

The SCOOP

Charles County's Senior Center News



APRIL 2023
www.CharlesCountyMD.gov

Welcome to the Charles County Senior Centers!

The Charles County Senior Center Mission is to connect older adults to an inclusive community that fosters healthy aging through programs that support independence, wellbeing, and self-expression.

Meet the Team!

Director of Community Services, Dina Barclay

Chief of Aging, Lisa Furlow

Centers Administrator, Beth Fiske

Senior Center Supervisor, Elizabeth Phipps

Health Promotion and Physical Fitness Coordinator,
Deborah Shanks

Aging & Disability Resource Center Coordinator,
Desiree Hodgson Williams

Nutritionist, Charity Haynes

Come Visit!

Richard R. Clark Senior Center

1210 Charles St., La Plata, MD 20646 • 301-934-5423

Open 9 a.m. to 4 p.m., weekdays

Coordinator: Janice Hamby

Indian Head Senior Center

100 Cornwallis Sq., Indian Head MD, 20640 • 301-743-2125

Open 9 a.m. to 3 p.m., weekdays

Coordinator: Cynthia Simmons

Nanjemoy Senior & Community Center

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

Open 8:30 a.m. to 4:30 p.m. (Senior Room open 9 a.m. to 3 p.m. only), weekdays.

Coordinator: Rachel Gould

Waldorf Senior and Recreational Center

90 Post Office Rd., Waldorf, MD 20602 • 240-448-2810, ext. 1

Open 9 a.m. to 4 p.m., weekdays

Coordinator: Ariana Shanks

Senior Center Eligibility Requirements

In accordance with the Older Americans Act, participants must be a resident of Charles County aged 60 or over. Spouses of those aged 60 or over are eligible to participate. Participants must be able to exhibit independence and be self-sufficient in basic needs including:

- Restroom use
- Eating independently
- Move safely and independently throughout the center.
- Providing and maintaining personal assistive devices and medications without assistance of Senior Center staff.

Each participant must complete an annual center registration form that provides basic information and allows the Aging and Senior Programs Division to document facility usage for funding purposes. Participants must sign in at the Senior Center during each visit and detail the activities they are participating in that day.

Disruptive and inappropriate behavior will not be tolerated in the Senior Centers.

Follow Us on Social Media

Let's Get Connected for Our Latest News & Updates

 www.facebook.com/CharlesCountySeniorCenters

 www.facebook.com/NanjemoyCommunityCenter

 www.charlescountymd.gov/services/aging-and-senior-services/senior-centers

 eNews: register at charlescountymd.gov

 Department of Community Services
8190 Port Tobacco Rd.
Port Tobacco, MD 20677

Council News

Sponsored/Hosted Activities & Events

Clark Senior Center
Bingo

Indian Head Senior Center
SCAM Jam, Dr. Cook, Healthy Herbal Tea Club, and Shibashi Class

Nanjemoy Senior & Community Center
Yard Sale
Bingo

Waldorf Senior & Rec Center
Bingo

April Holiday Closures

Charles County Senior Centers will be closed on Friday, April 7 in observance of Good Friday.



The 30th Anniversary Southern Maryland Caregivers Conference



The 30th Anniversary Southern Maryland Caregivers Conference is being held Friday, April 28th, 2023, from 8:00 a.m.-2:30 p.m., at the Richard R. Clark Senior Center in La Plata.

Whether you are assisting with the care of a frail spouse, parent, friend or other relative, caring for an older adult is a labor of love. Designed for the family caregiver, this one-day event is a wonderful opportunity to enrich one's knowledge and skills in caring for older or disabled adults.

The \$35 conference fee includes a continental breakfast, lunch, conference materials, exposure to service providers in the exhibition area, and the opportunity to attend professionally presented educational sessions on a wide array of elder care topics:

- Building Joyful Caregiver Experiences
- Managing and Coping with Difficult Behaviors
- Health Care Decision Making at the End of Life
- Palliative Care
- Body Mechanics and Safe Caregiving in the Home
- Long Term Care Financing/Medicaid
- A Journey Through Dementia
- Incontinence Care and Wound Prevention
- Protection from Scams & Identity Theft
- Diabetes Management
- Assistive Technology & Caregiver Life Hacks
- Home and Community Based Services
- Understanding Medical Marijuana
- Dementia vs. Normal Aging
- Caregiver Stress Relief and Meditation

Registration brochures can be found at area senior centers, community centers and public libraries. Advance registration is required by April 14. There will be no on-site registration available the day of the conference.

The conference is co-sponsored by the Charles County Department of Community Services, Aging and Human Services Division, Johns Hopkins Geriatric Workforce Enhancement Program and the Geriatrics and Gerontology Education and Research Program at the University of Maryland Baltimore. For additional information, or to receive a registration brochure, please contact Cindy Olmsted at 301- 934-0128 or e-mail at: olmstedc@charlescountymd.gov.

Grocery Distribution

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

All distributions begin at 11:30 a.m.

- | | |
|----------|-----------------------------|
| April 6 | Waldorf Senior & Rec Center |
| April 20 | Clark Senior Center |
| April 20 | Indian Head Senior Center |
| April 27 | Nanjemoy Senior Center |



Why is volunteering important?

With most of us leading super busy lives, the idea of **volunteering** – giving your time and energy to a cause without financial reward – may seem an impossible task. I mean, how can we fit anything else into our already jam-packed schedules? However, volunteering is important for many reasons and doesn't have to take up too much time. And, in fact, the benefits of volunteering are vast for the volunteer – not just the community, individual or organization receiving their assistance.

1. **Volunteering connects you with others**
2. **Volunteering builds self-confidence and self-esteem**
3. **Volunteering is important for physical health...**
4. **and mental health**
5. **Volunteering is important for a sense of purpose**
6. **Volunteering helps you forget your own problems**

It's clear the benefits of volunteering are huge – improved physical and **mental health**, new friends and avoiding loneliness, a sense of purpose and deeper self-confidence. In turn, all of these things will help to boost your overall happiness: a win-win situation for all involved.

