

The SCOOP

Charles County's Senior Center News



FEBRUARY 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, wellbeing, 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, Rachel Gould
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:

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	Indian Head Senior Center	Nanjemoy Senior & Community Center	Waldorf Senior & Rec Center
N/A	All Clubs More Than A Drum	N/A	Bingo

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 February.

Monday, February 12 for the Superbowl
Monday, February 19 for President's Day



SAVE THE DATE!

Scam Jam is back again this year!

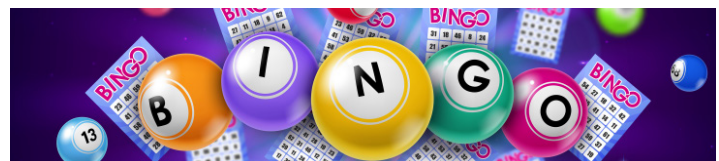
Mark your calendars for Wednesday, April 24 at the Richard R. Clark Senior Center. Don't be a Victim to Scams impacting our community! Be Alert, Be Informed, Be Empowered! Be on the lookout for registration.



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.**



Black History Month

Black History in Charles County, MD

In the February 2023 SCOOP, we continued a journey to explore and honor African American history and heritage in Charles County. This year, we invite you to learn more about the Washinton Burch House.

Washington Burch House

Washington Burch was an African American man that went from slave to emancipated citizen. He became a registered voter at the age of 35 in 1870. He purchased his home in 1874, just 9 years after the Emancipation Proclamation. In 1868, Burch became a Delegate of the State for the District of Republicans Convention and founded a school for African American children. His home, now open for public touring, is a look into what life was like in Port Tobacco post-Civil War. Residents refer to the home as the Catslide House (in reference to the sloped roof construction) or Burch House. The structure was originally built in the mid to late 18th century and is one of the last remaining colonial buildings of the area. Information provided by the Charles County Department of Recreation, Parks and Tourism.

Programs Celebrating Black History Month at your local Senior Centers.

Black History Month – Arts – Indian Head Senior Center

(ASALH) theme is African Americans and the Arts. Join LaMont Maith, local artist, and seniors as they display their works of art.

Thursday, Feb. 1, 11 a.m. • Fee: FREE

African Dance Class – Waldorf Senior & Rec Center

NAAADT will be hosting a 4-week dance workshop focusing on African and African American-based movement styles. NAAADT will be bringing live drummers for us to dance to! Sponsored in part by the Charles County Art Alliance.

Friday, Feb. 2, 9, 16, & 23, 9:15 a.m. • Fee: \$10

Friday Films – African Queens - Nanjemoy Senior Center

In celebration of Black History Month, join us for this four-part documentary series about Queen Njinga. Snacks provided. Prior signup is required.

Fridays, Feb. 2-23, 12 p.m., • Fee: FREE

Movie Mondays – Waldorf Senior & Rec Center

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

Malcom X

Monday, Feb. 5, 10 a.m. • Fee: \$2

Hidden Figures

Monday, Feb. 26, 10 a.m. • Fee: \$2

African Dance – Clark Senior Center

Join our very own Sha'Meca Oliver as she brings her love of dance and African culture in this immersive dance experience.

Monday, Feb. 5 & 26 12 p.m. • Fee: Fitness Card

Black History Movie Days – Clark Senior Center

Join us for a movie & popcorn in honor of Black History Month. We'll be showing Till, Hidden Figures, and Woman King.

Wednesday, Feb. 7, 10 a.m. • Fee: FREE

Tuesday, Feb. 20, 10 a.m. • Fee: FREE

Wednesday, Feb. 28, 10 a.m. • Fee: FREE

Lift Ev'ry Voice Virtual Presentation – Clark Senior Center

Abra Lee will join us virtually to provide information on how through determination, enthusiasm, and willpower, Black women overcame ugliness in America to cultivate beauty in the landscape. This is a discussion of how their self-expression and activism through gardening led to a lasting legacy of community pride throughout generations.

Thursday, Feb. 8, 10:30 a.m. • Fee: FREE

Let's talk to the Doc! – Clark Senior Center & Waldorf Senior & Rec Center

Stephen Smith, MD, Chief Medical Officer for UM Charles Regional Medical Center, will present Q&A on general health topics. Compared to whites, African Americans have higher rates of hypertension and diabetes and have a disproportionately higher rate of complications. Bring your questions to this FREE Q&A session.

Clark Senior Center - Thursday, Feb. 15, 10:30 a.m. • Fee: FREE

Waldorf Senior & Rec Center - Thursday, Feb. 22, 10:30 a.m.

Fee: FREE

Black History Month – Music Spotlight – Indian Head Senior Center

(ASALH) theme is African Americans and the Arts. Enjoy music from different genres.

