

The SCOOP

Charles County's Senior Center News



Happy New Year

JANUARY 2024

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, well-being, and self-expression.

Meet the Team!

Director of Community Services, Dina Barclay
Deputy Director of Community Services, Laura Gustafson
Chief of Aging, Lisa Furlow
Centers Administrator, Elizabeth Phipps
Senior Center Supervisor,
Health Promotion and Physical Fitness Coordinator, Deborah Shanks
Aging & Disability Resource Center Coordinator, Desiree Hodgson Williams
Nutritionist,

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., Mon./Wed./Fri • Open 9 a.m. to 4 p.m., Tues. & Thurs.
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.

Council News for January Sponsored/Hosted Activities & Events

Clark Senior Center N/A	Indian Head Senior Center All Clubs National Soup Month	Nanjemoy Senior & Community Center N/A	Waldorf Senior & Rec Center Bingo
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Credit Cards Now Accepted

You've asked and we've listened! You can now pay for programs with a credit or debit card at the Senior Center!

Holiday Closure

Charles County Senior Centers are closed on the following dates in December.

Monday, January 1 for the New Years Holiday

Tuesday, January 2 for the New Years Holiday

Monday, January 15 for the Martin Luther King Jr Holiday



You can now get digital access to the *SCOOP* by scanning this QR code!

Never scanned a QR code before? Don't worry!
Follow these simple steps!

1. Open the camera app on your phone.
2. Point the camera at the QR code.
3. Tap the banner/website that appear on the phone screen.



This will open the *SCOOP* webpage on your phone!
The *SCOOP* is now at your finger tips!

Meals on Wheels Drivers Needed



Charles County Meals on Wheels, Inc. is currently looking for volunteers to deliver hot and frozen meals to home-bound seniors between 10am and 2pm on weekdays throughout Charles County. Training will be provided. If you are interested in helping us with this important service please contact the Charles County Meals on Wheels office at 301-392-6325 or email ccmealstrp@comcast.net for more information.

Annual Buffet Bingo & Luncheon



Thursday, Feb. 15 • 10 a.m.- 2 p.m.

Sponsored by The Greater Waldorf Jaycees and the Department of Community Services, a luncheon and bingo with an hour of music this year! The event is open to all Charles County senior citizens, age 60 and older. After we have sung ourselves silly, we will fill up on a delicious cold buffet luncheon and play bingo for cash prizes. Please make your own transportation arrangements. There are a limited number of tickets available for this **FREE** event. Please stop by any senior center beginning Tuesday, January 23 to pick up your tickets. **Event is held at the Greater Waldorf Jaycees Community Center.**

Giving to the Next Generation

"Life's most persistent and urgent questions is: What are you doing for others?" – Martin Luther King Jr.

From self-expression to self-direction, there are countless ways for older adults to stay engaged and give back to others at the same time. Some of the most rewarding ways to express yourself and contribute to your community involve passing on experiences, wisdom, and skills to the generations that follow.

Everyone has something to share, and these ideas can help get you started.

Mentor. Use professional or personal experiences to guide a child, young adult, or even a peer. Example: Visit Senior Corps at nationalservice.gov to learn about becoming a foster grandparent.

Volunteer. Put skills to use while giving back to your community. **Example:** Sign up to collect food/clothing donations, serve meals at a local soup kitchen, or help older friends with daily tasks at home such as paying bills.

Teach. Impart expertise via formal or informal education and tutoring opportunities. **Example:** Check with local schools that may need reading, math, or science tutors.

Speak. Sign up for speaking engagements, paid or unpaid, as well as storytelling events. **Example:** Open-mic events, often at theaters and libraries, welcome speakers of all ages.

Engage. Visit a senior center or organize a gathering focused on connecting with others. **Example:** Book clubs attract participants of all ages and encourage the exchange of ideas.

Write. Pen an article, op-ed, or even a book to communicate wisdom and lessons learned. **Example:** Start with something you know the most about, such as a career, hobby, or historical event, and submit a column to your local newspaper.

Create. Pick a medium and use art to express yourself and share your perspective. **Example:** Paint, draw, sculpt, play music, dance, make crafts – whatever suits you.

Looking for more ideas? Each May, the Administration for Community Living leads Older Americans Month, a national observance focused on community engagement and other issues important to older adults. Visit <https://oam.acl.gov/> any time for resources and inspiration. Information from acl.gov.



Winter Weather Preparation

Extremely cold weather and temperatures can pose a challenge to staying safe. The CDC recommends weatherproofing your home by insulating windows and attics as well as caulking doors and windows. Make sure you have your chimney or flue inspected every year. It is important to install a smoke detector and a battery-operated carbon dioxide detector near fireplaces, wood stoves, and kerosene heaters. The CDC also recommends placing an easy-to-read thermometer where you can see it frequently. Our ability to feel a change in temperature decreases with age so it is important to check the temperature of your home often during the winter months.

More information about cold weather prep can be found at <https://www.cdc.gov/disasters/winter/beforestorm/preparehome.html>



Shovel Snow Safely

As we move further into winter, we may experience heavy snowfall. Be sure to take the proper precautions before shoveling snow, as it can lead to overexertion.

The National Safety Council recommends the following snow removal tips:

- Do not shovel snow after eating or smoking
- Take it slow and stretch before you begin
- Shovel only fresh, powdery snow; it's lighter
- Push the snow rather than lifting it
- If you do lift it, use a small shovel or only partially fill the shovel
- Lift with your legs, not your back
- Do not work to the point of exhaustion

Instead of shoveling snow, you may decide to use a snowblower. Using snowblowers can also pose a safety risk.

The National Safety Council provides the following tips for using a snowblower:

- If the blower jams, turn it off
- Keep your hands away from the moving parts
- Be aware of the carbon monoxide risk of running a snow blower in an enclosed space
- Add fuel outdoors, before starting, and never add fuel when it is running
- Never leave it unattended when it is running

Information can be found at the following website: <https://www.nsc.org/community-safety/safety-topics/seasonal-safety/winter-safety/snow-shoveling>

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 will begin scheduling appointments on January 22nd for the Income Tax Preparation Program.

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.