Source of Information from happiness.com

Telephone Reassurance Program

We are in need of volunteers for our Telephone reassurance program. This program is an all-volunteer telephone reassurance program that provides reassurance for homebound or socially isolated seniors in the community. The program offers comfort, support, and companionship through regular telephone calls. It helps combat the feeling of loneliness and serves as a lifeline to those who may not have someone to regularly check in on their wellbeing. Phone calls can be made from the comfort of your own home, and it is an opportunity to reach out to someone in your own community who needs a friendly voice to connect with. To become a volunteer call 301-609-5715 and leave a message for a volunteer coordinator to call you back and get you sign up today.

SCAM JAM: It's not too late to register!

Don't be a Victim to Scams impacting our community! Be Alert, Be Informed, Be Empowered! Register to attend the annual Scam Jam event to learn about current trends in scamming and how to protect yourself and report abuse. Submit your registration form to your local senior center by **Mon, April 10th**.

Date: Wednesday, April 19, 2023

Time: 9:00 am-1:30 pm

Fee: \$5.00 (age 60+)

***Suggested lunch donation of \$3**

Location: Waldorf Senior & Recreation Center




Legal Aid

Apr 11th and May 2nd
By appointment only at the Richard Clark Senior Center, contact 301-609-5712 to schedule.



Get a Property/Renters Tax Break

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

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

1. A direct credit on their July property tax bill **if the application is completed and received before April 15, 2023** or a later credit for applications received on or before October 1, 2023.
2. A direct check that is paid to the qualified renter applicant.
3. A written letter of denial stating the reason for ineligibility.

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

Ask SHIP:

Does Medicare cover Immunosuppressant drugs after a Kidney Transplant?

If you have ESRD and get a kidney transplant, you need to take immunosuppressant drugs for the rest of your life to prevent your body from rejecting the donor organ. Medicare covers these drugs differently depending on the circumstances of the transplant.

If you are eligible for Medicare not only due to ESRD, but also due to age or disability, Part B will cover your immunosuppressants for as long as are enrolled. If you are eligible for Medicare only due to ESRD, Part B will cover immunosuppressants until your ESRD Medicare ends, which is 36 months after the month of your successful transplant. Starting in 2023, though, the Part B-ID benefit can cover your immunosuppressant drugs if you do not have other health insurance that covers immunosuppressive medications. To get Part B-ID coverage, you must:

- Qualify for Part B coverage of immunosuppressants prior to losing Medicare Part B
- Not have Medicaid or other public or private health insurance that covers immunosuppressants.

The Medicare Part B-ID benefit is a new coverage option. Part B-ID provides Part B coverage of immunosuppressant drugs for people whose End-Stage Renal Disease (ESRD) Medicare benefits have ended 36 months after their transplant who do not have other health insurance.

You must pay a premium for Part B-ID coverage. The premium is set at a percentage of the standard Part B premium. If you have Part B-ID, you can apply for the Medicare Savings Program for help with premium costs and, if eligible for the Qualified Medicare Beneficiary (QMB) Medicare Savings Program, cost-sharing assistance.

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 more questions.



“Hello. Have you received your new plastic Medicare card?”

SCAM ALERT

www.smpresource.org SMP 877.808.2468

Boost Your Budget Week

April 10 – 14, 2023

Nationwide, older adults are feeling the effects of inflation on their retirement income and savings, which puts their financial security at risk. To have good money management sometimes means you must spend less, especially if you're on a tight budget. Re-framing your mindset helps when it's time to cut expenses. Here are 6 ways to cut your expenses right now.

6 Tips for Reducing Your Expenses

1. **Cut your cable** – This doesn't mean getting rid of it entirely. But it does mean taking a hard look at your plan and figuring out where you might be able to save some money. Most major cable companies offer a senior discount of up to 10%, so it pays to inquire with yours.
2. **Moderate your meals** – This does not mean skipping breakfast, lunch, or dinner. It does mean reevaluating how much you pay for restaurants and takeout. Shopping for ingredients and making meals in your own kitchen might feel less convenient but the benefits to your wallet can be significant.
3. **Prune your premiums** – If you have a car, it pays to compare insurance plans. If you own your home, be sure to ask about discounts for safety improvements. Don't overlook the opportunity to bundle your policies with the same insurer.
4. **Shrink your subscriptions** – These days, so many consumer services operate via subscription that it's easy to lose track of which ones you have and whether they automatically renew. Review your list of expenses, and your email inbox, for clues about recurring subscriptions you may have forgotten about entirely. Then go ahead and cancel anything you haven't used in several months.
5. **Slash your cell service** – Depending on your plan, you may be able to save on your data, text messaging, and minutes. Ask your carrier about their different tiers of service and if they can help find the best one for you.
6. **Whittle your wants** – No one wants to sacrifice buying, or doing, the things they most enjoy. But making that distinction between "nice to have" and "need to have" is huge when it comes to your budget.

Information provided by National Council on Aging.



EARTH DAY

Celebrate the 53rd Earth Day!

The first Earth Day was celebrated in 1970, when a United States senator from Wisconsin organized a national demonstration to raise awareness about environmental issues. Rallies took place across the country, and by the end of the year, the U.S. government had created the Environmental Protection Agency. By 1990, Earth Day was an event celebrated by more than 140 countries around the globe. You can celebrate and protect the planet at the same time.

Become a waste warrior – A plastic bottle can take over 450 years to break down in a landfill. Before throwing something away, think about whether it can recycle or repurposed.

Plant a tree – Roughly estimated 15 billion trees in the world are cut down each year, so help offset that loss by planting a tree of your own.