Thursday, Feb. 21, 11 a.m. • Fee: FREE

Black History Program – More than a Drum – Indian Head Senior Center

The 2024 Black History theme according to the Association for the Study of African American Life & History (ASALH) is African Americans and the Arts. Join More than A Drum for an interactive drumming circle. Bring a drum if you can. Drums have bonded African communities, through communication, healing, music, and dance. Along with More than A Drum expect an Afrocentric market, 50/50 opportunity and more. The event is sponsored in part by the Indian Head Senior Center Council and Charles County Arts Alliance, Inc. Sign up & pay before Tuesday, February 20, limited space.

Thursday, Feb. 29, 10:45 a.m. • Fee: \$5

Take Steps to Avoid Injury while Walking.

We rarely are more vulnerable than when walking in urban areas, crossing busy streets, and negotiating traffic. We all are pedestrians from time to time, so it's important to pay attention to what is going on around us. Charles County is rapidly growing in population, and it is important that we adapt to the ever-changing landscape of home.

Every age group is vulnerable, but the largest number of pedestrian deaths occur among 55- to 64-year-olds.

Follow these tips to stay safe as a pedestrian:

- Whenever possible, walk on the sidewalk; if no sidewalk is available, walk facing traffic.
- Follow the rules of the road, obeying all traffic signs and signals.
- Cross streets at crosswalks
- If no crosswalk is available and your view is blocked, move to a place where you can see oncoming traffic.
- Look left, right and left again before crossing the street, making eye contact with drivers of oncoming vehicles to make sure they see you.
- Stay alert – avoid cell phone use and wearing earbuds.
- Avoid alcohol and drug impairment when walking.
- Wear bright and/or reflective clothing and use a flashlight at night.
- Watch for cars entering or exiting driveways or backing up in parking lots.
- Children younger than 10 should cross the street with an adult.

Information provided by <https://www.nsc.org/community-safety/safety-topics/pedestrian-safety>.

Staying Healthy During the Winter

As we age our body's ability to maintain a constant temperature is diminished, and certain diseases and conditions may make controlling the body's temperature even more difficult.

As you spend time enjoying winter activities such as skating, skiing and building snowmen with your grandchildren, stay on the lookout for signs of hypothermia. These signs include:

- Shivering
- Loss of motor control
- Cold skin
- Discoloration of ears, fingers, nose or toes
- Drowsiness
- Confusion
- Speech difficulties

Although winter can be dangerous, it's important to remain active. Take steps now to prepare for the winter months and enjoy them safely. There are many ways to be safe this winter:

- Avoid going out during storms or when the temperature is very low.
- Keep your home warm, even when you are out. Coming home to a warm home is an easy way to prevent frostbite and hypothermia.
- If you think you or a loved one is suffering from hypothermia, call 911

Information provided by [acl.gov](https://www.acl.gov).

How Your Heart Changes with Age

People aged 65 and older are much more likely than younger people to suffer a heart attack, stroke, develop coronary heart disease or have heart failure. These are facts shared with us often, but what happens to our hearts as we age?

1. Your heart can't beat as fast during physical activity or times of stress as it did when you were younger.
2. The buildup of fatty deposits in the walls of arteries over many years causes an increase in risk of heart disease.
3. The most common aging change is increased stiffness of the large arteries, (called arteriosclerosis), or hardening of the arteries. This causes high blood pressure, or hypertension, which becomes more common as we age.
4. There are age-related changes in the electrical system that can lead to arrhythmias—a rapid, slowed, or irregular heartbeat.
5. The chambers of your heart may increase in size. The heart wall thickens, so the amount of blood that a chamber can hold may decrease despite the increased overall heart size. The heart may fill more slowly.

Take care of your heart over your golden years. Join us at the senior center for physical activity and healthy lunches. Information provided by <https://www.nia.nih.gov/health/heart-health/heart-health-and-aging#changes>.

Caregivers Corner

Family Caregivers and Transportation: A Few Survival Tips

If you're a family caregiver, providing transportation for your loved one can often be stressful. Consider the following to make your task go more smoothly:

- Plan ahead and allow plenty of time.
- Show empathy and caring to your loved one.
- Avoid rush hour whenever possible.
- Create a calm environment (attempt to appear calm – fake it till you feel it).
- Ask for and accept help when offered.
- Explain where you're going.
- Be patient.
- Provide assistance with a gentle touch.

Find out what assistance your community offers by contacting the Eldercare Locator. Information provided by [acl.gov](https://www.acl.gov).



Legal Aid

Feb 6th and Mar 5th
By appointment **only** at the Richard Clark Senior Center, contact **301-609-5712** to schedule.

AARP Tax-Aide Income Tax Preparation

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

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.

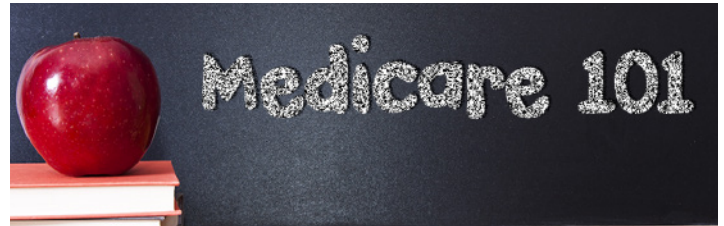


Medicare Enrollment Periods

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.



