6: 6-6:45 p.m. Ages 7-12: 7-7:45 p.m.

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, Feb. 21, 6-7 p.m.

Fee: \$20

Move and Groove

Wednesday, Feb. 22, 10-10:45 a.m. Fee: FREE

Storytime

Wednesday, Feb. 22, 11-11:45 a.m. Fee: FREE

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.

Monday, Feb. 27, 6-7:30 p.m.

Fee: \$40

Senior Center Programs

Artistic Aesthetics

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

Mondays, 1 p.m.

Heart Wreath, February 6,

Fee: \$3

Mardi Gras Mask, February 13,

Fee: FREE

Casual Crafting, February 27,

Fee: FREE

Painting & Pizza

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 focus on celebrating Black History Month. All supplies provided. Space is limited. Prior registration with payment is required.

Friday, Feb. 17, 12:30 p.m.

Fee: \$8

New Hope Community Grocery Giveaway

Stock your pantry with groceries. New Hope Community is providing an outreach event. Available first come, first serve. No prior registration.

Thursday, Feb. 23, 11:30 a.m.

Fee: FREE

Net Surfing Seniors

See page 4 for more details.

Monday, Feb. 27 10 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.

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

Wednesdays, 1 p.m.

Fee: FREE

Total Body Conditioning

Standing and chair exercises for a whole-body workout to increase cardiovascular conditioning and flexibility.

Thursdays, 11 a.m.

Fee: FREE

Fitness Room 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 Crafting 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 Casual Crafting 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 Casual Crafting 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 Casual Crafting 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 Casual Crafting 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
		1 Make a Change for Life Diabetes Class 10:00 AFEP 11:00 Walking Club 1:00	2 Total Body Conditioning 11:00 Nickel Bingo 12:45	3 AFEP 11:00 Fitness Room Friends 1:00 <u>CCAA Field Trip</u> My Grandmother Told Me 1:00–1:45
6 Senior Council Meeting 10:00 Tai Chi 11:00 Artistic Aesthetics: <i>Heart Wreath</i> 1:00	7 Coloring Group 9:00 Flex & Stretch 10:00 Fitness Fifteen 11:15 <u>Community Program</u> Mobile Library 10:30–12:00	8 Make a Change for Life Diabetes Class 10:00 AFEP 11:00 Walking Club 1:00	9 Total Body Conditioning 11:00 Nickel Bingo 12:45	10 AFEP 11:00 Fitness Room Friends 1:00
13 Tai Chi 11:00 Artistic Aesthetics: <i>Mardi Gras Mask</i> 1:00 <u>CCAA Program</u> Family Art Night 6:00–8:00	14 Coloring Group 9:00 Flex & Stretch 10:00 Fitness Fifteen 11:15	15 AFEP 11:00 Walking Club 1:00	16 I&A Services Available Heart Health Presentation 10:00 Total Body Conditioning 11:00 Nickel Bingo 12:45 <u>Recreation Programs</u> Art Adventure Ages: 2–6 6:00–6:45 Ages: 7–12 7:00–7:45	17 AFEP 11:00 Painting & Pizza 12:30 Fitness Room Friends 1:00 <u>Senior Council</u> Bingo Fundraiser 5:00–7:00
20 Presidents' Day Holiday  Senior Centers Closed	21 Coloring Group 9:00 Flex & Stretch 10:00 Fitness Fifteen 11:15 <u>Recreation Program</u> Wacky Science 6:00–7:00	22 AFEP 11:00 Walking Club 1:00 <u>Recreation Program</u> Move & Groove 10:00 Storytime 11:00	23 Total Body Conditioning 11:00 New Hope Food Distribution 11:30 Nickel Bingo 12:45	24 AFEP 11:00 Fitness Room Friends 1:00
27 Net Surfing Seniors 10:00 Tai Chi 11:00 Artistic Aesthetics: <i>Casual Crafting</i> 1:00 <u>Recreation Program</u> Pastry & Paint Night 6:00–7:30	28 Coloring Group 9:00 Flex & Stretch 10:00 Fitness Fifteen 11:15 <u>Community Program</u> Mobile Library 10:30–12:00			

Special Programs

February Movie Line Up

In observance of Black History Month, we will be watching the following movies. Popcorn and refreshments will be provided.