Legal Aid

Jan 9th and Feb 6th

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



Medicare Enrollment Periods

General Enrollment Period -Jan 1 to Mar 31st, 2024 – If you did not sign up for Medicare Parts A and/or B during your Initial Enrollment Period and do not qualify for a Special Enrollment Period, you may sign up during this time.

Medicare Advantage Open Enrollment Period – Jan 1st to Mar 31st, 2024 – 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 are unsure if you qualify for a Special Enrollment Period. Contact the SHIP program at 301-609-5712 or 240-448-2816.

Energy Assistance

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

**Applicants must re-apply every year after July 1 for their benefits to continue.

** Seniors age 60+ can obtain information, receive application assistance, or schedule an appointment to apply by contacting our I & A offices 240-448-2816 or 301-609-5712.



Ask SHIP:

Am I eligible for a transition fill?

A transition refill, is typically a one-time, 30-day supply of a drug that you were taking before switching to a different Part D plan (either stand-alone or through a Medicare Advantage Plan), or before your current plan changed its coverage at the start of a new calendar year. Transition refills let you get temporary coverage for drugs that are not on your plan's formulary or that have certain coverage restrictions (such as prior authorization or step therapy). **Transition refills are not for new prescriptions.** You can only get transition fills for drugs you were already taking before switching plans or before your existing plan changed its coverage.

Contact your State Health Insurance Assistance Program (SHIP) with questions, at 301-609-5712 (La Plata area residents) or 240-448-2816 (Waldorf area residents) if you have more questions.



SHIP
State Health Insurance Assistance Program

NO EXCUSES!

Schedule an Annual Wellness visit

BE PROACTIVE WITH YOUR HEALTH!

JANUARY

Caregivers Corner

Five Simple Steps to Create a Safer Environment for Seniors

Electricity is such a common part of our everyday lives. Many wake up each morning to the sound of an alarm clock and then proceed to turn on lights around the house before using a whole host of other electrical appliances throughout the day. It's our norm. Yet in spite of the safety, comfort and entertainment electricity provides, electrical accidents are a leading cause of home fires every year.

According to the National Fire Protection Association (NFPA), adults over 65 have the highest risk of death from fire, and the risk only increases with age. For those 75 and over, the risk is 2.8 times higher than the general population. What's more, many older adults have remained in the same home for an extended period of time, and electrical fires are more common in older homes with aging electrical systems.

Caregivers are encouraged to familiarize themselves with some basic tips to help maximize the safety of the seniors in their care while minimizing the risks associated with electricity.

1. Verify that the homes electrical system is in compliance with the most up to date electrical codes.
2. Make sure the home is properly lit.
3. Set calendar reminders to routinely check the performance of detection devices.
4. Ensure that outlets and power cords are properly loaded.
5. Only use electrical products that are certified by Underwriters Laboratories (UL).

Information from <https://caregiver.com/articles/five-simple-steps/>.

Building Better Caregivers is starting on January 16 at 1 p.m. at the Indian Head Senior Center. This six-week workshop is designed for individuals caring for family members who are unable to care for themselves. The workshop offers support and tools that will build the caregivers confidence in managing the health of their loved ones while maintaining a fulfilling life. Secure your space today! Class size is limited.

Calling all book lovers!

Join us for the chance to connect with others over some of your favorite reads! Each month, book clubs are held at the Clark Senior Cetner, Indian Head Senior Center and Waldorf Senior & Rec Center. Come to one, or all! All Book Clubs are FREE!

Clark Senior Center: Klara and the Sun by Kazuo Ishiguro on Thursday, Jan. 4, 1 p.m.

Indian Head Senior Center: Someone Else's Shoes by JoJo Moyes on Wednesday, Jan. 24, 1 p.m.

Waldorf Senior & Rec Center: The Man Who Died Twice by Richard Osman, on Friday, Jan 19, 1 p.m.

Household products you can use to clean your home

Look through your cabinets and see if you have the following items that could help you clean around your home!

1. Baking soda

Baking soda is a hardworking cleaning agent that is both versatile and very inexpensive. You can get approximately 200-300g for just a couple of pounds. Baking soda acts as a cleaning agent because it's a mild alkali and can cause dirt and grease to dissolve easily. It's also great for absorbing strong food odors, and as it's non-toxic, can be used to clean stains off of fridges, ovens, and microwaves.

2. Salt

Humble table salt is an all-natural, cost-efficient way to keep your home clean. Thanks to its granular texture, it's a pretty effective cleaner, and can be used to remove wine stains, clean drains, and even brighten up your laundry. Pour a mixture of salt and hot water down the kitchen sink to deodorize and prevent grease build up, or dip a washcloth in a strong saltwater solution, wring it out and briskly rub faded rugs and curtains to brighten the colors.

3. Lemon

Lemons contain both acidities found in the juice, along with the grease-cutting oil contained within its skin to create a superb cleaning sidekick. Its scent is also fresh, clean, and energizing, and they are inexpensive and easy to come by, too. Cut lemons can be used to polish copper and knives that have developed rust spots, as well as to remove stains and smells.

4. Hydrogen peroxide

Hydrogen peroxide has many uses. Combine two parts hydrogen peroxide and one-part dish liquid to create your own laundry spot remover. Apply to clothing with a soft scrub brush to remove wine, chocolate, grass, blood and armpit stains. This same spot remover can also be used to treat carpet and upholstery stains. Because hydrogen peroxide is a mild bleach, it's best to test the treatment on an inconspicuous area first.

Information from: <https://www.housebeautiful.com/uk/lifestyle/cleaning/a31954394/home-cleaning-household-products/>



CLARK SENIOR CENTER

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

Get your Latest *SCOOP* online!

Program Highlights

Stronger Memory Introduction

In this session you will be introduced to the upcoming class information for the stronger memory class. This session is a requirement before signing up for the class.

Friday, Jan. 12, 10 a.m. Fee: FREE

Healthy Relationships

This presentation is designed to help ensure you are in a healthy relationship. Please Sign Up!

Tuesday, Jan. 16, 1 p.m. Fee: FREE

Birds of Prey

Come out and see some beautiful birds, and learn where to find them, what they eat, and much more!