New to Medicare? Caring for a loved one with Medicare? Or just need a refresher? This class will help give a better understanding of the Medicare maze.

Monday, March 18th at 2pm at P.D. Brown Library

50 Village Street, Waldorf, MD 20602

Let us know you're coming by calling 301-934-0118.

Walk-ins welcome!

Ask SHIP:

What is pharmacy and prescription drug fraud, errors, and abuse?

Medicare pharmacy or prescription drug fraud occurs when Medicare is billed for a prescription that you did not receive, or if you are purposefully given a different medication than the one your doctor prescribed.

Examples of pharmacy or prescription drug fraud, errors, or abuse include:

- A provider billing Medicare for drugs you never received.
- A pharmacy providing you with expired drugs or automatically refills a prescription you no longer need, but they still bill Medicare.
- A pharmacy provides you with less medication than you were prescribed.
- A company offering you "free" or "discount" prescription drugs without a prescription and then billing Medicare.

A range of people commit prescription drug fraud, ranging from health care providers to drug trafficking organizations. They continue to do so because it is profitable. Unfortunately, there is a strong illegal market for prescription drugs, including controlled drugs such as opioids and expensive prescriptions such as autoimmune medications. Some prescription drugs are targeted because they can be combined with recreational and illegal drugs to enhance a high or hallucinogenic effect.

Always read the Explanation of Benefits from your Part D drug plan to make sure you recognize the names of the providers and prescriptions listed on the notice. If you suspect potential pharmacy or prescription drug fraud, errors, or abuse, contact your Senior Medicare Patrol, or SMP. Contact information for your local SMP is on the final page of this document.

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

CLARK SENIOR CENTER

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

Get your Latest SCOOP online!

Program Highlights

Lift Ev'ry Voice Virtual Presentation

Abra Lee will join us virtually to provide information on how through determination, enthusiasm, and willpower, Black women overcame ugliness in America to cultivate beauty in the landscape. This is a discussion of how their self-expression and activism through gardening led to a lasting legacy of community pride throughout generations.

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

Port Tobacco River Bald Eagles

Join Brenda Nairn-Davies and Lynne Wheeler, So. Md Audubon Society, Friends of the Port Tobacco River Park, to learn about the history of the park, discovery of our nest, and facts about our nesting seasons from beginning to now.

Tuesday, Feb. 13, 10:30 a.m. Fee: FREE

Valentines Day, Mystery at Dunbar Mansion

Join us for this live performance by our very own Clark Center Prime Timers, followed by a poetry reading by Charlotte Ayers, then a delicious lunch. Sign up and pay in the program office by Feb. 7.

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

Fee: \$3/60 and over plus a donation for lunch. \$6/59 and younger.

Clark Center Gospel Hour

Join the Clark Center Gospel Group for some gospel hymns, light refreshments, and discussion regarding some of our local landmarks. Please Sign Up!

Wednesday, Feb. 21, 10:30 a.m. Fee: FREE

Ongoing Programs

Book Club

Led by Nancy Marquardt, Charles County Public Library. Quiet: The Power of Introverts in a world that can't stop talking by Susan Cain

Thursday, Feb. 1, 1 p.m. Fee: FREE

Charles County Mobile Library

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

Tuesday, Feb. 6, 10 a.m.- Noon Fee: FREE

Beginners Jewelry Class

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

Wednesday, Feb. 7 & 21, 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, Feb. 8, 11:30 a.m. Fee: FREE

Free Lunchtime Music with Will!

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

Wednesday, Feb. 21, 11:30 a.m. Fee: FREE

Greeting Card Making Class

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

Wednesday, Feb. 28, 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

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

African Dance

Learn the basics and history of this expressive dance form. All levels welcome!

Mondays, Feb. 5 & 26, 2 p.m. Fee: Fitness Card

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, Feb. 7 & 21, 10 a.m. Fee: \$5

Let's talk to the Doc!

Stephen Smith, MD, Chief Medical Officer for UM Charles Regional Medical Center, will present Q&A on general health topics. Compared to whites, African Americans have higher rates of hypertension and diabetes and have a disproportionately higher rate of complications. Bring your questions to this FREE Q&A session.

Thursday, Feb. 15, 10:30 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

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



**★ BLACK HISTORY ★
★ MOVIE DAYS ★**

Join us for a movie & popcorn in honor of Black History Month. We'll be showing Till, Hidden Figures, and Woman King.