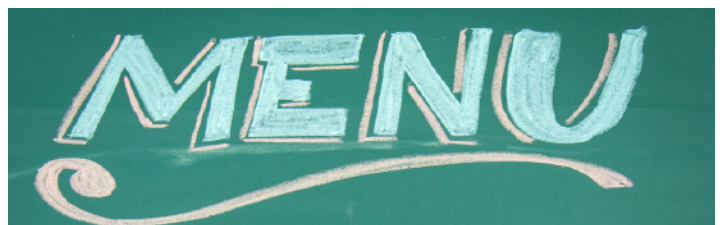
Turn off the lights – Does the lamp need to be on while the sun is out? Electricity doesn't just happen – it must be produced from things around us. Majority of the time it comes from fossil fuels that contribute to climate change. But electricity can also be made from renewable sources. No matter where it is coming from, try conserving electrical energy by using only what you need.

Limit your water usage – It might seem like it's everywhere, but clean, drinkable water is a limited resource. In fact, less than one percent of the water on Earth can be used by humans.

Offer your time – Volunteer to pick up trash at a nearby park or start a collection drive of recyclable items. Get involved and work with others!

Spread the message – Talk to your friends and family members about what you're doing and ask them to help. Need to get the conversation started? Get everyone together and reconnect with nature.

Information provided by National Geographic.



New Menu Options

Deli Meal now Available on Tuesdays

On Tuesdays, you now have a choice to pick a hot or cold lunch. Limited cold lunch supply. Sign up by 10 a.m. the day prior. Menu items listed on the menu.

CLARK SENIOR CENTER

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

Get your Latest SCOOP online!

Community

Healthy Snacks for Healthy Blood Sugars

Discover the many ways that snacking with diabetes can benefit blood sugars. We'll discuss balanced snacks that can replace a meal, using snacks to treat and prevent low blood sugars, and give you ideas for "better-for-you" snacks when cravings hit. This class is taught by Jodi Serafin, Registered Dietitian and Diabetes Educator.

Tuesday, Apr. 4, 10 a.m. Fee: FREE

Book Club

Led by Nancy Marquardt, Charles County Public Library. Horse by Geraldine Brooks.

Thursday, Apr. 6, 1 p.m. Fee: FREE

Widow to Widow Support Group

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

Monday, Apr. 10, 1 p.m. Fee: FREE

Springfest Party

Let's kick-off Spring with music, dancing and lunch with friends. Sign up and pay in the program office by Apr. 6.

Thursday, Apr. 13, 10:30 a.m. Fee: \$3/60 & over plus a lunch donation, \$5/50 & younger.

Charles County Mobile Library

Visit the Charles County Mobile Library, located in our parking lot in the Mobile Library van.

Tuesday, Apr. 18, 9:30 - 11:30 a.m. Fee: FREE

Cooking with Christina

Join Christina in this hands-on class as you learn to create quick and healthy snacks.

Tuesday, Apr. 18, 10 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, Apr. 20, 11:30 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.

Tuesday, Apr. 25, 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, Apr. 25, 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. Class size limited, please sign up!

Wednesday, Apr. 5 & 19, 10 a.m. Fee: FREE

Scrapbooking Club

Join us for this "New" scrapbooking club and turn some of those photos into treasures. Please bring a few of your favorite photos and we will use them to create a beautiful page. All supplies will be provided. Please sign up and pay in the program office. 2nd & 4th Monday each month at 10 a.m.

Mondays, Apr. 10 & Apr. 24, 10 a.m.

Fee: \$2 per person/per class

Waterfall Canvas Painting Session

Join Trinity and learn to paint a beautiful waterfall with instruction provided by YouTube. All supplies provided. Space is limited, so please sign up.

Tuesday, Apr. 11, 10:30 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, Apr. 12, 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, Apr. 26, 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, Apr. 5 & 19, 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 thera bands.

Wednesdays, 1 p.m. Fee: FREE

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

Walk with Ease

Reduce the pain and discomfort of arthritis, this class combines classroom talks along with walks which can 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. Class runs from April 11 - May 18.

Tuesdays, Wednesdays, & Thursdays, 10 a.m. Fee: FREE

Kettlebell Training

Challenging but geared for the older adult, this class is all about staying strong and agile. All fitness levels welcome. With the use of kettle bells (weights with a handle) specific exercises are done in a circuit style class.

Wednesdays, 2 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 at 9 a.m. Fee: Fitness Card

Fridays at 10:15 a.m. Fee: Fitness Card

 **get motivated** 

FITNESS

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 Walking @ Laurel Springs...10:00 Yoga for Bone Health.....11:00 Drums Alive.....1:00	Billiards.....9:30 Stained Glass.....9:30 Quilting Class.....9:30 Coloring & Puzzles.....9:30 Guitar.....10:00 Cards & Games.....10:00 Lunch.....12:00 Spiritual Enrichment.....1:00 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 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 Kettlebell Training.....2:00	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
3 Zumba.....11:00	4 Healthy Snacks for Healthy Blood Sugars.....10:00 Bunko.....10:00	5 Beginners Jewelry Class.....10:00 Fitness Orientation.....10:00 Kettlebell Training.....2:00	6 Book Club.....1:00	7 Good Friday Holiday Good Friday  All Senior Centers Closed
10 Scrapbooking Club.....10:00 Widow to Widow.....1:00	11 Walk With Ease.....10:00 Hand & Foot Canasta.....10:00 Waterfall Canvas Painting.....10:30	12 Walk With Ease.....10:00 Crafters Corner.....10:00 Clark Council Meeting.....1:00 Kettlebell Training.....2:00	13 Walk With Ease.....10:00 Springfest Party.....10:30	14 Project Linus Meeting.....10:00
17 2N1 Social Club.....10:00	18 Mobile Library.....9:30 Walk With Ease.....10:00 Cooking with Christina .10:00	19 Walk With Ease.....10:00 Beginners Jewelry Class.....10:00 Fitness Orientation.....10:00 Kettlebell Training.....2:00 *Scam Jam @ Waldorf Senior & Rec Center from 9 a.m. – 1:30 p.m.*	20 Walk With Ease.....10:00 Outdoor Yoga.....10:00 Grocery Distribution...11:30	21 Gentle Stretch.....12:00 *Senior Prom @ Waldorf Senior & Rec Center from 6 p.m. – 9 p.m.*
24 Scrapbooking Club.....10:00	25 Walk With Ease.....10:00 Financial Basics.....10:00 Poetry Group.....1:00	26 Walk With Ease.....10:00 Greeting Card Making.....10:00 Caregivers Support Group.....2:00 Kettlebell Training.....2:00	27 Walk With Ease.....10:00	28 Clark Senior Center Closed to Participants for 30th Annual Southern Maryland Caregivers Conference.