Thursday, Jan. 18, 10 a.m. Fee: FREE

Ongoing Programs

Book Club

Led by Nancy Marquardt, Charles County Public Library. *Klara and the Sun* by Kazuo Ishiguro.

Thursday, Jan. 4, 1 p.m. Fee: FREE

Widow to Widow Support Group

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

Monday, Jan. 8, 1 p.m. Fee: FREE

Free Lunchtime Music with Will!

Join us at lunchtime to listen to the acoustic guitar tunes provided by Will Yeckley!

Wednesday, Jan. 10, 11:30 a.m. Fee: FREE

Grocery Bag Distribution

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

Thursday, Jan. 11, 11:30 a.m. Fee: FREE

Charles County Mobile Library

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

Tuesday, Jan. 16, 10 a.m.- Noon Fee: FREE

Learn to Quilt

Quilting is a great way to unwind. Join Gale Cavella to learn new quilting techniques. Must provide your own supplies.

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

Beginners Jewelry Class

Mary Hemmingway will help you create beautiful pieces of beaded jewelry. No experience necessary. Class size limited, please sign up!

Wednesday Jan. 17, 10 a.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

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

Health & Fitness

Clark Center Fitness Room Orientation

Mandatory before first use of fitness room. Sign up and payment required in the program office. Limited to 6.

Wednesday, Jan. 3 & 17, 10 a.m. Fee: \$5

Liturgical Dance Group

For the love of dance, come join us for a new inspirational dance group that will be celebrating life as we age gracefully, and stay active through the joy of dance. The demo class is Thursday, Jan. 11. Regular weekly classes starting February 2024.

Thursday, Jan. 11, 2 p.m. Fee: \$5

Stronger Memory Class

Participants will be provided with a curriculum designed to stimulate the brain's prefrontal cortex. This is a four-week class. Participants must have attended the Stronger Memory Introduction prior to signing up for this class. Class size is limited, please sign up!

Fridays, Jan. 19 to Feb. 9, 10 a.m. Fee: FREE

Total Body Conditioning

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

Mondays, 9 a.m. Fee: Fitness Card

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

Flex & Stretch

Walk away feeling amazing with gentle movement, stretching, and specific exercises. This class can be done in a chair or on the mat. All exercise levels welcome.

Tuesdays, 10 a.m. Fee: Fitness Card

Thursdays, 1 p.m. Fee: Fitness Card

Cornhole

Did you know that playing cornhole can help you remain active, and help with depth perceptions, coordination, balance, and hand-eye coordination? Well, now you do! Come join us for a game of cornhole.

Wednesdays, 2 p.m. Fee: FREE

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

get motivated

FITNESS

WINE BOTTLE PAINTING & DECORATING

Join staff to paint and decorate a wine bottle in the design of your choice. All supplies will be provided. If you'd like a specific design, you may bring your own decorations. Class size is limited, so please sign up early!

Wednesday, Jan. 24, 10 a.m.

Fee: FREE



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 Primetimers 2:15 Fitness Total Body Conditioning 9:00 Pilates 10:00 Yoga Flow 11:00 Drums Alive 1:00	Billiards 9:30 Quilting Class 9:30 Coloring & Puzzles 9:30 Guitar 10:00 Cards & Games 10:00 Stained Glass 12:00 Fitness 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 Cards & Games 10:00 Fitness Pokeno 11:00 Lunch 12:00 Powder Puff Billiards 1:00 Gospel Choir 2:00 Fitness Basic Fitness Training 9:00 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	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 New Year's Day Happy New Year!! 	2 New Year's Day Happy New Year!! 	3 Fitness Orientation 10:00 Diabetes Program 10:00 Cornhole 2:00	4 Book Club 1:00	5 Hand & Foot Canasta 10:00
8 Widow to Widow 1:00	9 Hand & Foot Canasta 10:00	10 Diabetes Program 10:00 Lunchtime Music with Will 11:30 Council Meeting 1:00 Cornhole 2:00	11 Grocery Distribution 11:30 Liturgical Dance Group 2:00	12 Stronger Memory Intro 10:00
15 Martin Luther King Day  Centers Closed	16 Mobile Library 10:00 Healthy Relationships 1:00	17 Beginners Jewelry 10:00 Fitness Orientation 10:00 Diabetes Program 10:00 Cornhole 2:00	18 Birds of Prey 10:00	19 Stronger Memory Class 10:00 Project Linus Meeting 10:00 New Year, Better YOU! 10:00
22 Drums Alive 1:00	23 Zumba 11:30	24 Wine Bottle Painting 10:00 Diabetes Program 10:00 Cornhole 2:00	25 Step Plus 10:00	26 Hand & Foot Canasta 10:00 Stronger Memory Class 10:00
29 Yoga Flow 11:00	30 Strength Training 9:00	31 Caregivers Support Group 2:00 Cornhole 2:00		

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

***Outdoor programs will be canceled due to inclement weather or the feel like temperature is 40 degrees or lower.**

**Indian Head Village Green -
100 Walter Thomas Rd, Indian Head, MD**

Program Highlights

Building Better Caregivers

This six-week workshop is designed for individuals caring for family members who are unable to care for themselves. The workshop offers support and tools that will build the caregivers confidence in managing the health of their loved ones while maintaining a fulfilling life.

Tuesdays, Jan. 16, 23 & 30, 1p.m. Fee: FREE

New Year - Yearbook

We have more in common than we think, bring your yearbook from high school or college to compare, clothing, hair styles, clubs and more.

Wednesday, Jan. 17, 11 a.m. Fee: FREE

You Matter – Well-come to Wellness

You matter! As we plan 2024 staff would like your input. Get a wellness wheel from staff to determine your needs before we start the discussion.

Thursday, Jan. 18, 11 a.m. Fee: FREE

New Year – Better You

See page 14 for details.

Thursday, Jan. 25, 11 a.m. Fee: FREE

Ongoing Programs

Bingo

Fridays, Jan. 5 & 19, 9:30 a.m. Fee: nickel/card

Monday, Jan. 29, 9:30 a.m. Fee: nickel/card

Project Linus/Sewing 101

Make a difference in a child's life. No sewing experience is necessary.

Mondays, Jan. 8 & 22, 9:30 a.m. Fee: FREE

Widow & Widower Support Group

Facilitated by Brenda Dubose.