Wednesday, Feb. 7, 10 a.m. Fee: FREE
Tuesday, Feb. 20, 10 a.m. Fee: FREE
Wednesday, Feb. 28, 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 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 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 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 Cornhole.....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	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 Book Club.....1:00	2 Stronger Memory Class .10:00 Hand & Foot Canasta.....10:00
5 Widow to Widow.....1:00 African Dance.....2:00	6 Mobile Library.....10:00	7 Beginners Jewelry.....10:00 Fitness Orientation.....10:00 Diabetes Program.....10:00 Movie- "Till".....10:00	8 Lift Ev'ry Voice Virtual Presentation.....10:30 Grocery Distribution.....11:30 Liturgical Dance Group ..2:00	9 Stronger Memory Class .10:00
12 Holiday All Senior Centers Closed	13 Port Tobacco Bald Eagles.....10:30 Hand & Foot Canasta.....10:00	14 Valentines Day, Mystery @ Dunbar Mansion.....10:30 Diabetes Program.....10:00 Council Meeting.....1:00	15 Let's Talk to the Doc10:30 Buffet Bingo at the Jaycees	16 Project Linus Make a Blanket Day.....9:30
19 President's Day Holiday  All Senior Centers Closed	20 Movie – I Wanna Dance with Someone.....10:00	21 Diabetes Program.....10:00 Beginners Jewelry.....10:00 Fitness Orientation.....10:00 Gospel Hour..... 10:30 Lunchtime Music with Will ..11:30	22 Step Plus.....10:00 Hand Dance.....2:00	23 Hand & Foot Canasta.....10:00
26 African Dance.....2:00	27 Mobile Library.....10:00	28 Movie – Woman King...10:00 Greeting Card Class.....10:00 Diabetes Program.....10:00 Caregivers Support Group2:00	29 Strength Training.....9:00	

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

Black History Month - Arts

(ASALH) theme is African Americans and the Arts. Join LaMont Maith, local artist, and seniors as they display their works of art.

Thursdays, Feb. 1, 11 a.m. Fee: FREE

Building Better Caregivers

This six-week workshop is designed for individuals caring for family members who are unable to care for themselves

Tuesdays, Feb. 6, 13 & 20, 1p.m. Fee: FREE

Understanding Alzheimer's and Dementia

Alzheimer's is not normal aging. Learn the difference between Alzheimer's and dementia, research, treatments, and resources. Hosted by the Alzheimer's Association.

Wednesday, Feb. 7, 10 a.m. Fee: FREE

Dr. Cook

Dr. Cook will be available to answer health questions. Submit questions in advance. Sponsored by the Indian Head Senior Center Council (IHSCC). Virtual link via MS Teams: Meeting #278-957-640-671 Passcode: 5YZs6z Or Call (audio only) 240-673-0212, 989857801.

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

Welcome to Indian Head Senior Center - Our Clubs

Tea, plants, singing, sewing, poetry and dance. This is a chance to see what we do.

Tuesday, Feb. 20, 10:30 a.m. Fee: FREE

Ongoing Programs

Senior Tech

Friday, Feb. 2, 11 a.m. Fee: \$1

Bingo

Monday, Feb. 5, 9:30 a.m. Fee: nickel/card

Fridays, Feb. 16 & 23, 9:30 a.m. Fee: nickel/card

Widow & Widower Support Group

Facilitated by Brenda Dubose.

Wednesdays, Feb. 14 & 28, 10 a.m. Fee: FREE

Project Linus/Sewing 101

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

Monday, Feb. 26, 9:30 a.m. Fee: FREE

Information & Assistance w/Julie

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

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

Book Club - St. Clements Bluff by Christine Trent

Newly widow, Raleigh Bishop, was willed the old Bishop family home with a history of being a stop on the Underground Railroad. However, someone wants to keep this a secret. Author, Christine Trent will host the February discussion.

Wednesday, Feb. 28, 1 p.m. Fee: FREE

Health & Fitness Programs

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

Chair Yoga

Fridays, 9 a.m. Fee: Fitness Card

Tai Chi for Arthritis II

Outside class for students who practice the 41 movements.

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

Dance Fit w/Shah'Meca

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

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 before using fitness equipment.

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

Eat Well/Move Well

Benefits of cardio & red foods.

Tuesday, Feb. 6, 2 p.m. Fee: FREE

Diabetes Prevention Program (DPP)

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

Thursday, Feb. 8, 9:30 a.m. Fee: FREE

You Matter - Affirmations

Thursday, Feb. 22, 11 a.m. Fee: FREE

Shibashi

Join Randi McWilliams for a class of Tai Chi and Qigong. Sponsored by IHSCC.

Tuesday, Feb. 27, 3 p.m. Fee: Donation

Community Programs

Mobile Market

Wednesday, Feb. 28, 11 a.m. Fee: FREE



Black History Month - Music Spotlight
(ASALH) theme is African Americans and the Arts. Enjoy music from different genres.
Thursday, Feb. 21, 11 a.m. Fee: FREE