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.**

Coming Soon, Extended Hours!

We are happy to announce that starting in May, we will be offering programs until 4p.m. on Tuesdays and Thursdays. Look for announcements throughout the month.

Special Programs

Fun with Chia Seeds

These little seeds are full of antioxidants, fiber, and protein. Join Staff for some delicious recipes using chia seeds.

Mondays, Apr. 3 & 17, 11:30 a.m.

Fee: Donation

National Poetry Month

Share your favorite poem.

Thursday, Apr. 6, 10:30 a.m.

Fee: FREE

Conversation with Dr. Cook

Dr. Cook will be available to answer health questions. Sponsored by the Indian Head Senior Center Council (IHSCC) Submit questions in advance. Virtual link via MS Teams:

Meeting ID: 235 892 969 819 and

Passcode: gU44En or call in (audio only)

+1 240-673-0212, 564321563#

Friday, Apr. 14, 10:30 a.m.

Fee: FREE

Medication Safety

Join Spencer Barry, member of the pharmacy team from Charles Regional Medical Center, as he shares the importance of adhering to taking medication as prescribes.

Thursday, Apr. 20, 10:30 a.m.

Fee: FREE

Shibashi Class

Shibashi is a gentle flowing qigong exercise that is relaxing. Join certified Tai Chi Instructor, Randi McWilliams as she guides you through a class of wellbeing. Sponsored by the IHSCC. No experience necessary, space is limited, sign up before April 21.

Friday, Apr. 28, 10:30 a.m.

Fee: Donation

Health & Fitness Programs

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: FREE

Beginner's Tai Chi for Health

This class teaches Tai Chi for Arthritis using Sun style Tai Chi. The class will focus on muscle control, stability, balance, and flexibility.

Mondays & Fridays, 1 p.m.

Fee: FREE

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

National Walking Day

Join Nate for an organized walk around the Village Green.

Wednesday, Apr. 5, 11 a.m.

Fee: FREE

Fitness w/Lamont

Cardio, circuit, and strength training.

Thursdays, 1 p.m.

Fee: Fitness Card

Seated Yoga

Yoga instructor, Alessandra Poroj teaches all levels in chair or on mat. Class limit is ten.

Fridays, 9 a.m.

Fee: \$5 per class

Fitness Orientation

Mandatory before using equipment.

Wednesday, Apr. 12, 2 p.m.

Fee: \$2

Introduction to Small Group Fitness

Join a Fitness Instructor for a focused program for three participants.

Friday, Apr. 21, 2 p.m.

Fee: Fitness Card

Ongoing Programs

Bingo

A nickel a card. Additional days and times.

Mondays, Apr. 3 & 17, 9:30 a.m.

Fee: Nickel/card

Wednesday, Apr. 12, 1 p.m.

Fee: Nickel/card

Friday, Apr. 21, 9:30 a.m.

Fee: Nickel/card

Project Linus/Sewing 101

Make a difference in a child's life. Project Linus blankets are taken to the Howard University Medical Center pediatric ward and local first responders. No sewing experience is necessary.

Mondays, Apr. 10 & 24, 9:30 a.m.

Fee: FREE

Senior Tech

Check with Taylani for senior tech checkups.

Tuesdays, Apr. 11 & 25, 10 a.m.

Fee: \$1

Arts/Crafts for Wellness

Homemade soaps. Sponsored by the Charles County Arts Alliance. Sign up in advance.

Tuesday, Apr. 18, 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, Apr. 25, 9:30 a.m.

Fee: FREE

Book Club:

Invisible by James Patterson & David Ellis

The end will make your jaw drop. Emmy Dockery, FBI Research Analyst, is on leave and starts investigating unsolved fires that have resulted in deaths. Everyone thinks she's gone mad, until

Wednesday, Apr. 26, 1 p.m.

Fee: FREE

Green Thumb Club

Learn how to plant multiple vegetables in one pot.

Thursday, Apr. 27, 10:15 a.m.

Fee: Cost of Pot

Outdoor Programs

Tai Chi for Health

This class is held outside 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

NATIONAL SCRABBLE DAY

Spell check not available as you play this classic board game.

Thursday, Apr. 13, 9:30 a.m.