Harriet

Wednesday, Feb. 1, 10:30 a.m. Fee: FREE

Selma

Wednesday, Feb. 8, 10:30 a.m. Fee: FREE

A Raisin in the Sun

Wednesday, Feb. 15, 10:30 a.m. Fee: FREE

The Jackie Robinson Story

Wednesday, Feb. 22, 10:30 a.m. Fee: FREE

African Dance

4-week movement workshop series that culminates in an informal performance. Dance classes will be held weekly and focus on African and African American-based movement styles. Brought to you by the National Association of American African Dance Teachers (NAAADT).

Friday, Feb 3, 10, 17, & 24, 9:30 a.m. Fee: FREE

Culture, Customs, and Cooking

The month of February is dedicated to celebrating and highlighting black history and culture nationwide. As with other cultures, food has been and remains a cornerstone component of culture that brings people together, upholds traditions, and serves as a tool to improve health and wellbeing. Join county Nutritionist, Charity Haynes, along with Christina Robinson-Peoples for a discussion and demo focused on the intersection of culinary traditions, health, and wellbeing.

Tuesday, Feb. 7, 10:30 a.m. Fee: FREE

Heart Health Seminar

Heart Disease remains the leading cause of death in the United States. In fact, many of these deaths would have been preventable with proper preventative care. Join Fitness Specialist Nate Schultz as he teaches about your heart, how to take care of it, and how to detect signals of cardiovascular disease.

Thursday, Feb. 9, 10:30 a.m. Fee: FREE

Healthy Relationships

Join the Center for Abused Persons as we discuss the signs and habits to form a healthy relationship. Relationships can often appear healthy at first but can become dangerous and violent. We will also discuss the warning signs of an abusive relationships.

Tuesday, Feb. 28, 10 a.m. Fee: FREE

Community

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, Oct. 3, 9:30-10:30 a.m. Class schedule provided once registered. Fee: FREE

Bible Study

Facilitated by Minister Yvonne' Wilson. All are welcome!

Tuesday, Feb. 21, 11 a.m. Fee: FREE

Widow & Widower Support Group

Facilitated by Brenda Dubose.

Monday, Feb. 27, 9:30 a.m. Fee: FREE

Senior Fitness

Walk with Ease

This program teach 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 improve your overall health.

Pre-Registration is required.

Jan. 9 – Feb. 16 Fee: FREE

Mondays, 10 a.m.

Tuesdays & Thursdays, 1 p.m.

Pickleball Practice for Beginners

Once you learn the basics, put it to practice!

Thursday, Feb. 2 & 16, 2:30-3:30 p.m. Fee: FREE

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. & Fridays, 11:30 a.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. Fee: \$5

Wednesday, Feb. 1 & 15, 1 p.m.

Friday, Feb. 10, & 24, 12 p.m.

Monday, Feb. 13, 10 a.m.

Arts & Music

Jewelry Club

You will make beautiful pieces of jewelry in this class. All supplies will be provided. Sign up and payment required at front desk.

Wednesday, Feb. 8, 10 a.m. Fee: \$3/pp

Crochet Club

Join Vicki Eichhorn and learn about basic crochet techniques while working on projects.

Friday, Feb. 10 & Feb. 24, 11 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.