Wednesdays, Jan. 10 & 31, 10 a.m. Fee: FREE

Diabetes Prevention Program (DPP)

Facilitators, Palon Moon and Spencer Barry. Sponsored by CCHD and CRMC.

Thursday, Jan. 11, 9:30 a.m. Fee: FREE

Senior Tech

Friday, Jan. 12, 11 a.m. Fee: \$1

Information & Assistance w/Julie

Meet privately with Aging & Disability Resource Specialist, Julie Hammonds. Make an appointment by calling 301 934-6737.

Tuesday, Jan. 23, 9:30 a.m. Fee: FREE

Tea Club

Enjoy a cup while sharing the health benefits of monthly tea selections.

Tuesday, Jan. 23, 1 p.m. Fee: FREE

Book Club

Someone Else's Shoes by JoJo Moyes.

Wednesday, Jan. 24, 1 p.m. Fee: FREE

Green Thumb Club

Help plan our spring garden, while caring for our indoor plants

Friday, Jan. 26, 10:30 a.m. Fee: FREE

Gospel Group

Love to sing, join the group.

Monday, Jan. 29, 1 p.m. Fee: FREE

Health & Fitness Programs

Eat Well/Move Well

Reviewing the Wellness Wheel.

Tuesday, Jan. 9, 2 p.m. Fee: FREE

Tai Chi for Arthritis II

This tai chi class is held outside for students who practice the 41 movements.

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

Dance Fit w/Shawna

Dance your way into weight loss, strong bones, better posture and balance.

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

Tai Chi for Arthritis Beginner's Class

Tai Chi for Arthritis using Sun style Tai Chi, focusing on muscle control, stability, balance, and flexibility.

Mondays & Wednesdays, 1 p.m. Fee: FREE

get motivated

FITNESS

Mobility & Balance w/Nieda

Join Nieda incorporates functional movement for every-body!

Tuesdays, 9:15 a.m. Fee: Fitness Card

AFEP (Arthritis Foundation Exercise Program)

A low-impact exercise program focuses on range of motion while reducing stiffness.

Tuesdays & Thursdays, 11:15 a.m. Fee: FREE

Fitness w/Nate

Exercises to promote strength.

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

Fitness Orientation

Required to use fitness equipment. Sign up with Staff.

Wednesdays, 2 p.m. Fee: \$5

Fitness Surprise

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

Fitness w/Lamont

Cardio, circuit, and strength training.

Thursdays, 1 p.m. Fee: Fitness Card

Kettlebell w/Lamont

Challenging but geared for seniors, this class is all about staying strong and agile.

Thursdays, 2:15 p.m. Fee: Fitness Card

Seated Yoga

Enjoy your practice with Nieda.

Fridays, 9 a.m. Fee: Fitness Card

Community Programs

Mobile Market

Wednesday, Jan. 24, 11:30 a.m. Fee: FREE

10 WARNING SIGNS OF ALZHEIMER'S

This education program will help you to understand the difference between normal aging and when symptoms reveal a larger problem. Facilitated by the Alzheimer's Association.

Wednesday, Jan. 3, 10 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., Mon./Wed./Fri
9 a.m. to 4 p.m., Tues. & Thurs.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness Room 9:00 Billiards/Cards 9:00 Tai Chi for Arthritis II 9:00 Dance Fit 10:30 Tai Chi for Arthritis 1:00	Fitness Room 9:00 Billiards/Cards 9:00 Mobility & Balance 9:15 AFEP 11:15	Fitness Room 9:00 Billiards/Cards 9:00 Tai Chi for Arthritis II 9:00 Fitness w/Nate 10:15 Tai Chi for Arthritis 1:00 Fitness Orientation 2:00	Fitness Room 8:30 Billiards/Cards 9:00 Fitness Surprise 9:30 Canvas Painting 11:00 AFEP 11:15 Fitness w/Lamont 1:00 Kettle Bell Training 2:15	Chair Yoga 9:00 Cards 9:00 Fitness Room 10:30 Billiards 10:30
1 New Year's Day Happy New Year!! 	2 New Year's Day Happy New Year!! 	3 10 Warning Signs of Alzheimer's 10:00	4 Affirmations 10:30	5 Bingo 9:30
8 Project Linus/Sewing 101 9:30	9 Council Meeting 9:30 National Soup Month...11:00 Pastor Chris 1:00 Eat Well Move Well 2:00 No AFEP	10 Widow & Widower Support 10:00	11 Diabetes Prevention Program 9:30	12 Senior Tech 11:00
15 Martin Luther King Day  Centers Closed	16 MLK Trivia 10:30 Building Better Caregivers 1:00 Shibashi 3:00	17 New Year-Yearbook 11:00	18 You Matter 11:00 Grocery Distribution 11:30	19 Bingo 9:30
22 Project Linus/Sewing 101 9:30	23 Information & Assistance with Julie 9:30 Building Better Caregivers 1:00 Tea Club 1:00 No AFEP	24 Mobile Market 11:30 Book Club 1:00	25 New Year- Better You 11:00 No AFEP/Lunch at 12:30	26 Green Thumb Club 10:30
29 Bingo 9:30 Gospel Group 1:00	30 Building Better Caregivers 1:00 Line Dance Demo 1:00	31 Widow & Widower Support 10:00		

National Soup Month – Homemade Soups

Soups are an inexpensive one dish meal that is full of fiber and will keep you warm during the cold months. Join staff and Council as we share how soups can help with your wellness plan. The Indian Head Senior Center Council will be preparing homemade soups and breads for your enjoyment during the presentation. Sponsored by the Indian Head Senior Center Council. Please sign up by Friday, Jan. 5.

Tuesday, Jan. 9, 11 a.m. • Fee: Donation



NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest SCOOP online!

Program Highlights

Shelf Stable Chef

The Maryland Food Bank provides us an awesome selection of shelf stable foods every month. Learn how to prepare multiple food items and sample some options. Prior signup is required.

Wednesday, Jan. 9, 11 a.m. Fee: FREE

Let's Take a Trip

This month let's learn about the United Kingdom including historical, geographical, and other interesting facts. We will also sample some UK cuisine! Prior signup is required.