Fee: FREE



INDIAN HEAD SENIOR CENTER

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

Hours: 9 a.m.–3 p.m., Monday–Friday

Luncheon at Noon–Reservation/Registration Required
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Billiards/Cards9:00 Tai Chi for Health9:00 Dance Fit10:15 Beginners Tai Chi for Health...1:00	Billiards/Cards9:00 AFEP11:15	Billiards/Cards9:00 Tai Chi for Health9:00 Fitness w/Nate10:15	Billiards/Cards9:00 Canvas Painting10:00 AFEP11:15 Fitness w/Lamont1:00	Seated Yoga9:00 Billiards/Cards10:00 Beginners Tai Chi for Health...1:00
3 Bingo9:30 Fun w/Chia Seeds11:30	4 Council Meeting9:30 Sign Language12:30	5 National Walking Day ..11:00 Outdoor Games1:00	6 National Poetry Month.....10:30	7 Good Friday Holiday  All Senior Centers Closed
10 Project Linus/Sewing 1019:30	11 Senior Tech.10:00 Sign Language12:30	12 Aging Solo Estate Planning.10:00 Bingo1:00 Fitness Orientation2:00	13 National Scrabble Day.....9:30 Mobile Library11:00	14 Conversation w/Dr. Cook10:30 Lunch12:30
17 Bingo9:30 Fun w/Chia Seeds11:30	18 Arts/Crafts for Wellness..9:30 Sign Language12:30	19 *Scam Jam @ Waldorf Senior & Rec Center from 9 a.m. – 1:30 p.m.*	20 Medication Safety10:30 Grocery Distribution11:30 Healthy Herbal Tea Club1:00 No AFEP Today	21 Bingo9:30 Small Group Fitness2:00 *Senior Prom @ Waldorf Senior & Rec Center from 6 p.m. – 9 p.m.*
24 Project Linus/Sewing 1019:30	25 Information & Assistance with Julie9:30 Senior Tech.10:00 Sign Language12:30	26 Indoor Games11:00 Book Club: Invisible by James Patterson & David Ellis...1:00	27 Green Thumb Club10:15	28 Shibashi Class w/Randi .10:30 Mobile Market11:00 *Caregivers Conference @ Clark Senior Center from 8 a.m. – 2:30 p.m.*

“April is a promise that May is bound to keep.” — Hal Borland



Aging Solo (Solo Agers) – Estate Planning

According to the Census Bureau over 27 percent of people 65 and better live alone and are thriving. However, there are steps that need to be put in place so our love ones, neighbors, friends and other solo agers can be clear about how we want to live and what our needs are to continue to live alone. The first step is protecting our assets. Join Heather Cherry, Esq. as she talks about not only estate planning, but how to protect your assets if you need a health care professional to help you in your home or other changes that may occur while aging alone.

Wednesday, Apr. 12, 10 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 Session)

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!

Wednesday, Apr. 5, 10 - 11:30 a.m. Fee: FREE



Mobile Library

Borrow books, movies, tech every three weeks.

Tuesday, Apr. 11, 10 a.m. - 12:30 p.m. Fee: FREE

Vaccine Clinic

Flu and COVID vaccine clinic open to the public. Walk-ins welcome! Appointments can be made at <https://charlescountycovid.org/vaccine-registration/>.

Wednesday, Apr. 12, 9:30 a.m. - 2 p.m.

Fee: FREE

WIC Services

WIC is now offering services on alternating Fridays. To learn more or schedule an appointment, please call 301-609-6857.

Fridays, Apr. 14 & 28, 9 a.m. - 4 p.m. Fee: FREE

Senior Center Programs

Net Surfing Seniors (Final Session)

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. Space is limited!

Monday, Apr. 3, 10 a.m.

Fee: FREE

Artistic Aesthetics

Weekly project to express your creativity.

Fee due at registration. Prior registration required. Limited availability.

Mondays, 1 p.m.

Color Easter Eggs, Apr. 3,

Fee: \$3

Casual Crafting, Apr. 10,

Fee: \$5 for all week supply access

Rainbow Pinecone Wreath, Apr. 17, Fee: \$3

Confetti Balloon Bowl, Apr. 24, Fee: FREE

Start Your Garden

Master Gardeners from the University of Maryland Extension office will show you how simple it is to create your dream garden by starting seeds and using kitchen and yard compost. Free seed packets will be provided.

Thursday, Apr. 13, 10 a.m.

Fee: FREE

Painting & Pizza

Join us this month and paint a pre-sketches canvas and enjoy two slices of pizza (pepperoni or cheese), fruit, and a bottle of water. This month's design will celebrate spring. All supplies provided. Space is limited. Prior registration with payment is required.

Friday, Apr. 14, 12:30 p.m.

Fee: \$8

Medicare Savings Plan

Julie Hammonds with Information & Assistance will discuss Medicare savings plans prior to assisting with appointments. To make an appointment with Julie, please call 301-937-6737.

Thursday, Apr. 20, 9:30 a.m.

Fee: FREE

Senior Fitness

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

Walking Club - Mile Challenge

Did you know 8 laps around our building is one mile? Can you do a mile each 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. Move to a variety of music and use hand weights to increase strength.

Thursdays, 11 a.m.

Fee: FREE

Dinner Theatre Bus Trip

Joseph and the Amazing Technicolor Dreamcoat - Riverside Center

Bus trips are back! Join us as we travel by motorcoach to the Riverside Center for the Performing Arts to see Joseph and the Amazing Technicolor Dreamcoat. Buses will depart from the Nanjemoy Senior & Community Center and the Richard R. Clark Senior Center. Price includes motorcoach trip, driver gratuity, snacks on the bus, meal at venue, and the show. Sign up is available at any of our four Charles County Senior Centers. Space is limited and minimum participation signups are due by May 3rd. Please arrive 15 minutes before departure to check in with staff.

Wednesday, Jun. 14

Fee: \$130

Departure from Nanjemoy, 9:30 a.m.

Departure from Clark, 10:15 a.m.



Charles County Arts Alliance (CCAA) Program

Family Art Night

We are excited to work with the Neighborhood Community Arts Center to bring you another family art night. The third project will be to make a family wreath. This activity 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. Prior registration is required for preparation. Activities sponsored in part by funds from the Charles County Arts Alliance.