INDIAN HEAD SENIOR CENTER

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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 Room9:00 Billiards.....9:00 Cards/Games.....9:00 Tai Chi for Arthritis II.....9:00 Dance Fit.....10:30 Tai Chi for Arthritis1:00	Fitness Room9:00 Billiards.....9:00 Cards/Games.....9:00 Mobility & Balance9:15 AFEP11:15	Fitness Room9:00 Billiards.....9:00 Cards/Games.....9:00 Tai Chi for Arthritis II.....9:00 Fitness w/Nate.....10:15 Tai Chi for Arthritis1:00 Fitness Orientation2:00	Fitness Room9:00 Billiards.....9:00 Card/Games.....9:00 Fitness Surprise.....9:30 Canvas Painting.....11:00 AFEP11:15 Fitness w/Lamont.....1:00 Kettle Bell Training2:00	Chair Yoga9:00 Cards/Games.....9:00 Fitness Room.....10:15 Billiards.....10:15
			1 Black History Month Arts.....11:00	2 Senior Tech.....11:00
5 Bingo9:30 Gospel Group.....1:00	6 Council Meeting9:30 Building Better Caregivers.....1:00 Eat Well/Move Well2:00	7 Understanding Alzheimer's and Dementia10:00	8 Diabetes Prevention Program9:30	9 Dr. Cook10:30
12 Holiday All Senior Centers Closed	13 Building Better Caregivers.....1:00 Pastor Chris1:00	14 Widow & Widower.....10:00 Primetime Players (Clark Center).....10:30	15 Grocery Distribution11:30 Buffet Bingo at Jaycees No AFEP Today	16 Bingo9:30 Gospel Group.....1:00
19 President's Day Holiday  All Senior Centers Closed	20 Welcome – Our Clubs...10:30 Building Better Caregivers.....1:00 NO AFEP Today	21 Black History Month Music Spotlight.....11:00	22 You Matter – Affirmations...10:45	23 Bingo9:30
26 Project Linus/Sewing 1019:30	27 Information & Assistance with Julie9:30 Tea Club1:00 Shibashi3:00	28 Widow & Widower.....10:00 Yard Sale.....10:30 Mobile Market.....11:00 Book Club.....1:00	29 Black History Month More than A Drum10:45 No Fitness Classes or Canvas Painting	

Black History Program – More than a Drum

The 2024 Black History theme according to the Association for the Study of African American Life & History (ASALH) is African Americans and the Arts. Join More than A Drum for an interactive drumming circle. Bring a drum if you can. Drums have bonded African communities, through communication, healing, music, and dance. Along with More than A Drum expect an Afrocentric market, 50/50 opportunity and more. The event is sponsored in part by the Indian Head Senior Center Council and Charles County Arts Alliance, Inc. Sign up & pay before Tuesday, February 20, limited space.
Thursday, Feb. 29, 10:45 a.m. • Fee: \$5



NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest SCOOP online!

Program Highlights



Friday Films – African Queens

In celebration of Black History Month, join us for this four-part documentary series about Queen Njinga. Snacks provided. Prior signup is required.

Fridays, Feb. 2-23, 12 p.m., Fee: FREE

Shelf Stable Chef:

Valentine's Dinner Edition

Who says date night has to be expensive? Make a romantic meal for two using items in the Maryland Food Bank shelf stable box. Samples provided. Prior signup is required.

Tuesday, Feb. 6, 11 a.m., Fee: FREE

Valentine's Day Painting

How romantic! Paint a pre-sketch 8x10" canvas with a Valentine's themed design. Invite your friends or loved ones to join in the fun. Snacks provided. Prior signup is required. All ages are welcome!

Wednesday, Feb. 14, 1 p.m., Fee: \$5

Let's Take a Trip

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

Tuesday, Feb. 20, 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.

Decorating Valentine's Cookies, Feb. 5,
Fee: FREE

Book Purses, Feb. 26, Fee: \$4

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, Feb. 15, 9:30 a.m. Fee: FREE

Health & Fitness Programs

Tai Chi for Arthritis

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)

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!!

Billiard/Game Room

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

Computer Lab

Print, copy, fax services available.

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

Fee: 10¢ per side.

get motivated

FITNESS

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, 3-4 p.m.

Shop the Rack – Community Closet

New and gently used clothing items for free.

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

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

WIC Services

Fridays, Feb. 3 & 16, 9 a.m.-4 p.m. Fee: FREE

Mobile Library

Borrow books, movies, tech every three weeks.

Tuesday, Feb. 20, 10:30 a.m., Fee: FREE

Mobile Food Market

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

Wednesday, Feb. 21, 10 a.m.

Fee: FREE - While supplies last

New Hope Food Distribution

Shelf-stable pantry items provided.

Thursday, Feb. 22, 11:30 a.m.

Fee: FREE - While supplies last

MARDI GRAS INTERGENERATIONAL PARTY

Join us for a special Mardi Gras celebration. Entertainment fully sponsored by the Charles County Arts Alliance. Entertainment features Ugandan instruments, learning a song in Luganda, and storytelling. Catered meal of African cuisine will be provided. Prior signup is required. All ages are welcome!