Wednesday, Jan. 17, 1 p.m. Fee: FREE

Pizza, Painting, and PJ Party

Intergenerational event. All ages welcome! Come join us for an evening of art and fun! The activity features a pizza dinner (2 slices), fresh fruit and veggies with dip, and an ice cream sundae bar for dessert. The painting design will be resketched on black canvas and completed with UV glow-in-the-dark paint (glows under black light). Prior signup is required. Limited space available.

Friday, Jan. 19, 6 p.m. Fee: \$15

Spa Day

Enjoy a 10-minute seated massage by a licensed massage therapist by appointment only. Other goodies include snacks, aromatherapy, sheet masks, and more. Participation is by prior registration only with a massage appointment. Limited appointments available.

Monday, Jan. 22, 11 a.m. Fee: \$12

New Year Better You

See page 14 for more information.

Wednesday, Jan. 24, 1 p.m. Fee: FREE

Ongoing Programs

Artistic Aesthetics

Weekly project to express your creativity. Fee due at registration. Prior signup is required. Limited space available.

Mondays, 1 p.m.

Pinecone Swans, January 8, Fee: FREE

Crystal Shells, January 22, Fee: \$3

Yarn Puppies, January 29, Fee: FREE

I&A Services

Meet privately with Aging & Disability Resource Specialist, Julie Hammonds, for additional assistance, by making an appointment. See Staff or call 301-934-6737 for an appointment.

Thursday, Jan. 18, 9:30 a.m. Fee: FREE

Health & Fitness Programs

Tai Chi for Arthritis **NEW TIME**

Evidence-based exercise program. Based on sun-style tai chi. Gentle stretching and balancing exercises to improve stamina and movement. Modifications available.

Mondays, 10 a.m. Fee: FREE

Flex & Stretch

Body movement, balance, stretching and mobility.

Tuesdays, 10 a.m. Fee: FREE

Core Fitness

Core work, muscle work, and flexibility.

Tuesdays, 11:15 a.m. Fee: Fitness Pass

Arthritis Foundation Exercise Program (AFEP) **NEW DAYS & TIMES**

Evidence-based exercise program. Gentle stretching with cardio and strength training exercises. Designed to get a full body workout with consideration given to those with mobility impairments.

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

Total Body Conditioning

Whole-body workout, standing and sitting, using free weights.

Thursdays, 11 a.m. Fee: FREE

Community Programs

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

WIC Services

Fridays, Jan. 5 & 19, 9 a.m. - 4 p.m. Fee: FREE

Mobile Library

Borrow books, movies, tech every three weeks.

Tuesday, Jan. 9 & 30, 10:30 a.m., Fee: FREE

Mobile Food Market

Maryland Food Bank distribution. Fresh and shelf-stable pantry items.

Wednesday, Jan. 17, 10 a.m.

Fee: FREE - While supplies last

New Hope Food Distribution

Shelf-stable pantry items provided.

Thursday, Jan. 25, 11:30 a.m.

Fee: FREE - While supplies last

Billiard/Game Room

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

Fee: FREE

Computer Lab

Print, copy, fax services available.

Fee: 10¢ per side.

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

Fitness Room

Open to those who have already completed the Fitness Room Orientation.

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

Fee: FREE

Narcotics Anonymous

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

Shop the Rack - Community Closet

New and gently use clothing items for free.

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

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

Fee: FREE



Friday Films

Friday films are back and during lunch. Keep warm and cozy while watching movies with friends. Selections will be made available each day. Snacks will be provided.

Fridays, Jan. 5-26, 12 p.m.

Fee: FREE

NANJEMOY SENIOR/COMMUNITY CENTER

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

Senior Center Hours: 9 a.m.–3 p.m., Mon–Friday

Luncheon at Noon—Reservation/Registration Required

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

Community Center Hours:

8:30 a.m.–4:30 p.m., Mon–Friday

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards.....8:30 Computer Lab.....8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch.....12:00 Dominos.....1:00 Games/Puzzles.....1:00 Fitness Tai Chi.....10:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Shop the Rack1:00 Fitness Flex & Stretch.....10:00 Core Fitness11:15	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness AFEP10:00 Walking Club1:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch12:00 Nickel Bingo.....12:45 Dominos.....1:00 Games/Puzzles1:00 Fitness AFEP10:00 Total Body Conditioning.....11:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Shop the Rack8:30 Senior Tech Appts.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness Walking Club1:00
1 New Year's Day Happy New Year!!  Centers Closed	2 New Year's Day Happy New Year!!  Centers Closed	3 AFEP11:00	4 AFEP11:00	5 Friday Films12:00 <u>Community Program</u> WIC Services9:00
8 Senior Council Meeting10:00 Artistic Aesthetics: <i>Pinecone Swans</i>1:00	9 Shelf Stable Chef11:00 <u>Community Program</u> Mobile Library10:30	10 Senior Tech Appts.....8:30	11 Nickel Bingo.....12:45	12 Friday Films12:00
15 Martin Luther King Day  Centers Closed	16 Flex & Stretch.....10:00	17 Let's Take a Trip1:00 <u>Community Day Programs</u> Mobile Food Market10:00	18 I&A Services9:30	19 Friday Films12:00 <u>Community Program</u> WIC Services9:00 Pizza, Painting, and PJ Party6:00
22 Spa Day11:00 Artistic Aesthetics: <i>Crystal Shells</i>1:00	23 Core Fitness11:05	24 New Year Better You1:00	25 New Hope Grocery Distribution11:30	26 Friday Films12:00
29 Artistic Aesthetics: <i>Yarn Puppies</i>1:00	30 <u>Community Program</u> Mobile Library10:30	31 AFEP11:00		

WALDORF SENIOR & RECREATIONAL CENTER

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

Get your Latest SCOOP online!

Program Highlights

Coffee House: French Vanilla Coffee

Come enjoy a cup of specialty made French Vanilla coffee. The Poetry Club will be meeting during this time so stay and listen.

Friday, Jan. 5, 11 a.m. Fee: \$3

Stronger Memory Reunion

Have you already taken Stronger Memory and want to get together with your classmates to review and put into practice what you've learned? Then join each other for this great chance to reunite!