Black History Month Poetry Club

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

Friday, Feb. 3, 11 a.m. • Fee: Free



WALDORF SENIOR & RECREATIONAL CENTER

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness Room9:00 Racquetball9:00 Cards & Games10:30 Pinochle11:00 Lunch12:00 Fitness Chair Dance Aerobics9:30 Chair Yoga10:30 Yoga11:30 Enhance Fitness.....1:00	Fitness Room9:00 Racquetball9:00 Open Studio Art.....10:00 Cards & Games10:30 Chess.....11:00 Lunch12:00 Table Tennis2:30 Fitness Total Body Conditioning.....9:30 Gentle Stretching.....10:30 Line Dancing11:30	Fitness Room9:00 Racquetball9:00 Bridge Club.....10:00 Cards & Games10:30 Jacks11:30 Lunch12:00 Fitness Beginner Ballet9:30 AFEP10:30 Basic Fitness Training11:30 Enhance Fitness.....1:00 Dance Aerobics2:00	Fitness Room9:00 Racquetball9:00 Cards & Games10:30 Watercolors10:30 Pinochle11:00 Lunch12:00 Fitness Total Body Conditioning.....9:30 Line Dancing11:30	Fitness Room9:00 Racquetball9:00 Cards & Games10:30 Lunch12:00 Fitness Core & More.....10:30 AFEP11:30 Beginner AFEP1:00 Circuit Training.....2:30
		1 Basketball.....10:00 Harriet (Movie)10:30 Basic Sewing1:00 Fitness Orientation.....1:00	2 Bingo10:30 Grocery Distribution11:30 Personal Care Supplies Distribution11:30 Walk with Ease1:00 Beginner Pickleball2:30	3 African Dance 19:30 Black History Month Poetry Slam11:00
6 Diabetes Prevention9:30 Coffee & Convo.....9:30 Walk with Ease10:00 Basic Sewing1:00	7 Tech Time.....10:30 Culture, Customs, and Cooking10:30 Walk with Ease1:00	8 Basketball.....10:00 Jewelry Club10:00 Selma (Movie)10:30 Basic Sewing1:00	9 Heart Health Seminar ..10:30 Bingo10:30 Walk with Ease1:00 Intro to Pickleball2:30	10 African Dance 29:30 Crochet Club.....11:00 Fitness Orientation12:00
13 Diabetes Prevention9:30 Walk with Ease10:00 Fitness Orientation10:00 Basic Sewing1:00	14 Maryland Insurance Association.....10:00 Leather Crafting.....10:00 Tech Time.....10:30 Walk with Ease1:00	15 Basketball.....10:00 A Raisin in the Sun (Movie)10:30 Basic Sewing1:00 Fitness Orientation.....1:00	16 Bingo10:30 Walk with Ease1:00 Beginner Pickleball2:30	17 African Dance 39:30
20 Presidents' Day Holiday  Senior Centers Closed	21 Mobile Library.....9:00 Tech Time.....10:30 Bible Study11:00	22 Basketball.....10:00 The Jackie Robinson Story (Movie)10:30 Basic Sewing1:00	23 Bingo10:30	24 African Dance 49:30 Crochet Club.....11:00 Fitness Orientation12:00
27 WSC Council Meeting ...9:30 Diabetes Prevention9:30 Widow & Widower Support Group9:30 Basic Sewing1:00	28 Healthy Relationships ..10:00 Tech Time.....10:30			

Your beautiful Heart

The heart is the most important muscle in the body. It stays working 24 hours a day! People can keep their heart healthy by exercising regularly.

Did you know?

The average heart is the size of a fist in an adult. Your heart will beat about 110,000 times each day. Your heart pumps about 2,000 gallons of blood every day. It works so hard for you, treat it kindly!

What types of exercises are good for your heart?

Walking, bicycling, NuStep, dancing, swimming, water aerobics - just to name a few.

Don't wait, taking care of your precious heart is crucial. Speak to your doctor before beginning any exercise program and get moving!

Heart Health Seminars

Heart Disease remains the leading cause of death in the United States. In fact, many of these deaths would have been preventable with proper preventative care. Join Fitness Specialist Nate Schultz as he teaches about your heart, how to take care of it, and how to detect signs of cardiovascular disease.

Wednesday, Feb. 1	10:45 a.m.	Indian Head
Tuesday, Feb. 7	10 a.m.	Clark
Thursday, Feb. 9	10:30 a.m.	Waldorf
Thursday, Feb. 16	10 a.m.	Nanjemoy



Love & Dance: Line Dance Party

Put on your pink and red and gear up for a fun afternoon of dance, laughter, and love! Refreshments provided. Please sign up in advance.