Monday, Apr. 10, 6 - 8 p.m. • Fee: \$20 per family

NANJEMOY SENIOR/COMMUNITY CENTER

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

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

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards.....8:30 Computer Lab.....8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch.....12:00 Dominos.....1:00 Games/Puzzles.....1:00 Fitness Tai Chi.....11:00	Billiards.....8:30 Causal 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 Fitness Flex & Stretch.....10:00 Fitness Fifteen.....11:15	Billiards.....8:30 Causal 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 Fitness AFEP.....11:00 Walking Club.....1:00	Billiards.....8:30 Causal 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 Fitness Total Body Conditioning.....11:00	Billiards.....8:30 Causal 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 Fitness AFEP.....11:00 Walking Club.....1:00
3 Senior Council Meeting.....10:00 Net Surfing Seniors.....10:00 Artistic Aesthetics: <i>Color Easter Eggs</i>1:00	4 Coloring Group.....9:00	5 Make a Change for Life Diabetes Class.....10:00	6 Nickel Bingo.....12:45	7 Good Friday Holiday  All Senior Centers Closed
10 Artistic Aesthetics: <i>Causal Crafting</i>1:00 <u>CCAA Program</u> Family Art Night.....6:00–8:00	11 Coloring Group.....9:00 <u>Community Program</u> Mobile Library.....10:30–12:00	12 Walking Club Mile Challenge.....1:00 <u>Community Program</u> Vaccine Clinic.....9:30 – 2:00	13 Start Your Garden.....10:00 Nickel Bingo.....12:45	14 Painting & Pizza.....12:30 <u>Community Program</u> WIC.....9:00 – 4:00 <u>Senior Council</u> Bingo Fundraiser.....5:00–7:00
17 Artistic Aesthetics: <i>Rainbow Pinecone Wreath</i>1:00	18 Coloring Group.....9:00	19 *Scam Jam @ Waldorf Senior & Rec Center from 9 a.m. – 1:30 p.m.*	20 I&A Services Available Nickel Bingo.....12:45	21 *Senior Prom @ Waldorf Senior & Rec Center from 6 p.m. – 9 p.m.*
24 Artistic Aesthetics: <i>Confetti Balloon Bowl</i>1:00	25 Coloring Group.....9:00	26 Walking Club Mile Challenge.....1:00	27 New Hope Food Distribution . 11:30 Nickel Bingo.....12:45	28 <u>Community Program</u> WIC.....9:00 – 4:00 *Caregivers Conference @ Clark Senior Center from 8 a.m. – 2:30 p.m.* *Senior Council Yard Sale TOMORROW Saturday, April 29.....9 a.m. – 1 p.m.*

Special Programs

Protein Needs for People with Diabetes

We talk a lot about carbohydrates when we talk about diabetes, but what about protein? Have you thought about how much protein you need? Did you know that protein can be found in plant-based foods, as well as in meat? Join dietitian and diabetes educator Jodi Serafin to learn why protein is important in the body and how it helps to maintain good blood sugars.

Tuesday, Apr. 18, 11 a.m. Fee: FREE

Scam Jam

Calling all Older Adults... Don't be a Victim to Scams impacting our community! Be Alert, Be Informed, Be Empowered! Register to attend the annual Scam Jam event to learn about current trends in scamming and how to protect yourself and report. Submit your registration form to your local senior center by Monday, April 10.

Wednesday, Apr. 19, 9 a.m. - 1:30 p.m.

29th Annual Senior Citizens Prom

Join the Charles County Association of Student Councils representing each Charles County High School at the Waldorf Senior & Recreational Center as they plan this year's Prom. Please stop by any senior center beginning Wednesday, March 22 to purchase your tickets. Sponsored in part by funds from Charles County Art Alliance. Please Note: Only non-marking athletic shoes are permitted.

Friday, Apr. 21, 6 - 9 p.m. Fee: \$6

Mother's Day Luncheon

This event is hosted by the Waldorf Senior Center Council. Join the celebration! Entertainment, food, and more! Tickets go on sale April 6 and will be sold on Thursdays between 9:30-11a.m.

Wednesday, May 10, 10:30 a.m. Fee: \$10 paid to Waldorf Senior Center Council

Community

Matter of Balance

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.

Thursday, Mar. 9 - Apr. 27, 10 a.m. Fee: FREE

Widow & Widower Support Group

Facilitated by Brenda Dubose.

Monday, Apr. 10 & Apr. 24, 9:30 a.m. Fee: FREE

Bible Study

Facilitated by Minister Yvonne' Wilson. All are welcome!

Tuesday, Apr. 18, 11 a.m. Fee: FREE

Seed Bank Presentation

Master Gardeners from the University of Maryland Extension office will show you how simple it is to create your dream garden by starting seeds and using kitchen and yard compost. Free seed packets will be provided.

Thursday, Apr. 20, 10 a.m. Fee: FREE

Cooking with Christina

Join Christina in this hands-on class as you learn to create quick and healthy snacks.

Friday, Apr. 21, 10 a.m. Fee: FREE

Composting Bin & Rain Barrels

Recreation Program - Environmental Workshop. Pre-registration required by April 19. Register online at www.CharlesCountyMD.gov/Outreach

Saturday, Apr. 22, 9 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

Basketball

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

Tuesday/Thursday, 11 a.m.

Wednesdays, 10 a.m. Fee: FREE

Beginner Ballet

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

Arthritis Foundation Exercise Program (AFEP)

Use of gentle movements to help increase joint flexibility, range of motion, and muscle strength. No class Apr. 5

Wednesdays, 10:30 a.m. & Fridays, 11:30 a.m.

Fee: FREE

NEW Beginner Kettle Bell Fitness

Challenging but geared for the older adult, this class is all about staying strong and agile. All fitness levels welcome.

With the use of kettle bells (weights with a handle) specific exercises are done in a circuit style class.

Thursdays, 10:30 a.m. Fee: Fitness Card

Fitness Room Orientation

Mandatory before first use of fitness room.

Registration required. Fee: \$5

Tuesday, Apr. 11 & Apr. 25, 10:30 a.m.

Wednesday, Apr. 5, 1 p.m.

Friday, Apr. 14, & Apr. 28, 12 p.m.