Friday, Jan. 12, 1:30 p.m. Fee: FREE

Remembering Martin Luther King Jr.

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

Wednesday, Jan. 17, 10 a.m.- Noon. Fee: \$1

Introduction to Stronger Memory

Learn what the Stronger Memory course is about and what it entails. After the intro class, if you think you can make the commitment, then sign-up for the 4-day course that begins the following week.

Wednesday, Jan. 17, 11 a.m. Fee: FREE

New Year, Better You

See pg. 14 for details.

Thursday, Jan. 18, 10:30 a.m. Fee: FREE

Breakfast Club

Menu items include: 2 4-inch Pancakes, 2 Slices Turkey Bacon, 1 Egg, 4 oz. Sliced Bananas, and Orange Juice. Additional meat, eggs, or turkey bacon are 50 cents per item. Registration is required by Monday, January 22.

Wednesday, Jan. 31, 9:30 a.m. Fee: \$4

Disrupt Ageing: A Path to Living Your Best Life at Every Age

How to confront stereotypes about aging and celebrating discovery over decline. This talk is for anyone who wants to live a life of connection, engagement, expansion, and possibility – at any age.

Wednesday, Jan. 24, 10 a.m. Fee: FREE

Stronger Memory

New strategy to Age My Way – Join in a weekly discussion and simple mental exercises that can be practiced at home to strengthen your memory. Stronger Memory by Goodwin House provides a curriculum designed to stimulate the brain's prefrontal cortex, which governs our ability to retrieve memories. **Stronger Memory is limited to 15 participants, please pre-register.**

Wednesdays, Jan. 24-Feb. 14, 11 a.m.

Fee: FREE

National Chocolate Cake Day

National Chocolate Cake Day is the last Saturday of the Month. Stop by the kitchen after lunch to enjoy a slice of chocolate cake! Limited supplies, please pre-register.

Friday, Jan. 26, 12:30 p.m. Fee: \$2

Ongoing Programs

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, Jan. 5, 11 a.m. Fee: FREE

Widow & Widower Support Group

Facilitated by Brenda Dubose.

Monday, Jan. 8 & 29, 9:30 a.m. Fee: FREE

Ceramics Painting

We are stocked with a variety of holiday themed ceramics! Come paint what you desire.

Mondays, Jan. 8 & 29, 10 a.m.

Fee: varies per project.

Prayer Group

We are praying at the Center! All are invited to join our new Prayer Group.

Tuesday, Jan. 9, 10 a.m. Fee: FREE

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

Bible Study

Facilitated by Minister Yvonne' Wilson. All are welcome!

Tuesday, Jan. 16, 11 a.m. Fee: FREE

Book Club

Join fellow members to discuss this month's book, The Man Who Dies Twice by Richard Osman.

Friday, Jan. 19, 1 p.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

Guitar Club

Do you own a guitar and are looking for a fun place to jam out with friends? If yes, then you will find the perfect club! Bring your guitar to the center and play some tunes while learning new skills from peers.

Mondays, 10 a.m. & Thursdays, 1 p.m.

Fee: FREE



Cornhole

Monday & Friday, 1p.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. Limited to 6 participants, pre-registration required.

Tuesdays, 10 a.m. Fee: FREE

Tech Time

Do you have questions about your phone or laptop? Make an appointment so we can help you with your tech needs!

Tuesdays, Appointments start at 10 a.m.

Fee: FREE

Crafter's Corner

Come join other crafters and enjoy your time making your own special pieces of art. This is a self-run timeslot for all crafters. Please bring your own crafting supplies.

Please Note: Days of week have changed.

Tuesday & Friday, 1 p.m. Fee: FREE

Crochet Club

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

Fridays, 11 a.m. Fee: FREE

BINGO

How it Works:

Players must purchase sheets the day of and can only be used on date of purchase. There are 25 games to play, winnings are determined by number of purchased players. Bingo card sales run from 9:30 a.m. to 10:15 a.m. **Bingo cards will not be sold after 10:15 a.m.**

Bills used to purchase bingo cards must be \$10 or less. Bingo play begins at 10:30 a.m. on Thursdays unless otherwise noted on the SCOOP.

Thursdays, 10:30 a.m. Fee: Your Purchase

Health & Fitness

Fitness Room Orientation

Mandatory before first use of fitness room. Registration required. Fee: \$5

Wednesday, Jan. 3 & 24, 1 p.m.

Tuesday, Jan. 16 & 30, 10:30 a.m.