Tuesday, Feb. 14 **1 p.m.- 3 p.m.**
Fee: Fitness Card **Clark Senior Center**



Welcome!

Sha'Meca Oliver

She is our newest instructor teaching at the Indian Head Senior Center. She brings a wealth of knowledge in the dance field and has a passion to motivate people to move and dance. Come try a class! Mondays, 10:15 a.m.

Intro to Pickleball

Get the basics here to learn how to play this fun game. Program is at the Waldorf Senior & Rec Center.

Thursday, Feb. 9 • 2:30 p.m. - 3:30 p.m. • Fee: FREE

Pickleball Practice for Beginner's

Once you learn the basics, put it to practice!
Program is at the Waldorf Senior & Rec Center.

Thursday, Feb. 2 & 16 • 2:30 p.m. - 3:30 p.m.
Fee: FREE



Beginner Arthritis Foundation Exercise Class

Basic chair exercises for individuals with any type of arthritis. Gentle range of motion and strengthening exercises. Class is at the Waldorf Senior & Rec Center.

Fridays • 1 p.m. • Fee: FREE

Dance Fit in Indian Head

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

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
		1 Pork Chop in Gravy Seasoned Rice Roasted Broccoli Whole Wheat Roll Apple Sauce Apple Juice	2 BBQ Baked Chicken Party Harty Beans Roasted Squash Dinner Rolls Raisins Grape Juice	3 Salmon w/ Lemon Dill Sauce White Rice Broccoli Wheat Dinner Roll Grapes Pineapple Juice
6 Ginger Lime Chicken Mashed Sweet Potato Broccoli Dinner Roll Mandarin Oranges Apple Juice	7 Blackened Tuna Cuban Black Beans White Rice Tomato Salad Whole Wheat roll Applesauce Pineapple Juice	8 Chicken Marsala Parsley Potatoes Roasted Carrots Whole Wheat Bread Apricots Apple Juice	9 Whole Wheat Spaghetti w/ Turkey Meat Sauce Mozzarella Cali. Blend Vegetables Breadstick Raisins Orange Juice	10 Sloppy Joe on Whole Wheat Bun 5 Blend Veggies Roasted Potatoes Raisins Grape Juice
13 Chipotle Chicken Roasted Bean and Corn Salad Roasted Beets Whole Wheat Roll Diced Mangos Fruit Punch Juice	14 VALENTINE'S DAY Chicken Parmesan Noodles Roasted Broccoli Whole Wheat Dinner Roll Peaches Grape Juice Red Velvet Cake	15 BBQ Pulled Pork Sandwich Whole Wheat Bun Coleslaw Roasted Sweet Potatoes Grapes Grape Juice	16 Blackened Catfish Roasted Sweet Potatoes Collard Greens Cornbread Pineapple Chunks Pineapple Juice	17 Oven Fried Chicken Mashed Potatoes w/ Gravy Broccoli Cornbread Fruit Salad Apple Juice
20 Presidents' Day Holiday  Senior Centers Closed	21 Beef Tips and Noodles Stewed Tomatoes Applesauce Cornbread Orange Juice	22 ASH WEDNESDAY Lemon Pepper Tilapia Lemon Parsley Rice Green Beans w/ Roasted Tomatoes Breadstick Peaches Fruit Punch Juice	23 Sweet and Sour Pork Brown Rice Roasted Tomatoes Whole Wheat Dinner Roll Black Bean Mango Salad Raisins Fruit Punch Juice	24 Tuna Noodle Casserole Stewed Tomatoes Corn Bread Apricots Apple Juice
27 Ground Turkey + Spanish Rice Green Beans Dinner Roll Mandarin Oranges Apple Juice	28 Salmon Cake Party Harty Beans Zucchini Blend Biscuit Mandarin Oranges Pineapple 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.

Making New Memories

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. Let the travel bug bite in 2023 and sign up for one of the great trips listed.

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

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: Brookside and Sherwood Gardens. Join us for a beautiful Spring daytrip to Baltimore for two of the best gardens in Maryland. The tulips and azaleas will be amazing.

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