Intro to Pickleball

Come learn the basics of pickleball.

Thursday, Apr. 6 & Apr. 20, 2:30 p.m. Fee: FREE

Beginner Pickleball Practice

Once you learn the basics, put it to practice! Thursday, Apr. 13 & Apr. 27, 2:30-3:30 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

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, Apr. 12, 10 a.m. Fee: \$3/pp

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, Apr. 14, 11 a.m. Fee: FREE

Crochet Club

Join Vicki Eichhorn and learn about basic crochet techniques while working on projects. No meetings Apr. 28 - May 19

Fridays, 11 a.m. Fee: FREE

Open Studio Art

Space available to work on any media of art without instruction. Coloring books and pencils available for use.

Friday, Apr. 28, 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

Leather Crafting

Join Tim Richardson and learn about the art of leather crafting, while creating beautiful leather accessories. Please bring your own leather. Crafting tools provided.

Tuesdays, 10 a.m. Fee: FREE

WALDORF BINGO THURSDAYS:

How It Works

Players must purchase sheets day of and only be used on date of purchase. There are 25 games to play, winnings determined by number of purchased players. Bingo card sales run from 9:30 a.m.- 10:15 a.m. **Bingo cards will not be sold after 10:15am.** Bills used to purchase bingo cards must be \$10 or less. Bingo play begins at 10:30 a.m. unless otherwise noted in the SCOOP.

WALDORF SENIOR & RECREATIONAL CENTER

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness Room9:00 Racquetball9:00 Cards & Games10:30 Pinochle11:00 Lunch12:00 Fitness Video Fitness9:30 Chair Yoga10:30 Yoga11:30 Enhanced Fitness1:00	Fitness Room9:00 Racquetball9:00 Cards & Games10:30 Lunch12:00 Table Tennis2:30 Fitness Total Body Conditioning9:30 Gentle Stretching10:30 Line Dancing11:30 Walking Club12:30 Tai Chi1:00	Fitness Room9:00 Racquetball9:00 Bridge Club10:00 Cards & Games10:30 Lunch12:00 Fitness Beginner Ballet9:30 AFEP10:30 Basic Fitness Training11:30 Enhanced Fitness1:00 Dance Aerobics2:00	Fitness Room9:00 Racquetball9:00 Cards & Games10:30 Watercolors10:30 Pinochle11:00 Lunch12:00 Fitness Total Body Conditioning9:30 Kettle Bell Fitness.10:30 Line Dancing11:30 Walking Club12:30 Tai Chi1:00	Fitness Room9:00 Racquetball9:00 Cards & Games10:30 Lunch12:00 Fitness Core & More10:30 AFEP11:30 Beginner AFEP1:00 Circuit Training2:30
3 Coffee & Convo9:30 Diabetes Prevention9:30 Basic Sewing1:00 Stability Ball Fitness2:00	4 Mobile Library9:00 Diabetes Self-Management Workshop.....9:30 Leather Crafting.....10:00 VConnections.....10:00 Tech Time.....10:30 Basketball.....11:00	5 Basketball.....10:00 Fitness Orientation.....1:00 Basic Sewing1:00 NO AFEP TODAY	6 Bingo10:30 Basketball.....11:00 Grocery Distribution11:30 Personal Care Supplies Distribution11:30 Intro to Pickleball.....2:30	7 Good Friday Holiday Good Friday  All Senior Centers Closed
10 Widow & Widower Support Group.....9:30 Basic Sewing1:00	11 Diabetes Self-Management Workshop.....9:30 Leather Crafting.....10:00 Fitness Orientation.....10:30 Tech Time.....10:30 Basketball.....11:00	12 Basketball.....10:00 Jewelry Club10:00 Basic Sewing1:00	13 Matter of Balance.....10:00 Bingo10:30 Basketball.....11:00 Beginner Pickleball Practice2:30	14 Poetry Club11:00 Crochet Club11:00 Fitness Orientation12:00
17 Groove Dance.....9:30 WSC Council Meeting.....9:30 Basic Sewing1:00 Stability Ball Fitness2:00	18 Leather Crafting.....10:00 VConnections.....10:00 Tech Time.....10:30 Bible Study11:00 Basketball.....11:00 Protein Needs for People with Diabetes11:00	19 *Scam Jam from 9 a.m. – 1:30 p.m.* NO OTHER PROGRAMMING OR FITNESS CLASSES TODAY	20 Matter of Balance.....10:00 Seed Bank10:00 Bingo10:30 Basketball.....11:00 Intro to Pickleball.....2:30	21 Cooking with Christina .10:00 Crochet Club11:00 *Senior Prom from 6 p.m. – 9 p.m.*
24 Widow & Widower Support Group.....9:30 Basic Sewing1:00	25 Mobile Library9:00 Leather Crafting.....10:00 Fitness Orientation.....10:30 Tech Time.....10:30 Basketball.....11:00	26 Basketball.....10:00 Basic Sewing1:00	27 Matter of Balance.....10:00 Bingo10:30 Basketball.....11:00 Beginner Pickleball Practice2:30	28 Open Studio Art.....10:00 Fitness Orientation12:00 *Caregivers Conference @ Clark Senior Center from 8 a.m. – 2:30 p.m.*

April is National Fitness Month and time to get outside!



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

NEW SESSION! Walk With Ease

Reduce the pain and discomfort of arthritis, this class combines classroom talks along with walks which can 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. To register, sign up at the RRCSC.

Clark Senior Center • Facilitator: Debi Shanks
Apr. 11 - May 18 • Fee: FREE
Tuesday, Wednesdays, and Thursdays • 10am

NEW! Beginner Kettle Bell Fitness

Challenging but geared for the older adult, this class is all about staying strong and agile. All fitness levels welcome.

With the use of kettle bells (weights with a handle) specific exercises are done in a circuit style class.