Tuesday, Feb. 13, 11 a.m.-1 p.m., • Fee: \$15



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 Lab8:30 Fitness Room8:30 Senior Tech Appts8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness Tai Chi10:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room8:30 Senior Tech Appts8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Shop the Rack1:00 Narcotics Anonymous.....3:00 Fitness Flex & Stretch.....10:00 Core Fitness11:15	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room8:30 Senior Tech Appts8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness AFEP10:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room8:30 Senior Tech Appts8:30 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 Room8:30 Shop the Rack8:30 Senior Tech Appts8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness Walking Club1:00
			1 AFEP10:00	2 Friday Films: African Queens12:00 <u>Community Program</u> WIC Services9:00
5 Senior Council Meeting10:00 Artistic Aesthetics: <i>Decorating Valentine's</i> <i>Cookies.....1:00</i>	6 Shelf Stable Chef: Valentine's Dinner Edition11:00	7 AFEP10:00	8 Nickel Bingo.....12:45	9 Friday Films: African Queens12:00
12 Holiday All Senior Centers Closed	13 Mardi Gras Intergenerational Party.....11:00	14 Valetine's Day Painting ..1:00	15 I&A Services.....9:30 Buffett Bingo at Jaycees	16 Friday Films: African Queens12:00 <u>Community Program</u> WIC Services9:00
19 President's Day Holiday  All Senior Centers Closed	20 Let's Take a Trip.....1:00 <u>Community Program</u> Mobile Library10:30	21 <u>Community Day Programs</u> Mobile Food Market10:00	22 New Hope Grocery Distribution11:30	23 Friday Films: African Queens12:00
26 Artistic Aesthetics: <i>Book Purses.....1:00</i>	27 Flex & Stretch.....10:00	28 AFEP10:00	29 Nickel Bingo.....12:45	

WALDORF SENIOR & RECREATIONAL CENTER

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

Get your Latest SCOOP online!

Program Highlights

African Dance Class

NAAADT will be hosting a 4-week dance workshop focusing on African and African American-based movement styles. NAAADT will be bringing live drummers for us to dance to! Sponsored in part by the Charles County Art Alliance.

Friday, Feb. 2, 9, 16, & 23, 9:15 a.m. Fee: \$10

Movie Mondays

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

Malcom X

Monday, Feb. 5, 10 a.m. Fee: \$2

Hidden Figures

Monday, Feb. 26, 10 a.m. Fee: \$2

Leaving a Legacy

Learn from local insurance advisors about tax free methods to leave your children and grandchildren a legacy, final expense information, and the importance of having a will.

Tuesday, Feb. 6, 11 a.m. Fee: FREE

Acrylics w/ Brent

All skill levels welcome. Led by instructor Brent Bovell. Total of 5 classes. Pre-Registration required. **Please Note:** Feb. 14 class will be held in Classroom 2.

Wednesday, Feb. 7- Mar. 6, 10 a.m. Fee: \$15

Healthy Relationships

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

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

The Romantic Scammer

This presentation is intended to instruct on how to recognize the red flags of a scheming plot, and how to not become a victim in the dating world.

Tuesday, Feb. 13, 11 a.m. Fee: FREE

Valentine's Day Lunch

Don't forget to sign up for our yummy specialty lunch! Music provided by our very own Guitar Club!

Must sign up by 10 a.m. the day before.

Wednesday, Feb. 14, Noon.

Fee: Suggested Donation of \$3 day of.

Let's Talk to the Doc!

Stephen Smith, MD, Chief Medical Officer for UM Charles Regional Medical Center, will present Q&A on general health topics. Compared with whites, African Americans have higher rates of hypertension and diabetes and have a disproportionately higher rate of complications. Rural and minority populations have historically had problems accessing care and are particularly vulnerable to the consequences of lower access to care. Bring your questions to a free Q&A session.

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

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, Feb. 2, 11 a.m. Fee: FREE

Prayer Group

We are praying at the Center! All are invited to join our new Prayer Group. We will be praying for our families, friends, loved ones, the sick, and our nation. We will be meeting every first and second Tuesday of the month.

Tuesday, Feb. 6 & 13, 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, Feb. 14, 10 a.m. Fee: \$3/pp

Book Club

This month's book is The Great Gatsby by F. Scott Fitzgerald. Please come prepared with your thoughts on this book and join in the discussions.

Friday, Feb. 16, 1 p.m. Fee: FREE

Bible Study

Facilitated by Minister Yvonne' Wilson. All are welcome!

Tuesday, Feb. 20, 11 a.m. Fee: FREE

Widow & Widower Support Group

Facilitated by Brenda Dubose.

Monday, Feb. 26, 9:30 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



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

Leather Crafting

Leather crafting is a fun and exciting hobby. Leather crafters can create custom handmade keychains, purses, credit card wallets and more. If this grabs your interest, then this class is for you!

Tuesdays, 10 a.m. Fee: FREE

Crafter's Corner

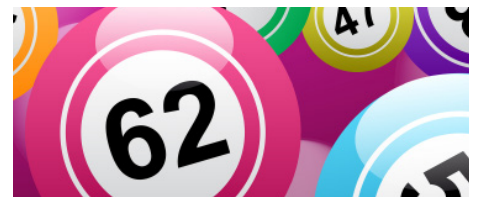
Come join other crafters and enjoy your time making your own special pieces of art. This is a self-run timeslot for all crafters. Please bring your own crafting supplies.