WALDORF SENIOR & RECREATIONAL CENTER

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

Hours: 9 a.m.–4 p.m., Monday–Friday

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness Room 9:00 Racquetball 9:00 Cards & Games 10:30 Pinochle 11:00 Lunch 12:00 Table Tennis 2:30 Fitness Chair Dance Aerobics 9:30 Chair Yoga 10:30 Yoga 11:30 Enhanced Fitness 1:00	Fitness Room 9:00 Racquetball 9:00 Cards & Games 10:30 Pokeno 10:30 Lunch 12:00 Fitness Total Body Conditioning 9:30 Line Dancing 11:30 Walking Club 12:30 Tai Chi Health 1:00	Fitness Room 9:00 Racquetball 9:00 Bridge Club 10:00 Cards & Games 10:30 Lunch 12:00 Fitness AFEP 10:30 Basic Fitness Training 11:30 Enhanced Fitness 1:00 Dance Aerobics 2:00	Fitness Room 9:00 Racquetball 9:00 Cards & Games 10:30 Watercolors 10:30 Pinochle 11:00 Lunch 12:00 Fitness Total Body Conditioning 9:30 Yoga Flow 10:30 Line Dancing 11:30 Walking Club 12:30 Tai Chi Health 1:00	Fitness Room 9:00 Racquetball 9:00 Cards & Games 10:30 Lunch 12:00 Fitness Chair Dance Aerobics 9:30 Core & More 10:30 AFEP 11:30 Circuit Training 2:30
1 New Year's Day Happy New Year!! 	2 New Year's Day Happy New Year!! 	3 Basketball 10:00 Basic Sewing 1:00 Fitness Orientation 1:00	4 Bingo 10:30 Basketball 11:00 Grocery Distribution 11:30 Guitar Club 1:00 Intro to Pickleball 2:30	5 Poetry Club 11:00 Coffee House 11:00 Crochet Club 11:00 Cornhole 1:00 Crafters Corner 1:00
8 Widow & Widower Support Group 9:30 Guitar Club 10:00 Ceramics Painting 10:00 Basic Sewing 1:00 Cornhole 1:00 No Table Tennis and No Enhance Fitness Today	9 Prayer Group 10:00 Leather Crafting 10:00 Tech Time 10:30 Basketball 11:00 Crafter's Corner 1:00 Beginner Pickleball 2:30 No Tai Chi	10 Basketball 10:00 Jewelry Club 10:00 Basic Sewing 1:00	11 ACA Meeting 9:30 Bingo 10:30 Basketball 11:00 Beginner Pickleball 2:30	12 Diabetes Prevention 10:00 Crochet Club 11:00 Cornhole 1:00 Crafter's Corner 1:00 Stronger Memory Reunion 1:30
15 Martin Luther King Day  Centers Closed	16 Leather Crafting 10:00 Tech Time 10:30 Fitness Orientation 10:30 Bible Study 11:00 Basketball 11:00 Crafter's Corner 1:00 Beginner Pickleball 2:30	17 Remembering Martin Luther King Jr. 10:00 Basketball 10:00 Introduction to Stronger Memory 11:00 Basic Sewing 1:00	18 Bingo 10:30 New Year, Better You 10:30 Basketball 11:00 Intro to Pickleball 2:30	19 Crochet Club 11:00 Cornhole 1:00 Book Club 1:00 Crafter's Corner 1:00
22 WSC Council Meeting 9:30 Guitar Club 10:00 Basic Sewing 1:00 Cornhole 1:00	23 Mobile Library 9:30 Leather Crafting 10:00 Tech Time 10:30 Fitness Orientation 10:30 Basketball 11:00 Crafter's Corner 1:00 Beginner Pickleball 2:30	24 Basketball 10:00 Disrupt Aging 10:00 Stronger Memory 11:00 Basic Sewing 1:00 Fitness Orientation 1:00	25 Bingo 10:30 Basketball 11:00 Guitar Club 1:00 Beginner Pickleball 2:30	26 Crochet Club 11:00 National Chocolate Cake Day 12:30 Cornhole 1:00 Crafter's Corner 1:00
29 Widow & Widower Support Group 9:30 Guitar Club 10:00 Ceramics Painting 10:00 Basic Sewing 1:00 Cornhole 1:00	30 Leather Crafting 10:00 Tech Time 10:30 Fitness Orientation 10:30 Basketball 11:00 Crafter's Corner 1:00 Beginner Pickleball 2:30	31 Breakfast Club 9:30 Stronger Memory 11:00 Basic Sewing 1:00		



New Year, Better YOU!

Although we can set goals any time of the year, people tend to look forward to making new goals each January for fitness & health. (That's why the gyms are always packed). If you need to make some health changes, this workshop will give you tools and motivation to look ahead and do just that! Sign up at your senior center.

Richard R Clark Senior Center	Fri	Jan. 19, 10 a.m.
Indian Head Senior Center	Thu	Jan. 25, 10 a.m.
Nanjemoy Senior Center	Wed	Jan. 24, 1 p.m.
Waldorf Senior & Rec Center	Thu	Jan. 18, 10:30 a.m.

Fee: FREE • Facilitator: Debi Shanks

Indoor Fitness

We don't stop when the weather gets chilly!

Here are ways to keep moving as the weather gets a little colder and we tend to want to stay indoors. Plenty to do and plenty of movement!

Bowling at AMF in Waldorf: Thursdays 2:30 *Fee paid at AMF. Cornhole, Pickleball, and Ping Pong! Check each center's calendar for times and days.

Don't forget all centers have fitness equipment that after a one-time orientation for \$5, you can use for FREE!

NEW! Liturgical Dance Group Now Forming "Perfecting Grace"

For the love of dance, come join us for our new inspirational dance group that will be celebrating life as we age gracefully, and stay active through the joy of dance.

DEMO TRY IT DAY: Richard R Clark Senior Center

Thursday • Jan. 11 • 2 p.m.

Instructor/Choreographer: Dr. Jacqueline Pressey

Regular weekly classes forming in February 2024. (Classes will be once per week for 8 weeks)



Beginners guide to getting stronger!

Whether you are starting as a new participant or getting back after a break, each day we can make choices to impact our health and how we age.

Start Slow and go low: light weights and low repetitions or walking short distance at a normal incline then gradually increase as weeks go on is a great way not to overstress joints or muscles.

Be consistent: Even if you don't feel like you are making any progress, don't quit. Keep doing what you're doing.

Be realistic: Set reachable goals that will motivate you to keep going.

Be patient: Finding the right balance, right routine for what you like and time of the day that works best can be challenging. Be kind to yourself and have fun! Question how to get started? Call Debi Shanks 301-609-5711 or Nate Schultz 240-488-2810

REMEMBER, your exercise routine is **daily medicine!!!**



Classes that help with mobility and flexibility

Stretching and gentle yoga are great ways to keep flexibility in the body. When our bodies become tight and rigid, we are less likely to move well, and our range of motion becomes limited. Check these classes out to help.

Clark	Yoga Flow	Mondays	11 a.m.
	Gentle Yoga	Wednesdays	10:30 a.m.
	Chair Yoga	Wednesdays	11:30 a.m.
	Gentle Stretch	Fridays	12 p.m.
IHSC	Mobility & Balance	Tuesdays	9:15 a.m.
	Chair Yoga	Fridays	9 a.m.
WSRC	Chair Yoga	Mondays	10:30 a.m.
	Yoga	Mondays	11:30 a.m.
	Gentle Stretch	Tuesdays	10:30 a.m.
	Yoga Flow	Thursdays	10:30 a.m.