Clark Senior Center • Wednesdays, 2 p.m.
 Waldorf Senior & Rec Center • Thursdays, 10:30 a.m.
 Fee: Fitness Card



National Walk Day is April 5th!

Join us for a group walk in the park at the Village Green in Indian Head!

Indian Head Senior Center
 Wednesday, Apr. 5 • 11 a.m.



Celebrate Spring and Earth Day with outdoor Yoga!

Let's connect with Mother Earth and celebrate all she does for us! Sign up required.

Clark Senior Center (meet in back parking lot grassy area)

Thursday, Apr. 20, 10 a.m.

Instructor: Debi Shanks • Fee: FREE

Registration Required.



Groove Dance

Feel the rhythm, get energized and have fun with this easy-to-follow dance class. Cardio fitness at its best, you will get your heart pumping!

Come celebrate the joy in dance!

Monday, April 17th, 9:30 a.m. • Fee: Fitness Card

Instructor: Debi Shanks

Prime Timers Theatre Group

Coming back in May! Anyone interested in doing plays/skits or making sets for performances check for dates coming soon!



Biking with Nate

Friday, Apr. 21, 1 p.m.

Indian Head Rail Trail (White Plains)



Cycling is a great endurance exercise. It increases your heart rate and improves your breathing. Biking can help you maintain a healthy weight which is important for treating arthritis. Regular exercise can also help your mood and memory – specifically, cycling outside can also improve your mood and give you a sense of wellbeing. So, what are you waiting for? Grab your bike and let's ride!

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
3 Tuna Noodle Casserole Stewed Tomatoes Corn Bread Apricots Apple Juice	4 *NEW* Deli Option Tuesdays HOT: ¼ Herb Roasted Chicken, Parsley Mashed Potatoes, Roasted Carrots, Whole Wheat Roll, Cantaloupe, Fruit Punch COLD: Turkey & Cheese on Whole Wheat, Broccoli Salad, Cantaloupe, Fruit Punch	5 Oven Fried Chicken Mashed Potatoes w/ Gravy Broccoli Cornbread Fruit Salad Pineapple Juice	6 Sweet and Sour Pork Brown Rice Roasted Tomatoes Whole Wheat Dinner Roll Black Bean Mango Salad Raisins Fruit Punch Juice	7 Good Friday Holiday All Senior Centers Closed Good Friday  No Lunch Service
10 No Lunch Service	11 HOT: Blackened Catfish, Roasted Sweet Potatoes, Collard Greens, Cornbread, Pineapple Chunks, Pineapple Juice COLD: Ham and Swiss on Whole Wheat, Coleslaw, Pineapple Chunks, Pineapple Juice	12 Sloppy Joe on Whole Wheat Bun 5 Blend Veggies Roasted Potatoes Raisins Grape Juice	13 Beef Tips and Noodles Stewed Tomatoes Applesauce Cornbread Orange Juice	14 Chipotle Chicken Roasted Bean and Corn Salad Roasted Beets Whole Wheat Roll Diced Mangos Fruit Punch Juice
17 Tuna Salad Sandwich on Whole Wheat Bun Cranberry Salad Pasta Salad Mandarin Oranges Apple Juice	18 HOT: Salmon Cake, Party Harty Beans, Zucchini Blend, Biscuit, Mandarin Oranges, Pineapple Juice COLD: Chicken Salad, Sandwich on Croissant, Pasta Salad, Roasted Tomato, Salad, Mandarin Oranges, Pineapple Juice	19 Ground Turkey Spanish Rice Green Beans Dinner Roll Pineapple Pineapple Juice	20 Sweet and Sour Chicken Brown Rice Sautéed Spinach w/ Garlic Whole Wheat Roll Mixed Fruit Cup Fruit Punch Juice	21 Pork Chop in Gravy Roasted Sweet Potatoes Collard Greens Whole Wheat Roll Diced Apples Grape Juice
24 Teriyaki Chicken White Rice Stir-Fry Vegetables Whole Wheat Dinner Roll Mandarin Oranges Apple Juice	25 HOT: BBQ Beef Sweet Potato Casserole Broccoli, Whole Wheat Bread, Fruit Cocktail, Orange Juice COLD: Egg Salad Sandwich on Whole wheat (2), Cranberry Salad, Pasta Salad, Fruit Cocktail, Orange Juice	26 Chicken Parmesan Noodles Roasted Brussel Sprouts Dinner Roll Diced Mango Fruit Punch Juice	27 BIRTHDAY CAKE Blackened Catfish Roasted Sweet Potatoes Collard Greens Cornbread Pineapple Chunks Pineapple Juice	28 Chicken & Noodles Stewed Tomatoes Herb Roasted Potatoes 3 Bean Salad Orange Sections Pineapple Juice
Charles County Luncheon Program 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				Available at Noon • Days Vary By Center 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.

Thinking of Traveling

Trips sponsored by Action Travel Tours 301-645-1770

The world of travel is returning to normal.

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. 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**

April 27, 2023: Baltimore Rawlings Conservatory and Botanical Gardens and Sherwood Gardens.

Join us for a beautiful Spring daytrip with lunch to Baltimore for two of the best gardens in Maryland. The day should be filled with tulips, azaleas, orchids, and other Spring beauties.

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.

****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.

****January 22 – February 12, 2024: Australia and New Zealand Uncovered.** Uncover the core of Māori culture in New Zealand. Dive into the unparalleled Outback of Australia. This is Oceania, a paradise in the South Pacific. Cruise through the dramatic Milford Sound and the organic splendor of Abel Tasman National Park. Tour the Sydney Opera House to get a glimpse of the action behind the scenes. Admire the striking essence of Uluru (Ayers Rock) as you dine under the stars. Choose how you spend the day discovering the legendary Great Barrier Reef – by snorkeling, hiking, relaxing or learning. This tour is an Explorations Tour with Collette Vacations.