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, Feb. 7 & 21, 1 p.m.

Tuesday, Feb. 13 & 27, 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 Room9:00 Racquetball9:00 Cards & Games10:30 Pinochle11:00 Lunch12:00 Cornhole.....1:00 Table Tennis2:30 Fitness Chair Dance Aerobics9:30 Chair Yoga10:30 Yoga11:30 Enhanced Fitness1:00	Fitness Room9:00 Racquetball9:00 Tech Time.....10:30 Cards & Games10:30 Pokeno.....10:30 Basketball.....11:00 Lunch12:00 Beginner Pickleball2:30 Fitness Total Body Conditioning.....9:30 Line Dancing11:30 Walking Club12:30 Tai Chi Health.....1:00	Fitness Room9:00 Racquetball9:00 Bridge Club.....10:00 Basketball.....10:00 Cards & Games10:30 Lunch12:00 Fitness AFEP10:30 Basic Fitness Training11:30 Enhanced Fitness1:00 Chair Dance Aerobics2:00	Fitness Room9:00 Racquetball9:00 Cards & Games10:30 Watercolors10:30 Pinochle11:00 Basketball.....10:00 Lunch12:00 Fitness Total Body Conditioning.....9:30 Yoga Flow.....10:30 Line Dancing11:30 Walking Club12:30 Tai Chi Health.....1:00	Fitness Room9:00 Racquetball9:00 Cards & Games10:30 Lunch12:00 Fitness Core & More.....10:30 AFEP11:30 Cornhole.....1:00 Circuit Training.....2:30 NO CHAIR DANCE AEROBICS FOR FEBRUARY
			1 Bingo10:30 Grocery Distribution11:30 Personal Care Supplies11:30 Guitar Club.....1:00 Intro to Pickleball2:30	2 African Dance9:15 Poetry Club11:00 Crochet Club.....11:00 Crafter's Corner1:00
5 Guitar Club.....10:00 Movie Monday.....10:00 Basic Sewing1:00	6 Prayer Group10:00 Leather Crafting.....10:00 Leaving a Legacy11:00 Crafter's Corner1:00	7 Acrylics10:00 Stronger Memory11:00 Basic Sewing1:00 Fitness Orientation1:00	8 ACA Meeting9:30 Bingo10:30 Guitar Club.....1:00 Beginner Pickleball2:30	9 African Dance9:15 Healthy Relationships .10:30 Crochet Club.....11:00 Crafter's Corner1:00
12 Holiday All Senior Centers Closed	13 Mobile Library9:30 Prayer Group10:00 Leather Crafting.....10:00 Fitness Orientation10:30 Romantic Scammer11:00 Crafter's Corner1:00	14 Acrylics10:00 Jewelry Club10:00 Stronger Memory11:00 Valentine's Day Lunch .12:00 Basic Sewing1:00	15 Guitar Club.....1:00 Intro to Pickleball2:30 *NO BINGO AT WSRC* Buffet Bingo at Jaycees	16 African Dance9:15 Diabetes Prevention10:00 Crochet Club.....11:00 Book Club.....1:00 Crafter's Corner1:00
19 President's Day Holiday  All Senior Centers Closed	20 Leather Crafting.....10:00 Fitness Orientation10:30 Bible Study11:00 Crafter's Corner1:00	21 Acrylics10:00 Basic Sewing1:00 Fitness Orientation1:00	22 Bingo10:30 Let's Talk to the Doc10:30 Guitar Club.....1:00 Beginner Pickleball2:30	23 African Dance9:15 Crochet Club.....11:00 Crafter's Corner1:00
26 WSC Council Meeting.....9:30 Widow & Widower Support Group.....9:30 Movie Monday.....10:00 Guitar Club.....10:00 Basic Sewing1:00	27 Leather Crafting.....10:00 Fitness Orientation10:30 Crafter's Corner1:00	28 Acrylics10:00 Basic Sewing1:00	29 Bingo10:30 Guitar Club.....1:00 Beginner Pickleball2:30	

It's Heart Month!!

From healthy foods to exercise there are so many ways to benefit this beautiful muscle. YES, your heart is a muscle that can get stronger! This month we challenge you to pay attention and focus on heart health.

Eat Healthy—Be active—stay at a healthy weight—quit smoking (or stay away from secondhand smoke)—control cholesterol & blood pressure—avoid alcohol—managing stress are super ways to keep your heart strong!

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.

Heart Health Week Challenge

In recognition of American Heart Month and to inspire everyone to prioritize heart health, we kick off our Heart Health Week Challenge on Monday, February 5th. Grab a tracking sheet from any of our centers and complete the daily fitness challenges throughout the week. Submit your completed tracking sheet at the end of the week for an opportunity to win prizes. Let's have fun while we take charge of our heart health! Tracking sheets will be at all the centers for you to pick up.