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 New Year's Day Happy New Year!!  Centers Closed	2 New Year's Day Happy New Year!!  Centers Closed	3 Lemon Pepper Tilapia Lemon Parsley Rice Green Beans w/ Roasted tomatoes Whole Wheat Roll Peaches Fruit Punch Juice Low Sodium Tomato Soup	4 Ground Turkey Meat Sauce Whole Wheat Spaghetti & Mozzarella Cali. Blend Vegetables Biscuit Applesauce Grape Juice	5 Baked Tuna Cuban Black Beans White Rice Tomato Salad Whole Wheat Roll Raisins Pineapple Juice
8 Tuna Noodle Casserole Stewed Tomatoes Cornbread Apricots Apple Juice	9 1/4 Herb Roasted Chicken Parsley Mashed Potatoes Roasted Carrots Biscuit, Diced Mangos Fruit Punch Juice COLD: Ham and Swiss on Whole Wheat, Coleslaw, Diced Mangos, Fruit Punch Juice	10 Oven Fried Chicken Mashed Potatoes w/ Gravy Broccoli Cornbread Fruit Salad Pineapple Juice	11 Sweet and Sour Pork Brown Rice Roasted Tomatoes Whole Wheat Roll Black Bean Mango Salad Peaches Fruit Punch Juice	12 BBQ Pulled Pork Sandwich Whole Wheat Bun Coleslaw Roasted Sweet Potatoes Grapes Grape Juice Split Pea Soup
15 Martin Luther King Day  Centers Closed	16 Blackened Catfish Roasted Sweet Potatoes Collard Greens Cornbread Pineapple Chunks Pineapple Juice	17 Sloppy Joe on Whole Wheat Bun 5 Blend Veggies Roasted Potatoes Peaches Grape Juice, Lentil Soup	18 Shredded Beef and Noodles Stewed Tomatoes Applesauce Cornbread Orange Juice	19 Chipotle Chicken Roasted Bean & Corn Salad, Roasted Beets Whole Wheat Roll Diced Mangos Fruit Punch Juice
22 Tuna Salad Sandwich on Whole Wheat Bun Cranberry Salad Pasta Salad Mandarin Oranges Apple Juice Hearty Chicken Noodle Soup	23 Salmon Cake w/ Lemon Dill Sauce, Party Harty Beans, Zucchini Blend Cornbread, Apricots Pineapple Juice COLD: Turkey & Cheese on Whole Wheat, Broccoli Salad, Apricots, Pineapple Juice	24 Ground Turkey Spanish Rice Green Beans Biscuit Pineapple Orange Juice	25 BIRTHDAY CELEBRATION Sweet and Sour Chicken Brown Rice Sautéed Spinach w/ Garlic Whole Wheat Roll Mixed Fruit Cup Fruit Punch Juice Birthday Cake	26 Pork Chop in Gravy Roasted Sweet Potatoes Collard Greens Whole Wheat Roll Diced Apples Grape Juice
29 Teriyaki Chicken Fluffy Rice Stir-fry Vegetables Whole Wheat Roll Mandarin Oranges Apple Juice	30 BBQ Beef Sweet Potato Casserole Broccoli Whole Wheat Roll Fruit Cocktail Orange Juice COLD: Chicken Salad on Croissant, Coleslaw, Pasta Salad, Fruit Cocktail, Orange Juice	31 Chicken Parmesan Noodles Roasted Brussel Sprouts Biscuit, Diced Mango Fruit Punch Juice		

Charles County Luncheon Program

Available at Noon • Days Vary By Center

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

Clark Senior Center.....Tuesday-Friday
Indian Head Senior Center.....Monday-Friday

Nanjemoy Senior Center Monday-Friday
Waldorf Senior Center Monday-Friday

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

The SCOOP

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



www.CharlesCountyMD.gov



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.

Live your Life by a Compass not by a Clock!

Trips sponsored by Action Travel Tours 301-645-1770

**** 2N1 Sponsored Trips**

Day Trip

**** March 26, 2024: Daniel at the Sight & Sound Theater** Take the day to travel by bus to see Daniel at the Sight & Sound Theater in Ronks, PA. Enjoy a live musical performance and lunch at Miller's Smorgasbord. Departing from the Clark Senior Center and Mattawoman Beantown Park & Ride. Cost: \$181 For more information or reservation text or call either Jeanette (202) 297-9114 or Helen (301) 643-4669

Overnight Trips

****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 and admire the striking essence of Uluru (Ayers Rock) as you dine under the stars. Discovery the Great Barrier Reef – by snorkeling, hiking, relaxing or learning.

****February 25 – March 4, 2024: Alaska Iditarod Race with Mayflower Tours.**

For the adventurous spirit, join us on a journey to "The Last Frontier" for the Iditarod Sled Dog Race. Witness the Ceremonial Start in Anchorage and travel to Willow for the official start of this epic race. 9 days, 11 meals, visiting Fairbanks, Denali National Park, and Iditarod Festivities.

March 2 – March 16, 2024: Holland America

Line 14 Day China and Japan. Sail on the beautiful Westerdam from Hong Kong, China – Shanghai, China – Kagoshima, Japan – Nagasaki, Japan – Pusan, South Korea – Kanmon Strait – Himeji, Japan – Osaka, Japan – Shimizu, Japan – Tokyo, Japan Ocean View Cabin from \$1613 per person double plus air.

April 10 – 17, 2024: The American

Splendor Paddle Wheeler from Memphis to New Orleans. Embark on a unique river-boat adventure along the Lower Mississippi River between New Orleans, Louisiana and Memphis, Tennessee. Savor a week aboard an intimate and relaxing modern riverboat with 180 guests or fewer. Your journey will be filled with historical tales, culinary delights, vibrant music, and new friends.

****May 19-24, 2024: Sedona's Red**

Rocks and the Grand Canyon. This 6-day trip features two historic rail journeys among some of the most beautiful landscapes. Experience the breathtaking beauty of the southwest, take a ride on two of Arizona's scenic railways, take in the awe-inspiring Grand Canyon, visit old mining towns, and explore Montezuma Castle National Monument.

May 23-24, 2024 (Date tentative): Spring

has Sprung in Historic and Beautiful Buck's County, PA Plan to experience the scenic countryside, history, the arts, downtown charm, and miles of vineyards that New Hope Pa has to offer. Enjoy the beautiful Paxon Hall Farm & Gardens, Parry Mansion, antique stop or two, and at play at the famous New Hope Playhouse.

You asked, we listened!

Starting in January all senior centers will be accepting credit & debit card payments for program fees.