Senior Fitness Rooms

Fitness Rooms are available to all seniors for FREE! After you take a one-time orientation for \$5, you can use it during center operating hours! No excuses for getting exercise in.

Check with your center for upcoming orientations or if you need additional assistance in starting contact Debi Shanks 301-609-5711 or Nate Schultz 240-448-2810.



Fitness Video Library

Workouts you can do at home! Search: Charles County Government Television/Fitness on YouTube for streaming. Or on TV, we are on the Charles County Government TV at various times in the day and evening! Verizon channel 10, Xfinity its channel 95.

NEW! Liturgical Dance Group Now Forming "Perfecting Grace"

For the love of dance, come join us for our new inspirational dance group! Dance gracefully and celebrate life as we age gracefully and stay active through the joy of dance.

Richard R Clark Senior Center

Thursdays at 2 p.m.

Instructor/Choreographer: Dr. Jacqueline Pressey



African Dance

Waldorf Senior Center

NAAADT will be hosting a 4-week dance workshop focusing on African and African American-based movement styles. NAAADT will be bringing live drummers for us to dance to! Sponsored in part by the Charles County Art Alliance.

Friday, Feb. 2, 9, 16, & 23, 9:15 a.m. • Fee: \$10 (for all sessions)

Richard R Clark Senior Center

Join our very own Sha'Meca Oliver as she brings her love of dance and African culture in this immersive dance experience.

Monday, Feb. 5 & 26 12 p.m. • Fee: Fitness Card

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 Chicken & Noodles Stewed Tomatoes Herb Roasted Potatoes 3 Bean Salad Orange Sections Grape Juice Whole Wheat Roll	2 Blackened Catfish Roasted Sweet Potatoes Collard Greens Cornbread Pineapple Chunks Pineapple Juice
5 Honey Lime Chicken Roasted Redskin Potatoes Roasted Zucchini Whole Wheat Roll Apricots Orange Juice	6 Chophouse Burger w/ Lettuce & Tomato Whole Wheat Bun Orange Glazed Carrots Party Harty Beans Mangos Apple Juice COLD: Ham and Swiss on Whole Wheat, Coleslaw, Diced Mangos, Apple Juice	7 Curry Chicken Brown Rice Carrots and Green Beans Naan Flatbread Tangy Cherry Salad Pineapple Juice	8 Beef and Rice Roasted Broccoli Carrot Raisin Salad Biscuit Fresh Apple Slices Fruit Punch Juice	9 Jerk Catfish w/ Mango Salsa Roasted Baby Carrots Mashed Potatoes Cornbread Citrus Salad Grape Juice
12 Senior Centers Closed No meal service.	13 Seasoned Catfish Red beans + White rice Collard Greens Cornbread Mandarin Oranges Grape Juice COLD: Ham and Swiss on Whole Wheat, Coleslaw, Diced Mangos, Apple Juice	14 VALENTINE'S DAY ASH WEDNESDAY Salmon w/ Lemon Dill Sauce White Rice Broccoli Cornbread Grapes Pineapple Juice Red Velvet Cake	15 Balsamic Chicken White Rice California Blend Vegetables Biscuit Fruit Cocktail Fruit Punch Juice	16 Lemon Pepper Tilapia Lemon Parsley Rice Green Beans w/ Roasted Tomatoes Whole Wheat Roll Peaches Fruit Punch Juice
19 Presidents Day  No Lunch Service	20 Chicken Mushroom & Brown Rice Malibu Blend Vegetables Whole Wheat Roll Diced Mangos Orange Juice	21 Beef Tacos (2) w/ Lettuce, Tomato, Cheese Seasoned Rice Roasted Broccoli Apple Sauce Apple Juice Whole Wheat Roll	22 BBQ Baked Chicken Party Harty Beans Roasted Squash Biscuit Peaches Grape Juice	23 Salmon w/ Lemon Dill Sauce White Rice Broccoli Cornbread Grapes Pineapple Juice
26 Ginger Lime Chicken Mashed Sweet Potato Broccoli Whole Wheat Roll Mandarin Oranges Apple Juice	27 Chicken Marsala Parsley Potatoes Roasted Carrots Cornbread Apricots Orange Juice COLD: Turkey & Cheese on Whole wheat, Broccoli Salad, Apricots, Orange Juice	28 Pork Chop Au Gratin Potatoes Collard Greens Whole Wheat Roll Pineapple Chunks Pineapple Juice	29 BIRTHDAY CELEBRATION Ground Turkey Meat Sauce Whole Wheat Spaghetti & Mozzarella Cali. Blend Vegetables Biscuit Applesauce Grape Juice Birthday Cake	
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				
Nanjemoy Senior Center Monday–Friday Waldorf Senior Center Monday–Friday				
Available at Noon • Days Vary By Center 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

****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 riverboat 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 Hal 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 & debt card payments for program fees.

